

## CONVERSION TABLES

### Weight

23.3 grams	1 ounce
100 grams	3 1/2 oz. approx
454 grams	1 pound
1 kilogram	2.2 lbs.
6.356 kilogram	1 stone (14 lbs.)

### Length

1 Centimeter	0.3937 inches
2.54 centimeters	1 inch
30.5 centimeters	1 foot
91.5 centimeters	1 yard
1 meter	39.37 inches
1 kilometer	5/8 mile

### Area

4 dunams	1 acre
10 dunams	1 hectare

### Capacity

0.568 liters	1 Imperial pint
1 liter	1.76 pints
1.136 liters	1 Imperial quart
0.946 liters	1 US quart
3.785 liters	1 US gallon
4.544 liters	1 Imperial gallon

### Body Temperatures

### Atmospheric Temperature

centigrade	fahrenheit	centigrade	fahrenheit
37	98.6	0	32
37.5	99.5	5	41
38	100.4	10	50
38.5	101.3	20	68
39.5	102.2	25	77
40	104.0	30	86

**Oven Temperatures**

<b>Centigrade</b>	<b>Fahrenheit</b>	<b>Regulo</b>
115-15	240-310	1/4 - 1/2
160-190	320-370	3-4
195-205	380-400	5
210-230	410-440	6-7
235-250	450-480	8-9

**SIZES**

**WOMEN'S WEAR – BLOUSES/SWEATERS**

<b>Israeli-European</b>	<b>American</b>	<b>British</b>
40	32	34
42	34	36
44	36	38
46	38	40
48	40	42
50	42	44
52	44	46

