



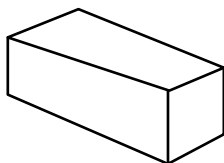
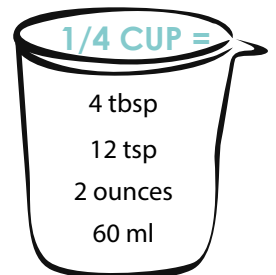
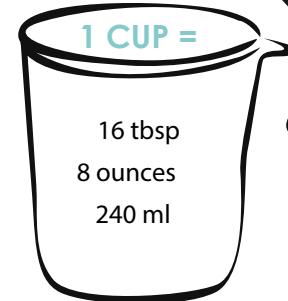
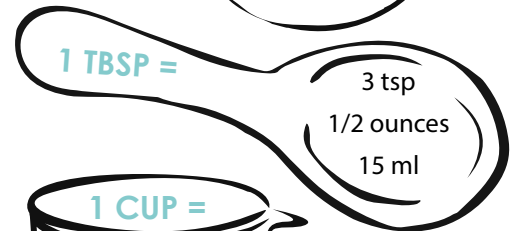
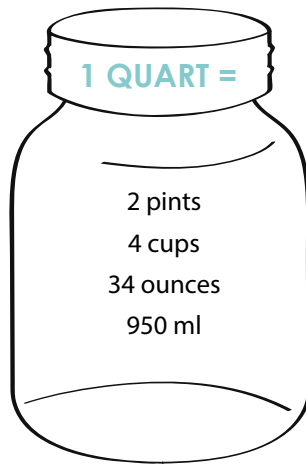
conversion chart



FOR THE KITCHEN

VOLUME MEASUREMENT CONVERSIONS

Cups	Tablespoons	Teaspoons	Milliliters
1/16 cup	1 tbsp	1 tsp	5 ml
1/8 cup	2 tbsp	3 tsp	15 ml
1/4 cup	4 tbsp	6 tsp	30 ml
1/3 cup	5 1/3 tbsp	12 tsp	60 ml
1/2 cup	8 tbsp	16 tsp	80 ml
2/3 cup	10 2/3 tbsp	24 tsp	120 ml
3/4 cup	12 tbsp	32 tsp	160 ml
1 cup	16 tbsp	36 tsp	180 ml
		48 tsp	240 ml



1 STICK BUTTER =

Volume.....1/2 cup /125 mL
 Weight.....1/4 lb (4 oz)/115 g

COOKING TEMPERATURE CONVERSIONS

Celcius/Centigrade

$$F = (C \times 1.8) + 32$$

Fahrenheit

$$C = (F - 32) \times 0.5556$$