

4 Cups In Ml

Cup (unit)

236.6 ml). Because actual drinking cups may differ greatly from the size of this unit, standard measuring cups may be used, with a metric cup commonly - The cup is a cooking measure of volume, commonly associated with cooking and serving sizes. In the US customary system, it is equal to one-half US pint (8.0 US fl oz; 8.3 imp fl oz; 236.6 ml). Because actual drinking cups may differ greatly from the size of this unit, standard measuring cups may be used, with a metric cup commonly being rounded up to 240 millilitres (legal cup), but 250 ml is also used depending on the measuring scale.

Measuring cup

scale marked on the inside. Measuring cups usually have capacities from 250 mL (1 metric cup) to 1,000 mL (4 metric cups; about 2.11 US customary pints (1.06 - A measuring cup is a kitchen utensil used primarily to measure the volume of liquid or bulk solid cooking ingredients such as flour and sugar, especially for volumes from about 50 mL (approx. 2 fl oz) upwards. Measuring cups are also used to measure washing powder, liquid detergents and bleach for clothes washing. Some measuring cups will have a scale marked in cups and fractions of a cup, and often with fluid measure and weight of a selection of dry foodstuffs. Others are made to a specific capacity and are designed to be filled to the top with dry ingredients.

Measuring cups may be made of plastic, glass, or metal. Transparent (or translucent) cups can be read from an external scale; metal ones only from a dipstick or scale marked on the inside.

Big Gulp

at 20-US-fluid-ounce (590 ml). Despite Potts's objections, he agreed to send a case of 500 cups to a 7-Eleven location in Orange County. Much to his - Big Gulp is a line of fountain drinks owned by 7-Eleven and used at its namesake stores as well as A-Plus, Speedway, and Stripes Convenience Stores. While the name is in reference to the original 32-US-fluid-ounce (950 ml) drink, it has since expanded to include various other sizes.

Pimm's

spirits as bases for new "cups". After World War II, Pimm's No. 4 Cup was invented, followed by Pimm's No. 5 Cup and Pimm's No. 6 Cup in the 1960s. The brand - Pimm's is an English brand of gin-based fruit cup but may also be considered a liqueur or the basis of a sling or punch. It was first produced in 1823 by James Pimm and has been owned by Diageo since 1997. Its most popular product is Pimm's No. 1 Cup, commonly used for the Pimm's cup cocktail.

Lane cake

whites, 1 cup (~240 mL) butter, 1 cup (~240 mL) sweet milk, 2 cups (~480 mL) sifted sugar, 3+1/4 cups (~720 mL) sifted flour, 2 tsp (10 mL) baking powder - Lane cake, also known as prize cake or Alabama Lane cake, is a bourbon-laced baked cake traditional in the American South. It was invented or popularized by Emma Rylander Lane (1856–1904), a native and long-time resident of Americus, Georgia, who developed the recipe while living in Clayton, Alabama, in the 1890s. She published the original recipe in *Some Good Things to Eat* (1898). Her original recipe included 8 egg whites, 1 cup (~240 mL) butter, 1 cup (~240 mL) sweet milk, 2 cups (~480 mL) sifted sugar, 3+1/4 cups (~720 mL) sifted flour, 2 tsp (10 mL) baking powder, 1 tbsp (15 mL) vanilla and called for the layers to be baked in pie tins lined with ungreased brown paper rather than in cake pans. The filling called for 8 egg yolks, 1 cup (~240 mL) of sugar, 1/2 cup (~120 mL)

butter, 1 cup (~240 mL) seeded raisins, 1 wine-glass of whiskey or brandy, and 1 tsp (5 mL) vanilla.

The Lane cake is sometimes confused with the Lady Baltimore cake, which also is a liquor-laden fruit-filled cake. While the Lane cake originated in Alabama, the Lady Baltimore came from Charleston. Sisters Florrie and Nina Ottolengui, managers of the Women's Exchange Tea tearoom are credited with developing it.

Many variations of the Lane cake now exist, with three or more layers of white sponge cake, separated by a filling that typically includes pecans, raisins and coconut soaked in a generous amount of bourbon, wine or brandy. It may be frosted on the top, on the sides, or both.

Lane cake is often found in the South at receptions, holiday dinners, or wedding showers.

Cooking weights and measures

details. In addition, the "cook's cup" above is not the same as a "coffee cup", which can vary anywhere from 100 to 200 mL (3.5 to 7.0 imp fl oz; 3.4 to 6 - In recipes, quantities of ingredients may be specified by mass (commonly called weight), by volume, or by count.

For most of history, most cookbooks did not specify quantities precisely, instead talking of "a nice leg of spring lamb", a "cupful" of lentils, a piece of butter "the size of a small apricot", and "sufficient" salt. Informal measurements such as a "pinch", a "drop", or a "hint" (soupçon) continue to be used from time to time. In the US, Fannie Farmer introduced the more exact specification of quantities by volume in her 1896 Boston Cooking-School Cook Book.

Today, most of the world prefers metric measurement by weight, though the preference for volume measurements continues among home cooks in the United States and the rest of North America. Different ingredients are measured in different ways:

Liquid ingredients are generally measured by volume worldwide.

Dry bulk ingredients, such as sugar and flour, are measured by weight in most of the world ("250 g flour"), and by volume in North America ("1½ cup flour"). Small quantities of salt and spices are generally measured by volume worldwide, as few households have sufficiently precise balances to measure by weight.

In most countries, meat is described by weight or count: "a 2 kilogram chicken"; "four lamb chops".

Eggs are usually specified by count. Vegetables are usually specified by weight or occasionally by count, despite the inherent imprecision of counts given the variability in the size of vegetables.

Menstrual cup

size cups hold about 15-25 ml, medium size cups 20-30 ml, and large cups 30-40 ml. The maximum capacity for large cups is about 50mL (ring-shaped cups generally - A menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid (blood from the uterine lining mixed with other fluids). Menstrual cups are made of elastomers (silicone rubbers, latex rubbers, or thermoplastic rubbers). A properly fitting menstrual cup seals against the vaginal walls, so tilting and inverting the body will not cause it to leak. It is impermeable and collects menstrual fluid, unlike

tampons and menstrual pads, which absorb it.

Menstrual cups come in two types. The older type is bell-shaped, often with a stem, and has walls more than 2 mm (0.079 in) thick. The second type has a springy rim, and attached to the rim, a bowl with thin, flexible walls. Bell-shaped cups sit over the cervix, like cervical caps, but they are generally larger than cervical caps and cannot be worn during vaginal sex. Ring-shaped cups sit in the same position as a contraceptive diaphragm; they do not block the vagina and can be worn during vaginal sex. Menstrual cups are not meant to prevent pregnancy.

Every 4–12 hours (depending on capacity and the amount of flow), the cup is emptied (usually removed, rinsed, and reinserted). After each period, the cup requires cleaning. One cup may be reusable for up to 10 years, making their long-term cost lower than that of disposable tampons or pads, though the initial cost is higher. As menstrual cups are reusable, they generate less solid waste than tampons and pads, both from the products themselves and from their packaging. Bell-shaped cups have to fit fairly precisely; it is common for users to get a perfect fit from the second cup they buy, by judging the misfit of the first cup. Ring-shaped cups are one-size-fits-most, but some manufacturers sell multiple sizes.

Reported leakage for menstrual cups is similar or rarer than for tampons and pads. It is possible to urinate, defecate, sleep, swim, do gymnastics, run, ride bicycles or riding animals, weightlift, and do heavy exercise while wearing a menstrual cup. Incorrect placement or cup size can cause leakage. Most users initially find menstrual cups difficult, uncomfortable, and even painful to insert and remove. This generally gets better within 3–4 months of use; having friends who successfully use menstrual cups helps, but there is a shortage of research on factors that ease the learning curve. Menstrual cups are a safe alternative to other menstrual products; risk of toxic shock syndrome infection is similar or lower with menstrual cups than for pads or tampons.

Liquid Death

headquartered in Los Angeles, California, United States. Its tagline is "murder your thirst". The drink is sold in a 12 US fl oz (350 ml), 16.9 US fl oz (500 ml) "tallboy" - Supplying Demand, Inc., doing business as Liquid Death, is a canned water company founded by Mike Cessario, headquartered in Los Angeles, California, United States. Its tagline is "murder your thirst". The drink is sold in a 12 US fl oz (350 ml), 16.9 US fl oz (500 ml) "tallboy" drink can and a 19.2 US fl oz (570 ml) can. As of 2023, its water was canned by Wilderness Asset Holdings LLC in Virginia, US. The drink began selling to consumers on its website in January 2019. In March 2024, the company was valued at \$1.4 billion. Liquid Death currently has 14 flavors.

Paper cup

modern disposable cups may be made of recycled paper or other inexpensive materials such as plastic. Paper cups have been documented in imperial China, - A paper cup is a disposable cup made out of paper and often lined or coated with plastic or wax to prevent liquid from leaking out or soaking through the paper. Disposable cups in shared environments have become more common for hygienic reasons after the advent of the germ theory of disease. Due mainly to environmental concerns, modern disposable cups may be made of recycled paper or other inexpensive materials such as plastic.

Coffee cup

sometimes 570 ml.[dubious – discuss] These cups are made of porcelain and shaped to encourage and aid in creating latte art. NASA designed "Space Cups" or "Capillary" - A coffee cup is a cup for serving coffee and coffee-based drinks. There are three major types: conventional cups used with saucers,

mugs used without saucers, and disposable cups. Cups and mugs generally have a handle. Disposable paper cups used for take-out sometimes have fold-out handles, but are more often used with an insulating coffee cup sleeve.

Coffee cups and mugs may be made of glazed ceramic, porcelain, plastic, glass, insulated or uninsulated metal, and other materials. In the past, coffee cups have also been made of bone, clay, and wood. Disposable coffee cups may be made out of paper or polystyrene foam (often mistakenly called Styrofoam).

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