

EQUIVALENTS OF WEIGHTS AND MEASURES

3 teaspoons	1 tablespoon
16 tablespoons	1 cup
1 cup (standard measuring)	1/2 pint (8 fluid ounces)
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
8 quarts (dry)	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 fluid quart
Mess Kit Spoon (Army)	1 tablespoon
No. 55 Dipper (Army)	1 3/4 quarts
No. 56 Dipper (Army)	1 quart
Canteen or Mess Kit Cup (Army and Navy)	1 1/2 pints

OVEN TEMPERATURES

Terms Commonly Used to Describe Oven Temperatures

<i>Term:</i>	<i>Temperature:</i>
Slow	250°F.-350°F.
Moderate	350°F.-400°F.
Hot	400°F.-450°F.
Very hot	450°F.-500°F.

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