Making flubber

A class wants to make Flubber. Their teacher gives them a recipe which uses 4 $\frac{1}{4}$ cups of water, 4 cups of PVA glue and 4 teaspoons of Borax. She says that they have all the ingredients but only a teaspoon for measuring.

The teacher tells them that Borax makes up 1% of the final mixture, so they should be able to work out how many teaspoons of water and PVA glue to add.

How can the class use this information to work out how many teaspoons in a cup?