

Table 4 Food Products Data (Concluded)

Product	Average Freezing Point °F	Percent Water	Sp. ht. Btu/(lb)(°F deg)		Latent Heat of Fusion Btu/lb	Heat of Respiration Btu per (2.4 hr) (ton) (°F deg)
			Above Freezing	Below Freezing		
MISCELLANEOUS						
Cheese (Limburger)	19	55	0.70	0.40	86	40 4920
Cheese (Roguefort)	3	55	0.65	0.32	79	45 4000
Cheese (Swiss)	15	55	0.64	0.36	79	40 4660
Chocolate (coating)	95-95	55	0.30	0.55	40	
Cream (40%)	28	73	0.85	0.40	90	
Eggs (crated)	27		0.76	0.40	100	
Eggs (frozen)	27		0.41	0.28	100	
Flour		13.5	0.38			
Flowers (cut)	32					
Furs—Woolens				0.40		
Honey		18	0.35	0.26	26	
Hops						
Ice cream	27-0	58-66	0.78	0.45	96	
Lard			0.52			
Malt						
Maple sugar		5	0.24	0.21	7	
Maple syrup		36	0.49	0.31	52	
Milk		87.5	0.93	0.49	124	
Nuts (dried)		3-10	0.21-0.29	0.19-0.24	4.3-14	
Oleomargarine		15.5	0.32	0.25	22	
Tobacco and cigars						
Yeast		70.9	0.77	0.41	102	
FRUITS						
Apples	28.4	84.1	0.86	0.45	121	
Apricots	28.1	85.4	0.88	0.46	122	
Avocados	27.2	94	0.91	0.49	136	
Bananas	28	74.8	0.80	0.42	108	
Blackberries	28.9	85.3	0.83	0.46	122	
Blueberries	28.6	82.3	0.86	0.45	118	
Cantaloupes	29	92.7	0.94	0.48	132	
Cherries	26	83	0.87	0.45	120	
Cranberries	27.3	87.4	0.90	0.46	124	
Currants	30.2	84.7	0.83	0.45	120	
Dates (dry)	-4.1	20	0.36	0.26	29	
Dates (fresh)	27.1	78	0.82	0.43	112	
Figs (fresh)	27.1	78	0.82	0.43	112	
Figs (dried)		24	0.39	0.27	34	
Gooseberries	28.9	88.3	0.90	0.46	126	
Grapefruit	28.4	88.8	0.91	0.46	126	
Grapes	26.3	81.7	0.86	0.44	116	
Honey Dew Melon	20	92.6	0.94	0.48	132	
Lemons	28.1	89.3	0.92	0.46	127	
Limes	29	86	0.89	0.46	122	
Mangoes	32	93	0.90	0.46	134	
Nectarines	29	82.9	0.90	0.49	119	
Oranges	28	87.2	0.90	0.46	124	
Peaches	29.4	86.9	0.90	0.46	124	
Pears	28.5	83.5	0.86	0.45	118	
Persimmons	28.3	78.2	0.84	0.43	112	
Pineapples	29.4	85.3	0.88	0.45	122	
Plums	28	85.7	0.88	0.45	123	
Pomegranates	28	77	0.87	0.45	112	
Prunes (fresh)	28	85.7	0.88	0.45	123	
Quinces	28.1	85.3	0.88	0.45	122	
Raspberries	30.1	82	0.85	0.45	122	
Strawberries	29.9	90	0.92	0.47	129	
Tangerines	28.0	87.3	0.93	0.51	126	
Watermelons	29.2	92.1	0.97	0.48	132	

CONVERSION FACTORS

Lengths; Surface and Areas; Volume and Capacity; Density; Masses and Weights; Pressure; Heat, Energy, and Work; Power, Rate of Energy, and Heat; Velocities and Accelerations; Viscosity; Temperatures

Table 1 Lengths

1 meter (m) = 10 decimeters (dm) = 100 centimeters (cm) = 1000 millimeters (mm) = 0.001 kilometer (km)
To convert metric units merely adjust the decimal point.
1 m = 39.37 in. (U. S. Standard) = 39.370113 in. (British Standard)
1 mm = 1000 microns (μ) = 0.03937 in. = 39.37 mils.
1 yd (U. S. Standard) = 1.000029 yards (British Standard)

m	in.	ft	yd	rods	miles		km
					statute	U. S. nautical	
1	39.37	3.280833	1.093611	0.198838	6.214×10 ⁻⁴	5.396×10 ⁻⁴	0.001
0.02540	1	0.08333	0.02778	5.081×10 ⁻⁴	1.578×10 ⁻⁴	1.371×10 ⁻⁴	2.540×10 ⁻⁴
0.30480	12	1	0.33333	0.0061	1.394×10 ⁻³	1.845×10 ⁻³	3.048×10 ⁻³
0.91440	36	3	1	0.18182	5.682×10 ⁻³	4.834×10 ⁻³	9.144×10 ⁻³
5.02921	198	16.5	5.5	1	0.003125	0.002714	0.005029
1609.35	63,360	5280	1760	320	1	0.86839	1.60935
1853.25	72,962.5	6080.20	2028.73	368.497	1.15155	1	1.85325
1000	39,370	3280.83	1093.61	198.838	0.62137	0.53959	1

Table 2 Surface and Areas

1 sq meter (m²) = 100 sq decimeters (dm²) = 10,000 sq centimeters (cm²) = 0.0001 hectare (ha)
1 sq millimeter (mm²) = 0.01 sq centimeter (cm²) = 0.00155 sq in. (in.²) = 1973.5 circular mils

m ²	in. ²	ft ²	yd ²	acres	hectare, ha	sq miles statute	km ²
1	1549.99	10.7639	1.19599	2.471×10 ⁻⁴	0.0001	3.861×10 ⁻⁷	1×10 ⁻⁶
0.0006452	1	6.944×10 ⁻⁴	7.716×10 ⁻⁴	1.594×10 ⁻⁷	6.452×10 ⁻⁸	2.491×10 ⁻¹⁰	6.452×10 ⁻¹⁰
0.00230	144	1	0.11111	2.296×10 ⁻⁴	9.290×10 ⁻⁵	3.587×10 ⁻⁸	9.290×10 ⁻⁸
0.83613	1296	9	1	2.066×10 ⁻³	8.361×10 ⁻⁴	3.228×10 ⁻⁷	8.361×10 ⁻⁷
4046.87	6,272,640	43,560	4840	1	0.40469	0.001563	0.004047
10,000	15,499,969	107,639	11,959.9	2.47104	1	0.003861	0.01
2,589,989	27,878,400	3,087,600	640	259.000	1	1	2.59000
1,000,000	10,763,867	1,195,985	247.104	100	0.38610	1	1

Table 3 Volume and Capacity

1 m³ = 1000 dm³ = 1,000,000 cm³
1 liter (l) = 10 deciliters (dl) = 100 centiliters (cl) = 1000 milliliters (ml) = 1000 cubic centimeters (cm³) or (cc)
1 liter (l) = 0.1 decaliter (dal) = 0.01 hectoliter (hl) = 1 cu decimeter (dm³)

dm ³	in. ³	ft ³	yd ³	U. S. qt		U. S. gal		U. S. bu
				liquid l qt	dry d qt	liquid l gal	dry d gal	
1	61.0234	0.035314	0.001308	1.05668	0.90808	0.264178	0.22702	0.02838
0.010339	1	5.787×10 ⁻⁴	2.143×10 ⁻⁴	0.01732	0.01488	0.004329	0.003720	4.650×10 ⁻⁴
28.3170	1728	1	0.03704	29.9221	25.7140	7.48055	6.42851	0.80356
764.559	46,656	27	1	807.896	694.279	201.974	173.570	21.6962
0.94636	57.75	0.03342	0.001238	1	0.85937	0.25	0.21484	0.02686
1.10123	67.2006	0.03889	0.001440	1.16365	1	0.29091	0.25	0.03125
3.78543	231	0.13368	0.004951	4	3.43747	1	0.85937	0.10742
4.40492	268.803	0.15556	0.005761	4.65460	4	1.16365	1	0.125
35.2393	2150.42	1.24446	0.04609	37.2368	32	9.30920	8	1
4.54374	277.274	0.160459	0.0059429	4.30128	4.1267	1.20032	1.0317	0.12896

Bottom row lists the equivalents for one imperial gallon.
U. S. dry measure: 1 bushel = 4 pecks = 8 gallons = 32 quarts = 64 pints.
U. S. liquid measure: 1 gallon = 4 quarts = 8 pints = 32 gills = 128 fluid ounces.
U. S. apoth. measure: 1 fl. ounce (fl. oz.) = 8 fl. drams (fl. dr.) = 480 minims (fl. m.) = 29.574 cm.³