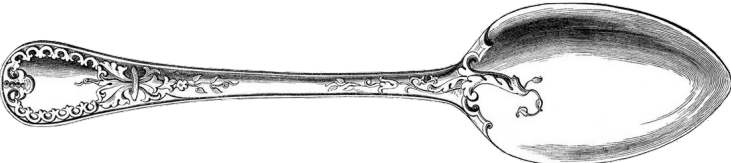


Equivalent
MEASUREMENTS



1/16 cup	=	1/2 fl oz	=	1 tbsp	=	3 tsp
1/8 cup	=	1 fl oz	=	2 tbsp	=	6 tsp
1/4 cup	=	2 fl oz	=	4 tbsp	=	12 tsp
1/3 cup	=	2 2/3 fl oz	=	5 1/3 tbsp	=	16 tsp
1/2 cup	=	4 fl oz	=	8 tbsp	=	24 tsp
2/3 cup	=	5 1/3 fl oz	=	10 2/3 tbsp	=	32 tsp
3/4 cup	=	6 fl oz	=	12 tbsp	=	36 tsp
1 cup	=	8 fl oz	=	16 tbsp	=	48 tsp
2 cups	=	16 fl oz	=	1 pint	=	1/2 quart
4 cups	=	32 fl oz	=	2 pints	=	1 quart
8 cups	=	64 fl oz	=	2 quarts	=	1/2 gallon
16 cups	=	128 fl oz	=	4 quarts	=	1 gallon