Equivalent Charts

3 tsp.	1 Tbsp.
2 Tbsp.	1/8 cup
4 Tbsp.	1/4 cup
8 Tbsp.	1/2 cup
16 Tbsp.	1 cup
5 Tbsp. + 1 tsp.	1/3 cup
12 Tbsp.	3/4 cup
4 oz.	1/2 cup
8 oz.	1 cup
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 cup	1 pt.
8 to 10 egg whites	1 cup
1 lemon	3 Tbsp. juice
1 orange	1/3 cup juice
4 slices bread	1 cup crumbs
7 oz. spaghetti	4 cup cooked

2 pt.	1 qt.
1 qt.	4 cup
5/8 cup	1/2 cup + 2 Tbsp.
7/8 cup	3/4 cup + 2 Tbsp.
1 jigger	1 1/2 fl. oz. (3 Tbsp)
2 cup fat	1 lb.
1 lb. butter	2 cup or 4 sticks
2 cup sugar	1 lb.
2 2/3 cup sugar	1 lb.
2 2/3 cup brown sugar	1 lb.
4 cup sifted flour	1 lb.
4 1/2 cup cake flour	1 lb.
12 to 14 egg yolks	1 cup
1 lemon	1 tsp. grated peel
1 orange	2 tsp. grated peel
22 vanilla wafers	1 cup crumbs
28 saltine crackers	1 cup crumbs

3 1/2 cup unsifted whole wheat flour	1 lb.
1 cup unwhipped cream	2 cup whipped
1 lb. shredded American cheese	4 cup
1/4 lb. crumbled blue cheese	1 cup
1 chopped med. Onion	1/2 cup pieces
1 lb. unshelled walnuts	1 1/2 to 1 3/4 cup shelled
1 lb. unshelled almonds	3/4 to 1 cup shelled
4 oz. (1 1/2 to 2 cup) uncooked macaroni	1 1/4 cup cooked
4 oz. (1 1/2 to 2 cup) uncooked noodles	2 cup cooked
14 square graham crackers	1 cup crumbs