

Common Measurements

	<u>Metric</u>	<u>English</u>
1 cup sieved flour, lightly filled	125 grams	$\frac{1}{4}$ pound
1 cup liquid	236 milliliters	$\frac{1}{2}$ pint
2 cups solid butter	500 grams	1 pound
2 cups sugar	500 grams	1 pound
$2\frac{1}{2}$ cups icing sugar	500 grams	1 pound
1 cup brown sugar	30 grams	5 ounces
2 level Tbls white sugar	60 grams	1 ounce
1 Tbl butter, rounded	60 grams	2 ounces
2 Tbls flour, rounded	30 grams	1 ounce
2 level Tbls desiccated coconut	30 grams	1 ounce
1 Tbls liquid	20 ml	
2 tsp	10 ml	
4 tsp (1 Tbl)	20 ml	
1 tsp	5 ml	
1 cup skim milk powder	90 grams	3 ounces
3 Tbls dry crumbs	30 grams	1 ounce
2 Tbls barley or rice	30 grams	1 ounce
$1\frac{1}{2}$ Tbl jam	30 grams	1 ounce
4 Tbls dried skim milk	30 grams	1 ounce

*material taken from the site: <http://www.off-road.com/suzuki/campoven/conversions.htm>
(Australian site)*