

# Liquid Measures

tsp = teaspoon; T = tablespoon; oz = ounce; C = cup; P = pint; Q = quart; H = half gallon; G = gallon

## Ounce

1 oz = 2 T

3 tsp = 1 T



2 T = 1 oz



**Trap:** A typical kitchen "teaspoon" holds 2 tsp!

**Tip:** Double the Unces to find the TablespOOns!

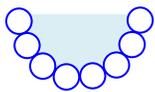
ounce



A 'small' shot glass holds 1 oz.

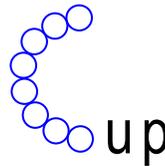
## Cup

8 oz = 16 T



If a recipe calls for 4 T, save time by using 1/4 C instead.

Imagine 8 O's curved into a C

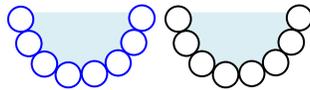


Drinking an 8 oz cup of water adds about 1/2 pound to your weight!

## Pint

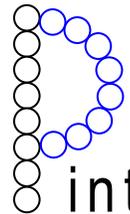
"Pi" rhymes with "bi" = 2 cups

16 oz = 2 C



**Weight**  
16 dry oz = 1 pound  
But a pint of water (16 fluid oz) also weighs ≈ 1 pound.

Join 2 C's (1 straightened) into a P

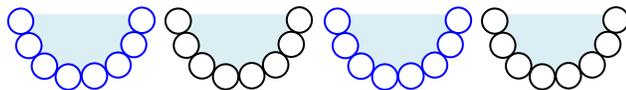


1 pint ≈ 1 pound

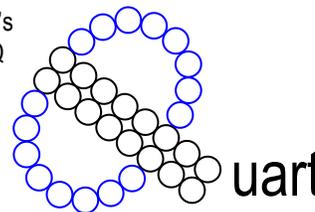
## Quart

"Quar" rhymes with "four" = 4 cups

32 oz = 2 P = 4 C



Join 2 P's into a Q

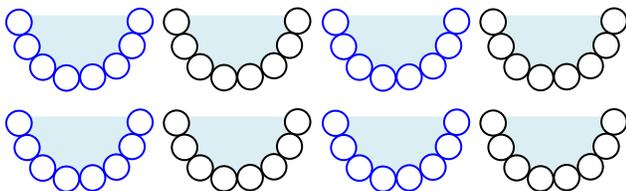


1.05 Q = 1 liter

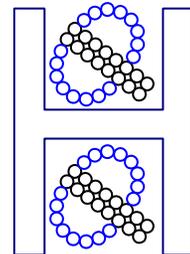
## Half Gallon

"H" rhymes with "eight" = 8 cups

64 oz = 2 Q = 4 P = 8 C



Place 2 Q's inside an H

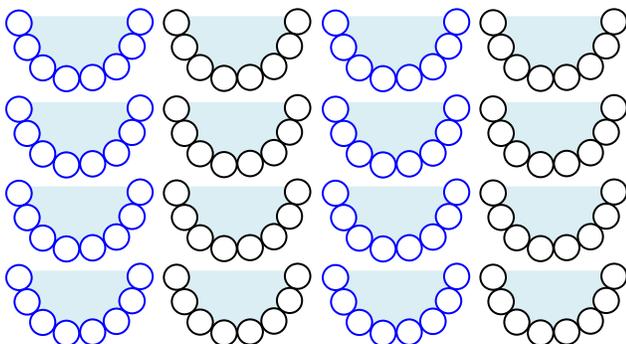


alf gallon

## Gallon

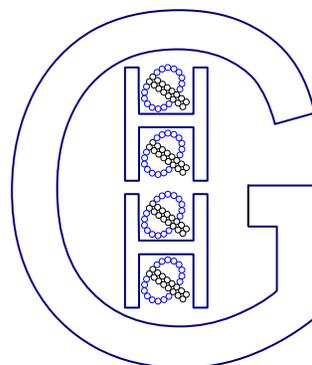
"G" looks like "6" = 16 cups

128 oz = 2 H = 4 Q = 8 P = 16 C



**Magic 16**  
16 T = 1 C  
16 C = 1 G

Place 2 H's into a G



8 pints ≈ 8 pounds

allon