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.

Equivalent Measures

3 teaspoons = 1 tablespoon
4 tablespoons = ¼ cup
5 tablespoons + 1 teaspoon = 1/3 cup
8 tablespoons = ½ cup
12 tablespoons = ⅔ 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) = ½ gallon (64 ounces)
4 quarts = 1 gallon (128 ounces)
1 pound = 16 ounces
1 stick of margarine = ½ cup