

PACKING WEIGHT & CAPACITY

This table gives the approximate weight (in ounces) of various products that can be packed in containers of the capacities indicated below. Note: 1 fluid ounce = 1.043 avoirdupois weight

Container Size	Jelly	Honey	Mustard	Pepper	Preserves	Apple butter	Peanut butter	Ketchup/chili sauce	Condensed milk	Molasses	Corn syrup	Maple syrup	Grape Juice	Vanilla	Vegetable oil	Vinegar
2 oz.	2.563	2.875	2.286	1.286	2.781	2.342	2.091	2.300	2.128	2.792	2.758	2.704	2.136	1.980	1.832	2.022
3 oz.	3.844	4.313	3.429	1.929	4.172	3.513	3.136	3.450	3.192	4.188	4.137	4.056	3.204	2.970	2.748	3.033
4 oz.	5.125	5.750	4.572	2.572	5.562	4.684	4.182	4.600	4.256	5.584	5.516	5.408	4.272	3.960	3.664	4.044
5 oz.	6.406	7.188	5.715	3.215	6.953	5.854	5.227	5.750	5.320	6.980	6.895	6.760	5.340	4.950	4.580	5.055
6 oz.	7.688	8.625	6.858	3.858	8.344	7.025	6.272	6.900	6.384	8.376	8.274	8.112	6.408	5.940	5.496	6.066
7 oz.	8.969	10.063	8.001	4.501	9.734	8.196	7.318	8.050	7.448	9.772	9.653	9.464	7.476	6.930	6.412	7.077
8 oz.	10.250	11.500	9.144	5.144	11.125	9.367	8.363	9.200	8.512	11.168	11.032	10.816	8.544	7.920	7.328	8.088
9 oz.	11.531	12.938	10.287	5.787	12.515	10.538	9.409	10.350	9.576	12.564	12.411	12.168	9.612	8.910	8.244	9.099
10 oz.	12.813	14.275	11.430	6.430	13.906	11.709	10.454	11.500	10.640	13.960	13.790	13.520	10.680	9.900	9.160	10.110
11 oz.	14.094	15.813	12.573	7.073	15.297	12.880	11.499	12.650	11.704	15.356	15.169	14.872	11.748	10.890	10.076	11.121
12 oz.	15.375	17.250	13.716	7.716	16.687	14.438	12.545	13.800	12.768	16.752	16.548	16.244	12.816	11.880	10.992	12.132
13 oz.	16.656	18.688	14.859	8.359	18.078	15.221	13.590	14.950	13.832	18.148	17.927	17.576	13.884	12.970	11.908	13.143
14 oz.	17.938	20.125	16.002	9.002	19.468	16.392	14.636	16.100	14.896	19.544	19.306	18.928	14.952	13.860	12.824	14.154
15 oz.	19.219	21.563	17.145	9.645	20.859	17.563	15.681	17.250	15.900	20.940	20.685	20.280	16.020	14.850	13.740	15.165
16 oz.	20.500	23.000	18.288	10.288	22.250	18.734	16.726	18.400	17.024	22.336	22.064	21.632	17.088	15.840	14.656	16.176

LIQUID MEASURE

	drams	ounces	cc	liter
1 dram	1	0.125	3.69661	0.0037
1 ounce	8	1	29.5729	0.0296
1 milliliter	0.2705	0.0338	1	0.001
1 liter	270.518	33.8147	1000	1
1 pint	128	16	473.167	0.4731
1 quart		32	946.333	0.94633
1 gallon		128	3785.331	3.7853

METRIC CONVERSION TABLE (Approximate conversions)

Symbol	When you know	Multiply by	To find
LENGTH			
in	inches	2.54	centimeters
mm	millimeters	0.04	inches
cm	centimeters	0.4	inches
VOLUME			
fl oz	fluid ounces	30	milliliters
qt	quarts	0.95	liters
gal	gallons	3.8	liters
ml	milliliters	0.03	fluid ounces
l	liters	1.06	quarts
l	liters	0.26	gallons

UNITS OF CAPACITY

Milliliter (ml) or cubic centimeter (cc) to ounces

ml or cc	ounces
1	0.0338
2	0.0676
3	0.1014
4	0.1352
5	0.1691
6	0.2029
7	0.2367
8	0.2705
9	0.3043
10	0.3381
15	0.5072
20	0.6762
25	0.8453
30	1.0143
40	1.3524
50	1.6905
60	2.0286
75	2.5358
100	3.3810
125	4.2263
150	5.0715
200	6.7620
250	8.4525
300	10.1430
400	13.5240
500	16.9050
750	25.3575
1000	33.8100