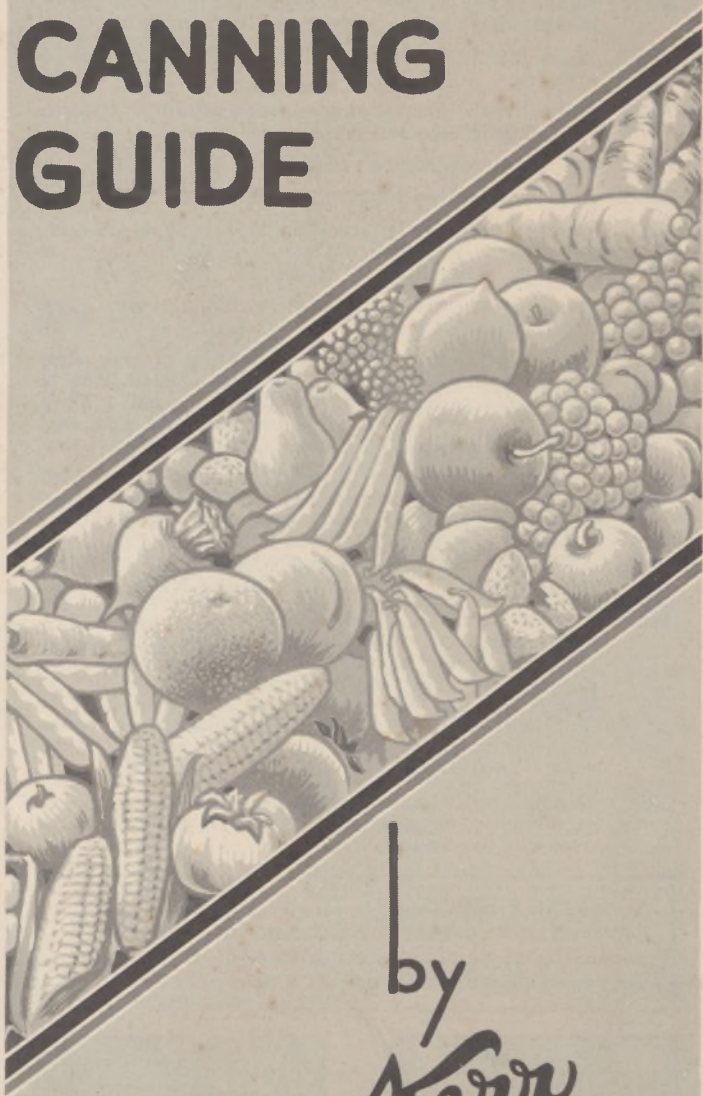


HOMEMAKERS CANNING GUIDE



by
Herr

MEIER & FRANK CO.

STEPS IN CANNING

OPEN KETTLE METHOD

- No. 1 Examine top of jars to see that there are no nicks, cracks, sharp edges, etc. (See Illustration No. 1.)
- No. 2 Wash jars in warm water, then boil for at least 15 minutes.
- No. 3 Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- No. 4 Prepare according to recipe.
- No. 5 Boil for required length of time.
- No. 6 Fill only one sterilized KERR Jar at a time, to within one-half inch of top, with the boiling hot product. (See illustration No. 2.)
- No. 7 Wipe top of jar free from all seeds, pulp, etc. (See illustration No. 3.)
- No. 8 Seal each jar immediately as filled by placing sterilized lid on jar (with sealing composition next to glass) and screwing the band firmly tight. When using the Economy Jar, place sterilized Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- No. 9 Set aside to cool on surface on which several thicknesses of cloth have been laid. **DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND SEALING, AND DO NOT SCREW BANDS DOWN AFTER JARS ARE COLD AND SEALED.**
- No. 10 Test for seal as follows: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear ringing note and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. (See illustration No. 4.)
- No. 11 Remove screw bands after 24 hours as bands are unnecessary once jars are sealed. Use screw bands over and over again.

OPENING KERR JARS: Unscrew the band, if you have not previously removed it, puncture the lid with a can opener or other sharp pointed instrument, insert point under the lid and lift up.



STEPS IN CANNING

HOT AND COLD PACK METHOD

- No. 1 Examine top of jars to see that there are no nicks, cracks, sharp edges, etc. (See Illustration No. 1.)
- No. 2 Thoroughly cleanse jars with hot water.
- No. 3 Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- No. 4 Prepare according to recipe.
- No. 5 Pack product in KERR Jars to not more than one-half inch from top of jar.
- No. 6 Add liquid:
 - (a) **Fruits:** Hot water to within $\frac{1}{2}$ inch of top of jar, or syrup to within $1\frac{1}{2}$ inches of top of jar.
 - (b) **Vegetables:** Hot water to within $\frac{1}{2}$ inch of top of jar (salt or other seasoning may be added).
 - (c) **Other Products:** Follow instructions given in recipe.
- No. 7 Wipe top of jar free from all seeds, pulp, grease, etc. (See illustration No. 3.)
- No. 8 Place sterilized lid on jar with sealing composition next to the glass, and screw the band firmly tight. When using the Economy Jar, place sterilized Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- No. 9 Process required length of time according to time table whether for pressure cooker, steam cooker, hot water bath or oven.
- No. 10 If processing in the oven, set jars on rack in cold oven, leaving space between jars for circulation of heat.
- No. 11 Light oven; set regulator at 250° . Start counting time when oven is lighted.
- No. 12 Remove jars from cooker or oven. Set on surface on which several thicknesses of cloth have been laid. DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND SEALING, AND DO NOT SCREW BANDS DOWN AFTER JARS ARE COLD AND SEALED.
- No. 13 Test for seal as follows: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear ringing note and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. (See illustration No. 4.)
- No. 14 Remove screw bands after 24 hours as bands are unnecessary once jars are sealed. Use screw bands over and over again.



TIME TABLES

(Time in Minutes)

VEGETABLES	Precook (Boil)	Hot Water Bath	Pressure Min.	Cooker Lbs.	Oven 250°
Artichokes	3	180	40	10	210
Asparagus	3	180	40	10	210
Beans, Lima.....	3	180	40	10	210
Beans, String	3	180	40	10	210
Beans, Wax	3	180	40	10	210
Beets	15	120	40	10	210
Broccoli	4	150	35	5	180
Brussels Sprouts	5	120	35	5	150
Cabbage	5	120	35	5	150
Carrots	5	120	35	5	150
Cauliflower	4	150	35	5	180
Corn	3-5	210	80	10	240
Eggplant	5	120	40	10	150
Greens	Wilt	180	60	10	240
Hominy	3	120	40	10	150
Kohlrabi	5	120	35	5	150
Mushrooms	3	180	60	10	210
Okra	3	180	40	10	210
Onions	5	180	40	10	210
Parsnips	5	90	35	5	120
Peas	3-7	180	60	10	240
Peppers	3-8	120	35	5	150
Pumpkin	*	180	60	10	210
Rutabagas	5	90	35	5	120
Sauerkraut	—	15	—	—	—
Squash	*	180	60	10	210
Sweet Potatoes	20	180	60	10	210
Tomatoes	—	(See Tomatoes under Fruits)			
Tomato Juice.....	5	5	—	—	—
Turnips	5	90	35	5	120

SOUPS

Asparagus	*	180	40	10	210
Clam Chowder	*	240	90	15	300
Fish Chowder	*	240	90	15	300
Pea Soup	*	180	60	10	240
Soup Stock	*	180	45	15	210
Tomato Pulp or Puree	*	(See Tomatoes under Fruits)			

* See individual recipe.

(See Note at bottom of next page.)

IMPORTANT

ALL VEGETABLES AND MEATS CANNED AT HOME SHOULD BE BOILED 10 TO 15 MINUTES BEFORE TASTING.

TIME TABLES (Continued)

(Time in Minutes)

FRUITS	Precook (Boil)	Hot Water Bath	Pressure Cooker 5 Lbs.	Oven 250°
Apples	3	25	10	75
Apricots	—	20	10	68
Berries	—	20	8	68
Cherries	—	20	10	68
Currants	—	20	10	68
Figs	1	30	10	90
Fruit Juices	—	30 (180°-simmering)		—
Grapes	—	20	8	68
Peaches	—	20	10	68
Pears	3-5	25	10	75
Pineapple	5-10	30	15	90
Plums	—	20	10	68
Preserves	—	20 (180°-simmering)		—
Quinces	3	35	15	75
Rhubarb	—	10	5	68
Tomatoes	—	35	10	75
Walnuts at 225° for 45 minutes any size jar (Oven).				

MEATS	Precook	Hot Water Bath	Pressure Cooker 15 Lbs.	Oven 250°
Meats—except Pork....	*	180	60	240
Pork	*	180	65	240
Chicken	*	180	60	240
Fish—all kinds	*	240	90	300

or 90 min. at 10 lbs.

* See individual recipe.

(Meats packed raw do not require the addition of liquid.)

NOTE—If canning in water bath with half-gallon jars add 10 minutes to time given. If canning fruit in oven, for pints reduce time one-third. Half-gallon jars increase time one-third. When canning vegetables and meats in oven, for half-gallon jars increase time 30 minutes.

The time given in the time tables is based on the one-quart pack (except as per note above) and on fresh products at altitudes up to 1000 feet. For higher altitudes increase the time 10% for each additional 500 feet, except for pressure cooker canning. For elevation up to 2000 feet use pressure given in time tables. After first 2000 feet one pound of pressure should be added for each additional 2000 feet of elevation.

IMPORTANT

ALL VEGETABLES AND MEATS CANNED AT HOME
SHOULD BE BOILED 10 TO 15 MINUTES BEFORE
TASTING.

CANNING BUDGET

Based on the requirements of one person for the 32 weeks each year when most fresh fruits and vegetables are not available. To determine your family requirements, multiply the amount for one person by the number in your family.

PRODUCTS	Use Times Per Week	Servings From 1 Qt.	Amount— One Person for 32 Weeks
Apples	2	5	13 quarts
Apricots	2	5	13 "
Berries	3	5	19 "
Cherries	1	5	7 "
Figs	1	5	7 "
Fruit Salad	1	5	7 "
Pineapple	1	10	7 "
Peaches	3	5	19 "
Pears	1	5	7 "
Plums	1	5	7 "
Asparagus	1	5	7 "
Beans (string and lima).....	2	5	13 "
Beets	1	5	7 "
Carrots	1	5	7 "
Cauliflower	1	5	7 "
Corn	1	5	7 "
Greens	2	5	13 "
Kraut	1	5	7 "
Okra	1	5	7 "
Peas	1	5	7 "
Soup Mixture	1	5	7 "
Tomatoes	4	5	26 "
Fruit Juices	2	5	13 "
Jellies	7	24	10 "
Preserves	7	24	10 "
Pickles	1	24	2 "
Relishes	1	24	2 "
Beef	1	5	7 "
Pork	1	5	7 "
Chicken	1	5	7 "
Other meats	1	5	7 "
*Fish	1	5	7 "

*We have included fish in this budget because a great many homemakers who live in regions where fresh fish is plentiful, can a considerable portion each year.

This budget is an estimate of the amount and variety of home canned foods the family will need during the non-growing season. The requirements are based on a sufficient number of jars of vegetables to allow two servings a day, and enough canned fruits to serve at least once every day. Realizing it will not be possible to obtain all fruits in any locality, the budget lists a variety from which a selection may be made.

Fresh vegetables such as lettuce, turnips, cabbage and potatoes and fresh fruits should be served at least three times per week to supplement the canned products.

KERR PRINCIPLE OF SEALING

The Secret of Successful Canning is an AIR-TIGHT seal obtained always with KERR Caps and Lids.

The KERR seal is based on the simple, scientific principle that "nature abhors a vacuum".

By processing fruits, vegetables, meats and fish in AIR-TIGHT KERR Jars the contents are sterilized, and in cooling a vacuum is created in the jars.

KERR Jars and Caps SEAL AIR-TIGHT by ANY METHOD—Pressure Cooker, Oven, Hot Water Bath, Steam Cooker, Open Kettle, etc.

Screw bands firmly tight BEFORE processing since the flexible lids permit any excess pressure created within the jars during processing to escape. At the end of the processing period KERR Caps need no further adjusting to "complete the seal".

KERR Caps can be instantly tested for seal—When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note and be slightly concave (curved inwardly), caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to recan contents and thus save your food.

REMOVE SCREW BANDS AFTER 24 HOURS as bands are unnecessary once jars are sealed. Use screw bands over and over again.

NO RUBBER RINGS REQUIRED. KERR Caps seal at top of jar instead of on outside of neck, leaving no unsanitary crevices into which food juices can penetrate.

Beware of imitations. The name "KERR" is stamped on every genuine KERR "Self-Sealing" Jar and Cap.

Look for the natural gray sealing composition.

KERR MASON CAPS—Only two pieces—gold-lacquered screw band and lid (with the natural gray sealing composition flowed in). Not affected by vinegar or food acids.

Used by the homemakers of America for 33 years.

Millions say, "We know our food will keep when canned in KERR JARS."

RECIPES

Apricots or Peaches (Cold Pack)

Select firm, ripe fruit; peel if desired, halve and pit. Put in clean KERR Jars; add No. 2 syrup to within $1\frac{1}{2}$ inches of top. Put on cap, screwing band firmly tight. Process in water bath 20 minutes; or in oven 68 minutes at 250 degrees; or in pressure cooker 10 minutes at 5 pounds.

Asparagus

Wash in cold water, tie in bundles, place with tips up in boiling water to cover lower tough portions. Cover vessel tightly. Precook 3 minutes. Drain, pack in clean pint KERR Jars, tips up. Add $\frac{1}{2}$ teaspoonful of salt to each pint jar if desired, fill jar to within $\frac{1}{2}$ inch of top with boiling water. Put on cap, screwing band firmly tight. Process in pressure cooker, 40 minutes at 10 pounds; or in water bath, 180 minutes; or in oven, 210 minutes at 250 degrees.

Beans (String)

Wash, string and cut into convenient lengths. Precook for 3 minutes. Pack in clean KERR Jars. Add $\frac{1}{2}$ teaspoon salt to each pint jar if desired, fill to within $\frac{1}{2}$ inch of top with boiling water and put on cap, screwing band firmly tight. Process in pressure cooker 40 minutes at 10 pounds; or in water bath, 180 minutes; or in oven, 210 minutes at 250 degrees.

Berries (Black, Dew, Rasp, Young and Logan)

Wash and stem berries. Pack into clean KERR Jars. Add No. 2 syrup to within $1\frac{1}{2}$ inches of top or if no syrup desired, merely fill jar to within $\frac{1}{2}$ inch of top with water and put on cap, screwing band firmly tight. Process in water bath 20 minutes; or in oven 68 minutes at 250 degrees; or in pressure cooker 8 minutes at 5 pounds.

Fried Chicken

Dress and cut up fowl in usual manner. Chicken, like other meat, should not be canned until the body heat disappears. Brown chicken nicely in hot fat. Add salt to season. Pack hot, partly fried chicken into clean KERR Jars. Add 2 to 3 tablespoons of fat in which chicken was fried. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 15 pounds, or 90 minutes at 10 pounds; or in water bath, 180 minutes; or in oven, 240 minutes at 250 degrees.

Corn

Use only absolutely fresh corn that is tender and juicy. Husk, cut from cob, place in pan with just enough boiling water to cover. Precook 3 to 5 minutes. Pack loosely in clean KERR Jars and fill with boiling water to within $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon sugar if desired to each quart jar. Put on cap, screwing band firmly tight. Process in pressure cooker, 80 minutes at 10 pounds; or in water bath 210 minutes; or in oven 240 minutes at 250 degrees. Corn may be canned on the cob by following above recipe.

Grape Jelly

Wash, stem 4 pounds grapes. Crush grapes, boil 15 minutes. Press through a jelly bag and strain. Use $\frac{3}{4}$ as much sugar by measure as juice. Heat juice to boiling and add sugar. Boil rapidly to jelly stage. Pour into sterilized KERR Jelly Glasses.

RECIPES

Greens, Beets, Mustard Greens and All Edible Greens

Wash carefully and precook in live steam in a cheesecloth bag or a wire basket until wilted. Cut into size and pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon of salt if desired to each quart and fill jars to within $\frac{1}{2}$ inch of top with boiling water. Put on cap, screwing band firmly tight. Process in pressure cooker, 60 minutes at 10 pounds; or in water bath, 180 minutes; or in oven, 240 minutes at 250 degrees.

Ice Water Pickles

Six pounds medium size cucumbers (each cut in 4 to 8 pieces according to size of cucumber). Soak in ice water 3 hours—drain, pack in sterilized KERR Jars. Add 6 pickling onions, 1 piece celery, 1 teaspoon mustard seed to each jar.

Solution

3 quarts white vinegar 1 cup salt
3 cups sugar

Bring to boil, pour over cucumbers and seal jars. This makes 6 quarts.

KERR Sliced Lunch Pickles

20 medium size cucumbers cut
 $\frac{1}{2}$ inch thick 5 cups water
3 cups cider vinegar
1 teaspoon alum

Mix thoroughly; allow to come to boil, remove from fire; let stand 30 minutes. Pack in sterilized KERR Jars after draining. Add to top of each jar:

2 tablespoons minced onions.

Pour over pickles the following solution which has been brought to a boil:

$\frac{1}{2}$ gallon cider vinegar 2 teaspoons celery seed
1 pint water 2 teaspoons mustard seed
3 cups sugar 2 teaspoons turmeric

Seal jars.

Sauerkraut (Made in Jars)

Use good sound cabbage. Remove outside green and dirty leaves. Shred cabbage finely and put 5 pounds cabbage and 2 ounces ($3\frac{1}{2}$ tablespoons) salt in a large pan and mix well. Pack solidly in clean KERR Jars. Fill jars to within $\frac{1}{2}$ inch of top with cold water. Put on cap, screwing band firmly tight. Will be ready for use in four to six weeks.

Tomatoes

Scald tomatoes in boiling water 1 minute. Soak in cold water 1 minute—peel, core, quarter and pack in clean KERR Jars. Add no water. Add teaspoon salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process in water bath, 35 minutes; or in pressure cooker, 10 minutes at 5 pounds; or in oven, 75 minutes, at 250 degrees.

Tomato Juice

Select firm, ripe tomatoes. Wash well, peel and drain. Cut into sections. Simmer until softened. Stir occasionally to prevent burning. Put through sieve fine enough to remove seeds. Bring juice to boiling and pour immediately into sterilized KERR Jars. Process in water bath, 5 minutes.

Kerr

FRUIT JARS AND CAPS

For All Methods of Canning

KERR MASON
(ROUND)



FOUR SIZES:
HALF PINT
PINT
QUART
HALF GALLON



KERR MASON
(SQUARE)



FOUR SIZES:
HALF PINT
PINT
QUART
HALF GALLON

Kerr

Mason Caps
Mason Lids
Wide Mouth Mason Caps
Wide Mouth Mason Lids
Economy Caps
Economy Clamps

All Kerr Jars and Jelly Glasses are made of clear crystal flint glass. Kerr Caps and Lids are gold lacquered and are not affected by vinegar or food acids. Rubber rings are not required as each lid has the natural gray sealing composition flowed in. For the Kerr Mason and Kerr Wide Mouth Mason Jars, inexpensive new lids only are required each season.

Kerr Products have a national distribution. Should your dealer's stock of Kerr Caps and Lids be temporarily exhausted during the rush season, send your order to our nearest office. Caps or Lids will be sent you within 24 hours after order is received.

Research and Educational Department

KERR GLASS MANUFACTURING CORP.

FACTORIES
Sand Springs, Okla.
Huntington, W. Va.

OFFICES AND RESEARCH KITCHENS
Sand Springs, Okla., Los Angeles, Calif.
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KERR WIDE MOUTH
MASON



THREE SIZES:
PINT
QUART
HALF GALLON

KERR JELLY GLASSES



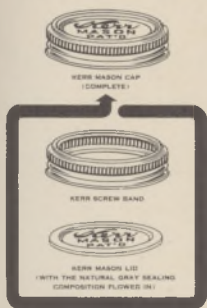
TALL AND SQUAT STYLES IN
TWO SIZES: ONE-THIRD PINT
AND ONE-HALF PINT

KERR
ECONOMY



THREE SIZES:
PINT
QUART
HALF GALLON

KERR MASON CAPS—FIT ALL MASON JARS



Consist of two parts: Gold-lacquered screw band and lid, (with the natural gray sealing composition flowed in). Not affected by vinegar or food acids. Will not corrode. Screw bands last for years, can be used over and over again. Packed one dozen to carton.

KERR MASON LIDS

Inexpensive KERR Mason Lids, with the natural gray sealing composition flowed in, are all that are required after the first year. Packed one dozen to carton.

KERR ECONOMY CAPS

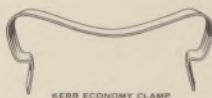
One Piece. Gold-lacquered with the natural gray sealing composition flowed in. For use on KERR Economy Jars only. Packed one dozen to carton.



KERR ECONOMY CAP

KERR ECONOMY CLAMPS

Used to hold Economy Caps in place while processing and until jar cools and seals. Can be used again and again. Packed one dozen to carton.



KERR ECONOMY CLAMP

KERR WIDE MOUTH MASON CAPS



Consist of two parts: Gold-lacquered screw band and lid. Same as the KERR Mason Caps, except wider in diameter to fit KERR Wide Mouth Mason and other wide mouth jars. Packed one dozen to carton.

KERR WIDE MOUTH MASON LIDS

Inexpensive KERR Wide Mouth Mason Lids with the natural gray sealing composition flowed in, are all that are required after the first year. Packed one dozen to carton.

KERR Screw Bands have all edges rolled under. No danger of cutting hands. Homemakers will appreciate this safety factor.

SEND FOR THIS LITERATURE



KERR HOME CANNING BOOK

This book reduces the art of Home Canning to utmost simplicity—time saving, economical, a boon to the housewife. Contains all the latest methods of canning with minute instructions governing same, time tables, more than 300 tested recipes usual and unusual—health giving, retaining all the vitamins. No expense has been spared to make this the most complete and useful book of its kind on the market today. *Price 10 Cents. Costs Little—Brings Much.*

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