

## COMMON CAN SIZES

CAN SIZE	WEIGHT	CUPS	PRODUCTS
8 oz.	8 oz.	1	Fruits, vegetables, specialties for small families.
Picnic	10½ to 12 oz.	1¼	Mainly condensed soups. Some fruits, vegetables, meat, fish, specialties.
12 oz. vacuum	12 oz.	1½	Mainly for vacuum-packed corn.
No. 300	14 to 16 oz. (14 oz. to 1 lb.)	1¾	Pork and beans, baked beans, meat products, cranberry sauce, blueberries, specialties.
No. 303	16 to 17 oz. (1 lb. to 1 lb.-1 oz.)	2	Principal size for fruits and vegetables. Also some meat products, ready-to-serve soups, specialties.
No. 2	20 oz. (1 lb.-4 oz.) or 18 fl. oz. (1 pt.-2 fl. oz.)	2½	Juices, ready-to-serve soups, some specialties, pineapple, apple slices. No longer in popular use for most fruits and vegetables.
No. 2½	27 to 29 oz. (1 lb.-11 oz. to 1 lb.-13 oz.)	3½	Fruits, some vegetables (pumpkin, sauerkraut, spinach and other greens, tomatoes).
No. 3 cylinder or 46 fl. oz.	51 oz. (3 lb.-3 oz.) or 46 fl. oz. (1 qt.-14 fl. oz.)	5¾	Fruit and vegetable juices, pork and beans. Institutional size for condensed soups, some vegetables.
No. 10	6½ lb. to 7 lb. 5 oz.	12 to 13	Institutional size for fruits, vegetables and some other foods.

## OVEN TEMPERATURES

If your treasured family recipe describes oven temperatures as 'slow, moderate or hot, this quick reference chart will help you decide what temperature to set your oven.

OVEN DESCRIPTION	TEMPERATURE IN DEGREES
Very Slow Oven	250°-275°F
Slow Oven	300°-325°F
Moderate Oven	350°-375°F
Hot Oven	400°-425°F
Very Hot Oven	450°-475°F
Extremely Hot Oven	500°-525°F

## BAKING-PAN SIZES

PAN SIZE	BATTER AMOUNT	PAN SIZE	BATTER AMOUNT
<b>RECTANGULAR CAKE PANS</b> ● 8 x 8 x 2" deep ● 9 x 9 x 1½" deep ● 9 x 9 x 2" deep ● 13 x 9 x 2" deep		<b>PIE PLATES</b> ● 8 x 1¼" deep ● 9 x ½" deep	
6 cups batter 8 cups batter 10 cups batter 14 cups batter		3 cups filling to be level with top; 4 to 4½ cups filling, mounded 4 cups filling to be level with top; 5 to 6 cups filling, mounded	
<b>ROUND CAKE PANS</b> ● 8 x 1½" deep ● 9 x 1½" deep		<b>LOAF PANS</b> ● 8½ x 4½ x 2½" deep ● 9 x 5 x 3" deep	
4 cups batter 6 cups batter		6 cups batter 8 cups batter	

## EQUIVALENT MEASURES

THIS MUCH	EQUALS THIS MUCH	THIS MUCH	EQUALS THIS MUCH
1 gallon	4 quarts	¼ cup	4 tablespoons
1 quart	2 pints	½ cup	2 tablespoons
1 pint	2 cups	⅓ cup	1 tablespoon
8 quarts	1 peck	1 tablespoon	3 teaspoons
4 pecks	1 bushel	⅔ tablespoon	2½ teaspoons
1 cup	16 tablespoons	¼ tablespoon	2¼ teaspoons
¾ cup	14 tablespoons	⅕ tablespoon	2 teaspoons
½ cup	12 tablespoons	⅙ tablespoon	1½ teaspoons
⅓ cup	10½ tablespoons	⅛ tablespoon	1¼ teaspoons
¼ cup	10 tablespoons	⅑ tablespoon	1¼ teaspoons
⅒ cup	8 tablespoons	⅒ tablespoon	1 teaspoon
⅙ cup	6 tablespoons	¼ tablespoon	¾ teaspoon
⅓ cup	5½ tablespoons		

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