General Table of Weights and Measures

4 ounces ...........................................
1/4 pound
16 ounces ........................................... 1 pound
3 teaspoons ........................................ 1 tablespoon
4 tablespoons ...................................... 1/4 cup
5 tablespoons plus 1 teaspoon ............... 1/3 cup
8 tablespoons ...................................... 1/2 cup or 4 ounces liquid
16 tablespoons ..................................... 1 cup or 8 ounces liquid
1 gill .................................................. 1/2 cup or 4 ounces liquid
1 pint .................................................. 2 cups or 16 ounces liquid
1 quart .............................................. 4 cups or 32 ounces liquid
4 quarts ............................................. 1 gallon
4 pecks .............................................. 1 bushel

In brewing coffee one pound will make 35 to 40 cups.

In cooking meats, 1 teaspoon of salt per pound of fresh meat is found to be sufficient.

In cooking fish 1 1/2 teaspoons of salt per pound is required.

A *dash* of seasoning ordinarily means less than 1/8 teaspoon; in order to be more specific I suggest that you use 1/16 teaspoon—at least until you know the taste preference of those for whom you are seasoning food.