How to Spell Numbers in Formal Writing

from http://www.getitwriteonline.com/archive/093003.htm

The *Chicago Manual of Style* (15th ed., 2003) says that in nontechnical writing, we should spell out “whole numbers from one through one hundred, round numbers, and any number beginning a sentence” (380). *Chicago* provides an alternative for technical writers, which is to spell out “only single-digit numbers.” The authors point out, though, that such rules “should be used with flexibility so as to avoid such awkward locutions as ’12 eggs, of which nine were laid yesterday’“ (381).