Liquid Puzzle

A) Tip 3L out of the 3L jug into the 5L jug twice stopping when the 5L jug is full leavin
g 1L in the 3L jug.

B)   1. Fill the 3L jug to full
            2. Tip 3L jugs contents into 5L jug
            3. Repeat steps 1-2 stopping pouring when the 5L jug is filled.
            4. 1L will remain in the 3L jug

C) To my knowledge this is the most efficient method available.