

WE'VE GOT A DATE...



SAVE?

sure...you



SERVE YOUR FAMILY

**better... for less by canning
and freezing at home with
KERR JARS, CAPS AND LIDS**

Scientist Proves **Kerr's** Exclusive Gray
Sealing Cushion Protects Foods Best*



Because...

* Laboratory tests
conducted by
an independent
food technologist

- Kerr's exclusive, thick gray sealing cushion gives more sealing surface.
- Kerr Lids protect the nutritive value of home canned foods in a better manner.
- Kerr Lids keep canned foods far better, far longer.
- Kerr Lids keep better color and flavor of foods over longer storage periods because of better venting during processing and better sealing after processing.

And, the rust-resistant golden enamel protects as nothing else

DON'T SETTLE FOR LESS — KERR'S BEEN PROVED BEST

DIRECTIONS FOR USING KERR CAPS

- No. 1 Examine jars — must be free of nicks, cracks, sharp edges, etc.
- No. 2 Wash jars in hot soapy water. Scald. Invert on clean folded cloth.
- No. 3 Scald **KERR** Lids and keep in water until used.
- No. 4 Fill jars, packing corn, peas, lima beans, meats and fish, **LOOSELY**, to 1 inch of top of jars — other foods to 1/2 inch of top.
- No. 5 Add liquid according to recipe.
- No. 6 Wipe top of jar clean.
- No. 7 Place scalded **KERR** Lid on jar with sealing composition next to glass. Screw band **FIRMLY TIGHT**. **DO NOT USE SCREW BANDS THAT ARE RUSTY OR HAVE TOP EDGE PRIED UP— THEY WILL CAUSE SEALING FAILURES.**
- No. 8 Process required length of time. Remove from canner. Set jars apart, on folded cloth, out of draft, to cool. Do not cover jars. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING.**
- No. 9 When jars are cold, **TEST FOR SEAL.**
3-WAY TEST FOR SEAL:
HEAR — the seal. Tap lid with a spoon when jar is cold. A clear, ringing sound means a seal.
SEE — the seal. If lid is curved down — jar is sealed.
FEEL — the seal. Press center of lid, if it is down and will not move, jar is sealed.
- No. 10 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed.
- No. 11 To open sealed jars, puncture lid. Pry up on tiny edge of lid. If screw band has not been removed and sticks, invert jar in boiling water for few minutes before puncturing lid.

CANNING FRUITS

A BOILING WATER BATH IS RECOMMENDED FOR PROCESSING FRUITS AND TOMATOES

PACK: All fruit $\frac{1}{2}$ inch from top of jar.

SYRUP: Raw Pack — Fill jar $1\frac{1}{2}$ inches from top.

Hot Pack — Fill jar $\frac{1}{2}$ inch from top.

WATER OR FRUIT JUICE: Fill jar $\frac{1}{2}$ inch from top.

Make syrup according to sweetness desired in finished product. Boil sugar and water until sugar is dissolved (about 5 minutes).

<u>Syrup</u>	<u>Sugar</u>	<u>Water</u>
Thin	1 cup	3 cups
Medium	1 cup	2 cups
Heavy	1 cup	1 cup

Process fruits according to BOILING WATER BATH TIME TABLE on page 11.

CANNING FRUIT WITHOUT SUGAR

All fruits and fruit juices can be successfully canned in **KERR** Jars without sugar, but canning in a sugar syrup helps to hold shape and flavor of the fruit. The syrup does not keep fruit from spoiling.

For fruits packed raw, use fruit juice or water in place of syrup. Obtain fruit juice by crushing some of the well ripened fruit and bring to boil over low heat. Strain. Fill jars $\frac{1}{2}$ inch from top with juice or boiling water.

Fruits may be precooked over low heat in small amount of water. Pack hot fruit and hot juice to within $\frac{1}{2}$ inch of top.

SUCARYL (a sweetening agent in tablet or liquid form) may be used in canning or freezing. It is used in diabetic or reducing diets according to manufacturer's instructions.

TO HELP PREVENT DARKENING of light colored fruits, use commercial ascorbic and citric acid mixture according to the manufacturer's instructions, or use $\frac{1}{2}$ teaspoon of crystalline ascorbic acid to each quart of fruit. Process at once according to BOILING WATER BATH TIME TABLE on page 11.

CANNING VEGETABLES

A PRESSURE COOKER IS RECOMMENDED FOR PROCESSING LOW ACID FOODS AS IT GIVES A GREATER DEGREE OF SAFETY.

RAW PACK such vegetables as asparagus, lima beans, green beans, carrots, whole grain corn, peas, and summer squash.

Pack vegetables to not more than $\frac{1}{2}$ inch from top of jar. **DO NOT PACK corn, peas and lima beans** any higher than 1 inch from top. Fill jars with boiling water to $\frac{1}{2}$ inch from top of jar. Process in the PRESSURE COOKER according to the PRESSURE COOKER TIME TABLE on page 10.

HOT PACK. Cover vegetables with boiling water and boil for time suggested in Time Table. Keep boiling hot while packing.

NOTE: All vegetables except tomatoes, as well as all meats, poultry and fish canned at home, must be boiled in an open vessel 10 to 15 minutes before tasting or using.

APPROXIMATE YIELDS

Legal weight of a bushel of fruits or vegetables varies in different states. These are average weights.

FOOD	FRESH	CANNED
Apples	1 bu. (48 lbs.)	16 to 20 qts.
Berries, except strawberries	24 qt. crate	12 to 18 qts.
Peaches	1 bu. (48 lbs.)	18 to 24 qts.
Pears	1 bu. (50 lbs.)	20 to 26 qts.
Tomatoes	1 bu. (53 lbs.)	15 to 20 qts.
Beans, lima, in pods	1 bu. (32 lbs.)	6 to 8 qts.
Beans, snap	1 bu. (30 lbs.)	15 to 20 qts.
Beets, without tops	1 bu. (52 lbs.)	17 to 20 qts.
Corn, sweet, in husks	1 bu. (36 lbs.)	8 to 9 qts.
Peas, green, in pods	1 bu. (30 lbs.)	12 to 15 qts.

STEPS IN CANNING

RAW PACK OR HOT PACK METHOD

- No. 1 Examine jars — must be free of nicks, cracks, sharp edges, etc.
- No. 2 Wash jars in hot soapy water. Scald. Invert on clean folded cloth. Scald **KERR** Lids and keep in water until used.
- No. 3 Select fresh, firm (not overripe) foods. Grade according to size and ripeness.
- No. 4 Prepare according to recipe.
- No. 5 Fill jars, packing corn, peas, lima beans, meats and fish, **LOOSELY**, to 1 inch of top of jars — other foods to $\frac{1}{2}$ inch of top.
- No. 6 Add liquid.
FRUITS: Raw Pack — Fill jar $1\frac{1}{2}$ inches from top with syrup.
 Hot Pack — Fill jar $\frac{1}{2}$ inch from top with syrup.
 Water or fruit juice — Fill jar $\frac{1}{2}$ inch from top.
VEGETABLES: Liquid $\frac{1}{2}$ inch from top of jar.
MEATS: Raw Pack — Add no liquid. Natural meat juices will form.
 Hot Pack — Add 3 or 4 tablespoons of liquid (grease, broth, or water).
- No. 7 Wipe top of jar clean.
- No. 8 Place scalded **KERR** Lid on jar with sealing composition next to the glass. Screw bands **FIRMLY TIGHT**. **DO NOT USE SCREW BANDS THAT ARE RUSTY OR HAVE TOP EDGE PRIED UP — THEY WILL CAUSE SEALING FAILURES.**
- No. 9 Process required length of time. Remove from canner. Set jars apart on folded cloth, out of draft, to cool. Do not cover jars. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING.**
- No. 10 When jars are cold, **TEST FOR SEAL** (see page 3, Step No. 9).
- No. 11 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed.

STEPS IN CANNING

OPEN KETTLE METHOD

Use **ONLY** for preserves, marmalades, jams, jellies, pickles, and relishes. The **OPEN KETTLE METHOD** is **not recommended** for canning fruits and tomatoes.

- No. 1 Examine jars — must be free of cracks, sharp edges, etc.
- No. 2 Wash jars in hot soapy water. Boil in clear water for at least 15 minutes. Scald **KERR** Lids and keep in water until used.
- No. 3 Prepare preserves, conserves, marmalades, jams, jellies, pickles, relishes, and cook according to recipe.
- No. 4 Fill only **ONE** sterilized **KERR** Jar at a time $\frac{1}{2}$ inch from top with **boiling** product and **boiling** liquid.
- No. 5 Wipe top of jar clean.
- No. 6 **SEAL EACH JAR IMMEDIATELY AS FILLED** — (with **boiling** product and **boiling** liquid) — by placing scalded **KERR** Lid on jar with sealing composition next to glass, and screw band **FIRMLY TIGHT**.
- No. 7 Set jars apart on folded cloth, out of draft, to cool. Do not cover jars.
- No. 8 When jars are cold, **TEST FOR SEAL**.

3-WAY TEST FOR SEAL:

HEAR — the seal. Tap lid with a spoon when jar is cold. A clear ringing sound means a seal.

SEE — the seal. If lid is curved down — jar is sealed.

FEEL — the seal. Press center of lid, if it is down and will not move, jar is sealed.

- No. 9 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed.
- No. 10 Store in dry, cool, well ventilated storage place.

PRESSURE COOKER

A PRESSURE COOKER IS RECOMMENDED FOR PROCESSING VEGETABLES, MEATS AND LOW-ACID FOODS AS IT GIVES A GREATER DEGREE OF SAFETY.

THE PRESSURE COOKER must have a rack in the bottom, a steam-tight cover, a petcock and a safety valve, and an accurate pressure gauge, (tested each year), or a weight that measures definite pressure.

- No. 1 Prepare jars and food according to Raw Pack or Hot Pack method on page 6.
- No. 2 Place rack in bottom of cooker, add 1 to 2 inches of boiling water.
- No. 3 As each jar is filled and cap **firmly tightened**, set it on rack in cooker. Pack only enough jars at one time to fill cooker. Set jars apart so steam can circulate freely.
- No. 4 Adjust the cover of cooker and fasten securely.
- No. 5 Leave petcock open until steam has been flowing steadily 10 minutes. Close petcock. Start counting processing time when required pressure is reached on pressure gauge. Keep pressure uniform throughout processing time.
- No. 6 Process required time (see Time Tables, pp. 10-11).
- No. 7 When processing time is up, remove cooker from heat. Let cooker set until gauge returns to zero. Then slowly open petcock and remove cover. If cooker has weight control gauge, nudge it; if no steam escapes, open cooker.
- No. 8 Food in jars may be boiling vigorously; if so, allow jars to remain in cooker for a few minutes, then remove. Set jars on folded cloth, out of draft, to cool. Do not cover them. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING.**
- No. 9 When jars are cold, **TEST FOR SEAL** (see page 3, Step No. 9).
- No. 10 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed.

FOOD WILL SPOIL if not processed for the **CORRECT LENGTH OF TIME** and at the **CORRECT TEMPERATURE**. Use **KERR** Jars, Caps, and Lids for all methods of canning.

BOILING WATER BATH

THE BOILING WATER BATH IS RECOMMENDED FOR PROCESSING FRUITS AND TOMATOES. THEY ARE ACID FOODS AND CAN BE CANNED SAFELY AT BOILING TEMPERATURE.

A BOILING WATER BATH canner or any kettle with cover may be used. It must be deep enough for water to cover jars 1 to 2 inches over top and must be fitted with a rack. The rack may be wooden strips, wire, or other perforated material. The rack must hold jars at least $\frac{1}{2}$ inch off bottom of canner.

- No. 1 Place canner on heat with correct amount of boiling water. Water should be boiling when jars of food are placed in it.
- No. 2 Prepare and pack food and tighten **KERR** Cap according to directions for Raw Pack or Hot Pack Method, on page 6. Pack only enough jars at one time to fill canner.
- No. 3 Place filled jars in canner of boiling water far enough apart to allow free circulation of water. Start counting processing time as soon as **water comes back to rolling boil**. Keep water **BOILING** entire processing time. If it boils down, add enough **BOILING WATER** to keep jars covered 1 inch.
- No. 4 Process required length of time (see Time Tables, pp. 10-11). Remove from canner. Set jars on folded cloth, out of draft, to cool. Do not cover jars. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING.**
- No. 5 When jars are cold, **TEST FOR SEAL** (see page 3, Step No. 9).
- No. 6 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed.

PRESSURE SAUCE PAN

If pressure sauce pans are equipped with gauge or weights for showing and controlling pressure at 10 pounds, they appear to be satisfactory for canning. Most authorities recommend adding 20 minutes to the pressure cooker time for pint jars to make up for the quick climb in temperature at the beginning of the process and for the more rapid cooling to zero at the end.

When processing time is up, let pressure return to zero. Do not use cold water to reduce pressure. For best results, carefully follow manufacturer's instructions.

TIME TABLES

(Time in Minutes)

A pressure cooker is recommended for processing vegetables, meats and low acid foods as it gives a great degree of safety.

VEGETABLES	Precook (Boil)	Pressure Cooker			Boiling Water Bath
		Pts.	Qts.	Lbs.	
Asparagus	3	25	30	10	3 hrs.
Asparagus, raw	—	25	30	10	—
Beans (Lima)	To boil	40	50	10	3 hrs.
Beans (Lima) raw	—	40	50	10	—
Beans (String)	3	20	25	10	3 hrs.
Beans (String) raw	—	20	25	10	—
Beets	15	25	40	10	2 hrs.
Carrots	To boil	25	30	10	2 hrs.
Carrots, raw	—	25	30	10	—
Corn (Whole Grain)	To boil	55	85	10	3½ hrs.
Corn (Whole Grain) raw	—	55	85	10	—
Greens (all kinds)	Wilt	45	70	10	3 hrs.
Mushrooms	3	25	35	10	3 hrs.
Okra	1	25	40	10	3 hrs.
Peas	To boil	40	40	10	3 hrs.
Peas, raw	—	40	40	10	—
Potatoes, Irish	—	40	40	10	—
Sauerkraut	—	—	—	—	20 min.
Spinach	Wilt	45	70	10	3 hrs.
Squash (Summer)*	To boil	25	30	10	3 hrs.
Squash (Summer)* raw	—	25	30	10	—
Squash (Winter)*	*	60	80	10	3 hrs.
Sweet Potatoes (Dry)	20	65	95	10	3 hrs.
Sweet Potatoes (Wet)	20	55	90	10	3 hrs.
Tomatoes or Juice		(See under Fruits)			

SOUPS

Asparagus	*	40	40	10	3 hrs.
Clam or Fish Chowder	10	90	90	10	4 hrs.
Pea Soup	*	60	60	10	3 hrs.
Soup Stock	*	45	45	10	3 hrs.
Tomato Soup	*	—	—	—	15 min.

*See individual recipe.

SEE NOTES ON PAGE 11.

IMPORTANT — All vegetables except tomatoes, all meats, poultry and fish canned at home must be boiled in an open vessel 10 to 15 minutes before tasting or using.

TIME TABLES

(Time in Minutes)

Boiling water bath is recommended for processing fruits and tomatoes as they can be safely canned at boiling temperature.

FRUITS	Precook (Boil)	Boiling Water Bath	Pressure Cooker Pts. & Qts.	Lbs.
Apples	3-5	25	10	5
Apricots	—	20	10	5
Berries	—	20	8	5
Cherries	—	20	10	5
Cranberries	3	10	—	—
Currants	—	20	10	5
Figs	5	30	10	5
Fruit Juices	—	10	—	—
Grapes	—	20	8	5
Peaches	—	20	10	5
Pears	3-5	25	10	5
Pineapple	3-5	30	15	5
Plums	—	20	10	5
Preserves	*	20 (180° — simmering)		
Rhubarb	—	10	5	5
Tomatoes	—	35	10	5
Tomato Juice	To boil	10	—	—
Nut Meats at 225° for 45 minutes any size jar (oven).				

MEATS	Precook	Pressure Cooker Minutes	Boiling Pounds Water Bath
Lamb, Veal, Beef, Pork	*	75	10 3½ hrs.
Chicken	*	75	10 3½ hrs.
Fish — all kinds	*	90	10 4 hrs.

*See individual recipe.

Do not add liquid to meats packed raw. PACK MEATS LOOSELY — ONE INCH FROM TOP OF JAR.

NOTE: Only **PRESSURE COOKER** is recommended for processing meat.

DIFFERENT SIZE JARS — Time tables are for half pint, pint, and quart jars. For half gallon jars: **FRUITS** in Boiling Water Bath, add 10 minutes; in Pressure Cooker, add 5 minutes. **VEGETABLES** and **MEATS** in Boiling Water Bath or Pressure Cooker, add 20% of time for quarts.

ALTITUDE — Time Tables are at sea level. **Adjustment must be made if you live at an altitude of 1,000 ft. or more.**

BOILING WATER BATH — Add 1 minute for each 1,000 ft. if time is 20 minutes or less; add 2 minutes for each 1,000 ft. if time is more than 20 minutes.

PRESSURE COOKER — Increase pressure 1 pound for each 2,000 ft. altitude (the time remains the same).

CHOICE RECIPES

BEANS (String)

Wash, string and cut in convenient lengths or leave whole. Boil for 3 minutes or pack raw into clean **KERR** Jars to within $\frac{1}{2}$ inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band **FIRMLY TIGHT**. Process according to time table, page 10.

KERR KRISPY LUNCH PICKLES

25 to 30 medium cucumbers

8 large white onions	5 cups sugar (2½ pounds)
2 large sweet peppers	2 tablespoons mustard seed
½ cup salt	1 teaspoon turmeric
5 cups cider vinegar	½ teaspoon cloves

Wash cucumbers and slice as thin as possible. Chop onions and peppers; combine with cucumbers and salt; let stand 3 hours and drain. Combine vinegar, sugar, and spices in large preserving kettle, bring to boil. Add drained cucumbers; heat thoroughly but do not boil. Pack while hot into sterilized **KERR** Jars and seal at once.

CORN

Use only absolutely fresh corn that is tender and juicy. Shuck corn and remove silks. Cut out damaged spots. Wash ears with vegetable brush. Cut corn from cob, place in pan with enough boiling water to cover. Bring to boil. Keep at boiling temperature while packing. Or pack corn raw (without boiling). Pack loosely into clean **KERR** Jars, to within 1 inch of top of jar. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Fill with water in which vegetable was precooked or boiling water to within $\frac{1}{2}$ inch of top of jar. Put on cap, screwing band **FIRMLY TIGHT**. Process according to time table, page 10.

PEACHES (Cold Pack)

Select ripe, firm peaches; remove peel and pits. Drop peeled fruit into slightly salted water to prevent discoloration. Drain. Pack halved or sliced into clean **KERR** Jars. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band **FIRMLY TIGHT**. Process according to time table, page 11.

PEAS

Use only young, tender, freshly gathered peas. Shell, wash, and sort according to size. Pack raw or bring to boil. Pack loosely into clean **KERR** Jars to within 1 inch of top of jar. Add 1 teaspoon salt and sugar mixture to each pint jar if desired. Fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band **FIRMLY TIGHT**. Process according to time table, page 10.

BERRIES (Cold Pack)

(All berries except strawberries) — Wash berries and pick over carefully. Discard sour ones. Pack into clean **KERR** Jars. Fill to within $1\frac{1}{2}$ inches of top of jar with light or medium syrup. Put on cap, screwing band **FIRMLY TIGHT**. Process according to time table, page 11.

PEACH AND CANTALOUPE CONSERVE

4 cups diced peaches	6 cups sugar
4 cups diced cantaloupe	1 cup English walnuts,
$\frac{1}{2}$ cup lemon juice	blanched and chopped
1 tablespoon grated lemon rind	

Peel and dice peaches and cantaloupe. Combine all ingredients, with the exception of nut meats. Cook mixture until thick and clear; add nut meats and pour into sterilized **KERR** Jars and seal while hot.

TOMATOES

Wash tomatoes in clear water, then scald in boiling water only long enough to remove peel (about $\frac{1}{2}$ minute). Plunge in cold water — peel, core, quarter, and pack into clean **KERR** Jars to within $\frac{1}{2}$ inch of top of jar. Gently press tomatoes down while packing to make own juice. Add no liquid. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band **FIRMLY TIGHT**. Process according to time table, page 11.

CHICKEN—RAW PACK

Dress fowl and allow to cool. Wash in cold water, cut into pieces and pack into clean **KERR** Jars to within 1 inch of top of jar without precooking. Add 1 teaspoon salt to each quart jar if desired. Do not add liquid. Put on cap, screwing band **FIRMLY TIGHT**. Process according to time table, page 11.

for better
HOME FREEZING
use **KERR JARS AND CAPS**
TO RETAIN FLAVOR
TO PREVENT DRYING OUT



KERR JARS AND CAPS protect frozen food **BEST** — all during freezer storage. They retain highest quality in frozen foods (a moisture, vapor-proof and leak-proof container), prevent drying out, mingling of odors, and preserve food value, flavor, color, and better texture.

KERR TAPERED JARS, (wide mouth pint and regular half pint) are especially convenient for freezing — easy to pack — easy to remove frozen food without thawing. All styles and sizes **KERR** Jars with **KERR** Caps are safe to use in freezer — the glass is tempered for freezing as well as for canning.

STEPS IN FREEZING

- No. 1 Prepare jars and caps (see steps 1, 2, 3, page 3).
- No. 2 Prepare food (see Freezing Charts, pages 16-17).
- No. 3 **HEAD SPACE** must be left at top of jar for food expansion during freezing:

Vegetables: Pack chilled, drained food $\frac{1}{2}$ inch from top of jar.

Fruits: Pack fruits with syrup or juice 1 inch from top of jar.

Pack fruit with sugar $\frac{1}{2}$ inch from top of jar.

Pack fruit without sugar $\frac{1}{2}$ inch from top.

Fruit juices, crushed or pureed fruit: Pack 1 inch from top of jar.

- No. 4 Place small piece of crumpled wax paper, foil, etc., on top of fruit to hold fruit down in syrup or juice.
- No. 5 Wipe top of jar clean. Place scalded **KERR** Lid on jar with sealing composition next to glass. Screw band tight. Put date on jar.
- No. 6 Place filled jars in freezer as quickly as possible.
- No. 7 Freeze 0° F. or below.

TO THAW: Leave food in jar to thaw — in refrigerator, or at room temperature or in pan of cool water.

Fruits: To eat raw — do not completely thaw — few ice crystals improve texture. To cook — thaw until loosened, then cook as a fresh fruit.

Vegetables: Run cool water over jar until food slides out. Then cook in boiling water ($\frac{1}{2}$ cup per pint).

SELECTION OF FOODS

Freeze only **recommended variety** of vegetables and fruits. Consult your County Extension Agents for best variety in your locality. Freeze only young, tender vegetables and well-ripened fruits.

PREPARATION OF FOODS

VEGETABLES

- No. 1 Wash. Sort for size. Peel, trim, and cut into size.
- No. 2 All vegetables (except green peppers) **must be blanched**. See chart, page 16 for time. Use 1 gallon boiling water for each pound prepared food. Count time as soon as vegetable is put in boiling water — keep water boiling. Heat 1 minute longer if you live above 5,000 ft. altitude.
- No. 3 **Cool immediately** — Cold water (60° or less), cold running water, or ice water is BEST.
- No. 4 Pack in jars, leave head space (see page 14, No. 3). Put on cap, screw band tight. Freeze immediately. Store in freezer 0° F. or below.

FRUITS

- No. 1 Wash, peel, trim, pit, and slice if needed.
- No. 2 Pack in syrup, sugar or unsweetened (see chart, page 17). Syrup helps to develop flavor and hold color. Syrup is best for fruits that discolor badly.
Fruits for dessert use — best in sugar.
Fruits for cooking use — best in sugar or unsweetened.
Fruits for special diets or diabetic diets — unsweetened, or use Sucaryl — follow manufacturer's instructions.
- No. 3 **To prevent darkening** of light colored fruit during storage and thawing, use commercial ascorbic and citric acid mixture by following manufacturer's instructions, or use crystalline ascorbic acid, 1/2 teaspoon to 1 quart of fruit.
- No. 4 Pack, leave head space (see page 14, steps No. 3 and 4). Put on cap, screw band tight. Freeze immediately. Store in freezer 0° F. or below.

SYRUP CHART

To make syrup: Boil sugar and water until sugar dissolves, then **chill**.

Syrup	Sugar	Water	Yield
30% (Medium)	2 cups	4 cups	5 cups
40% (Medium-Heavy)	3 cups	4 cups	5½ cups
50% (Heavy)	4¾ cups	4 cups	6½ cups
60% (Extra-Heavy)	7 cups	4 cups	7¾ cups

FREEZING CHARTS

VEGETABLES Young, tender, crisp	PREPARATION Wash, blanch, chill in ice water	BLANCH Boiling Water	PACK 1/2 inch head space
ASPARAGUS	Cut in desired lengths.	2-4 min.	Without liquid
BEANS, string	Cut, slice, or leave whole.	3-4 min.	Without liquid
BEANS, Lima	Shell, sort, wash.	2-3 min.	Without liquid
BROCCOLI	Peel stock, trim. Split lengthwise.	3-5 min.	Without liquid
BRUSSELS SPROUTS	Trim. Leave whole.	4 min.	Without liquid
CARROTS	Peel. Cut in slices or dice.	3 min.	Without liquid
CAULIFLOWER	Break into flowerlets – 1 inch size.	3-4 min.	Without liquid
CELERY	Trim, cut in 1 inch size.	3 min.	Without liquid
CORN, whole grain	Husk, silk, blanch, cut from cob.	4 min.	Without liquid
GREENS, all kinds	Wash well. Discard tough leaves and stems.	2-3 min.	Without liquid
OKRA	Trim stem – do not break pod.	3-4 min.	Without liquid
PARSNIPS or TURNIPS	Peel, cut in 1/2 inch cubes or slice.	2 min.	Without liquid
PEAS, green, blackeye	Shell, sort, wash.	1-2 min.	Without liquid
PEPPERS	Trim, cut out stem and seed. May be packed without blanching.	2-3 min.	Without liquid

FRUITS PACKED IN SYRUP REQUIRE 1 INCH HEAD SPACE—SUGAR OR DRY PACK, ½ INCH HEAD SPACE

FRUITS Well Ripened	PREPARATION Wash Well	Syrup	PACK Sugar (per qt.)	No Sugar
APPLES*	Peel, core, slice.	40%	½ cup	Yes
APPLE SAUCE*	Peel, core, slice. Cook tender. Strain.		¼ - ¾ cup	Yes
APRICOTS*	Cut in halves, pit.	40% – 50%	½ cup	Yes
BERRIES	Pick over, wash, drain well.	30% – 50%	¾ cup	Yes
CHERRIES	Pick over, wash, pit, or leave whole.	40% – 60%	¾ - 1 cup	Yes
CRANBERRIES	Pick over, wash, drain well.	50% – 60%	¾ cup	Yes
FIGS	Remove stems, slice, or leave whole.	30% – 40%	⅔ cup	Yes
PEACHES*	Peel, pit, and slice.	30% – 40%	⅔ cup	Yes
PEARS*	Peel, core, slice. Blanch 2 minutes.	40%		No
PINEAPPLE	Peel, core, slice, or dice.	40% – 50%	⅔ cup	No
PLUMS or PRUNES	Halve and pit.	40% – 50%		Yes
RHUBARB	Trim, cut in 1 inch pieces.	50% – 60%		Yes

*Use commercial ascorbic and citric acid mixture according to manufacturer's instructions, or use crystalline ascorbic acid, ½ teaspoon to 1 quart of fruit.

CAN WE HELP YOU WITH CANNING?

KERR is glad to assist with your canning questions. Just drop a note to the **KERR RESEARCH & EDUCATIONAL DEPARTMENT** and complete information will be promptly given, free of charge. **KERR** Glass Manufacturing Corporation, Consumer Products Division, Sand Springs, Oklahoma, 74063.

New—Handy Helper for Every Kitchen



"GRIP-TITE"[®] JAR LIFTER

- Holds tight without pressure.
- Jar can't slip or drop.
- Conforms easily to any size.
- Ideal for lifting hot objects — baby's milk bottles, whole potatoes, eggs, corn on cob, baked apples, etc.

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