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All Cast Investments (Pty) Ltd
 Co. Reg. No. 98/012474/07

0861 EIENDOM

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CONVERSION FACTORS NUMBER 2

Weights:

1oz	=	30g
2oz	=	55g
3oz	=	85g
4oz	=	110g
5oz	=	140g
6oz	=	170g
10oz	=	285g
16oz	=	450g
1½lb	=	560g
2lb	=	900g
3lb	=	1,35kg
5lb	=	2,3kg
10lb	=	4,5kg

Lengths:

¼ inch	=	3 mm
¼ inch	=	5 mm
½ inch	=	1 cm
2 inch	=	5 cm
2½ inch	=	6 cm
4 inch	=	10 cm
5 inch	=	13 cm
10 inch	=	25,5 cm
12 inch	=	30 cm

Other:

1 American cup	=	240ml
1 egg	=	56ml
1 egg white	=	28ml
1 tbsp flour	=	20g
1 tbsp sugar	=	30g
1 stick butter	=	100g
1 cup breadcrumbs	=	50g
1 cup flour	=	150g
1 cup sugar	=	220g

Temperatures:

°C	°F
0	32
5	41
15	59
20	68
30	86
40	104
50	122
60	140
70	158
80	176
90	194
100	212

Paper Sizes:

Size	mm	Inches
A0	841 X 1189	33,1 X 46,8
A1	594 X 841	23,4 X 33,1
A2	420 X 594	16,5 X 23,4
A3	297 X 420	11,7 X 16,5
A4	210 X 297	8,3 X 11,7
A5	148 X 210	5,8 X 8,3
A6	105 X 148	4,1 X 5,8
A7	74 X 105	2,9 X 4,1

Liquid:

5ml	=	1 tsp	
15ml	=	1 tbsp	= 0,5 fl oz
30ml	=	2 tbsp	= 1 fl oz
60ml	=	4 tbsp	= 2 fl oz
125ml	=	½ cup	= 4 fl oz
		2/3	
150ml	=	cup	= 5 fl oz
250ml	=	1 cup	= 8 fl oz

Tyre Pressures:

lb/in ²	kg/cm ²
20	1,41
22	1,55
24	1,69
26	1,83
28	1,97
30	2,11
32	2,25
34	2,39

$$^{\circ}\text{C} = 5/9 (^{\circ}\text{F} - 32)$$

$$^{\circ}\text{F} = 9/5 ^{\circ}\text{C} + 32$$

Clothing:

Dresses and suits (Women)						
British	12	14	16	18	20	22
Continental	40	42	44	46	48	50

Men's suits and overcoats

British	36	38	40	42	44	46
Continental	46	48	50	52	54	56

Shirts (Collar Size)

British	14	14½	15	15½	16	16½	17
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Continental	36	37	38	39-40	41	42	43
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Shoes

British	3	4	5	6	7	8	9	10	11	12
Continental	36	37	38	39	41	42	43	44	46	47

Socks

British	9½	10	10½	11	11½
Continental	38-39	39-40	10-41	41-42	42-43