

USEFUL EQUIVALENTS AND MEASURES FOR MIXING ESSENTIAL OILS:

1 pound = 453.6 grams = 0.453 Kg
1 Kg = 2.2046 pounds
5lb. jar = 5 pints = 2.5 quarts of water or syrup

1QT = 2 pints = 0.9464 liters
= 946.4 ml
= 4 cups
= 2 lbs of water
= 64 tablespoons
= 1142.2 gr of 1:1 sugar syrup
= 2.52 lbs of sugar syrup

1 pint = 2 cups
= 16 ounces
= 1 lb of water
= 473.2 ml
= 32 tablespoons
= 571.1 gr of 1:1 sugar syrup
= 1.26 lbs of sugar syrup

1 fluid ounce = 29.6 ml
= 6 teaspoons
= 2 tablespoons
= 1/8 cup

1/2 ounce = 14.8 ml
= 3 tsps.
= 1 tablespoon

1/4 ounce = 7.4 ml
= 1 1/2 tsps.
= 1/2 tablespoon

1 ml = 0.0338 oz.
= 20-25 drops from a standard
medicine dropper

10 ml = .338 oz or about 1/3 ounce
= 2 teaspoons

1 fluid dram = 3.7 ml
= 0.125 ounces
= 1/8 oz.
= 3/4 tsp.

1 teaspoon = 1.33 fluid drams
= 4.93 ml,
or = approximately 5 ml
= 1/6 oz.

3/4 tsp = 3.7 ml

1/2 tsp. = 2.465 ml
or = approx. 2.5 ml

1/4 tsp. = 1.23 ml

1/8 tsp = 0.62 ml

1 Tablespoon = 3 teaspoons,
= 4 drams
= 14.8 ml
or = approximately 15 ml
= 1/2 oz.

1 cup = **8 ounces** or 1/2 pound
= **1/2 pint**
= 236.6 ml
= 16 tablespoons

1 cup of 1:1 sugar syrup = 285.5 gr
[100 ml of 1:1 sugar = 120.69 gr]
1/2 cup = 4 ounces
= 1/4 pint
= 118.3 ml
= 8 tablespoons

1/3 cup = 2.666667 ozs
= 78.9 ml
= 4 2/3 tablespoons

1/4 cup = 2 ounces
= 59.1 ml
= 12 teaspoons
= 4 tbsps.

1/8 cup = 1 fluid ounce
= 29.57373 ml
= 8 drams
= 6 teaspoons
= 2 tablespoons

1 common ounce dry weight (avdp.)
= 28.34952 grams

1 cup sugar = 218.3 grams (by experiment)
= 7.7 oz. Avdp.

1 cup crisco = 217.36 grams (by experiment)
= 7.66 oz. Avdp.

1 pint salt = **2.165 lbs**
1 cup salt = **1.0825 lbs**

Example, making grease patties:

4.4 pounds (1814.4 g) of granulated sugar (sucrose)
3 ounces (88.8 ml) of corn oil
1.5 Pounds (680.4 g) of vegetable shortening (Crisco)
1 pound (463.4 g) of honey
2 ounces plus 1 tsp. (64.13 ml) of wintergreen oil.
1/2 Pound (226.8 g) of mineral salt (pink color) approx.
\$8.00 for 50 # from feed stores.

This is a revised formula, with increased wintergreen, and will repel and sometimes kill the small hive beetle, *Aethina tumida* (Coleoptera: Nitidulidae).