

# COLD PACK METHOD PRESERVES FRUITS MEATS AND VEGETABLES RETAINS NATURAL FORM FLAVOR AND COLOR

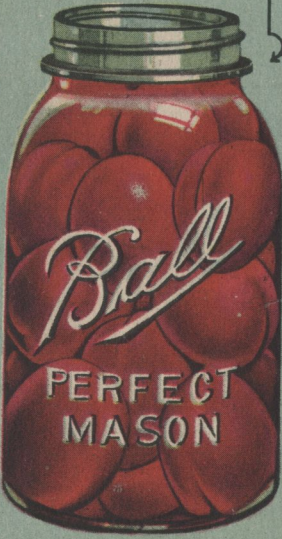


Genuine Zinc Porcelain  
Lined Mason Fruit Jar Cap



High Grade "Perfect Seal"  
Rubbers Packed with all  
Ball Jars. Made especially  
for Hot and Cold Pack

When buying Extra  
Rubbers insist on having  
"Ball Perfect Seal"  
Brand.



## Perfect Mason Fruit Jars

Have been on the market for many years and have acquired their good name and popularity by real superiority over other jars. Made from the best materials by the Owens Process, which process distributes the glass more evenly and forms the Jars more perfectly than any other method. We own the exclusive right to make Jars by the Owens Process; so they cannot be duplicated by others.



### VITAL STEPS IN THE COLD PACK METHOD

1. Blanch in boiling water to shrink and sterilize.
2. Cold dip quickly.
3. Pack at once in clean jars.
4. Add boiling syrup or water.
5. Place rubbers and partially seal.  
Put on rack in wash boiler or cooker.
6. Sterilize in boiler or cooker.
7. Tighten covers. Test for leaks  
Label and store.

Make  
Especially for  
Hot Pack and  
Cold Pack

**HIGH GRADE BALL PERFECT SEAL RED RUBBERS** PACKED WITH ALL BALL JARS  
THE COLD PACK METHOD requires firm, elastic rubbers; if too soft they will blow out in the processing, if not sufficiently elastic, they will break. They must be made of a compound that will stand boiling and not deteriorate. They must be free from spongy and porous places that would admit air. They must be of proper width, size and thickness.

The "Ball Perfect Seal" Rubbers packed with these Jars embody all these features.

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MUNCIE, INDIANA

This coupon and 10c in coin for either book or 20c for both books, and we will send you a

☐ **PRACTICAL BOOK**  
containing recipes for preserving Fruits, Meats and Vegetables and Instructions on how to care for Fruit Trees and Vines, or

☐ **A BOOK WITH**  
Ida Bailey Allen's suggestions for select menus and for preparing choice and new combinations of canned foods. Mrs. Allen is acknowledged to be one of the highest authorities in the country on the preparation of foods.

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United States  
Agricultural  
Department

# DIRECTIONS For Using Ball-Mason and Ideal Jars By Cold Pack Process

Recommended by Government Agricultural Department

**1st** STERILIZE AND TEMPER THE JARS AND CAPS by placing them in cold or warm water and heat the water until it boils. Leave them in hot water until ready to use.

**2nd** ~~SELECT~~ **GOOD, SOUND FRESH FRUIT OR VEGETABLES.** Carefully reject all decayed or withered which will spoil the flavor of the good and probably ruin the whole.

**3rd** **BLANCH (SCALD)** the fruit or vegetables by placing them in a cheesecloth bag or basket and dip into boiling water for time given in "Time Table;" then dip into cold water and pack in jars. In case of berries and all soft fruits, the blanching can be dispensed with.

**4th** IN CASE OF FRUIT, pack the prepared fruit in jars, after blanching, and fill with hot syrup, about two parts water and one part sugar. The sugar can be omitted, using hot water only, and sweeten the fruit when it is used. It is better, however, to sweeten when canning, if sugar is available.

**5th** IN CASE OF VEGETABLES, after blanching, pack the prepared vegetables in the Jars and fill the Jars with hot water, adding sufficient salt to season.

**6th** **PLACE THE RUBBERS IN POSITION ON THE JARS.** See that they rest flat on the shoulders of the Jars all around. Wash all powder and foreign substances from the Rubbers before using. Sterilize them before using by dipping them in hot water.

IF MASON JARS ARE USED, screw Caps into position until they catch but do not tighten.

**7th** IF IDEAL JARS ARE USED, place Glass Lid and Rubber in position. Click the Top Bail in position but leave Slide Bail up.

**8th** **PLACE JARS IN COOKER OR BOILER.** (See directions for making home-made cooker.

**9th** **FILL BOILER WITH WATER** until the Tallest Jar is covered with at least one inch of water. Place cover on boiler and boil for time given in "Time Table."

**10th** **REMOVE JARS FROM BOILER** and seal immediately while hot. AFTER JARS HAVE COOLED TURN THEM UPSIDE DOWN. Examine for leaks. If leaks are found, remove the Cap, examine for defects, repeat the processing and seal again.

## ADVANTAGES OF COLD PACK METHOD

**FEWER SPOILED JARS**—Jar and contents are sterilized together and no germs are introduced afterward.

**BETTER FLAVOR**—Jar is closed during sterilization, thus preventing the escape of flavoring substances.

**MORE PLEASING APPEARANCE**—Material is not handled so much, and is not cooked to pieces. The natural color is more nearly retained because of blanching and cold dipping.

**LESS TIME, LABOR AND FUEL EXPENDED**—One handling takes the place of two, and the tedious part of the work is at the beginning and not at the end. Work and time are saved because so few jars are processed (boiled) at the same time and with the same fuel.

## TIME TABLE FOR COLD PACK CANNING

<i>Fruits</i>	Blanch or Scald	Process (Boil)	<i>Vegetables (continued)</i>	Blanch or Scald	Process (Boil)
Apples.....	1 1/2 min.	20 min.	Pumpkin.....	3 min.	120 min.
Apricots.....	1 1/2 min.	16 min.	Squash.....	3 min.	120 min.
Blackberries.....	1 1/2 min.	16 min.	Sweet Potatoes.....	5 min.	90 min.
Blueberries.....	16 min.	16 min.	Tomatoes.....	1 1/2 min.	22 min.
Cherries.....	16 min.	16 min.			
Currants.....	16 min.	16 min.			
Gooseberries.....	1 1/2 min.	16 min.	<i>Uncooked Meats</i>		
Grapes.....	16 min.	16 min.	Poultry and Game.....		180 min.
Peaches.....	1 1/2 min.	16 min.	Beef.....		180 min.
Pears.....	1 1/2 min.	20 min.	Corn Beef.....		180 min.
Pineapples.....	5 min.	30 min.			
Plums.....	16 min.	16 min.	<i>Prepared Meats</i>		
Quince.....	1 1/2 min.	20 min.	Spring Frys.....		90 min.
Raspberries.....	16 min.	16 min.	Fried Meats.....		90 min.
Rhubarb.....	1 min.	16 min.	Baked Meats.....		90 min.
Strawberries.....	16 min.	16 min.	Stewed Meats.....		90 min.
			Roast Meats.....		90 min.
			Wild Game.....		90 min.
<i>Vegetables</i>			Powis.....		90 min.
Asparagus.....	15 min.	120 min.	Cockereils.....		90 min.
Beans.....	10 min.	120 min.	Fish.....	5 min.	180 min.
Bets.....	5 min.	90 min.	Shell Fish.....		180 min.
Carrots.....	5 min.	90 min.			
Corn.....	10 min.	180 min.	<i>Soups</i>		
Greens.....	15 min.	120 min.	Cream of Tomato Soup.....		30 min.
Pees.....	10 min.	180 min.	All other Soup Combinations and Soup Stock.....		90 min.
Peppers (sweet).....	5 min.	90 min.			

It is very important to thoroughly re-cook canned meats and vegetables before using.

## A HOME-MADE COOKER

A wash boiler with cover, or similar utensil.

A metal or wood rack to prevent the Jars from coming in contact with the bottom of the boiler and to allow water to circulate beneath the Jars.

Knives and handles are provided on the rack, it can be used to lift the Jars out; otherwise dip out some of the water and lift Jars out by hand, using a towel.

Jars are made of green glass to protect contents from light, preventing bleaching, or fading, of the fruit or vegetables.

(See Other Side)