

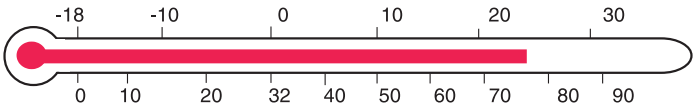
TABLE OF WEIGHTS AND MEASUREMENTS

Metric System			U.S. Customary System		
LINEAR MEASURE			LINEAR MEASURE		
10 Millimeters	=	1 Centimeter	12 inches	=	1 foot
10 Centimeters	=	1 Decimeter	3 feet	=	1 yard
10 Decimeters	=	1 Meter	5½ yards	=	1 rod
10 Meters	=	1 Dekameter	40 rods	=	1 furlong
10 Dekameters	=	1 Hectometer	8 furlongs	=	1 mile
10 Hectometers	=	1 Kilometer	3 land miles	=	1 league
AREA MEASURE			AREA MEASURE		
100 Sq. Millimeters	=	1 Sq. Centimeter	144 sq. inches	=	1 sq. foot
10,000 Sq. Centimeters	=	1 Sq. Meter	9 sq. feet	=	1 sq. yard
1,000,000 Sq. Millimeters	=	1 Sq. Meter	30¼ sq. yards	=	1 sq. rod
100 Sq. Meters	=	1 Are (a)	160 square rods	=	1 acre
100 Ares	=	1 Hectare (ha)	640 acres	=	1 sq. mile
100 Hectares	=	1 Sq. Kilometer	1 sq. mile	=	1 section
1,000,000 Sq. Meters	=	1 Sq. Kilometer	36 sections	=	1 township
VOLUME MEASURE			LIQUID MEASURE		
1 liter	=	0.001 cubic meter	4 gills (2 cups)	=	1 pint
10 milliliters	=	1 centiliter	2 pints	=	1 quart
10 centiliters	=	1 deciliter	4 quarts	=	1 gallon
10 deciliters	=	1 liter	DRY MEASURE		
10 liters	=	1 dekaliter	2 pints	=	1 quart
10 dekaliters	=	1 hectoliter	8 quarts	=	1 peck
10 hectoliters	=	1 kiloliter	4 pecks	=	1 bushel
WEIGHTS			WEIGHT		
10 milligrams	=	1 centigram	27 11/32 grains	=	1 dram
10 centigrams	=	1 decigram	16 drams	=	1 ounce
10 decigrams	=	1 gram	16 ounces	=	1 pound
10 grams	=	1 dekagram	100 pounds	=	1 hundredweight
10 dekagrams	=	1 hectogram	20 hundredweight	=	1 ton
10 hectograms	=	1 kilogram			
1,000 kilograms	=	1 metric ton			

Kitchen Measurements

3 tsp. = 1 tbsp.	5 1/3 tbsp. = 1/3 cup	2 cups = 1 pint	2 pints = 1 quart
4 tbsp. = ¼ cup	16 tbsp. = 1 cup	4 cups = 1 quart	4 quarts = 1 gallon

Temperature



Celsius = $\frac{5}{9} (F - 32)$ Fahrenheit = $\frac{9C}{5} + 32$

Conversion Table

To Convert	Into	Multiply By	To Convert	Into	Multiply By	To Convert	Into	Multiply By
Centimeters	Inches	.394	Kilograms	Grams	1000	Miles	Feet	5280
	Feet	.0328		Ounces	35.274		Yards	1760
	Meters	.01		Pounds	2.205		Kilometers	1.609
	Millimeters	10	Kilometers	Feet	3281	Ounces	Grams	28.35
Feet	Centimeters	30.48		Meters	1000		Pounds	.0625
	Inches	12.00		Miles	.621		Kilograms	.028
	Meters	.3048	Liters	Yards	1093.666	Pints	Liters	.473
	Miles	.0001894		Cups	4.226		Quarts	.50
	Yards	.333		Pints	2.113		Gallons	.125
Gallons	Pints	8.0		Gallons	.264	Pounds	Grams	453.59
	Liters	3.785		Milliliters	1000		Ounces	16.0
	Quarts	4.0		Quarts	1.057		Kilograms	.454
Grams	Ounces	.035	Meters	Centimeters	100	Quarts	Pints	2.0
	Pounds	.002		Feet	3.281		Liters	.946
	Kilograms	.001		Inches	39.37		Gallons	.25
Inches	Centimeters	2.54		Kilometers	.001	Yards	Inches	36.00
	Feet	.0833		Miles	.0006214		Feet	3.00
	Meters	.0254		Millimeters	1000		Meters	.914
	Yards	.0278		Yards	1.094		Miles	.0005682