

TABLE OF APPROXIMATE EQUIVALENT WEIGHTS AND MEASURES.

COMMODITY.	Weight of tablespoon- ful in ounces.	Weight of tablespoon- ful in grams.	Weight of measuring tin in ounces.	Weight of measuring tin in grams.	Measure of 1 ounce.	Measure of 1 pound in tinfuls.	Measure of 100 grams.	Measure of 1 kilo in tinfuls.
Apples-diced ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 tbsp.	3	$10\frac{2}{3}$ tbsp.	$6\frac{1}{2}$
Apple sauce ...	$\frac{2}{3}$	19	$10\frac{2}{3}$	303	$1\frac{1}{2}$ "	$1\frac{1}{2}$	$5\frac{1}{3}$ "	$3\frac{1}{4}$
Apricots cooked ...	$\frac{2}{5}$	11	$6\frac{1}{2}$	182	$2\frac{1}{2}$ "	$2\frac{1}{2}$	9 "	$5\frac{1}{2}$
Bananas-sliced ...	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Beans-dried ...	$\frac{1}{2}$	$12\frac{1}{2}$	7	200	$2\frac{1}{4}$ "	$2\frac{1}{4}$	$\frac{1}{2}$ tin	5
Breadcrumbs-dry ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ tbsp.	$8\frac{3}{4}$
Breadcrumbs-soft ...	$\frac{1}{4}$	4	$2\frac{2}{7}$	65	7 tbsp.	7	1 tins	$17\frac{1}{2}$
Burghul ...	$\frac{1}{7}$	9	$5\frac{1}{3}$	151	3 "	3	$10\frac{2}{3}$ tbsp.	$6\frac{1}{2}$
Butter ...	$\frac{1}{3}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Cabbage-shredded ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Cabbage-cooked ...	$\frac{2}{5}$	19	$10\frac{2}{3}$	303	$1\frac{1}{2}$ tbsp.	$1\frac{1}{2}$	$5\frac{1}{3}$ "	$3\frac{1}{4}$
Candied peel-shredded ..	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Carrot-grated ...	$\frac{1}{5}$	9	$5\frac{1}{3}$	151	3 tbsp.	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Cheese-fresh-grated ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Chick-peas ...	$\frac{2}{5}$	11	$6\frac{1}{2}$	182	$2\frac{1}{2}$ tbsp.	$2\frac{1}{2}$	9 "	$5\frac{1}{2}$
Chocolate-grated ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Cocoa ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ "	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Cocoonut-dry-shredded ..	$\frac{1}{7}$	4	$2\frac{2}{7}$	65	7 tbsp.	7	$1\frac{3}{4}$ tins	$17\frac{1}{2}$
Coffee-coarse-ground ...	$\frac{1}{5}$	$5\frac{1}{2}$	$3\frac{1}{5}$	90	5 "	5	$17\frac{1}{4}$ tbsp.	11
Coffee-powdered ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Cornstarch ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 tbsp.	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Dates-chopped ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 "	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Dill-without stems ...	$\frac{1}{10}$	$\frac{5}{6}$	$\frac{4}{5}$	$33\frac{1}{3}$	$13\frac{1}{3}$ "	$13\frac{1}{3}$	3 tins	30
Eggs in shells	8-9 small	...	20 small
Fats solid or liquid ...	$\frac{1}{2}$	14	8	227	2 tbsp.	2	7 tbsp.	$4\frac{1}{2}$
Flour-sifted ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Figs-chopped ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 tbsp.	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Gelatine crystals ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Ginger-ground ...	$\frac{1}{2}$	14	8	227	2 tbsp.	2	7 "	$4\frac{1}{2}$
Honey ...	$\frac{1}{3}$	28	16	454	1 "	1	$3\frac{1}{2}$ "	$2\frac{1}{4}$
Horseradish-fresh grated	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 "	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Lentils ...	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Macaroni-broken ...	$\frac{1}{5}$	$5\frac{1}{2}$	$\frac{1}{5}$	90	5 "	5	$17\frac{1}{2}$ "	11
Meat-minced ...	$\frac{1}{5}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Molasses ...	$\frac{2}{3}$	19	$10\frac{2}{3}$	303	$1\frac{1}{2}$ "	$1\frac{1}{2}$	$5\frac{1}{3}$ "	$3\frac{1}{4}$
Mushrooms-fresh unstemmed ...	$\frac{1}{7}$	4	$2\frac{2}{7}$	65	7 tbsp.	7	$1\frac{3}{4}$ tins	$15\frac{1}{2}$
Mushrooms-fried ...	$\frac{2}{3}$	19	$10\frac{2}{3}$	303	$1\frac{1}{2}$ "	$1\frac{1}{2}$	$5\frac{1}{3}$ "	$3\frac{1}{4}$
Nuts-shelled & chopped .	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Almonds-shelled ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 tbsp.	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Peanuts-shelled ...	$\frac{1}{3}$	9	$5\frac{1}{3}$	151	3 "	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Walnuts-shelled ...	$\frac{1}{5}$	$5\frac{1}{2}$	$3\frac{1}{5}$	90	5 "	5	$17\frac{1}{2}$ tbsp.	11
Onions-minced or sliced .	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Potatoes-sliced ...	$\frac{1}{2}$	9	$5\frac{1}{2}$	151	3 "	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Raisins-seeded ...	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Raisins-seedless ...	$\frac{1}{3}$	9	5	151	3 "	3	$10\frac{2}{3}$ "	$6\frac{1}{2}$
Rice ...	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$
Suet-chopped ...	$\frac{1}{4}$	7	4	113	$\frac{1}{4}$ tin	4	$13\frac{1}{3}$ "	$8\frac{3}{4}$
Sugar-granulated ...	$\frac{1}{2}$	14	8	227	2 tbsp.	2	7 "	$4\frac{1}{2}$
Sugar-caster ...	$\frac{1}{2}$	$12\frac{1}{2}$	7	200	$2\frac{1}{4}$ "	$2\frac{1}{4}$	$\frac{1}{2}$ tin	5
Sugar-icing ...	$\frac{1}{3}$	$8\frac{1}{2}$	$4\frac{3}{4}$	139	$3\frac{1}{4}$ "	$3\frac{1}{4}$	$\frac{3}{4}$ "	7
Syrup ...	$\frac{1}{2}$	16	9	259	$1\frac{3}{4}$ "	$1\frac{3}{4}$	6 tbsp.	4
Tea ...	$\frac{1}{8}$	$4\frac{1}{2}$	$2\frac{2}{3}$	75	6 "	6	$18\frac{1}{2}$ "	$13\frac{1}{2}$
Water, milk or most liquids approximately .	$\frac{1}{2}$	14	8	227	2 "	2	7 "	$4\frac{1}{2}$