
Standards of Measurement

Common Abbreviations

degree	° (or dg)	package	pkg.
dozen	doz.	pint	pt.
gallon	gal.	pound	lb. (or #)
hour	hr.	quart	qt.
inch	" (or in.)	second	sec.
minute	min.	tablespoon	Tbsp. (or T.)
ounce	oz.	teaspoon	tsp. (or t.)
cup	c.	few grains	f.g.
Liter	L		

Equivalent Measures

3 teaspoons = 1 tablespoon
4 tablespoons = $\frac{1}{4}$ cup
5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup
8 tablespoons = $\frac{1}{2}$ cup
12 tablespoons = $\frac{3}{4}$ cup
16 tablespoons = 1 cup (8 ounces)
2 cups = 1 pint (16 ounces)
4 cups (2 pints) = 1 quart (32 ounces)
8 cups (4 pints) = $\frac{1}{2}$ gallon (64 ounces)
4 quarts = 1 gallon (128 ounces)
1 pound = 16 ounces
1 stick of margarine = $\frac{1}{2}$ cup