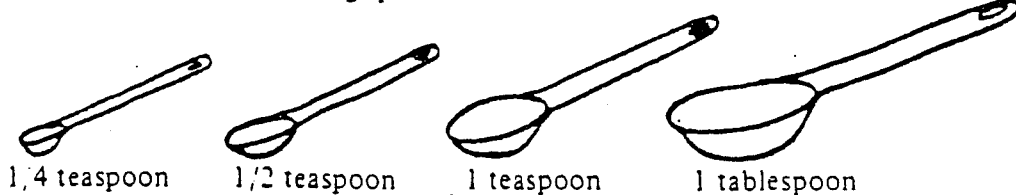


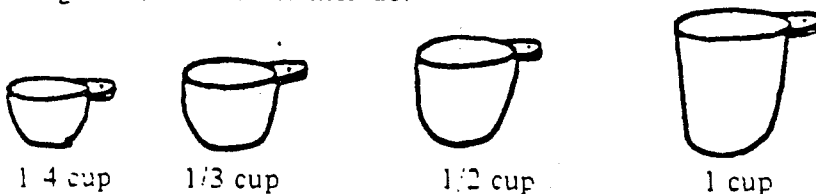
## Measuring Spoons

A set of standard measuring spoons should include:

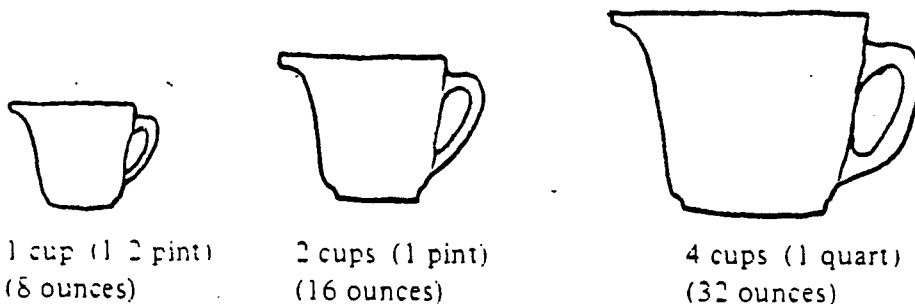


## Measuring Cups

1. For dry measures, a nest of graduated measuring cups is especially good. These should include:



2. For liquids, a glass measuring cup marked off in quarters and thirds is convenient and easy to read. This can be in one of the following sizes:



## Equivalent Measures

Sometimes a recipe calls for tablespoons instead of cups. Or it may call for ounces of liquid or shortening instead of cups. This table of equivalent measures may help you.

3	teaspoons (tsp.)	=	1	tablespoon (tbsp.)
4	tablespoons	=	1/4	cup
5 1/2	tablespoons	=	1/3	cup
16	tablespoons	=	1	cup

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For liquids:	1	cup	=	8	ounces
	2	cups	=	1	pint or 16 ounces
	4	cups	=	1	quart or 32 ounces

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For weight: 16 ounces = 1 pound