

These directions must be followed  
to secure perfect results.

# RECIPES FOR HOME CANNING IN *THE* **Economy** *AIRTIGHT* **JAR** FOR USE EVERY DAY IN THE YEAR



VEGETABLES  
MEATS  
GAME  
SOUPS  
FISH  
FRUITS

PATENTED  
TRADE MARK  
IN U S AND



SAUCES  
JELLIES  
PICKLES  
SYRUPS  
HONEY  
LEFT-OVERS-ETC.

PATENTED  
REGISTERED  
CANADA

## KERR GLASS MFG. CO. PORTLAND, OREGON CHICAGO, ILLINOIS

# CAUTION

## Are YOU Using Zinc Screw Cap Jars?

The following resolution was passed unanimously at the Ninth Annual Pure Food Congress of the **National Association of Pure Food Commissioners of the United States.**

Resolved: That the use of zinc caps in canning fruits and vegetables in glass jars or other receptacles is condemned as unsanitary and unhealthful, owing to the danger of the acids of the fruits and vegetables forming poisonous compounds when in contact with the zinc.

## **Are You Using Rubber Rings? Does Your Fruit Mould or Spoil?**

Rubber rings become porous, leak, rot, decay, and admit the air which causes the fruit to spoil, and cannot be made air-tight. No housewife should use rubber rings who wants to keep her food clean, sanitary and free from moulding and spoiling.

**The ECONOMY JAR is the only jar in the World that uses NO Rubber Rings. All other makes of jars use Rubber Rings.**

## **Rubber Rings Considered Unsanitary**

A manufacturer has said: "Sulphurated scraps from the making of other rubber goods swept up from the floors, and (second hand) worn out rubber articles from the junk shops are ground up, and made into rubber rings," and then possibly put on the jars of fruit that your family and thousands of other families eat.  
**DO YOU LIKE THE IDEA?**

**The ECONOMY JAR is Sanitary  
and uses NO Rubber Ring.**

# CAUTION

B

*Use only the ECONOMY JAR and the ECONOMY CAP. They are Sanitary and not made of zinc, and do not require a rubber ring to seal.*

The Economy Jars are sealed with a sanitary gold enameled cap. Instead of a rubber ring there is attached permanently to the cap a **patented**, pure ever-lasting, air-tight sealing gasket, sanitary, odorless and tasteless. It is not porous, will not leak, rot or decay, and positively cannot be affected by any food acid. **Remains air-tight forever, and thus keeps your fruit.**

*The Economy Jar keeps all your fruits, vegetables and meats perfectly—no loss, no mould.*

**FOLLOW DIRECTIONS EXACTLY** as contained in this Booklet, and you will never lose an ounce of food. Directions **MUST** be followed. They are simple.

## **EXTRA ECONOMY CAPS 20 CENTS PER DOZEN**

**at your dealers in any town in the United States. Don't pay more.**

(Dealer's price in Canada, 25 cents per dozen.)

If you cannot obtain them from your dealer, send

## **TWENTY CENTS**

**to Kerr Glass Manufacturing Co.,** Chicago, Illinois, or Portland, Oregon, and we will deliver you promptly

## **ONE DOZEN CAPS**

postage prepaid anywhere in the United States, and as many more as you wish at the same price, at any time.

## **Economy Jars Cheapest to Use.**

It is not the cost of any jar that counts. It is what you put in the jar that costs.

The food lost in any one of the other style jars would pay for several Economy Jars.

# C GIFT SILVERWARE

## To Advertise the Economy Jar

*Gift to you and to every buyer of Economy Jars and extra Economy Caps—*

THREE full size  
TEASPOONS  
with every dozen  
Economy Jars.

FREE TEASPOON  
Actual Size and Pattern

ONE full size  
TEASPOON  
with every dozen  
Economy Caps.

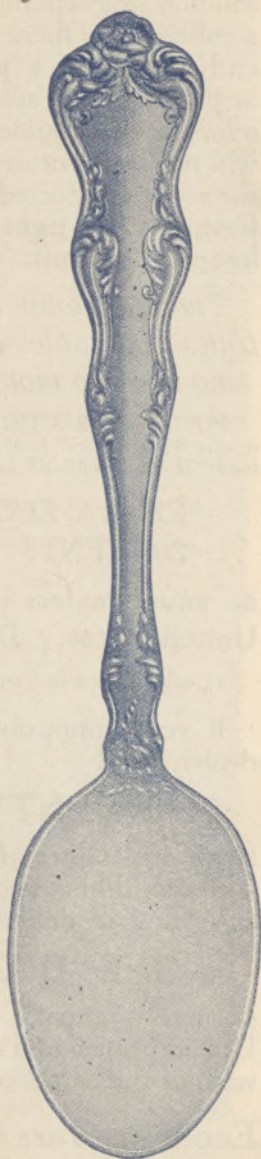
### Sectional Plated

After these spoons are silver plated in the ordinary way, 50 per cent. more silver is added to the three spots where spoons receive the most wear.

*A printed guarantee wrapped around each teaspoon guarantees them for fifteen years against any sign of wear.*

Regular value is \$4.00 per dozen, or 35c each.

*You do want a half dozen or dozen of these spoons. The richest families have no finer or more beautiful silver plate.*





## How to Secure Silverware <sup>D</sup>

There are two large "Jar" Trade Marks printed on the ends of each case of Economy Jars, and one small Trade Mark printed on each carton of Economy Caps contained in each case; also one small Trade Mark printed on every carton of extra Caps.

Cut out one of these Trade Marks for each spoon wanted, and mail same to us with 14 cents for each spoon in U. S. stamps, to cover cost of packing, distributing, postage, etc., and we will present to you **One Full Size King's Hall Silver (1066) Teaspoon**, sectional plated.

*You may thus obtain THREE of these beautiful King's Hall Silver Teaspoons for 42 cents with every dozen Economy Jars.*

Actual Value of three Spoons . . . . .	\$1.00
Cost in stamps or money order to you . . . .	.42
<b>SAVED . . . . .</b>	<u>\$ .58</u>

**This means a saving to you of 58 cents on each dozen of Economy Jars.**

**Gift Silverware makes Economy Caps cost you nothing.**

One dozen Caps cost you (in U. S.) . . . .	20 cents
(in Canada, 25c)	
Send trade mark and 14 cents for one spoon	14 cents
Total cost of Caps and Teaspoon . . . .	<u>34 cents</u>
Actual Value of Teaspoon . . . . .	35 cents

NOTE: When sending for spoons, for amounts under 28c, please send 1- or 2-cent U. S. postage stamps (1-cent preferred) for amounts of 28c or over, kindly send express money order, postoffice money order or New York Draft payable to Kerr Glass Mfg. Co.

Send Trade Marks, Stamps, Money Orders or Express Money Orders plainly addressed to

**Kerr Glass Manufacturing Co.**  
**Portland, Ore., or Chicago, Ill.**

# ECONOMY JAR HOME CANNING

## FOREWORD



Patented  
Trade Mark  
Reg. U. S. and  
Canada

**T**HE ECONOMY JAR is recognized by the highest authorities as the only permanently airtight jar. It is easy to seal and open, perfectly sani-

tary, has a wide, smooth mouth, white flint glass, straight sides, no rubber ring, and is absolutely airtight—in fact has all the points of your ideal jar and none of the disadvantages found in other jars.

By using Economy Jars you can supply your table all year with the finest delicacies out of season, turkey and venison in July, corn-on-cob, asparagus and whole tomatoes as well as peaches and berries in December.

Use the Economy Jar every day in the year just as you do any other kitchen utensil, put up meats, soups, honey, left-overs, fish, game, etc., as well as fruits and vegetables, and you will be delighted with the results.

The Economy Jar is the only air-tight jar and all that is needed to secure results, *is to follow our simple directions exactly*, but this must be done. Thoroughly sterilize the food by boiling the full length of time as given in each recipe, and when cold test your jars as directed and you need never have an ounce of fruit mold or spoil. The recipes and directions here given represent the experience of thousands of housewives and hundreds of experiments of our own. They have been thoroughly tested and are perfectly reliable.

## WHY "THE ECONOMY" IS ECONOMICAL.

The Economy is the only jar in the world that uses no rubber ring. All other jars use rubber rings. Rubber rings in time become porous, decay, leak air, and spoil and mould the contents. Instead of a rubber ring the Economy has a pure, airtight, everlasting gasket permanently attached to the cap that is guaranteed tasteless, odorless, unaffected by any known food acid and remains airtight forever.

This is one of the secrets of the Economy Jar's great success, the reason your food keeps for years, retaining original color and flavor, why you have no mould nor taint, so that when an Economy Jar is opened years after, food is just as fresh and luscious as the day canned.

The Economy Jar pays for itself many times over, year after year, because all risk of loss is removed. Nothing ever spoils in Economy Jars when directions are followed. *City housewives* can keep rice puddings, soups, baked beans, left-overs, etc., which might otherwise be thrown away. *Country housewives* can keep beef, pork, veal, sausage, etc., in Economy Jars without brine, salting or preservatives, and thus have fresh meat the year around. A large crop of fruit of one kind one year may be kept to make up a variety in other years.

Whether you can for pleasure, for family needs or for profit, there is only one airtight jar—the Economy.

**Paste this booklet into your cook book.**

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## ALWAYS REMOVE CLAMP.

As soon as jar cools, remove clamp and test sealing by lifting on the cap.



# THE "WHY" OF CANNING

**E**VERY piece of food whether fruit, vegetable or meat, no matter how fresh, is filled with tiny, invisible organisms which cause it to spoil. The air, no matter how clear it may look, is filled with these tiny organisms which spoil food. These organisms are of two classes, **yeast spores, which attack fruits, and bacteria, which attack vegetables and meats.**

Yeasts are killed by lower degrees of heat than bacteria—170° to 180° Fahrenheit will usually be sufficient. A short boiling is therefore enough for killing yeasts in fruits. Bacteria, however, resist destruction by heat for a long time, two and even more hours at boiling point (212°) is required to render all fish, meats, and most vegetables, proof against spoiling.

This is the reason **fruits** may be cooked in an open kettle, poured into jars hot, capped and clamped at once, before the temperature falls much below the boiling point, say about 190°, and keep; while vegetables, meats or fish handled this way would give bacteria a chance to light on the food while being poured into the jar and thus it would spoil. **Vegetables, meats, fish,**

in fact all foods except fruits must *always* be cooked *in the jar* (see P. 12) and not exposed to the air after sterilizing (boiling). Fruits may be cooked either *in the kettle* (see P. 5) or *in the jar* (see P. 11). The Economy Jar is peculiarly adapted to give perfect results with both methods. In boiling fruit in the kettle and pouring into the jar hot, canning is much more simple than with any other jar—no rubber to adjust, no burned fingers, no zinc, no wrist-breaking screwing down or pressing on of cap, and a certainty of every jar keeping.

In boiling *in the jar*, the Economy Cap acts as a valve, letting out the air and steam that is in the jar, but remaining absolutely closed against

any air that may try to get in from the outside. After cooling, if contents are thoroughly sterilized, the Economy Jar stays hermetically sealed, absolutely air-tight, the clamp being removed and the jar remaining sealed by the air pressure. If the contents are not thoroughly sterilized (bacteria and yeast spores not all killed) the Economy warns you of the fact by loosening the cap and unsealing itself.

The germs if not all killed, multiply rapidly and cause a gas to form, which fills the jar, and loosens cap before food has had time to spoil. If cap is loose after jar is cold simply boil again the full time. When the food in the jar is hot it is very much expanded. In cooling it shrinks, forming a vacuum. In shrinking it draws the cap down tight and by the atmospheric pressure of about 15 pounds to the square inch, holds it tighter and tighter until when cold the cap is held on so tight that Sandow or Sampson could not pull it off.

Light, climatic changes, transporting to any climate, will not affect food in Economy Jars if properly sterilized. Sterilized food being in a vacuum cannot mould or sour. Plumpness, natural flavor, piquancy and color are retained in Economy Jars for years—forever.



**TO OPEN:** Puncture cap with can-opener or any sharp pointed instrument and lift off or insert end of knife under edge of cap and pry up gently being careful not to chip the glass. See page 19.



# DIRECTIONS FOR CANNING FRUITS

Follow these general directions for all recipes on pages 6, 7, 8, 9 and 10.

**21.** Choose sound and fresh fruit. Fruit on the verge of decay is neither healthful nor economical. Spoiled and over-ripe fruits, etc., are not restored by cooking.

**22.** All large fruits should be pared with a silver knife and covered with cold water to prevent discoloration.

**23.** Use a large porcelain-lined granite or aluminum kettle, rather broad than deep, and a silver, wooden or granite spoon.

**24.** Fruits may be cooked in the kettle as directed below or may be cooked in the jar as directed on page 11. Small fruits, berries, cherries, etc., are often preferred cooked in the kettle owing to the shrinkage, but larger fruits look better if cooked in the jars.

## 25. To Prepare Empty Economy Jars for Use.—

Wash in warm water. Immerse jars completely in boiling water on their sides for a full minute, seeing that the water covers the jars completely, inside and out, all at one time so they heat through evenly (see Economy Jar lifter page 19); or, wrap warm jars with a hot towel and pour in the boiling fruit.

**26. To Use the Jar.**—Remove jars from boiling water and place on a dry cloth, board or table. Do not place on a cold or wet surface or in a draft. Both jar and fruit must be boiling hot.

**27.** Fill jar brim full of boiling hot fruit. Leave no space for air. Wipe off neck of jar quickly to remove seeds or fruit pulp.

**28.** Have caps handy and dip in boiling hot water. Do not boil caps or heat in

oven, but be sure to have the boiling water handy, to rinse cap at the moment jar is filled. Quickly place the hot cap squarely on the hot, filled jar.

**29.** Adjust one clamp (only one) to each jar at once.

**30.** Set jar aside to cool, top up; *never turn upside down until cold, and after clamp has been taken off.*

**31.** Next day, when jar is cold, remove the clamp

(Fig. 4). Test the sealing by trying to lift cap once every day for a week. (Fig. 5). If cap should become loose, you can save contents by re-canning exactly according to directions. If cap remains tight, your work is a success and you can put jar away. Your fruit cannot mould, ferment, lose its color, lose its flavor, or deteriorate in any way. Be sure to leave off the clamp. Save them in a dry place for use again.

**31-A.** If your fruit should rise to the top of jar after cold and after clamp is taken off, turn jars upside down, on their sides, etc., leaving them in each different position about a week, so that syrup has a chance to soak into the fruit evenly.



Fig. 2



Fig. 3



Fig. 4  
Taking off clamp when jar cools. Air-pressure holds the cap on.



Fig. 5



Test the sealing by trying to lift the cap.

**32. Sounding Test**—The method of testing used by all professional canners and packers is to sound the cap by tapping with a spoon or clamp after the jar is cold. If jar is perfectly sealed the cap will have a high, ringing sound, like a tight drum, and appear concave, curved inwardly by the air-pressure. If jar is not securely sealed, cap will have a low, dull sound. Should jar be so full that food touches the cap it will have a dull sound, but a different sound from that of an unsealed jar. Try this with two jars, one sealed and the other empty, with cap just laid on, and you will readily note the difference in sound. If jar is not sealed, simply re-can contents in regular manner.

## RECIPES for canning fruit in accord with directions on pages 5 and 6.

**41. Apples** — Pare and quarter apples and put in cold water. Make a syrup of a quart of sugar to three pints of water. Bring to a boil. Drain apples from water and place in syrup. Boil fifteen minutes or more, depending upon the character of the apple. When ready for canning the apples should be translucent but firm. Can as on pages 5 and 6.

**42. Apples (Baked)** — Wash, pare and core apples and arrange in a granite iron bakepan with a little water. Place in moderate oven, and bake thoroughly but not enough to break down. Put cores and parings in a sauce pan with water and cook just as though preparing apple jelly. When sufficiently cooked, drain liquor off parings and add pound for pound of sugar. Pack apples into Economy Jars. Fill the jars with the boiling jelly syrup brim full. Can as on pages 5 and 6.

**43. Apples and Pineapples** — When pineapples are scarce and expensive, combination of either apples or yellow tomatoes with pineapple is very good, the pines having a decided aroma, flavoring the whole. Add one pint grated pineapple to each quart of syrup, bring to boil, and cook slowly fifteen minutes before adding apples, then finish as directed for apples. Can as on pages 5 and 6.

**44. Apples (Sweet Pickled)** — Make syrup of vinegar, sugar and spices, as for any sweet pickle, drop apples in while it boils, being careful not to crowd them and let cook rather slowly until they begin to crack open, then can as on pages 5 and 6.

**45. Apricots** — See Peaches 71.

**46. Berries, Black, Dew and Rasp**—Same as strawberries, see 81, except use two and one-half pounds of sugar for ten pounds of berries. For raspberries make a sugar and water syrup and boil, then drop berries in, simmer fifteen minutes. Can as on pages 5 and 6.

**47. Blackberry Cordial**— Pick over and thoroughly wash large ripe blackberries. Put in large earthen bowl and mash well with wooden spoon; strain through coarse cheesecloth without heating them. To every quart of juice add one pound sugar. Tie in a thick muslin bag, one-half ounce of grated nutmeg, one-quarter ounce whole cinnamon, one-quarter ounce whole cloves and one small piece of mace. Cook twenty-five minutes, removing scum as it rises. Stir in four tablespoons vanilla extract. Can as on pages 5 and 6.

Another way is to add one pint of good brandy.

**48. Canteloupe (Sweet)** — Cut one dozen into quarters, pare and remove the soft inner surface. Place in a jar of vinegar, over night. Next morning, to each pint of vinegar, add three-fourths of a pound of sugar, one tablespoonful of cloves, half tablespoonful of mace and four large sticks of cinnamon, broken into small pieces. Boil vinegar and spices, skim well, put melons in, cook until translucent. Remove the fruit and place in Economy Jar. Boil the syrup thirty minutes longer and pour over the fruit while hot. Can as on pages 5 and 6.

There is no other jar that seals like, keeps like, or opens like the Economy. If you do not fully understand all of the directions, write us fully; we will gladly give you any explanations.

See pages 5 and 6 for general directions to be followed in using recipes on this page.

**49. Catsup (Tomato)—**

Cut a bushel of tomatoes into halves, boil gently half an hour and press through sieve. Reduce this liquid by boiling to a gallon and a half, then add half gallon vinegar, boil again until reduced to gallon and three quarters, then add one-half pound sugar, one-half pound salt, one and one-half ounce black pepper, one and one-half ounce allspice, two ounces mustard, one ounce ginger, one-half ounce cloves, one teaspoon of cayenne, boil slowly, stirring for 30 minutes. Add pint alcohol, and if desired  $\frac{1}{4}$  ounce benzoate of soda, dissolved in  $\frac{1}{4}$  cup of water. Can as on page 5.

**50. Cherries —** Make a syrup, two pints of sugar to one pint of water, and bring to a boil. To every quart of syrup add three to four quarts of cherries, depending on juiciness and ripeness. Boil fifteen or twenty minutes. Can as on pages 5 and 6.

**51. Cherries, Major Duke or Sour—**Stone fruit; proceed as with strawberries.

**52. Cider (Boiled)—**Take perfectly fresh and sweet cider, put in open kettle and boil until reduced half, skimming frequently while boiling. Do not have kettle more than two-thirds full. Can as on pages 5 and 6.

**53. Crab Apple Preserves—**Prepare apples as for canning, then cook in a syrup made by using small quantity of water and three-fourths pound of sugar to each pound of fruit. Ginger root, bruised and tied in a bag, should be cooked in the syrup, then removed. Add a little sliced lemon also. Boil the apples until clear, then dip out carefully and place in jar. Boil syrup until thick. Can as on pages 5 and 6.

**54. Cranberries (Preserved)—**Never use metal vessel, use porcelain or agate ware. For each quart cranberries, use three-quarters pint water and one pound sugar. Make syrup, bring to boil. Drop cranberries in, boil until skins crack. Remove berries with skimmer, pack into heated jar. Boil juice until it becomes thicker; pour over berries and can as on pages 5 and 6.

**56. Currants and Gooseberries—**Wash fruit and place in kettle; to ten lbs. fruit add seven pounds sugar and a cup of water. Bring to boil and proceed as with strawberries.

**57. Figs (Dried)—**Separate the figs, wash and cut each into several pieces. Cover with cold water in preserve kettle and stand for twelve to twenty-four hours, then simmer until pulpy, add one cup sugar to each pint of pulp; bring to a boil. Can as on pages 5 and 6.

**58. Figs (Preserved Fresh)—**The figs should not be too ripe. After washing, steam until tender. Have ready a boiling syrup made of two pounds sugar to one pint water. Put a little syrup into a heated Economy Jar and fill in the hot, steamed figs, adding boiling syrup as you fill, to prevent figs packing together. Can as on pages 5 and 6.

**59. Fruit Juices—**All kinds of fruit juices may be put up by pouring your surplus fruit juice into jars when boiling hot and canned as on pages 5 and 6.

**60. Fruit Syrups—**Same as fruit juices, except that there must be at least half as much sugar as fruit juice.

**61. Gages and Plums—**Another recipe for gages and plums is to allow to each pound of fruit three-quarters pound of sugar. Wash gages and with large pin puncture each in numerous places. Mix plums and dry sugar thoroughly in a large bowl and stand aside over night. Next morning put into preserve kettle; boil twenty minutes. Can as on pages 5 and 6.

**62. Grape Catsup—**Five pounds of grapes, mashed, stewed and rubbed through a strainer. Add two teacupfuls of sugar, one tablespoonful ground allspice, one teaspoonful each ground cloves, cinnamon and black pepper, and half teaspoonful of salt. Boil all together until thick. Can as on pages 5 and 6.

**63. Grape-Fruit (Preserved)—**Proceed as with lemons, changing water three times during boiling to draw out bitter element. Simmer in syrup of same strength. Can as on pages 5 and 6.

You can can new seasonable foods in the Economy Jar every day in the year.



**See pages 5 and 6 for general directions to be followed in using recipes on this page.**

**64. Grape Juice (Fruits Preserved In)**—Any kind of fruit can be preserved this way. No sugar need be used. Boil six quarts of grape juice in open kettle until it is reduced to four quarts. Have fruit washed and pared. Put fruit in preserving kettle and cover completely with boiled grape juice. Boil gently until fruit is clear and tender. Can as on pages 5 and 6.

**65. Huckleberries** are very successfully canned without sugar. Pick over and wash berries, then put into preserving kettle with small quantity of water to prevent berries burning. Cook until soft; add sprinkling of salt, and can as on pages 5 and 6.

**66. Lemons (Preserved)**—Proceed as with oranges. After quartering, cut out core containing seeds and simmer in syrup made of two cups sugar to one cup water. Can as on pages 5 and 6.

**67. Logan Berries**—Proceed as with currants, using three pounds sugar to five pounds fruit.

**68. Melon Rind, Preserved**—Pare outer skin and cut rind into shapes, green them by simmering with vine leaves and a little alum. Make a syrup of one cup sugar to one pint water and simmer the rind till done through and translucent. Boil down syrup afterwards, adding rind just before finishing. Can as on pages 5 and 6.

**69. Mince Meat**—Four pounds lean boiled beef, chopped coarse; three pounds suet, chopped fine; eight pounds pared and cored apples, chopped coarse; five pounds seeded raisins, whole; three pounds Zante currants, whole; five pounds sugar; one pound citron, chopped fine; one pound candied lemon peel, chopped fine; two quarts boiled apple cider; one pint cider vinegar; four teaspoons cinnamon; two teaspoonfuls nutmeg; twelve teaspoonfuls salt; one teaspoonful cloves; mix all together and boil thirty minutes. Can as on pages 5 and 6. This quantity will fill a dozen quart jars.

**70. Oranges, Preserved**—Boil several medium size navel oranges in

plenty of water until a broom straw will penetrate the rind, and allow to remain in water until cold; then cut into quarters and simmer thirty minutes in syrup made of one cup sugar to one cup water. Place the quarters in Economy Jars with a silver fork, cover to brim with boiling syrup. Can as on pages 5 and 6.

**71. Peaches or Apricots**—Select ripe but firm fruit, peel, halve and remove stones. Make a syrup, pint of sugar to a pint of water, bring to boil. Put fruit in syrup and simmer ten to fifteen minutes, then bring to full boil. Can as on pages 5 and 6.

**72. Peaches, Brandied**—Select small ripe peaches; pare, wash and cover in preserve kettle with a light syrup. Simmer until tender. To one pint of the peach syrup from the preserve kettle add two pounds sugar and one quart good brandy; heat this in a covered sauce pan to scalding (not boiling) temperature (180 degrees F.ahr.). Place the simmering peaches in jars, cover with syrup. Can as on pages 5 and 6.

**73. Peaches, Pickled**—Pare small peaches and leave whole. Make syrup of one quart vinegar and two pounds sugar. Stick four or five whole cloves in each peach and simmer forty minutes in the syrup, to which some stick cinnamon has been added. Place peaches from boiling syrup into Economy Jars, cover brimful with the boiling syrup; put in two or three pieces of the cinnamon. Can as on pages 5 and 6.

**74. Pears**—Pare, cut in halves, carefully remove the core, stem and blossom end. Put at once into cold water. Make a syrup of one pint sugar to two pints water, bring to a boil. Will improve flavor to add one-half cup of strong cider vinegar to each quart of syrup. Drain the pears and place in syrup. Boil until pears are tender enough to allow a fork to penetrate easily. Place each piece separately in the Economy Jar with a fork, then cover with boiling syrup brim full. Can as on pages 5 and 6.

**The recipes in this booklet are arranged solely for use in the Economy Jar. Do not try to use these recipes with any other kind of jar.**

See pages 5 and 6 for general directions to be followed in using recipes on this page.

**75. Pears, Chipped**—Mix together eight pounds of pears cut into small pieces, four pounds of sugar, and four lemons cut fine, using juice, pulp and rine. Let it boil until clear and thick, then add a jar of preserved or crystallized ginger cut up fine; let it boil a minute longer. Can as on page 5.

**76. Persimmons**—Cut and stir with silver utensils. Peel well-frosted fruit; add one cup water to each quart prepared fruit. Boil to a thick pulp, add juice of one lemon and a cup sugar to each quart of pulp. Boil ten minutes longer. Can as on page 5.

**77. Pineapple**—Pare the pineapple and carefully remove eyes. Then slice with silver knife, taking out core; or cut into sticks, lengthwise, or cut the sticks into cubes; or grate. To each pound allow three-quarters pound sugar and a little water. Put sugar and fruit together into preserving kettle; cook for 20 minutes. Can as on pages 5 and 6.

**78. Plums**—Stem and puncture with needle. To each gallon of plums just covered with water add one tablespoon of soda and parboil until water turns black, then drain off soda water. To each five pounds plums allow two to three pounds sugar and one pint water. Boil 20 minutes. Can as on pages 5 and 6.

**79. Quinces**—Pare and divide sound, ripe fruit, and put at once into cold water. Make a syrup of a quart of sugar to three pints of water, boil and skim. Drain the quince slices from water, place in syrup and

simmer until tender. Can as on pages 5 and 6.

**80. Raspberry, Blackberry or Strawberry Vinegar**—Two quarts berries; pour over them two quarts vinegar; cover and keep in cool place two days, then strain off vinegar through cheesecloth. Take two quarts fresh berries, pour over them the vinegar strained from the first berries. Put in cool place two days, then strain. Put strained juice in kettle with three pints sugar, heat slowly, skim carefully. Boil 20 minutes and pour into jars. Can as on pages 5 and 6.

**81. Strawberries**—Select highly colored, clean strawberries. To ten pounds of berries add three to five pounds of sugar. Mix thoroughly in a preserving kettle. Allow to stand five to ten hours (depending on ripeness of berries) until the juice begins to run into the sugar. Place on stove and bring to boil. Simmer fifteen minutes, keeping berries under the syrup with spoon or paddle, and removing scum. Can as on pages 5 and 6. This process will preserve both color and flavor.

**82. Strawberry Preserves**—Stem berries. Use pound of fruit to pound of sugar. Place layer for layer in kettle; allow to stand over night. Lift berries from syrup and place kettle of syrup on stove and boil down about half. Drop berries in syrup and boil ten minutes keeping berries under the syrup with spoon or paddle and removing scum that rises. Can as on pages 5 and 6.

## EXHIBITION AND COMMERCIAL CANNING OF FRUIT

**83.** Proceed exactly as shown on page 11 for Boiling Fruit in the Jar. Make syrup just thick enough so that raw fruit will sink through it readily. As soon as the fruit has boiled 5 minutes remove jars to a table (do not place hot jars on a cold or wet surface or in a draft) and take off clamps and caps. Throw a towel over jars to prevent dust getting on the fruit. Pick out one or two jars and empty fruit into a shallow dish. Pour off a little of the syrup from each of the other jars, as fruit will shrink some and pack each jar brimful of fruit from shallow dish, being very careful to see that fruit is pressed down to the bottom of the jar. Wipe caps, dip in hot water, put on jars and clamp in place. Place the refilled jars back in wash boiler and boil for balance of specified time. Remove jars and place on a table to cool. Test as in paragraphs 31 and 32.

This method will produce the highest grade show-fruit that will win prizes wherever exhibited.

**NEW RECIPES**—If you have a new or novel suggestion or recipe for use with Economy Jars send it to us and if we have not already received it we will send you a dozen ECONOMY CAPS FREE for your kindness.

## Using Economy Jar for Canning Jellies and Marmalades

Cook just as your recipe calls for. Pour boiling hot, into a hot, sterilized Economy Jar. **See directions pages 5 and 6.**

**84. Crab Apple Butter**—Prepare the apples as for marmalade, except that they should be highly seasoned with spices and flavoring extracts before being boiled down. This is nice for meats or for sandwiches.

**85. Crab Apple Jelly**—Follow recipe for quince jelly, leaving fruit whole.

**86. Crab Apple Marmalade**—Prepare apples as for jelly, but rub them through a sieve instead of draining through a jelly-bag; then use half as much sugar as fruit. Add a little coarse grated lemon rind. Cook for half an hour or until as thick as can be without scorching. Can as on pages 5 and 6.

**87. Currant Jelly**—Pick over currants, but do not remove the stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden masher, and so continue until all the berries are used. Bring slowly to the boiling point, and let simmer until the currants look white. Strain through a coarse strainer, then allow the juice to drop through a jelly-bag. Measure the juice, bring to the boiling point, and let boil 5 minutes. Add an equal measure of heated sugar, boil 3 minutes, skim, and can as on pages 5 and 6.

**88. Jams and Butters**—Jams and butters may be made from inferior pieces of fruits. Peach butter is better made from peaches not pared. Wipe them, remove the stones and put them into a kettle. To each peck add a quart of water, cover the kettle and cook slowly for one hour. Stir every ten minutes. Butters and jams scorch easily and hence require constant

attention. At the end of the hour add five pounds of sugar, remove the lid from the kettle, cook slowly and stir for thirty minutes. The mass should be smooth. Can as on pages 5 and 6.

**89. Preserving Loquat**—Peel good sized fruit, cut in half, take out seed including the white enveloping skin. Add a few pieces of fresh lemon peel, half a cup of water and two cups of sugar to each pint of prepared loquats and boil thirty to forty-five minutes. Can as on pages 5 and 6.

**90. Orange Marmalade**—Slice nine oranges and six lemons crosswise with a sharp knife, as thin as possible; remove the seeds and put in a preserving kettle with four quarts of cold water. Cover and let stand for thirty-six hours. Let boil for two hours, add eight pounds of sugar, and then let boil for two hours longer. Can as on pages 5 and 6.

**91. Quince Jelly**—Wipe quinces, remove stems and blossom ends, cut in quarters and remove seeds. Put in a kettle, and add cold water to come nearly to the top of the fruit. Cover and cook slowly until the fruit is soft. Mash and drain through a coarse sieve, then allow the juice to drip through a jelly-bag. Boil juice for 20 minutes, add an equal quantity of heated sugar, boil for 5 minutes, skim and can as on pages 5 and 6.

**92. Raspberry or Strawberry Jelly**—Follow recipe for currant jelly. Use apple stock for base if desired. When currants and raspberries are used in equal proportions a delicious jelly is the result.

## HONEY AND SYRUPS

**93. Honey**—Heat honey in double boiler to 180 degrees Fahr., but do not bring to boil as boiling injures aroma. Can as on pages 5 and 6. Or, pour the cold honey into Economy Jar, cap and clamp, bring water to 180 degrees Fahr., then quickly take jar out of wash boiler and set aside to cool. Never heat honey in open kettle as it will injure flavor.

**94. Maple Syrup**—To every pound of Maple Sugar cut up fine, add one cup of water. Place in Economy Jar and boil 30 minutes as on pages 12 and 13.

**95. Other Sugar Syrups**—All other syrups may be canned air tight by either boiling in the kettle and canned as on pages 5 and 6, or may be boiled in the jar as described for Maple Syrup.



## BOILING FRUIT IN JAR

**100.** Fruit may be canned in the Economy Jar by cooking it right in the jar. This really is the better way for all large fruits, as thus the fruit can be kept whole, its color retained and fruit, jar and cap are sure to be thoroughly sterilized.

**101.** Follow these directions carefully. Choose perfectly sound and fresh fruit. As soon as pared, (use silver knife) drop fruit into cold water to prevent discoloration. All large fruits not peeled must be well punctured.

**102.** Place fruit in jars and fill to brim, pouring syrup, partially cooled, over the fruit, so as not to crack the glass. Follow directions in each separate recipe as given on pages 6, 7, 8 and 9 as to quantities of sugar, time of boiling, etc. Rinse cap in cold water and place at once on filled jar. Adjust one clamp only. Place jars on wooden rack in bottom of wash boiler. Fill boiler only to neck of jars, with water about same temperature as full jars. Keep cover on boiler. Count time of boiling after water starts to boil.

**103.** Proceed with canning exactly as directed for vegetables in paragraphs 112 to 121, pages 12 and 13. **Steam cooker** can be used satisfactorily for canning *fruit in jars*. Adjust caps and clamps and count time after steam is up.

### Special Recipes For Boiling Fruit in Jars

**104.** This method may be used for **Apricots, Blackberries, Blueberries, Cherries, Dewberries, Gooseberries, Huckleberries, Loganberries, Peaches, Pears, Pineapple, Plums, Prunes, Quinces, Raspberries, Strawberries** and similar fruits.

Prepare a boiling hot syrup of sugar and water. Make syrup just thick enough so that raw fruit will sink through it readily. Pack each sterilized jar solidly full of fruit without mashing, pour hot syrup over the fruit so as not to crack the glass, filling the jars brim full. Place jars on rack in wash boiler according to directions on pages 12 and 13 and boil until you notice fruit starts to rise from bottom of jars. Take out jars and set aside to cool.

**105. Peaches or Apricots**—Make a syrup of two pints of sugar to one pint of water. Pare and halve the fruit, rinse in cold water, and pack immediately into Economy Jars. Fill the jars with hot syrup until brim full. When you have from eight to twelve jars ready, place them on a rack in a wash boiler of tepid water. Bring the water gradually to a boil, and boil for ten to twenty minutes, depending upon the ripeness of the fruit. Can as on p. 12.

**106. Blueberries**—Fill jar with blueberries, one quarter pound sugar to pint of water, pour boil-

ing hot over blueberries, cap and clamp and boil 30 minutes. Can as on page 12.

**107. Grape Juice**—Crush black grapes and heat in double cooker to 180 degrees Fahr., but don't let it boil. Cool and let stand for 3 hours, then strain juice through cheesecloth. Fill juice into Economy Jar, cap and clamp and boil 1 minute, as on page 12. Avoid over-cooking, as it will injure the flavor.

**108. Loquats and Comquats**—Wash and pack in jar. Make a syrup from half pound sugar and pint water, fill this in the jar, cap and clamp and boil one hour, as on page 12.

**109. Oranges, Lemons, Grape-fruit**—Peel, removing the white skin, slice crossways and remove seeds. Save all the juice and strain and measure; add half pound sugar to each half pint juice, boil and skim. Place sliced fruit in jar, pour boiling juice over fruit, cap and clamp and can as on pages 12 and 13.

**110. Persimmons**—Place whole without removing skin, in Economy Jar, fill jar with water, cap and clamp and boil half hour, as on p. 12.

**111. Preserving Rhubarb**—Peel and cut the rhubarb in proper lengths to stand upright in Economy Jar. Pack the rhubarb in the jar tightly and cover with the syrup, brim full. Make a syrup of sugar. Can and boil in the jar one-half hour, as on p. 12.

## Using Economy Jars in Canning of Vegetables

The following method of cooking IN the Economy Jar is the only right and safe method of canning vegetables, meats, fish, game, soups, etc., in fact any article of food except fruits, which may be cooked either in the jar or in the kettle. Read page 4.

For vegetables, meats, etc., in steam cooker see paragraph 190.  
**112.** Select only vegetables that you *know* are sound and fresh when you can them. Spoiled and unsound vegetables are not restored by cooking.

**Blanching**—The flavor of all vegetables such as peas, beans, asparagus, etc., is very much improved by blanching, that is, boil the vegetables in water in open kettle ten minutes (one quarter to half pound salt to every five quarts of water. The

salt may be omitted if desired). Drain off this water.

**113.** Rinse jar with warm or cold water; let it cool; place vegetables inside (Fig. 6), and fill to brim with fresh water, clear or salt, as directed in each recipe.

**114.** Rinse cap in cold water, and place on filled jar.

**115.** Adjust one (only one) clamp to jar (Fig. 7). Be sure and use only one clamp, as the steam which forms inside the jar while cooking must find an outlet, by slightly lifting the pliable cap. If the clamp is too stiff, bend it back and forth

Fig. 7

Cap and clamp on ready to be put in boiler.

Fig. 6



Fig. 8



Jars on wooden rack in bottom of wash boiler. Water to neck of jars. (Economy Lifters p. 19)



Fig. 9

Watch your time of boiling

**118.** Heat gradually to a boil, then note the time

and keep boiling for the full length of time specified in each recipe. "Boiling" does not mean "simmering." Keep a hot fire under the boiler, and keep it boiling steadily for the full number of hours specified. Count time only after water commences to

boil. Pour in a little hot water from time to time to keep water in boiler up to neck of jars. Keep lid on boiler all time of boiling. In high altitudes boil thirty minutes to an hour longer than given in each recipe.

**119.** After food has been sufficiently sterilized (boiled) be sure that no food or seeds lodge between cap and jar on the sealing rim. If caps are removed, be sure to replace jars in boiler and boil again about five minutes after replacing the caps.

**120.** Remove jars while boiling hot, and set aside to cool. Do not place on a cold or wet surface or in a draft.

**121.** Next day, when jar is cold, remove the spring. [Page 5, Fig. 4]. Test the sealing by trying to lift cap. Test every day for ten days. See paragraphs 31 and 32. If cap is loose you can save contents by re-canning according to directions. Remember if cap is loose, while you may not be to blame, it is a sure indication that in some way the contents of that jar were not perfectly and thoroughly sterilized. Do not blame the jar, but follow directions even more strictly.

(Continued on bottom of opposite page).

# Recipes For Canning VEGETABLES

In Accord with Directions on Page 12

**122. Asparagus** — Wash, cut to proper length, boil in open kettle ten minutes, pour off water. Scrape off scales and thin skin. Pack into jars heads up. Add a teaspoonful salt to each quart of fresh water, fill jars full. Can and boil continuously for three hours as on page 12.

**123. Beans, Baked** — Soak over night, bake five hours in regular way. Pack into jars to within one-half inch of top. Cap, clamp and boil one hour as on pages 12 and 13. If pork is added boil four hours.

**124. Beans, Lima** — Select very young, tender beans. Wash carefully. [If desired boil in open kettle ten minutes, pour off water]. Pack into Economy Jars. Can and boil same as asparagus, adding a little sugar.

**125. Beans, String** — Have the beans as fresh from the vines as possible — be sure all pods are tender and brittle — old pods do not cook well — cut (do not break pods) in convenient lengths, or leave them whole. [If desired boil in open kettle ten minutes, pour off water]. Pack Economy Jars solidly full — fill to overflowing with fresh cold water. Can and boil three hours as on page 12.

**126. Beets** — Boil selected small deep red beets rapidly for 30 minutes, then carefully remove the skins, and pack at once into jars. Fill with cold unsalted water. Can, boil one hour, as on page 12.

**127. Carrots** — Scrape carrots thoroughly, place into boiling water and boil for twenty minutes; drain and when cool arrange them neatly in Economy Jars, cover with boiling salt water. Cap and boil for two hours as on p. 12.

**128. Carrots, Sweet Pickled** — Select carrots of uniform size to fit into jar. Cook tender and let cool. Prepare a liquid as follows: One cup sugar, two tablespoons mixed spices, 1 pint vinegar, boil 5 minutes. Pack carrots in jars. Pour the boiling liquid over the carrots. Fill jar brim

full. Clamp on cap and boil 15 minutes as on p. 12.

**129. Cauliflower** — Boil cauliflower 5 minutes in kettle; drain, allow to cool, pack into Economy Jars; fill brim full of cold water, boil 3 hours. See pages 12 and 13.

**130. Celery** — Clean and cut into half-inch pieces good, crisp celery. Wash in cold water, drain and sprinkle lightly with salt and let stand over night. Then take one pint vinegar, one-half pint water and one cup granulated sugar to each quart jar. Boil all about five minutes. Add celery and boil all 10 minutes more. Allow to cool, pour into jars and can as on page 12. Boil 15 minutes.

**131. Chili Sauce** — Peel one-half peck of tomatoes, cut into halves, press out seeds, chop fine. Drain in a colander, put into a bowl, add one-half cup grated horseradish, one cup salt, one-half cup mustard seed mixed, two tablespoons black pepper, two small red peppers chopped fine, two teaspoons celery seed, one cup brown sugar, two teaspoons ground allspice, one teaspoon mace, one quart good vinegar, mix, boil in Economy Jar one-half hour as on p. 12.

**132. Chow-Chow** — Take one quart tiny cucumbers, one quart sliced cucumbers, one quart green tomatoes chopped or sliced; one large cauliflower; four green peppers, cut fine; soak 24 hours in brine of one pint salt to four quarts of water; scald and drain. One cup flour, six tablespoonfuls mustard; mix with cold vinegar, making a smooth paste; add one cupful sugar and vinegar to make two quarts. Boil till thick and smooth, then add the vegetables; boil until well heated through. Put in jars, boil 30 minutes as directed on p. 12.

[Continued from opposite page.]

and you will surely succeed. It is not hard to can vegetables in the Economy Jar, and if you read the directions over carefully before you begin, and follow them strictly, there is not one chance in a thousand of your having the slightest difficulty. Remember the Economy Jar is being used successfully by many thousands of housewives in accord with these instructions, and is so simple to use that you need have no trouble whatever in doing what other housewives do.



**See pages 12 and 13 for general directions to be followed in using recipes on this page.**

**133. Chow-Chow**—Four pints green tomatoes, two pints onions, two pints hot peppers. Chop fine, sprinkle salt in layers to taste and let stand over night. Drain off in the morning and add a quarter of a cup of horseradish and one-half cup white mustard seed. Mix all thoroughly, place in Economy Jars, fill up with scalding vinegar.

**134. Corn**—Secure perfectly fresh young corn, scour down the center of each row and press out the pulpy material. Have your Economy Jars perfectly clean, fill them with corn pulp and a little water to within one-half inch of top. Add salt, also sugar if desired. See that water soaks well into corn to bottom of jar. Can, boil four hours, as on pages 12 and 13. Test caps ten days (See paragraphs 31 and 32, page 6). Corn is one of the most difficult of all vegetables to keep and should be very fresh and tender. (See paragraph 119, page 12).

**135. Corn-on-Cob**—Wash the stripped fresh ears and pack into Economy Jars. Cover corn with clear cold water, can and boil five hours, as above.

**136. Cucumber Pickles, Ripe**—Take ripe cucumbers, peel very thin and cut the solid flesh lengthwise of the vegetable about one-half inch thick, do not use seed part. Place in dish, sprinkle with small handful salt, and pour boiling water over it, cover and let stand; next morning drain water off, put on fresh salt and hot water, repeat three successive mornings. Then for each pint jar heat small half cup vinegar to which has been added alum size of pea, small teaspoonful mustard seed, small stick cinnamon, and a few cloves, also a teaspoonful sugar. Have cucumbers ready in jar, pour vinegar over it, and seal as on pages 5 and 6.

**137. Dandelions**—Blanch or boil leaves eight to ten minutes in plenty of water, drain and proceed as with Spinach. See 150.

**138. Egg Plant**—Peel and slice the egg plant, pack tight in jar, fill

full with water, add one teaspoon salt to each quart, boil two hours, as on pages 12 and 13.

**139. Endive**—Take crisp blanchend endive in the fall, or dandelion in the spring. Cut into inch lengths, wash in cold water. Take one-half pint vinegar, one pint water, one tablespoon of salt to each quart jar, bring to boil, then add endive, and boil about three to five minutes, according to the crispness of the endive. Pour into jar and seal as on pages 5 and 6. This is delicious in the winter-time when lettuce can not be had.

**140. Mushrooms**—The common mushroom may be canned with stems or stems may be cut short and canned separately for use in sauces. All other varieties of the wild mushroom are canned without stems. Wash carefully, brush tops with a flannel or brush—do not peel. Pack into jars, adding water if desired; place in boiler; boil one hour as directed on pages 12 and 13; then fill two jars from a third and boil one hour longer.

**141. Onions**—Peel small onions, and put in Economy Jars with a little salt, fill jars with cold water, boil three hours as directed on pages 12 and 13.

**142. Peas**—Peas are almost as difficult to keep as corn, and all directions must be carefully followed. Select young, fresh peas, as upon the freshness of corn and peas your success depends. In hot weather peas will sometimes heat on the vine, so as to be unsafe for canning. Shell and wash peas. Boil in open kettle ten minutes for blanching; pour off water. Pack peas into Economy Jars, cover with fresh water. To each pint jar of peas add a teaspoonful of sugar. Can and boil not less than three hours as on page 12.

**143. Peppers (Green)**—Green bell or bullnose peppers, cut open, clean out seeds and cut in strips the size of a string bean, pack into jars covering with salt water (one pound salt to seven gallons water) and boil three hours as on pages 12 and 13.

**If the cap loosens in a day or two, that is a sign to you that you have not cooked the contents long enough. Cook them over again at once and you will save your fruit or vegetables.**

**See pages 12 and 13 for general directions to be followed in using recipes on this page.**

**144. Peppers (Stuffed)**—Stuff peppers with minced food in the regular manner, pack into jars, cap and clamp as on pages 12 and 13. Time of cooking depends entirely upon the nature of the stuffing. If meats, fish, oysters or corn should be boiled four hours but if stuffing were merely vegetables three hours.

**145. Pickles, Sweet**—Make the pickling vinegar by adding to one gallon of good vinegar, one pound of sugar, one ounce onion (small), one ounce thyme, one ounce sage, half ounce black pepper, unground; half ounce cloves, quarter ounce bay leaves. Bring all to boiling and pour over cucumbers prepared as for sour pickles. After five days drain, pack in Economy Jars, cover with the reboiled vinegar. Boil in jars fifteen minutes as on page 12.

**146. Pickles, Sour**—Prepare brine strong enough to float an egg, select small cucumbers of equal size and soak in brine seventy-two hours. Remove and soak twenty hours in three changes of water and place in a crock. Scald good, vinegar and cover. In ten days drain off the vinegar and re-scald. Pack the pickles into Economy Jars, cover with the scalding vinegar, and boil 15 minutes as on page 12.

**147. Pumpkin**—Peel and cut in pieces and steam until tender enough to mash. Put hot into Economy Jars with a little water. Boil one hour as on page 12.

**148. Squash**—Hubbard is best. Cut in pieces and bake until soft. Scrape out of shell into a sauce pan and pack hot into Economy Jars, boil in jar one hour, as on page 12.

**149. Squash, Summer**—Cut the squash in pieces and boil about 20 minutes or until tender, then put in colander and mash (as for table use). Fill jars and can as on page 12; boil one hour.

**150. Spinach**—Wash in cold water, then boil in fresh water six minutes. Cool off in running water. Chop leaves, salt to taste, bring to a boil in a kettle, put hot into Economy Jars. Can and boil in boiler one hour as on page 12.

**151. Sweet Potatoes**—Select medium size po-

tatoes, bake, fry or boil, and pack into Economy Jars. Place jars in boiler, boil one hour, as on page 12.

**152. Tomatoes**—(Whole or stewed). Select solid tomatoes of medium size. Peel, and neatly arrange in jars; to each quart jar add a teaspoonful of salt. Boil a few tomatoes and mash them; strain the juice and pour juice over the tomatoes in the jars; cap and clamp; proceed as shown on page 12. See paragraph 119. Boil 45 minutes. To put up tomatoes with the skins on, take a fork and puncture the tomatoes in two or three places, and proceed as above.

**153. Tomato Preserves**—Remove skins. Quarter tomatoes, to each pound add a pound of sugar and one-fourth pint water. Boil slowly down to consistency wished, being careful not to burn. Pour into jars, boil one-half hour as on page 12.

**154. Tomatoes, Yellow**—Proceed exactly as directed above for red tomatoes.

**155. Tomatoes, Yellow Plum**—To ten pounds of small plum tomatoes take two large pineapples. Pare and grate pineapples. Scald tomatoes, remove skins and while putting into jars mix in pineapple in small portions. Dissolve one pound sugar in pint of water, boil and skim. Pour this over while hot. Can, and boil one-half hour as on page 12.


**156. Turnips**—Peel, put in whole or sliced in Economy Jars. Fill jar with water and a pinch of salt. Boil one hour and a half as on page 12.

## SOUPS

**157. Tomato Soup**—Boil tomatoes 20 minutes, crush through a fine sieve and to each pint add three tablespoonfuls of rice. Season to taste, fill into Economy Jars to within one-half inch of top, boiling one and one-half hours in jars, as on pages 12 and 13.

**158. Vegetable Soup**—Chop carrots, turnips, string beans and celery into small cubes, add peas and mix all together. Fill each Economy Jar one-quarter full of the mixed vegetables, fill up with hot meat bouillon, properly seasoned, boiling three hours in jars as on page 12.

# Using Economy Jars for Canning Meat, Fish, Game, Etc.

Follow these general directions for all recipes on pages 16 and 17.  Meat, fish, game etc., must always be sterilized *in* the jar, and never in the kettle. See page 4, "Why of Canning."

**159.** Prepare food exactly as directed in each individual recipe, place in jar and fill jar with water, juice, or gravy as directed. Fill jar to brim but do not allow meat to lodge on sealing rim. See par. 119, p. 12.

**160.** Proceed with canning exactly as directed in paragraphs 112 to 121, page 12 [Directions for canning Vegetables], except that lukewarm water is to be used instead of cold water for filling boiler if jars and contents are warm. In *high* altitudes boil 30 minutes to an hour longer than time given in each recipe.

**161.** Remember that the directions must be followed all the way through, to and including paragraph 121, which tells about removing the clamp and testing the sealing of the jar. Meats, fish, game, etc., are being preserved perfectly in the Economy Jar by housewives all over the world. It is easy to do, once you learn how, and a little study of the directions will show you how. This cannot be done in any other jar.

## Recipes for canning Meat, Fish, Game, etc.

**162. Beef** — Cook fresh beef as for table use. when tender enough, remove the bones. Cut in pieces to go into jar. Fill jars, then add the beef stock, which has been previously boiled down stronger than for ordinary use. Can and boil one to two hours as on pages 12 and 13. In this way you will always have good fresh beef and good stock for soup.

**163. Beef Tea**—Soak lean beef an hour in cold water and then gently simmer for one hour in kettle, the water covering the meat. Put all into a press and press out the juice; stand till cold and remove the hardened fat that forms on top. Return tea to stove and bring to a boil, season to taste, fill boiling hot into Economy Jars. Boil in jars two hours as directed on p. 12.

**164. Chicken, Quail, Etc.**

—Cut up the same as for an ordinary stew, leaving in the bones; pack into

the Economy Jar, pepper and salt to taste and fill jar with water. Boil three hours as directed on page 12.

**165. Crab or Lobster Meat Out of Shell**—Boil Crab or Lobster in the usual way ten minutes.

When cold pick out the meat, put in Economy Jar, add butter size of walnut, pepper, salt, a little mustard seed, and very little water, cap and clamp, boil one hour and half as directed on page 12.

**166. Fish**—Use small fish or if large, slice. Clean, sprinkle with salt and let stand three hours. For every ten pounds of fish, four ounces salt, four ounces pepper, four of cinnamon, two of allspice, one of cloves, using whole spices. Put fish in jars, layer of fish sprinkled with some of spices, a little flour, using teaspoon to each jar, another layer, etc., until filled. Take equal parts vinegar and water, fill jar and add teaspoon olive oil to each jar. Can as on page 12. Boil three hours.

**167. Meats, General Recipe**—When fresh, pack jar full without one drop of water, some fat and teaspoonful of salt to every quart of meat. Boil three or four hours as directed on page 12.

**168. Meat Left Overs; Irish, Mutton or Beef Stew, New England Boiled Dinner, Fricassee, Soups, Fish, Chowder, Tongue, Etc.**—Prepare and cook in the usual way for table use; when cold pack into Economy Jars and boil one to three hours, as on p. 12.

**The Economy Jar is the only jar in which you can successfully keep for years meats, game, vegetables, etc., without moulding or spoiling.**



**169. Minced Clams or Oysters**—Wash and cut clams fine, put into Economy Jar with water to within one-half inch of top, add salt and pepper. Cap and clamp, boil three hours in jar as on p. 12.

**170. Mutton Broth**—To about a three-pound shoulder of mutton, which must be well broken, put four quarts of water and boil two hours in kettle; drain, cool, remove fat, reboil, season to taste, fill boiling hot into Economy Jars. Boil in jar two hours as on page 12.

**171. Pork Sausage**—Season the pork and mix well, then pat into little cakes, put in dripping pan and bake in hot oven until a pretty brown on both sides; then take up the sausage, pour off the grease and pour enough boiling water in the pan to make a nice brown gravy; save this gravy, then refill your dripper and repeat until all your sausage is baked; then pack in Economy Jars; pour gravy over, put on cap and boil one hour as directed on page 12.

**172. Roast Beef, Pork or Veal**—Roast in regular way, slice and place in jars covering meat with juice or gravy. Boil three hours as directed on page 12.

### 173 Roast or Fried Chicken, Duck or Game



Fig. 14

### 174 Salmon, Mackerel, Codfish, Trout, Etc.

Take out the back bone, cut a piece of fish that will fit into the Economy Jar; pepper and salt it to taste, fill



Fig. 15

with cold water and proceed same as for chicken. See 164.

**175. Veal, Rabbit, Mutton, Venison, Etc.**—Cut up for a stew and prepare and cook it in the same way and the same length of time as for chicken, 164.

**176. Whole Lobster or Crawfish in the Shell**—Drop live Lobster or Crawfish into boiling water and boil 10 minutes. When cold put into Economy Jar with a little salt, red pepper, slice of lemon and two or more tablespoons wine. [Wine may be left out if preferred]. Fill up jar with cold water, put on cap and clamp, and boil two or three hours as directed on page 12.

## STOP ALL WASTE IN YOUR KITCHEN

By preserving "left-overs," such as soups, meats, gravies, fish, rice, vegetables, fruits, in fact, any kind of foods, in Economy Jars, simply place the foods in an Economy Jar, clamp on the cover, and boil in the jar one to two

hours, as directed on pages 12 and 13.

The left-over dishes of one day will be appetizing to the family a week or a month later. Thus each Economy Jar may be used several times in a year and pays for itself over and over again.

**190. Steam Cooker**—All foregoing recipes for vegetables, meats, etc., apply only when an ordinary wash boiler is used. A steam cooker can be used just as satisfactorily, with this essential difference in method: Vegetables, meats, etc., must be cooked in jars, without cap or clamp. After steam is up, steam the same length of time specified for boiling. When sterilization in cooker is completed, dip cup in boiling water for a few seconds, open steam cooker, and place cap and clamp on instantly, without a second's delay; and continue steaming for five minutes. *Remember*, to only leave off cap and clamp when sterilizing vegetables, meats, etc., in a *steam cooker*; when cooking in *wash boiler*, always keep caps and clamps on.

### THE MODERN CANNER IS THE HOUSEWIFE

You can put up every article of food that you use on your table the year around, in the Economy Jar. Why not have all kinds of vegetables as fresh from the garden, the most delicious fruits in the dead of Winter; roast turkey, venison and game in the middle of Summer? You can keep your table supplied with the finest delicacies out of season at practically no cost, by using the Economy Jar. Every housewife her own canner assures sanitary, healthful food, as well as a great saving in your pocketbook.

Remember these points and tell your neighbors.

## Points of the Economy Jar

Marvelous; because it uses no rubber ring

*Economy Jars embody ALL the essential features of a perfect Jar.*

**THE ONLY JAR THAT USES NO RUBBER RING.** Rubber Rings in time become porous, leak air, taint, mould and spoil the contents.

Instead of a rubber ring the Economy has a pure, tiny, everlasting, always airtight gasket which is a part of the cap. It is guaranteed odorless, tasteless, sanitary, unaffected by any food acids, and remains airtight forever. Nothing else like it.

Easy and simple to seal and open.

Wide, smooth mouth, your hand can easily slip into, easy to fill, permits the large fruit and vegetables to be preserved whole. Easy to clean.

Straight sides—smooth edge.

Made of crystal flint glass, even thickness, very little breakage.

Caps are gold lacquered, absolutely unaffected by any known food acid, are as sweet and clean as the glass itself.

Sure Seal, and self-sealing, airtight.

Most economical. You need never lose an ounce of food—you can test every jar.

Sanitary—No zinc to corrode—No hidden corners—**NO RUBBER RING**—No mouldy, discolored or soured fruit.

A child can seal and open it. No screw top to twist on or off, no rubber ring to adjust, no cut or burned fingers.

Can be used twelve months in the year for every article in season and every day in the year.

Is as perfect for vegetables, meats, fish, game, etc., as for fruit.

With it you save all surplus food in your kitchen. In this respect alone it more than pays for itself.

The only airtight jar used by professional packers.

Absolutely the only jar known, of which all the above mentioned facts are true.

### RUBBER RINGS BECOME POROUS

One of the largest manufacturers in the United States says about rubber rings:

"Rubbers have been so cheapened by the use of composition and old rubber that they soon deteriorate, become porous, admitting air, which causes the fruit to spoil."

All other jars use rubber rings. The Economy is the *only* jar in the world that uses no rubber ring.

The following resolution was passed by the National Association of Pure Food Commissioners of the U. S. Resolved, that the use of zinc caps in canning fruits and vegetables in glass jars or other receptacles is condemned as unsanitary and unhealthful, owing to the danger of the acids of the fruits and vegetables forming poisonous compounds when in contact with the zinc.

### HIGHEST HONORS TO ECONOMYS

Economy Jars have been awarded highest awards and gold medals wherever exhibited: Seattle, 1909; St. Louis, 1904; Canada, 1905; Portland, 1905, and by all State and County Fairs. Used and recommended by professional canners and packers, hospitals and sanitariums, pure food commissioners, colleges and universities, the National Grange, domestic science authorities, Mrs. Sarah Tyson Rorer, Marion Harland and thousands upon thousands of satisfied and delighted housewives.

## ECONOMY CAPS

**201.** Economy Caps are all of one size, and fit a pint, quart or half-gallon jar or jelly glass.

**202.** Economy Caps are made of the best quality of pliable gold lacquered silver tin and are entirely unaffected by any food acids and are as clean, sweet and sanitary as the glass itself.

**203.** The Economy Cap seals perfectly. Do not attempt to use a separate rubber ring with it as it will not work. The gasket in the Economy Cap is absolutely impervious to the deteriorating influences which destroy rubber. It is odorless, tasteless, and remains airtight and sanitary forever, and does not melt or seal by adhering to the glass but seals by air-pressure only. The Economy Jar seals on small ledge on side of the mouth of jar and not on top of jar, therefore, the top of jar may be rough or slightly nicked and still the jar will seal perfectly.

**204.** Economy Caps are packed one dozen in carton placed in end of each case of Economy Jars.

**205.** Economy Clamps are packed one dozen in a paper bag placed in one of the jars in each dozen. Extra clamps at your dealers or sent postpaid to any address in U. S. or Canada on receipt of 10c at Portland office.



## OPENING THE JAR

**206.** To open Economy Jar, puncture cap with can-opener or any other sharp pointed instrument, and either lift off cap or insert end of knife under edge of cap and lift up gently, being careful not to chip glass. **ALL YOU NEED IS A NEW CAP.**

**207.** Never use an Economy Cap more than once. This is one of the great beauties of the Economy Jar. For less than a postage stamp, 1 $\frac{2}{3}$  cents apiece, for a new Economy Cap, you have a clean, sweet, sanitary and practically new jar, every time used. No rubbers and no zinc caps.



## NEW CAPS

## 20c PER DOZEN

### AT YOUR DEALERS

**Keep Economy Caps in Dry Place** before using and they will keep indefinitely.

**208.** New Economy Caps should be procurable at your dealers for 20 cents per dozen [dealer's price in Canada 25 cents dozen]. If you cannot obtain them from your dealer, send us his name and address and your own, with 20 cents, and we will deliver one dozen caps to you, postage paid anywhere in the United States, and as many more as you wish at the same price. New caps can be obtained any time of the year and in any quantity.



## Economy Jar Lifter

ECONOMY JAR LIFTER lifts jars in and out of boiling water safely and quickly; makes easy the handling of boiling hot jars without danger of burning or scalding; seizes the jar firmly around the neck; also used for handling hot pans, baked potatoes, etc., strong and durable. Price, postpaid ..... **25c**

Send order for Lifter with coin or stamps to

**Kerr Glass Mfg. Co.**

Portland, Oregon

Chicago, Illinois





## TESTIMONIALS

We have thousands and thousands of testimonials from the housewives of the United States and Canada who use the Economy Jar. There is hardly a day we do not receive recipes and suggestions for various new and novel uses for the Economy Jar. Send in your new recipes. We shall issue new booklets from time to time containing new recipes and information of value to the housewife. Send us your name and the names of your friends. We will put you on our mailing list and will send you our various booklets, pamphlets, etc. It would take a 500 page book in smallest type to print all the testimonials we have received. The following are a few taken from thousands:

### Read What These Authorities Say

**Mrs. Sarah Tyson Rorer** has used them four years. She says: "I tried the Economy Jar and was exceedingly pleased with it. I canned peas, beans, tomatoes, carrots, besides a number of fruits, and not one jar spoiled."

**Marion Harland, the Eminent Authority on Domestic Science,** says: "I have made a thorough test of the excellence of the Economy Jars in my kitchen and they seem to be all that is claimed for them."

**Janet M. Hill, Editor Boston Cooking School Magazine,** says: "The simplicity of the Economy appeals to me strongly. The sealing is done very easily and all jars that I have now put up are in perfect condition. Saves many burned fingers."

**Elizabeth Towne** says: "The Economy Jar is a great success. There is nothing else that can come anywhere near touching it. It surely is the best yet."

### Read What These Housewives Say

#### Are Most Economical.

"Economy Jars are truly very economical. I have used them three years and have found them very satisfactory in keeping fruits, salmon, chicken, mutton, beef, China pheasants, pork ribs and vegetables, and though living a distance from the market I am very seldom without fresh canned meat."—Mrs. Cass Gibson, Rickreall, Oregon.

#### Corn, Beans, Etc., Like Freshly Gathered.

"I used some eight dozen of your Economy Jars with great success. The corn (cut from the cob), and string beans, both wax and green, are our especial favorites, and they taste almost as if direct from our garden."—Fred P. Webber, 19 Gibbs Ave., Newport, R. I.

#### Economy Always the Blue Ribbon Winner.

"We are eminently satisfied with the Economy Jar, having canned chicken, beans, beets, tomatoes and all kinds of fruit. I took eight first premiums at the Nebraska State Fair the first year I used Economy Jars, and sweepstakes at the County Fair last year."—Mrs. M. M. McRae, Clay Center, Neb.

#### From South America—

Would Not Do Without Them at Any Price.

"Received Economy Jars in good order and find them all they are claimed to be. Put up all kinds of fruit and vegetables and have not lost one jar. Economy Jars are perfect. My Economy Jars cost 35c apiece (\$4.20 per dozen) and I would not do without them for that price."—Mrs. Post, Neuva Palmira, La Eguren, Uruguay, S. A.

Economy Jars are used in every state in the Union and in many foreign countries. If you want the name and address of some nearby dealer who has Economy Jars, or Economy Caps, write us.

Do not hesitate to write us about any canning problem. The Economy Jar is such a success that we are only too glad to explain anything to you that will help you to understand its many thousand uses.

Address all communications to office.

**Kerr Glass Mfg. Co.**  
PORTLAND, OREGON CHICAGO, ILLINOIS