

The Ball BLUE BOOK



HOME MAKERS

THIS PRESENT EDITION of the *Ball Blue Book* brings to you the latest and most approved methods and directions for Home Canning and Preserving.

The best of our former recipes, like old friends, have been retained and many delightful new ones have been added.

It is with sincere good wishes for your success in Home Canning and Preserving that we publish this revised edition of the *Ball Blue Book*.

BALL BROTHERS COMPANY

MUNCIE, INDIANA

BALL BLUE BOOK

of CANNING and PRESERVING RECIPES

EDITION R



They shall rise up and call her blessed—this woman, who—loving and thoughtful of future joy and health—secures the goodness of Nature at her best, and cans against the barren sameness of the Winter months. Well does she look to the ways of her household.

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CANNING BY THE JAR-COOKED METHOD IN THE HOT WATER BATH



FOREWORD

THE housekeeper of today has a bigger responsibility than her predecessor of a generation or two ago. Upon her shoulders rests the burden of keeping her family in good health through the right choice and preparation of food. In past years she was content to furnish quantities of dishes of delightful flavor and to see her family eat their fill. If illness came she sent for the doctor and did her part by devoted nursing.

Today the housewife must maintain not only the reputation of being a good cook, but she must also take the responsibility of selecting food which will provide proper materials for the growth of the children and promote the health of each member of her family. Doctors and health specialists tell us that the tired feeling, the so-called "spring fever" at the end of winter, is often due to lack of fruits and vegetables in the winter diet. Our newer knowledge of nutrition has caused us to realize more clearly the body's need for iron, phosphorus, lime, cellulose and vitamins. These essential substances are probably more generally distributed in fruits and vegetables than in any other class of food.

Home Canning is the best means of providing a sufficient supply of these foods during the winter months in localities where fruit and vegetable markets are not easily accessible or the price of fresh products is prohibitive to the family income. The summer vegetable garden can be easily transformed into a "winter garden" by planting for a surplus of vegetables to be canned for the months when the garden does not produce. For those who do not have gardens and orchards the farmers' road-side stands and home markets afford excellent opportunity to buy fresh fruit and vegetables, in season, at surprisingly low cost. Canning "in season" saves money, labor, time and energy "out of season."

Home Canning is simplified and made easier since the introduction of Jar Cooked (Hot and Cold Pack) Methods of canning and the Steam Pressure Cooker for obtaining temperatures higher than can be reached in boiling water. The United States Department of Agriculture and all canning authorities recommend the Steam Pressure Cooker method for canning all non-acid vegetables and meats. By careful planning and by following the instructions given in each individual recipe as well as a thorough reading of pages 4 to 8 you can, with minimum effort, have on your pantry shelves a generous supply of delicious home canned fruits, vegetables, meats, fruit juices, preserves and pickles in sufficient variety to insure well-balanced, steaming hot, home cooked meals at a few moments' notice.

Better health, better work, better sleep, better play can result only from having wholesome, simple, well-balanced meals, with at least one vegetable and one fruit for each member of the family for each day on the housekeeping calendar.



CANNING EQUIPMENT

SUCCESSFUL Home Canning depends largely upon the efficiency and type of equipment used as well as following the correct methods. Before starting canning see *Methods of Canning and Important Rules on pages 6 to 8*. Canning equipment need not be elaborate or expensive. It should be easy to handle, of convenient size, serviceable, light in weight and easy to clean.

● Types of Canners

THE type of Canner used depends upon the product to be canned. A large preserving kettle can be used for preserves, conserves, marmalades and jams since these require cooking in an open kettle. For fruits, vegetables and meats, which are canned by the Jar-Cooked (Hot or Cold Pack) method in which the product is cooked inside of the jar, another type of Canner is necessary.

● Hot-Water Bath

THIS may consist of any container which can be fitted with a suitable rack for holding jars and which allows for a free circulation of boiling water under and around the jars. It should be equipped with a tight-fitting lid and the container should be deep enough to permit one inch of water to cover the jars. A tin lard-pail or wash-boiler can be easily converted into a Water-Bath Canner. The Commercial Water-Bath Canner is fitted with a wire rack, equipped with handles for lifting the jars in and out of boiling water. It is inexpensive and serviceable.

In a Hot-Water Bath Canner the product is processed at boiling temperature.

● Steam Pressure Cooker (Recommended for processing non-acid vegetables and meats)

THE Steam Pressure Cooker is a vessel espe-

cially designed for obtaining temperatures higher than can be reached in hot water bath. It consists of an iron or aluminum vessel with a tight fitting cover, equipped with a pet-cock, safety valve and a pressure gauge for determining the steam pressure inside the cooker. The reading of the pressure gauge is affected by the altitude. The pressure and time for processing specified in the table apply from sea level to 2000 feet. One additional pound of pressure should be added for each additional 2000 feet elevation.

● Steam Cooker

WHILE the Steam Cooker or "Steamer" is primarily intended for cooking purposes, many housewives have found it is economically and readily used for canning and preserving.

It is equipped with a tank in which boiling water generates steam which circulates throughout the Cooker. The temperature of the Steamer may never reach that of boiling water; therefore the manufacturers of Cookers generally recommend a slightly longer time for processing than required in the Hot Water Bath. The Steam Cooker requires only one burner and contains shelves for holding jars. It is thus economical of both space and fuel.

● Oven Canning

OVEN canning is used satisfactorily by many



housewives. Directions must be carefully followed and correct temperature used. The temperatures most often recommended for Oven Canning range from 250° to 275° F. However, the temperature of the contents of the jars is relatively low. Oven Canning requires as much or more time than the Hot-Water Bath Method of processing and there is liable to be a greater loss of liquid from the jars that are processed in an oven. The oven must be equipped with a heat regulator which is properly adjusted.

● Small Canning Equipment

RESULTS can be made more certain and the work greatly lessened by having at hand an ample supply of the smaller less-expensive canning equipment.

For efficient canning, sharp knives are necessary.

A stainless steel or silver knife is best for paring fruit. A long-handled spoon makes stirring easier.

A flat wooden spatula or paddle helps in packing. A fine-mesh wire basket or colander simplifies the blanching process.

A jar-lifter helps to prevent burns.

A wide-mouthed funnel and ladle will save time and product when filling jars.

A quart measure, small measuring cups, scales, a confectioner's thermometer and bowls of various sizes help to obtain a perfect product.

Enamel or aluminum utensils are preferable.

● Rubber Jar Rings

SUCCESS in keeping products canned in Glass Jars depends greatly upon the Jar Ring.

The purpose of the Jar Ring is to make an air-tight seal between the lid and the jar.

To insure a perfect seal always use NEW, CLEAN, RELIABLE Rubber Rings.

BALL "Perfect Seal" Rings are of the best quality and fully meet the necessary requirements for ALL KINDS of canning. They are packed with all Ball Jars.

● Glass Jars

RECENT inventions and improved methods in the manufacture of Glass Jars now make it possible for the Home-maker to select the jar she likes best from a variety of sizes, shapes and types, all of which are designed and tested to meet her special needs for Home Canning.

BALL Fruit Jars are made in both round and square shape and in two colors, green glass and white (flint) glass. Color does not indicate the strength of the glass jar; color is merely a matter of choice. Flint glass is preferable for some products when canning for sale or for exhibit purposes. Green cucumber pickles, peas, green beans and greens show to better advantage when canned in green glass jars. Green jars are widely used, due to the theory that green glass protects and preserves the delicate color of various fruits. The size of the family should determine the size of the jar.

Half-pint jars are recommended for jams, conserves, preserves and marmalades, in place of jelly glasses which are not designed to insure an airtight seal.

● Ball "Perfect Mason" and "Special" Jars

THE "Perfect Mason" Jar, which is best known to the average home canner, is made in both green and flint glass and in round and square shapes. It is equipped with Metal Screw Cap (preferably zinc) containing a Porcelain Liner which fits into the top of the Cap. This prevents the product inside the Jar coming in contact with the metal part of the Cap.

This Jar is also furnished with Glass Top Seal, consisting of Glass Lid, Rubber and Metal Screw Band.

The "Special" (wide mouth) Jar is made in flint glass, round and square shapes, and is equipped with either Zinc Porcelain Lined Cap or the Glass Top Seal.

● Ball "Ideal" and "Eclipse" Glass-Top Jars

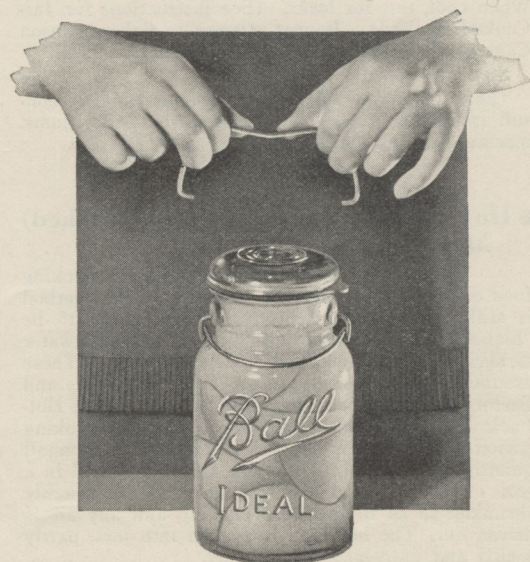
THE Glass-top or Clamp-top Jar is made entirely of glass with the exception of the wire bail or clamp which fastens the Glass Lid into position. "Ideal" Jars are made in both green and flint glass and in round and square shapes.

The "Eclipse" (wide mouth) Jar is made in round, flint glass and is equipped with the same type wire fastenings and lid as the "Ideal" Jar.

● Tightening Wires of "Ideal" and "Eclipse" Jars

AFTER continued use the upper wire clamps on these Jars may need to be tightened.

To do this slip upper wire (the one that goes over Lid of Jar) out of wire loops. Grasp wire as shown in illustration, bend center of wire down slightly so it will hold Glass Lid more tightly. If in making this bend the ends of the wire are separated too far apart bend them towards each other so they may be sprung to place in the loops.



Read important rules on page 8

METHODS OF CANNING

IT has been said that no single discovery has contributed more to the general welfare of mankind than the art of preserving food. This is now possible in every home through the use of BALL Jars, Caps, Rubbers and Jelly Glasses. Practically all foods may be canned and stored indefinitely without losing their flavor or food value; thus home canning as an applied household science has become a well established, successful, easy and economical home practice. For successful canning we must observe two principles: proper heating and correct sealing. The degree of heat usually employed in canning lies between that at which water boils and 250° F., which corresponds to a steam pressure of 15 pounds. *Fruits, vegetables and meats vary in composition and experience has proven that they require different methods of processing.* The Steam Pressure Cooker Method is recommended for non-acid vegetables and meats.

• Open-Kettle Method

THE OPEN-KETTLE Method is that in which the food is cooked in an open kettle. It is used for fruits, conserves, jams, marmalades, preserves and tomatoes.

Careful attention should be given to each step in the process.

Use firm, clean, fresh and sound fruits and tomatoes.

Boil for required length of time.

While fruit is boiling, wash Jars, Caps, Lids and Rubbers and put in pan of hot water on fire. Allow water to boil 5 minutes so they will be sterilized. Keep in hot water until ready to use then place WET Rubbers on the hot Jars. See that the Rubbers rest flat on the sealing shoulder. Have shoulder of the Jar, Cap or Lid as well as the Rubber WET when seal is made.

Fill Jars to overflowing quickly with boiling fruit or tomatoes. Do not wipe off the top or sealing shoulder of the Jars. Fully seal the Jars as soon as filled. (With Mason Jar screw Cap down tight as possible. With Ideal Jar place upper clamp in position over Glass Lid and pull down lower clamp).

Cool as quickly as possible to room temperature. When cool, test for leaks. (See instructions for Jar-Cooked Method). Do not attempt to tighten Mason Caps after Jars are *cold*—this may break the seal.

Store in cool, dry place.

(For amount of sugar and time for cooking consult individual recipes and chapters on fruits, jams, marmalades and conserves).

• Hot and Cold Pack (Jar Cooked) Method

THE Cold Pack Method consists of packing food cold into jars and then processing. This method is still used for some products which need to be "blanched" in hot water and "dipped" into cold water to shrink the product and loosen the skins. These products are Peaches, Apricots, Tomatoes, Beets and Carrots. This has been gradually replaced by the Hot-Pack Method which calls for a short pre-cooking period. The fruit or vegetable is heated in a small quantity of liquid until it boils. Meat is seared in a pan or oven. Thus the products are thoroughly shrunken so as to facilitate packing and any air is driven out. The hot food is packed into jars, partly sealed and processed immediately.

GENERAL DIRECTIONS FOR JAR-COOKED (HOT AND COLD PACK) METHOD OF CANNING

- (1) Wash Jars, Caps and Rubbers in clean hot water. Let them stand in hot water until ready to use.
- (2) Carefully examine old Jars and Caps and see that the sealing edges of Caps or Lids are not dented or chipped.
- (3) Select FIRM, SOUND, FRESH Products. Reject any bruised and spoiled fruits, vegetables and meats. Sort and grade for size and ripeness. Uniformity helps to secure an even distribution of heat throughout the Jar and improves the appearance of the pack.
- (4) Clean product thoroughly before canning.
- (5) Place new WET Rubber in position on Jar and see that it rests flat on the sealing shoulder.
- (6) Pre-Cook (Boil) for time given in Time Table. Blanch (Scald), then cold dip Peaches, Apricots, Tomatoes, Beets and Carrots to loosen skins.
- (7) Pack product into Jars loosely enough to allow for proper heat circulation; vegetables loosely enough so they will retain their shape.
- (8) For FRUIT, pack the prepared fruit into clean hot BALL Jars. Do not crush. Fill with boiling syrup to within one-half inch of top of Jar to allow for expansion of air and to prevent boiling over.
- (9) For VEGETABLES, Pre-Cook (Boil). (See Time Table.) Pack prepared vegetables into clean hot BALL Jars; add one level teaspoon pure salt to each quart. Fill Jar with the boiling water in which the vegetable was cooked, to within one-half inch of top of Jar. If not enough cooking water add boiling water.
- (10) For MEATS, bleed well and cool thoroughly before using. Pack meat uncooked (raw) or cooked into clean hot BALL Jars. If canning raw or seared meat, add two level teaspoons pure salt to each quart. If canning seared meat, add a little of the fat in which the meat was seared. Do not add water.

(11) Hot and Cold Pack

Partly seal by screwing down the Cap on the Perfect Mason or BALL Special Jars firmly tight and turn back $\frac{1}{4}$ inch. If using Mason Type Jar with Glass Top Seal, after placing Lid with Rubber attached on the Jar, screw on Metal Band firmly



tight and turn back 1 inch to break seal. On Ideal and Eclipse Jar place Glass Lid and WET Rubber into position, click top bail into position, but leave lower bail up.

(12) Methods of Processing

Processing is the application of heat to canned foods to such a degree that they remain fit for consumption; sterilization of all microorganisms. Processing may or may not result in sterilization. Successful processing must result in canned food that will keep when stored under proper conditions. Processing either hot-packed or cold-packed foods may be done in any of the following ways, depending upon the products to be canned. BALL Jars are adapted to all methods of processing.

Hot Water Bath Method (Boiling temperature)

This method is recommended for fruits and acid vegetables, such as tomatoes, rhubarb, pickled beets and ripe pimientos because temperatures higher than boiling tend to injure the delicate color and texture of most fruits.

Have water in canner hot. Place jars in slowly. Cover and keep at least one inch of water over top of jars. Begin counting time when the water is in a hard boil. Keep boiling steadily during the entire processing period. When processing time is over, remove jars from canner and seal immediately.

Steam Pressure Cooker Method (Higher than boiling temperature)

This method is recommended by all canning authorities as the preferred method for processing non-acid vegetables and meats. More complete sterilization results when high temperatures of 240° to 250° F. are obtained in these foods.

Place one inch of water in the Pressure Cooker. Place the partly sealed, filled jars on the rack. Fasten the Cooker cover securely on Cooker. Leave pet-cock open. When live steam has escaped for five minutes, close pet-cock. Begin counting time when the steam gauge shows the required pressure. If in altitudes above 2000 feet, add one extra pound of pressure for each additional 2000 feet elevation. Regulate fire to hold an even temperature. Two pounds variation may draw liquid out of jars. At the end of the processing period remove Cooker from fire, allow pressure to return to zero. Open pet-cock slowly. Never allow steam to rush out suddenly as this causes liquid to be drawn from the jars. Remove cover from cooker tilting cover toward you to protect the face from any escaping steam. Remove jars carefully, lifting them by the sides or the shoulder to prevent breaking the seals. Seal immediately.

If no steam pressure cooker is available it is suggested that the following methods be used for non-acid vegetables and meats.

Hot-Water Bath (in Northern States). See Time Table.

Intermittent Method (Used in Southern States)

This method is used only when a Pressure Cooker is not available. Pack the product in jars, partly seal and process in Hot-Water Bath or Preheated

Oven for 1 hour. After this processing period, remove the jars from the canner and seal immediately and keep them sealed during the succeeding processing periods. Let the jars stand from 10 to 12 hours, place them again in canner and process for another hour. Remove the containers again and allow them to stand 12 to 14 hours, then put them back into the canner and process for 1½ hours for the third and last time.

Steam Cooker Method

Fill the reservoir with water and keep filled with boiling water during the processing period. Place Jars on shelves. Begin counting time after the water has boiled about 5 minutes. This will fill the cooking compartment with steam. The temperature of the steamer may never reach that of boiling water, therefore it is recommended that a slightly longer time for processing be used than is required in the Hot-Water Bath. Remove jars at the end of processing period and seal immediately.

Oven Method

Place the Jars two inches apart in a shallow pan in a pre-heated oven. Do not put water in pan. Place the pan so as to bring Jars as near the center of the oven as possible. When using an Electric Oven, do not use top heating element. Begin counting time when proper temperature is reached. Remove the Jars at end of processing period one at a time and seal immediately.

Careful Handling and Correct Sealing

Processing correctly is but half the work of successful canning. It is just as essential that we keep unsterile air from entering the jar after the processing period as it is that we process the jar of food.

Do not lift jars by the lids when removing them from the cooker. The weight of the jar is often great enough to break the seal. No air must reach the sterilized product if it is to keep indefinitely. Seal jars immediately.

Sealing Jars

At the end of the processing period, remove jars from canner one at a time and seal immediately. To seal BALL Perfect Mason and BALL Special Jars, screw cap down on rubber as tightly as possible. To seal the Glass Top Seal Jars, screw Band down as tightly as possible. To seal BALL Ideal and Eclipse Jars, pull down lower clamp. Do not attempt to tighten Mason Caps after jars are cold. This may break the seal.

Testing Jars

Allow Jars to stand "top-up" until perfectly cold—Do not attempt to tighten Mason Caps after the Jars are cold, this may break the seal.

After the Jars are cold, invert them for a few minutes to examine for leaks. If leak is found, remove the Top, look for cause of leak. If new lid is needed, replace with good one and reprocess for original length of time, and seal again, or contents can be used immediately.

It will be well to examine Jars four or five days after sealing to make sure they are perfectly sealed.



Opening Jars

On the Mason and Ideal type Jars, pull Rubber from beneath the Cap with fingers or pliers; if it sticks too tightly immerse the Top in hot water; if hot water is not available, press knife blade between the Jar and Rubber admitting air to break the seal. (Do not place knife blade between Can and Rubber—this may dent the sealing edge of the Cap.) With Glass Top Seal Jars invert Jar in hot water from 3 to 5 minutes. Remove Metal Band. Insert knife blade between Jar and Rubber to admit air.

THOROUGHLY REHEAT CANNED VEGETABLES AND MEATS BEFORE USING. IF EITHER ARE TO BE USED FOR SALAD, HEAT THOROUGHLY, THEN ALLOW TO COOL.

Selection of Products

Select fresh, sound, firm products for canning. Spoiled or decayed products should never be used.

For making jams and jellies, imperfectly shaped or hard fruit may be used. Bruised or speckled fruit may also be used if the bruises and specks are carefully removed and only the sound portions of the fruit are reserved for the preserving kettle.

Blanching

Blanching consists of plunging products, such as Peaches, Apricots, Tomatoes, Beets and Carrots into boiling water for a short time. The purpose is to shrink the product and loosen the skins.

Cold Dip

Blanching is usually followed by the Cold Dip. This consists of plunging the blanched product into cold or running water for 5 or 10 seconds. The purpose of the Cold Dip is to make easier handling.

Pre-Cooking

Pre-cooking consists of cooking the product by boiling, steaming, or searing. It is recommended for most vegetables, as it improves the texture and flavor; shrinks the product and insures a better pack; reduces the time required for heat to penetrate throughout the contents of the Jars. Meat should be seared quickly—not precooked.

Storage

Store Jars in a cool, dry place where there is no danger from freezing or over-heating.

IMPORTANT RULES FOR SUCCESSFUL CANNING

- 1—BEGIN COUNTING TIME in the Hot-Water Bath after the water is boiling. Keep the water boiling vigorously during the entire processing period.
- 2—PREVENT LOSS of LIQUID in Hot-Water Bath by: Having and keeping water 1 inch over tops of Jars. Keeping the water boiling vigorously over the tops of Jars during entire processing period.
- 3—LOSS OF LIQUID in STEAM PRESSURE COOKER can be prevented by: Maintaining an even temperature and pressure throughout the entire processing period.
Allowing the indicator on pressure gauge to return to 0° before opening pet-cock to release the remaining steam. Open pet-cock gradually.
- 4—NEVER OPEN JARS to refill with liquid. Loss of liquid does not affect the keeping quality if the Jar is sealed. If the Jar Ring has "blown out" the Ring must be replaced IMMEDIATELY with a new one, seal and process the product again for the original time.
- 5—SATISFACTORY RESULTS IN CANNING VEGETABLES WILL BE ASSURED BY:
Using fresh, sound, firm products.
Canning the product while it is still fresh.
Putting each Jar into processing vessel as soon as packed.
Processing for time specified.
Completely sealing the Jar as soon as taken from the processing vessel.
- 6—CORN, BEANS, and LIMA BEANS EXPAND during the processing period. Pack loosely to within 1 inch of top of Jar to allow for this expansion.
Other products SHRINK, and the Jar can be filled to within ½ inch of top of Jar in Jar.
- 7—CLOUDINESS IN PEAS can be prevented by:
Using young, unbruised peas.
Grading for uniformity. Small peas will cook to pieces before larger ones are thoroughly processed.
Use soft water for blanching. Hard water contains various mineral elements which may affect the color of certain vegetables (peas and beets).
- 8—SUGARLESS CANNING is not economical. The addition of sugar during the cooking helps to develop the flavor of the fruit. The increased cost per Jar of fruit because of any increase in price of sugar is very slight, only a fraction of a cent. The price of sugar should therefore not determine whether to put up fruit or not.
- 9—CANNING COMPOUNDS, or other chemical preservatives may be injurious to health. Directions and recipes for canning in the BALL Blue Book do not require the use of canning compounds.
- 10—IT IS UNWISE TO SUBJECT JARS TO SUDDEN TEMPERATURE CHANGES. In taking Jars from cool basement clean them first in warm water then in boiling water. Jars should not be placed in a cool draught after filling, or upon removing from canner. Do not place hot Jars directly on a marble or metal-top table, as they may break. Place cloth or paper under them.
- 11—GLASS JARS are more economical than tin cans and can be used year after year. A clean Glass Jar is the last word in sanitation.



Canning Time Table for Standard Fruits

Product	Method of Treatment before Canning	Hot-Water Bath Boiling (minutes)	Oven 275° F. (minutes)	Syrup
Apples	Wash—quarter or halve—place in salt bath—rinse—boil 1 minute—pack—cover with boiling syrup. Or—Boil whole in syrup until tender or bake as for serving, and cover with syrup—pack hot. Or—Pack hot in form of apple sauce.	15	35	Thin
Apricots	Wipe with damp cloth—do not peel—blanch—halve and pit—pack—cover with boiling syrup.	20	35	Medium
Berries (Except Strawberries)	Wash—stem—pack in jars—cover with boiling syrup	20	35	Medium
	Or pre-cook and pack hot	5	20	
Cherries Sweet Sour	Wash—stem—pit—pack—cover with boiling syrup	20	30	Sweet—Medium
	Or remove pits, add sugar as desired, bring to boil and pack	5	20	Sour—Thick
Currants	Wash—stem—pack in jars—cover with boiling syrup	20	30	Medium
	Or pre-cook and pack hot	5	20	Medium
Figs	Wash—place in soda bath—drain—rinse—cover with boiling syrup.	20	35	Thick
Gooseberries	Same as other berries	20	30	Thick
Grapes	Same as berries	20	30	Medium
Peaches	Select firm, ripe peaches—blanch—cold-dip—peel—pack—cover with boiling syrup	20	35	Medium
Pears	Select slightly under-ripe pears—pare—quarter—place in cold salt bath—rinse—boil in syrup—pack—cover with boiling syrup	20	35	Medium
Pineapple	Peel—remove eyes—cut, slice or shred—pack cold—cover with boiling syrup	30	45	Thin
Plums	Wash—prick skins—pack cold—cover with boiling syrup	20	45	Medium
	Or bring to boil, using sugar as desired—pack hot into jars	5	20	Medium
Rhubarb	Wash—cut into small pieces—pack—cover with boiling syrup	20	30	Thick
Strawberries	Wash—stem—pack—cover with syrup—let remain in syrup several hours—re-heat—fill jars—seal	20	35	Medium
	Or to each quart add 1 cup sugar and 2 table-spoons of water. Boil slowly 15 minutes. Let stand over night in the kettle. Re-heat to boil—fill jars hot	5	20	
Fruit Juices	Crush fruit—heat slowly—strain—pour into jars	30 (180° F.)		

NOTE:—If canning fruit in Steam Pressure Cooker, process at 5 pounds pressure for 10 minutes if packed cold; for 5 minutes if packed hot with the following exceptions—process Apricots, Figs and Peaches 10 minutes; Pears 8 minutes; Pineapple 25 minutes. See notes on Time Table Page 10 & 11.

Syrup Table for Fruits

Syrup	Proportions Sugar and Water	Directions
Thin Syrup	1 part sugar to 3 parts water	Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.
Medium Syrup	1 part sugar to 2 parts water	
Thick Syrup	1 part sugar to 1 part water	

The syrup specified in the above time table is recommended by the United States Department of Agriculture. Many housewives prefer a sweeter and somewhat thicker syrup. Those who do will find the syrups shown in the individual recipes satisfactory.



Canning Time Table for Standard Vegetables

(Consult Individual Recipe for Unusual Vegetables and Combinations)

This table is for altitudes of 2,000 feet or less. See altitude table for higher elevations. The Steam Pressure Cooker is recommended by the U. S. Department of Agriculture and the Extension Service for processing non-acid vegetables.

Product	Preparation Before Canning	Steam Pressure Cooker	Hot-Water Bath Boiling	Oven (275° F.)
		Pressure—Minutes	Hours	Hours
Asparagus	Wash—tie in bundles—keep tips above water—boil 5 minutes—pack	10 lbs. for 40	3	3
Beans—Green or Wax	Wash—string—boil 5 minutes—pack . . .	10 lbs. for 40	3	3
Beans—Lima	Shell—grade—boil 5 to 10 minutes—pack loosely	10 lbs. for 60	3	3
Beets	Wash—retain 1 inch stems—boil 15 minutes—slip skins—pack	10 lbs. for 40	2	2½
Brussels Sprouts—Cabbage	Wash—boil 10 minutes—add salt—pack . .	10 lbs. for 40	1½	2½
Cauliflower	Soak in cold brine—boil 3 minutes—pack .	10 lbs. for 40	1½	2½
Carrots	Wash—boil 15 minutes—skin—pack	10 lbs. for 45	2	2½
Corn (on cob)	Boil on cob 5 minutes—pack	15 lbs. for 80	3	3
Corn	Boil on cob 5 minutes—cut from cob—loosely pack	15 lbs. for 80	3	3
Corn and Lima Beans (Succotash)	Boil each product 5 minutes—combine corn and beans—loosely pack	15 lbs. for 80	3	3
Eggplant	Peel—cut into ¼ to ½ inch slices—boil 3 minutes—pack—do not add salt	10 lbs. for 60	2½	3
Greens (Including Spinach)	Steam in covered vessel for 15 minutes or until wilted—use smallest possible amount of water—loosely pack	15 lbs. for 65	3	3
Kohlrabi and Turnips	Wash—boil 15 minutes—slice—pack	10 lbs. for 45	2	2½
Mushrooms	Wash—skin if necessary—boil 3 minutes—pack	10 lbs. for 60	3	3
Okra	Wash—remove cap—boil 3 minutes—pack .	10 lbs. for 40	2	2½
Parsnips	Wash—scrub—boil 15 minutes—pack . . .	10 lbs. for 45	2	2½
Peas	Shell—grade—boil 3 to 5 minutes—loosely pack	10 lbs. for 60	3	3
Peppers, Bell	Wash—remove seed-pod—boil 5 minutes—flatten—pack	10 lbs. for 15	¾	1¼
Peppers, Pimiento	Wash—place in moderately hot oven until skins blister or crack—slip skins—remove seed-pod—pack dry	10 lbs. for 15	¾	1¼
Pumpkin or Squash	Wash—cut into pieces—cook until tender—mash—pack	15 lbs. for 75	3	3
Sauerkraut	Pack—add no water or salt	10 lbs. for 40	1	2½
Sweet Potato	Wash—boil or steam 15 minutes—peel—pack	10 lbs. for 120	3	3
Tomatoes	Scald and peel—pack whole or cut into pieces—pack	5 lbs. for 15	½	¾

Notes on Time Tables for Fruits, Vegetables, Meats and Soups

These time periods are based on the use of QUART GLASS Jars. For Half Pints and Pints reduce processing time specified in Time Tables 5%. For Half Gallons add 20% to processing time. BALL BLUE BOOK recipes call for LEVEL measurements.

Directions for Canning, as given in the Ball Blue Book, do not require the use of canning compounds, chemicals or preserving powders. Reject any product which, upon opening, looks suspicious, or contains any “flat sour,” or unnatural odors. Do not taste.



Canning Time Table for Meats, Poultry, Fish

Product	Method of Treatment before Canning	Steam Pressure Cooker 15 pounds (hours)	Hot-Water Bath Boiling One-Period (hours)	Oven 275° F. (hours)
Meats Lamb Beef Veal Pork	Bleed well—thoroughly cool—sear or pack raw—include small bones—process.	1	3	3½
Poultry Chicken, Duck Turkey	Bleed well—thoroughly cool—sear or pack raw—include small bones—process.	1	3	3½
Wild Game Deer, Rabbit Wild Birds Grouse, Duck Pheasant, etc.	Bleed well—thoroughly cool—soak in brine 30 minutes—sear or pack raw—process	1	3	3½
Fish Fresh Water Salt Water	Use only <i>fresh</i> fish—bleed well—soak in brine—sear or pack raw—process (For shell fish see individual recipes.)	1	3	3½

Canning Time Table for Soups

Asparagus Puree	Use tough ends—boil until soft—press through sieve—add seasoning—pack hot—process. . .	1	3	3
Clam Broth	Use fresh clams—boil 10 minutes—add seasoning—pack hot—process.	1	3	3
Clam Chowder	Boil mixture 10 minutes—pack hot—process .	1	3	3
Fish Chowder	Boil mixture 20 minutes—pack hot—process .	1	3	3
Green Pea Puree	Boil peas 1 hour—press through sieve—add salt—pack hot—process.	1	3	3
Soup Stock	Cover meat with cold water—simmer 6 hours—add seasoning—cool—re-heat—pack hot—process	1	3	3
Vegetable Soup Mixture	Boil vegetables—pack hot—add salt—process .	1	3	3
Tomato Pulp	Blanch tomatoes—cook 30 minutes—pack hot—add salt—process	10 minutes	¾	¾

Use of Time Tables

The time periods in the tables are based on the use of Quart Glass Jars. For Half-Pints and Pints time may be reduced five per cent. For Half-Gallon Jars add twenty per cent to time given in the tables. If the steam pressure cooker is used for fruits, process for fifteen minutes at five pounds pressure,

as temperatures higher than boiling tend to injure the delicate color and texture. The tables are for altitudes of 1,000 feet or less, and for moderate and cold climates. For higher altitudes, see below.

Altitude Corrections to Time Tables

The table below shows the number of pounds pressure that should be *added to the pressure* given in the time table when processing in the pressure cooker. The processing time remains the same. The table also gives the percentage to be *added to the time* specified in time table when using Hot Water Bath.

Elevation Above Sea Level	Extra Pounds Pressure Added to Pressure Given in Pressure Cooker Time Table	Percentage To Be Added to Time Specified in Hot Water Bath Time Table
2,000 feet	1 pound	20%
3,000 feet	2 "	40%
4,000 feet	2 "	60%
5,000 feet	3 "	80%
6,000 feet	3 "	100%
7,000 feet	4 "	120%

Temperature of Steam: (Provided air has been driven from cooker.)
5 pounds steam pressure 228° F.
10 pounds steam pressure 240° F.
15 pounds steam pressure 250° F.
20 pounds steam pressure 259° F.
25 pounds steam pressure 267° F.

Residents of Mountain States may use the processing time given in Hot-Water Bath time table by adding the quantity of salt shown in the table below to each gallon of processing water.

Altitude	Cups of Salt
2,000 ft. 4,500 ft.	1 cup 1¾ cups
2,500 ft. 5,000 ft.	1¼ cups 2 cups
3,000 ft. 5,500 ft.	1½ cups 2¼ cups
3,500 ft. 6,000 ft.	1¾ cups 2½ cups
4,000 ft.	1¾ cups

Residents of Southern States who use Intermittent Processing for non-acid vegetables should check the time given in instructions on Page 3 with their Extension Service. Climatic conditions may make it advisable to shorten or lengthen the time shown.



Approximate Yield of Vegetables—From 50-foot Row

<i>Product</i>	<i>Amount</i>	<i>Product</i>	<i>Amount</i>
Asparagus	40 pounds	Dandelions	1-2 bushels
Beans		Lettuce	
String	½ bushel	Leaf	50 plants
Lima	½ bushel (not shelled)	Head	30 plants
Beets		Onions	1-2 bushels
For beet tops	½ bushel	Parsnips	1 bushel
For baby beets	¼ bushel	Peas	1 bushel
For storing	1 bushel	Potatoes	1 bushel
Cabbage	60-70 pounds	Rhubarb	30-50 pounds
Carrots	1 bushel	Rutabagas	1-1½ bushels
Cauliflower	10-15 heads	Spinach	1 bushel
Celery	100 plants	New Zealand	1-2 bushels
Chard	25-50 pounds	Squash	
Corn		Hubbard	10-30 pounds
Golden Bantam	6 dozen	Summer	20 pounds
Country Gentleman	6 dozen	Tomatoes	2-3 bushels

Estimated Amount of Food and Number of Jars Needed

Perhaps more than any other question, except about processing, women want to know how much to buy or pick to make a certain number of jars of finished product. Of course, this will vary a good deal, depending on method of canning, and percentage of syrup or liquid in each jar. In general, however, the following table will be helpful in estimating your needs:

<i>Fruit</i>	<i>Measure</i>	<i>Weight</i>	<i>Qt. Jars</i>
Apples	1 bushel	47 to 50 pounds	20
Apricots	4 basket crate	20 pounds net	12
Berries	1 bushel	48 pounds	24
Blackberries	16 qt. crate	22 pounds net	12
Berries, Red Raspberries	1½ quarts		1
	24 pt. crate	16 pounds net	8
Berries, Strawberries	16 qt. crate	22 pounds net	8
Cherries	16 qt. crate	22 pounds net	12
Peaches	1 bushel	48 to 50 pounds	25
Peaches, whole	about 15 medium	2¼ pounds	1
Pears	1 bushel	50 to 58 pounds	30
Pears	1 peck	14 pounds	6
Pineapples	1 crate, diced	30 Pineapples	16

In general, the following amounts of vegetables will produce the given number and kind of jars of finished product:

<i>Vegetable</i>	<i>Measure</i>	<i>Weight</i>	<i>No. of Jars</i>
Beans, String	1 peck	6 pounds	6-8 pints
Beans, String	1 bushel	24 pounds	24 pints
Carrots	1 bushel	50 pounds	40 pints
Corn	1 bushel	70 pounds	16 pints
Dandelion	1 bushel	12 pounds	13 pints
Mustard Greens	1 bushel	12 pounds	13 pints
Peas	2 qts. in pod	1 pint
Peas	1 bushel in pod	32 pounds	14 pints
Peas	1 bushel shelled	45 pints
Spinach	1 bushel	12 pounds	10 pints
Swiss Chard	1 bushel	12 pounds	10 pints
Tomatoes	1 peck	14 pounds	7-9 pints





FRUITS

FRUITS, with their delicious flavor, their rich color, tartness and their seasonal distribution, offer a greater variety of uses than any product which we can or preserve.

Jellies, jams, marmalades and fruit juices, as well as the plain canned fruit, with syrup just sweet enough to suit the family taste, add a pleasing variety to the monotony of the winter diet.

From these, delicious fruit cocktails can be made which make such an appetizing course with which to start a dinner or luncheon. These fruits may also be used for various desserts such as pies, puddings, ices, ice creams and gelatines. With such additions a simple meal is made most complete and satisfying.

● Apples (Jar-Cooked)

THE late fall and winter varieties are best for canning as they are more tart and retain their flavor better than do the sweet varieties.

Select firm, sound, tart varieties, slightly under-ripe. Wash, pare and core; cut into quarters, or leave whole as desired; drop immediately into a salt bath made in proportion of 1 tablespoon salt to 1 quart water to prevent discoloring. Rinse to remove salt. Boil in syrup for 1 minute to shrink; pack tight into hot BALL Jars, fill with hot syrup, made with 1 part sugar to 1 part water, partly seal and process in a Hot-Water Bath for 15 minutes. Remove from canner and seal immediately.

● Apples (Open-Kettle)

WASH, peel, quarter and core the apples. Drop the quarters into boiling syrup made with 1 part sugar to 1 part water and boil until tender. Add the grated yellow rind of 1 lemon for each 2 quarts of apples. Boil the apples a few minutes longer. Pack into hot BALL Jars, fill to overflowing with boiling syrup and seal immediately.

● Apple Sauce (Open-Kettle)

WASH, pare, core and remove specks or discolored portions. Cut into small pieces to prevent sticking and cook until apples are tender; sweeten if desired. Pack into hot BALL Jars and seal immediately.

● Apple Sauce (Jar-Cooked)

PREPARE and cook fruit as specified for Open-Kettle Method. Pack while hot into hot BALL Jars, partly seal and process in Hot Water Bath for 15 minutes. Remove from canner and seal immediately.

● Canned Baked Apple

WASH and core sound, tart, baking apples. Fill the cavities with sugar to which a little cinnamon has been added. Place in a baking dish containing a little water. Bake in a hot oven until tender. Pack quickly into hot BALL Jars and cover with a hot syrup made with 1 part sugar to 1 part water. Partly seal, and Process in a Hot-Water Bath for 20 minutes.

● Apricots (Jar-Cooked)

APRICOTS are generally canned with skins on. Clean by wiping with damp cloth. Blanch $\frac{1}{2}$ minute; halve and pit; pack closely into hot BALL Jars;



Have syrup boiling before filling jars

fill with hot syrup, made with 1 part sugar to 1 part water. Partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● **Apricots (Open-Kettle)**
(Same as Peaches)

BERRIES

Blackberries, Blueberries, Dewberries, Huckleberries, Loganberries, Mulberries, Raspberries.

BERRIES contain more water in proportion than large fruits and vegetables. For this reason, in Jar-Cooked canning, berries, when heated, will rise to the top of the jar, while syrup, being heavier, remains at the bottom. This can be remedied somewhat by pre-cooking the berries.

To each pint of berries add one cup sugar. Place in kettle, stir gently and boil for five minutes. Pack boiling hot into BALL Jars and process five minutes in a Hot-Water Bath.

● **Berries (Jar-Cooked)**

WASH and stem; pack closely in hot BALL Jars; fill with hot syrup made with 3 parts sugar to 2 parts water; partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● **Berries (Open-Kettle)**

WASH and pick over carefully. Use $\frac{1}{2}$ to 1 cup of sugar to a quart of berries. Put sugar and fruit in a preserving kettle and let it heat, shaking occasionally to prevent burning. Boil for 5 minutes. Fill hot BALL Jars to overflowing and seal immediately.

● **Strawberries**

THE Strawberry is the most delicately colored of all berries. A very high temperature or an extra long period of rapid boiling tends to destroy the coloring matter, making it advisable to process only in a Hot-Water Bath with the water boiling gently. The strawberry contains so much water, that unless it is replaced with syrup, it may rise to the top of the jar when canned by the Jar Cooked method. This does not affect keeping qualities.

● **Strawberries (Jar-Cooked)**

SELECT firm, large berries, wash and stem, pack firmly as possible without crushing, into hot BALL Jars, fill with a syrup, made with 3 parts sugar to 2 parts water. Partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● **Artificial "Sun Canned" Strawberries**

TO PREVENT strawberries from rising to the top of the jar, select large, firm berries, wash and stem, place in a shallow pan to avoid crushing, cover with a hot syrup, made with 3 parts sugar to 2 parts water, cook just below boiling point for 5 to 8 minutes, and let stand in kettle from 6 to 12 hours. During this time the berries will become saturated with the syrup and will not rise to the top of the jar. Pack into hot BALL Jars, partly seal and process

in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

All berries, including cherries, can be canned by this method.

● **Strawberries (Open-Kettle)**

TO EACH quart of berries add 1 cup of sugar and 2 tablespoons of water. Boil gently for 15 minutes. Let stand in kettle overnight; bring to boil; pack while hot, into clean, hot BALL Jars. Seal immediately. Berries will not rise to top in this method.

● **Cherries (Jar-Cooked)**

CHERRIES may be canned whole or pitted. For sour cherries, make a syrup, using 2 parts sugar to 1 part water; for sweet cherries, use a syrup made with 1 part sugar to 1 part water.

Wash, stem and pack cold into hot BALL Jars; fill with hot syrup, partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal at once.

● **Cherries (Open-Kettle)**

WASH and seed the cherries, place them in a preserving kettle with enough sugar to sweeten them (but without water). Heat slowly until the boiling point is almost reached. Fill hot BALL Jars to overflowing and seal immediately.

● **Cranberry Sauce (Open-Kettle)**

WASH 4 cups of cranberries. Boil 2 cups of sugar and 2 cups of water together for 5 minutes. Then add the cranberries. Boil without stirring (5 minutes is usually sufficient) until the skins pop open. Fill hot BALL Jars to overflowing and seal immediately.

● **Currants (Open-Kettle)**

WASH, stem and pick over carefully. Use $\frac{3}{4}$ to 1 cup of sugar to each quart of currants. Put sugar and fruit in a preserving kettle and let it heat. Shake occasionally to prevent burning. Boil for 5 minutes. Fill hot BALL Jars to overflowing and seal immediately.

● **Elderberries (Jar-Cooked)**

WASH, stem and pack cold into hot BALL Jars. Fill with syrup made with one part of sugar to three parts of water. Partly seal and process in Hot Water Bath for 16 minutes. Remove from canner and seal immediately. Since Elderberries lack acidity, lemon juice, sour apples or rhubarb are generally used with them when using for pies or sauce.

● **Elderberries (Open-Kettle)**

WASH and place the berries in preserving kettle. Cover with syrup made in the proportion of one cup sugar to three cups of water. Bring to boiling point. Fill hot BALL Jars to overflowing and seal immediately.





● Figs (Jar-Cooked)

FIGS for canning should be sound and firm. Sprinkle 1 cup of soda over 6 quarts of figs and add 4 quarts of boiling water. Allow figs to remain in soda bath for 5 minutes. Drain and rinse thoroughly. Place the figs into 2 quarts of syrup made with 3 parts sugar to 2 parts water and boil gently for 1 hour. Pack the figs carefully into hot BALL Jars and fill with syrup. Partly seal and process for 20 minutes in a Hot-Water Bath. Remove from canner and seal immediately.

● Figs (Fresh) (Open-Kettle)

USE figs slightly under-ripe. Slit them on one side and soak in mild salt brine for 3 or 4 hours. Then wash thoroughly in cold water. Make a syrup of 2 cups sugar and 2 cups water to each pound (about one pint) of fruit. Place syrup in a kettle and when boiling, drop in figs and cook until done. Fill hot BALL Jars to overflowing and seal at once.

● Fruit Macedoine (Jar-Cooked)

A COMBINATION of light colored fruits makes an attractive pack and it is a convenient product to have at hand, since it is ready to serve as fruit cocktail, salad or dessert. For fancy packs the fruit may be packed in alternate layers, or arranged in other attractive designs.

Pleasing combinations:

1. Green gage plums, pears, white grapes.
2. Peaches, pears, blue plums.
3. Pineapples, kumquats, figs.

Pack cold into hot BALL Jars; cover with syrup made with 3 parts sugar to 2 parts water; partly seal and process for 20 minutes in a Hot-Water Bath. Seal immediately.

● Gooseberries (Jar-Cooked)

WASH the berries, pack into hot BALL Jars, cover with a syrup made with 3 parts sugar to 2 parts water. Partly seal and process 20 minutes in a Hot-Water Bath. Remove from canner and seal at once.

● Gooseberries (Open-Kettle)

WASH berries. Use same recipe as for Canned Cherries, page 14.

● Grapes (Jar-Cooked)

WASH and stem, using only sound, firm grapes. Pack tight without crushing, into hot BALL Jars, fill with syrup made with part sugar to part water. Partly seal and process for 20 minutes in a Hot-Water Bath. Remove from canner and seal immediately.

● Grapes (Open-Kettle)

WASH, stem and put in preserving kettle with thick syrup made with 2 parts sugar to 1 part water. Let come to boil. Fill hot BALL Jars to overflowing and seal at once.

● Grapefruit (Jar-Cooked)

SELECT sound, ripe grapefruit. Wash and wipe dry. Cut a circular slice from each end, then remove the peel by cutting it in uniform sections through to the fruit. Tear the peel with all the white section away from the fruit. With a sharp pointed knife open each section separately and remove the fruit in as large pieces as possible, clean of all membrane and seed. Pack as solidly as possible, without breaking or crushing, into hot BALL Jars. Add four tablespoons sugar to each Quart Jar. Partly seal and process for 20 minutes in Hot Water Bath. Remove from canner and seal immediately.

NOTE:—Another recipe which is preferred by some has no sugar added in the canning process. Prepare the grapefruit as given above. When the Jars are half filled with fruit, add $\frac{1}{4}$ teaspoon salt to each quart. No water or syrup is added. Process as specified above.



● Kumquats and Loquats

BOIL fruit 5 minutes then cold dip. Pack into hot BALL Jars, cover with syrup made of one part sugar to two parts water. Partly seal and process for 20 minutes in Hot-Water Bath. Remove from canner and seal immediately.

● Peaches (Jar-Cooked)

SELECT peaches which are ripe but not soft. Those which are over-ripe may be used for jam or peach butter. Blanch (scald) quickly to loosen skins; cold dip for one minute. Remove skins and pack (halves or whole), without crushing, into hot BALL Jars. Fill with syrup made of 3 parts sugar to 2 parts water, partly seal and process in Hot-Water Bath for 20 minutes. Remove from canner and seal immediately. Addition of one cracked peach seed for one quart of syrup is desirable. Remove seed after boiling in the syrup for 5 minutes.

Note: If canning a bushel or more of peaches or apricots at one time they may be peeled with the use of lye. Put 4 level tablespoons of granulated lye in agateware or iron kettle, add 2 gallons of water, heat to boiling. Put fruit in wire basket and immerse in boiling lye water until skin is loosened (30 to 60 seconds). Remove the fruit, wash at once (in running water if possible) until skins and lye are removed. Rinse the peeled fruit thoroughly.

● Peaches (Open-Kettle)

BECAUSE of their rich flavor, peaches canned by the Open-Kettle method are preferred by some home makers to peaches canned by the Jar Cooked method.

Make a syrup using 2 cups of sugar to 1 cup of water. Let the syrup come to a boil, then drop in

the peaches, which have been peeled and halved, cook until clear and tender. Pack carefully, cut side down, into hot BALL Jars. Fill jars to overflowing with boiling syrup and seal immediately. If the peaches are weighed, a pound of sugar may be allowed for each pound of fruit. If not convenient to weigh the fruit you can start with a small amount of syrup, and if not enough, add more sugar and water in the same proportion, 2 to 1, to that already in the kettle. If this makes a heavier preserve than wanted, use a syrup of, say 3 cups of sugar to 2 cups of water. If any syrup is left, can the remaining peach syrup, to be used for pudding, sauces, gelatine, jellies and other winter-time desserts. It also makes a delicious ice cream.

● Pears

PEARS should be canned when slightly under-ripe. The flavor and quality are much improved, as well as the appearance of the product, since no surplus texture is found floating in the syrup or settling to the bottom of the jar.

The rich, juicy Bartlett pear is always desirable for canning, but some of the late, rather flavorless varieties when canned in a thin syrup, make a pleasing breakfast fruit or luncheon dessert.

● Pears (Jar-Cooked)

PARE, core, halve or quarter pears; drop immediately into a cold salt-water bath made in proportion of 1 tablespoon salt to 1 quart water, to keep them from discoloring. Rinse to remove salt. Boil gently from 4 to 8 minutes in a syrup made with 3 parts sugar to 2 parts water, pack hot into BALL Jars, cover with syrup in which pears were boiled. Partly seal and process for 20 minutes in a Hot-Water Bath. Remove from canner and seal immediately.



● Pears (Open-Kettle)

PROCEED the same as with peaches, only use a lighter syrup, 1 cup of sugar to 1 cup of water, for pears are usually less tart than peaches. If stems of pears are in good condition they should be left on, as they add to the appearance of the product.

● Pears (Creme-De-Menthe)

MAKE a syrup of 3 cups of sugar and 2 cups of water. Add coloring to make it emerald green, using the plain green coloring such as used for coloring icings. Flavor with creme-de-menthe flavoring. Drop whole pared pears into the syrup. Cook until tender and transparent and tinted an emerald green. Pack fruit boiling hot into hot BALL Jars. Fill to overflowing with the boiling syrup and seal immediately.

● Persimmons (Jar-Cooked)

BLANCH (scald) in boiling water until the skins crack. Boil 4 minutes. Remove skin. Pack in hot BALL Jars and fill with syrup made of 1 cup of sugar to 3 cups of water. Partly fill and process in Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● Pineapple (Jar-Cooked)

ALTHOUGH the pineapple is not a native fruit in most parts of this country, there are times in the year when it sells for such a reasonable price that the housewife is justified in buying it for canning purposes.

Peel the pineapple and remove the eyes. When the flesh is firm cut into small cubes or remove the core and slice. If the texture is too soft, shred from the core, using a silver fork rather than a knife. Pack cold into hot BALL Jars, fill with a syrup made with 1 part sugar to 1 part water. Partly seal and process for 30 minutes in a Hot-Water Bath. Remove from canner and seal immediately.

● Pineapple (Open-Kettle)

PREPARE Pineapple same as for Cold-Pack canning. Make a syrup using 1 part sugar to 1 part water. Drop the prepared fruit into the boiling syrup, boil gently until pineapple is clear (about 25 minutes). Pack into hot BALL Jars. Fill to overflowing with boiling syrup and seal immediately.

● Plums (Jar-Cooked)

PLUMS for canning should not be too ripe. Wash and prick the skins with a fork to prevent them from bursting. Pack tight without crushing, and cover with boiling syrup, made with 2 parts sugar to 1 part water for tart plums and a syrup made with 1 part sugar to 1 part water for the sweet ones. Partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● Plums (Open-Kettle)

MAKE a syrup out of 2 cups sugar and 2 cups water for each quart of plums. Wash the plums, prick with a fork to prevent bursting, and drop them whole into the boiling syrup. Cook until soft. Pack in hot BALL Jars. Fill to overflowing with the boiling syrup, and seal immediately.

● Quinces (Jar-Cooked)

PEEL, quarter and core the quinces. Boil for 1½ minutes to shrink. Pack into hot BALL Jars. Fill Jars with hot syrup using 3 parts sugar to 2 parts water. Partly seal and process in Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● Quinces (Open Kettle)

QUINCES should be well ripened for canning. Wipe with a damp cloth to remove the "fuzz." Peel and cut into pieces of convenient size, boil gently in a syrup made with 1 part sugar to 1 part water until fruit is tender. Pack the fruit into hot BALL Jars so that the proportion of syrup to fruit is greater than for pears or peaches. Seal immediately.

● Rhubarb (Jar-Cooked)

SELECT young, tender stalks, trim and wash carefully, cut into one-half inch lengths, pack into BALL Jars, and cover with boiling hot syrup made with 3 parts water to 2 parts sugar, partly seal and process in a Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● Rhubarb (Cold-Water Method)

BECAUSE rhubarb contains so much acid it can be canned, if handled carefully, by what is known as the Cold-Water Method. Rhubarb canned by this method is used chiefly for pie fillings.

Wash thoroughly and cut into pieces of convenient size, pack into BALL Jars, fill to overflowing with pure, cold water, fully seal and store in a cool, dry place.

● Canned Baked Rhubarb

WASH rhubarb and cut stalks, without removing the skin, into ½-inch lengths. Add 1 cup sugar to each quart of rhubarb. Bake in a covered baking dish until stalks are tender. Pack while hot into clean, hot BALL Jars and seal at once.

● Rhubarb (Open-Kettle)

WASH and cut the rhubarb into one-inch lengths. Make a syrup using one cup sugar to two cups water. Drop in rhubarb and boil slowly until tender. Pack in hot BALL Jars, fill to overflowing with boiling syrup and seal immediately.

● Nectarines (Jar-Cooked)

A SMOOTH-SKINNED variety of peach which may be canned without peeling, the same as apricots.

Select slightly under-ripe fruit and wash carefully. Pack as tight as possible into clean, hot BALL Jars. Cover with boiling hot syrup made in the proportions of 3 cups sugar to 2 cups water. Partly seal jars and process in Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

● Nectarines (Open-Kettle)

(Same as Peaches)





FRUIT JUICES

HOME-MADE Juices add a delightful touch to the winter diet and juices from grapes, black and red currants, blackberries, raspberries, elderberries, cranberries and tomatoes, make delicious, wholesome drinks for hot days in summer-time.

For use in gelatin desserts, puddings, sauces, ice cream, sherbets, etc., they cannot be excelled. If canned without sugar they are ready for the last stages in jelly making.

Home Canned Juices should hold an important place in the Canning Budget.

Following are directions given for making Juices from cooked and uncooked fruits including early and late varieties. Berry juices are the most popular of the early fruits and grape, apple and tomato of the later varieties.

● From Cooked Fruit (Jar-Cooked)

THE flavor of fruit juices is finer if pressed from cooked fruit and processed in a Hot-Water Bath at a temperature below boiling point (180°-185° F.).

Select sound, ripe fruit, crush and heat slowly to simmering point (about 185° F.). Strain through a double thickness of cheese-cloth. Let stand a few hours in a cool place to allow the sediment to settle to the bottom. Carefully pour off (or siphon) the juice from the dregs. Pour juice into clean, hot BALL Jars, partly seal, as for canning, and process for 30 minutes in a Water Bath at simmering temperature (about 180° F.) a little lower than the temperature (185° F.) at which the fruit was cooked. Remove from the canner, seal immediately.

● From Uncooked Fruit (Jar-Cooked)

PRESS out the juice of uncooked fruit in a cider-press, fruit-press, or home-made press. Warm the juice in an enamel kettle to 110° F. Pour while warm, into hot, clean BALL Jars, partly seal, as for

canning, and process for 30 minutes in a Water Bath with temperature at 180° F. (30° F. below boiling). Remove from the Water Bath and seal immediately.

Juices from sour cherries, peaches and apples handled in this manner are less likely to "flatten in taste." Use this recipe for making **Apple Cider**.

● Fruit Juices (Open-Kettle)

PREPARE juices from uncooked or cooked fruit as directed under Jar-Cooked recipes. Place the poured off juice in a preserving kettle, add 1 cup of sugar for each gallon of juice. Heat thoroughly but do not let boil. Fill hot BALL Jars to overflowing and seal immediately.

● Notes on Fruit Juices

THE addition of sugar to fruit juices gives a finer flavor. One cup sugar to one gallon juice makes a desirable proportion.

Do not add sugar if juices are to be used for making jellies.



A confectioner's thermometer for determining temperatures is an essential part of fruit juice equipment. To obtain perfect results it does not pay to "guess" at temperature.

Water in canner for fruit juices should come to within two inches of the top of the jar.

GRAPE JUICE develops a richer flavor if made from juice of cooked fruit.

SPECIAL RECIPES

● Blackberry Cordial

BOIL together for 15 minutes 1 quart blackberry juice, 1 pint white sugar and 1 tablespoon each of cloves, allspice, cinnamon, and nutmeg. Pour the boiling liquid into clean, hot BALL Jars and seal at once.

● Cranberry Juice

DELICIOUS to be used before a hearty dinner. It may be used in combination with orange and lemon for a summer drink or for water iced. Boil 4 cups cranberries in 4 cups water until skins burst (about 5 minutes). Strain juice through cheese-cloth bag. Do not squeeze bag. Put juice in kettle, bring to boiling point, add $\frac{3}{4}$ cup granulated sugar and boil for 2 minutes. Fill hot BALL Jars to overflowing and seal immediately.

● Grape Juice (Cooked)

Use clean well ripened but not over-ripe grapes. Pick over and wash grapes. Place in kettle, barely cover with water and boil until seeds are free. Strain through cheese-cloth bag without squeezing. Measure the juice and replace on fire and bring to boiling point. Add one-half cup sugar to each quart of juice and let the mixture boil 5 minutes. Pour into hot BALL Jars and seal immediately.

● Grape Juice (Uncooked)

WASH and stem firm, ripe grapes. Measure and place 1 cup grapes into clean, hot quart BALL jar. Add 1 cup sugar. Fill jar with boiling water and seal immediately. Invert jar for a few hours before storing. Will be ready for use in about 6 weeks.

This recipe for grape juice is easy to make and is delicious.

● Pineapple Juice

AN EXCELLENT juice for fruit drinks, ices or sauces, may be made from the cores, eyes and skins of pineapples, which are often discarded.

Cover cores and skins with cold water and cook slowly in a covered kettle for 30 to 40 minutes. Strain the mixture through a jelly-bag. Measure the juice, heat it and add $\frac{1}{4}$ as much sugar as juice. Boil rapidly 10 minutes. Seal in clean, hot BALL Jars.

This juice may be used in equal proportions with tart apple juice for jelly; $\frac{3}{4}$ as much sugar as juice should be allowed.

● Pineapple Lemonade

MAKE a thin syrup, using 2 cups water to 1 cup sugar and boil for 10 minutes. To this add 1 pint jar of crushed pineapple and the juice of 3 lemons. Seal in clean, hot BALL Jars.

When serving, pour into ice-filled glasses and float half of a maraschino cherry or a thinly cut slice of lemon in each glass.

● Pomona Punch

MAKE a very thin syrup, using 4 cups water to 1 cup sugar and boil for 20 minutes. Add 1 quart canned apple cider, the juice of 2 lemons and 2 oranges. Seal in clean, hot BALL Jars.

Note: A thin slice of lemon in each glass adds much to its appearance when serving. Pomona Punch is also delicious frozen to frappe consistency.

● Fruit Vinegars or "Shrubs"

DISSOLVE 2 cups sugar in 1 cup vinegar, heat to boiling, and pour over 2 quarts ripe berries—strawberries, raspberries, or blackberries. Let stand 1 hour or more, stirring at intervals. Allow the juice to drip through a jelly bag, bring to boil, and pour into clean, hot BALL Jars and process 10 minutes in a Hot-Water Bath Canner. Remove from canner and seal. Serve on cracked ice with an equal amount of carbonated water.

● Strawberry Juice

STRAWBERRY juice makes an excellent jelly when combined with three times its measure of apple juice. Small, inferior berries that are not suitable for canning or preserving may be used for juice.

Cover the berries with sufficient cold water to allow them to float. Simmer until they are soft and have begun to lose their color. Strain through a jelly-bag and drain off the juice. Measure the juice, bring to boil, and add $\frac{1}{4}$ as much sugar as juice. Bring the juice again to boiling point, skim and seal in clean, hot BALL Jars.

● Tomato Juice

TO MAKE tomato juice some housewives prefer to use tomatoes canned by either of the recipes shown on page 23. When juice is wanted merely press the tomatoes through fine sieve to remove seeds and season juice to taste.

● Tomato Juice (Jar-Cooked)

USE firm, ripe tomatoes. Wash and remove stem end, discard any that show signs of decay. Chop and heat in a covered vessel until the juice flows freely. Strain the juice while hot into hot BALL Jars, add one teaspoon salt, completely seal and process for 20 minutes in a Hot-Water Bath.

If it is to be used for infant feeding, salt should be omitted. If a thicker juice is desired return the strained juice to the stove and boil it until it is reduced to one-half the original volume, and process as directed above.

● Tomato Juice (Open-Kettle)

USE firm ripe tomatoes. Wash, remove stem end and any soft spots. Chop and heat in covered pan until juice flows freely. Strain the juice while hot through a fine sieve, pressing small amount of red pulp through sieve also. Add salt and sugar to taste (about one teaspoon each to a quart of juice). Return the juice to kettle, boil hard for 5 minutes and pour while boiling hot into hot, sterilized BALL Jars and seal immediately.





VEGETABLES

OUR APPETITE for vegetables is constantly increasing with our growing appreciation of their food values. From our newer knowledge of nutrition we have learned that the value of canned fruits and vegetables as sources of the much-needed mineral salts, iron, lime, vitamins, and other materials, is approximately equal to that of freshly cooked fruits and vegetables.

A closet of home canned vegetables is a splendid asset during the winter months. From these a nourishing soup may be quickly made or an appetizing salad can be added to an otherwise inadequate meal. A housewife who has such vegetables to be drawn from at a moment's notice need never worry over the arrival of unexpected guests, for she is always prepared.

It is most important to have fresh, sound vegetables for canning. When care is taken to use fresh, sound products, and details as specified in the individual recipes and time tables for canning are carefully observed, vegetables can be canned successfully at home.

The Steam Pressure Cooker Method using temperatures of 240° to 250° F. makes the canning of vegetables quite simple. If no Steam Pressure Cooker is available the Hot-Water Bath Method may be used in the Northern States and the Intermittent Method in the Southern States.

BEFORE STARTING TO CAN VEGETABLES READ OVER CAREFULLY INSTRUCTIONS ON THE JAR-COOKED (HOT OR COLD PACK) METHOD, PAGES 6, 7, and 8. Never open Jars to refill with liquid.

● Asparagus

WASH and grade for uniformity. Tie in bundles, cutting stalks to fit height of jar. Boil by standing in boiling water, which does not cover the tips. Cover kettle and boil for 5 minutes. Pack hot into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, fill with cooking water, partly seal and process for 40 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot Water Bath.

● Beans (Green or Wax)

WASH and remove strings, break into small pieces. Cover with boiling water and boil 5 minutes. Pack hot into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, fill with boiling water in which beans were cooked, partly seal and process for 40 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.



● Beans (Lima)

SORT and grade for size and age. Boil young beans for 5 minutes and older beans for 10 minutes. Then proceed as for peas.

● Baked Beans (Boston)

- 1 quart dry beans.
- 1 medium onion.
- 1 pound salt pork, part fat, part lean.
- 1 tablespoon salt.
- 1 teaspoon dry mustard.
- $\frac{2}{3}$ cup molasses.

Soak beans in cold water over night. In the morning, drain. Add two quarts fresh water and simmer gently until skins begin to burst, being careful they do not cook long enough for the beans to break. Scald pork, cut through rind in one-half inch strips, bury in beans leaving rind exposed. Mix mustard, salt and molasses with one cup boiling water and pour over beans. Add enough more water to cover them. Bake for two hours, then pack into clean hot BALL Jars, partly seal and process for 90 minutes in Steam Pressure Cooker at 10 pounds or for 3 hours in Hot-Water Bath.

● Beets

BEETS should be canned before they grow too large. Small beets should be canned whole. Leave on 1 inch of the stem and all of the root while blanching. This will prevent loss of color.

Wash and boil 15 minutes until skins loosen. Slip skins. Pack into hot BALL Jars. Do not add salt. Fill with boiling water, partly seal and process for 40 minutes in a Steam Pressure Cooker at 10 pounds or for 2 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Brussels Sprouts and Cabbage

WASH and boil for 10 minutes in an open kettle. Add salt to cooking water in proportion of 1 level teaspoon salt to 1 quart water. Pack hot into clean BALL Jars, fill with cooking water, partly seal, and process for 40 minutes in a Steam Pressure Cooker at 10 pounds or for 1½ hours in a Hot-Water Bath. Remove from canner and seal at once.

● Carrots

SORT and grade for uniform size. Wash and scrub with a stiff vegetable brush. Scrape if carrots are old. Boil for 15 minutes. Slice or pack whole into hot BALL Jars. Add 1 level teaspoon salt to each quart, fill with cooking water, partly seal and process for 45 minutes in a Steam Pressure Cooker at 10 pounds or for 2 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Cauliflower

SOAK cauliflower for 1 hour in a cold brine made in the proportion of 1 tablespoon salt to 1 quart water. This will remove any lurking insects and help to prevent discoloring later in the cooking process. Boil for 3 minutes, pack quickly into hot BALL Jars, add 1 teaspoon salt to each quart, fill with cooking water, partly seal and process for 40 minutes in a Steam Pressure Cooker at 10 pounds or for 1½ hours in a Hot-Water Bath. Remove from canner and seal at once.

● Corn

SELECT sweet-corn ears of uniform size and proper ripeness. Remove husks and silk and cut corn from cob, using a sharp knife and cutting as close to the cob as possible. Put corn in kettle, just cover with boiling water and boil for 3 minutes. Add 1 teaspoon salt and 2 teaspoons sugar to each quart and pour while boiling hot into hot BALL Jars, being careful not to pack too tight, as corn swells during the canning process. Partly seal and process in a Steam Pressure Cooker for 80 minutes at 15 pounds or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Corn on Cob

REMOVE husks and silk, boil on cob for 5 minutes. Pack into hot BALL Jars. Add 1 level teaspoon salt and 2 teaspoons sugar to each quart and fill with cooking water. Partly seal and process for 80 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

Note: When using 2-quart jars process for 4 hours in a Hot-Water Bath, or for 2 hours in a Steam Pressure Cooker at 10 pounds. One 2-quart jar will hold 7 or 8 ears.

● Eggplant

PEEL, cut into $\frac{1}{4}$ to $\frac{1}{2}$ -inch slices. Boil for 3 minutes, pack into hot BALL Jars, fill with cooking water and process for 60 minutes in a Steam Pressure Cooker at 10 pounds or for 2½ hours in a Hot-Water Bath. Remove from canner and seal immediately.

Do not add salt as this causes eggplant to turn dark.

● Greens (Including Broccoli, Kale, Spinach, Swiss Chard and Turnip Greens)

AMONG the wild greens which we find flourishing in our gardens and fields in spring and early summer are pepper cress, sour dock, dandelion and others. These, as well as our cultivated spinach, turnip greens, Swiss chard, and kale are edible and all contain valuable food elements.

Wash thoroughly, steam or heat in a covered kettle for 15 minutes or until completely wilted, using just enough water to prevent burning. Pack quickly and loosely into hot BALL Jars, add 1 level teaspoon salt to each quart, fill with cooking water, partly seal, and process for 65 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath.

● Hominy

PUT in kettle and bring to boiling point. Pack into hot BALL Jars. Add one teaspoon of salt to each quart (if not seasoned during pre-cooking).

Fill Jars with hot water, partly seal and process for 80 minutes in Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot-Water Bath.

Remove from canner and seal immediately.

● Kohlrabi, Salsify and Turnips

SORT and grade for uniform size. Wash and scrub with a stiff vegetable brush. Scrape, if kohlrabi



There's nothing cleaner than glass

rabi and turnips are old. Boil for 15 minutes. Slice or pack whole into hot BALL Jars. Add 1 level teaspoon salt to each quart, fill with cooking water, partly seal and process for 45 minutes in a Steam Pressure Cooker at 10 pounds, or for 2 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Mushrooms

Not all mushrooms are edible. If the wild or uncultivated varieties are picked for table use and canning be sure that they belong to an edible variety.

Wash thoroughly, skin if necessary. Boil for 3 minutes in boiling water or in a steamer. Pack closely, being careful not to crush, into hot BALL Jars; add 1 level teaspoon salt to each quart, fill with cooking water and process for 60 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Okra

Use young and tender pods of uniform size. Wash, remove cap without cutting into pod. Boil young okra from 1 to 3 minutes; more mature pod 6 to 8 minutes. Pack into hot BALL Jars, add 1 teaspoon salt to each quart, fill Jar with Cooking water, partly seal and process in a Steam Pressure Cooker for 40 minutes at 10 pounds, or for 2 hours in a Hot-Water Bath.

If okra is to be used for soup, it should be sliced after boiling as it is hard to cut when canned.

● Parsnips

Sort and grade for uniform size. Wash and scrub with a stiff vegetable brush. Scrape if parsnips are old. Boil for 15 minutes. Slice or pack whole into hot BALL Jars. Add 1 level teaspoon salt to each quart, fill with cooking water, partly seal

and process for 45 minutes in a Steam Pressure Cooker at 10 pounds, or for 2 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Peas

SELECT fresh young peas. Wash pod thoroughly before shelling. Do not wash the peas. Sort, keeping those of the same size together. Cover with boiling water and boil young tender peas for 3 minutes; more mature for 5 minutes. Pack loosely into hot BALL Jars, add 1 teaspoon salt to each quart, fill with cooking water, partly seal and process for 60 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot-Water Bath.

Note: Grading and sorting are necessary because the boiling period varies with the age and size of the pea. Do not attempt to can peas which have begun to lose their color.

● Bell Peppers

CAN the sweet bell pepper with the skin on. Remove the seed-pod. Boil 5 minutes, flatten and pack tight in hot BALL Jars, add 1 level teaspoon salt to each quart, fill with cooking water and process for 15 minutes in a Steam Pressure Cooker at 10 pounds, or for 45 minutes in a Hot-Water Bath. Remove from canner and seal immediately.

● Pimiento Peppers

THE best sweet peppers for canning are the Spanish variety known as Pimientos. The pod is thick and fleshy, covered with a thick, tough skin which must be removed before canning.

Wash, place in pan with no water, put in moderately hot oven for 6 to 10 minutes (be careful that no discoloration takes place) or until the skin blisters and cracks. Remove from oven and slip off skins. Carefully remove the seed-pod so that the flesh of the pimiento is not broken. Flatten pimiento; pack dry into hot BALL Jars, partly seal and process for 15 minutes in a Steam Pressure Cooker at 10 pounds, or for 45 minutes in a Hot-Water Bath. Remove from canner and seal immediately.

● Pumpkin

WASH, cut into slices and cook until tender. Mash and stir the pulp until smooth and pack im-



mediately into hot BALL Jars. Partly seal and process for 70 minutes in a Steam-Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

For those who are especially fond of pumpkin pie, canned pumpkin saves time and labor in the preliminary baking process.

● Sauerkraut

PACK sauerkraut into clean, hot BALL Jars, add no water or salt, partly seal and process for 40 minutes in Steam Pressure Cooker at 10 pounds, or for 1 hour in a Hot-Water Bath. Remove from canner and seal immediately.

To make sauerkraut in Jars, proceed as follows: Shred the cabbage as usual, pack tightly into BALL Jars (Glass Top preferred) to within one inch of top. Add 3 scant teaspoons of pure salt to a quart. Partly seal. If packed well, the liquid will come nearly to the top of the Jar. Will be ready for use in six weeks. After fermentation ceases the Jars should be tightly sealed.

● Succotash

BOIL corn cut from cob for 5 minutes. Add the corn and equal quantity of young, tender shell beans, or lima beans which have been boiled for 5 minutes. Pack quickly and loosely, into hot BALL Jars, add 1 teaspoon salt to each quart, fill Jar with cooking water, partly seal and process for 80 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath.

● Squash

WASH thoroughly and cut into small pieces. If tender, do not peel. Cook until tender, drain off water, mash, pack hot into hot BALL Jars, add 1 teaspoon salt to each quart. Add no water. Partly seal and process for 75 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot-Water Bath.

● Sweet Potatoes

SWEET potatoes should be canned as soon as they are dug. This is necessary because sometimes in digging the skin of the potato is bruised or broken, and if allowed to stand, these places turn dark and may start to decay. A sweet potato, which is dry and mealy when canned is desirable. Some of the best varieties for canning are the Nancy Hall, Triumph and Southern Queen.

For canning whole, select firm, small potatoes of uniform size and color. Wash thoroughly and boil, or steam, for 15 minutes. Peel quickly. It is advisable not to stick potatoes with a fork, as this may cause them to discolor. Pack into hot BALL Jars. Do not add water. Partly seal and process for 120 minutes in a Steam Pressure Cooker at 10 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Tomatoes

SCALD until the skins crack, cold-dip and remove the skins, cores and all hard, green spots. Cut into halves or quarters, and pack tight into clean, hot BALL Jars. Add 1 teaspoon salt to each quart, add no water, partly seal, and process for 30 minutes

in a Hot-Water Bath, or for 5 minutes in a Steam Pressure Cooker at 10 pounds. Remove from canner and seal immediately.

● Tomatoes (Open-Kettle)

SCALD until skins crack, peel and core, cut into pieces, add salt to taste, boil for 20 minutes, pack immediately into clean, hot BALL Jars and seal immediately.

● Tomatoes and Corn

BOIL fresh corn cut from cob for 5 minutes. Scald tomatoes until skins loosen, peel and core, cut into small pieces. Mix thoroughly 2 parts tomatoes to 1 part corn. Heat mixture to boiling, pack into clean, hot BALL Jars, add 1 teaspoon salt to each quart, partly seal, and process for 40 minutes in a Steam Pressure Cooker at 10 pounds, or for 2 hours in a Hot-Water Bath.

● Tomato Creole Sauce (Open-Kettle)

FOR dressing ordinary steak or decorating plain boiled rice, besides adding a distinctive flavor, tomato creole is one of the favorite sauces.

Mix together 1 quart sliced white onions and 12 finely chopped green peppers; simmer until soft. Add about twice this bulk in tomatoes and cook together over a low fire until tender. Season to taste. Pack into clean, hot BALL Jars and seal immediately.

● Tomatoes and Okra

A COMBINATION of $\frac{1}{2}$ tomato and $\frac{1}{2}$ okra makes an excellent soup, which can be served directly from the jar, or it may serve as a base for the much renowned southern gumbo.

Cut the okra into thin slices and cook gently with the tomatoes until tender. Pack immediately into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, partly seal and process for 40 minutes in a Steam Pressure Cooker at 10 pounds, or for 1 hour in a Hot-Water Bath. Remove from canner and seal immediately.

● Tomato Sauce

COOK small and broken tomatoes until they are soft. Press through a sieve to remove skins, seeds and cores. Let stand a few minutes until the pulp settles, pour off the clear water, add 1 level teaspoon salt to each quart of pulp, then cook quickly until it begins to thicken. Pack immediately into clean, hot BALL Jars, partly seal and process for 30 minutes in a Hot Water Bath, or for 15 minutes in a Steam Pressure Cooker at 10 pounds. Remove from canner and seal immediately. This may be used as a foundation for soups, sauces or relishes.

● Tomatoes (Whole)

SELECT firm, smooth, medium sized tomatoes of uniform size. Scald until skins loosen, cold-dip, peel and remove stem end. Pack closely without crushing, into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, fill with finely strained tomato juice, partly seal and process for 30 minutes in a Hot Water Bath, or for 15 minutes in a Steam Pressure Cooker at 5 pounds. Remove from canner and seal at once.



MEAT, POULTRY, FISH



THE canning of Meat and Poultry has become an established part of the year-round canning program.

There is real economy in canning Meat and Poultry. It saves feed. There is very little additional work and fuel required, so it is much cheaper to cook enough meat for thirty meals at one time than to cook meat thirty different times.

• Meat Canned in Glass Jars with Steam Pressure Cooker

MEAT canned in Glass Jars has a much better flavor and is more wholesome and palatable than meat canned in containers that are completely sealed before processing.

The Glass Jars are only partly sealed before processing, permitting the expanded air and the gases and odors to escape from the jars, leaving the flavor of the meat sweet and wholesome; if the containers are completely sealed before processing, the gases and vapors are confined in the meat and the containers and destroy a certain amount of the pure meat flavor.

Place one inch of boiling water in cooker; screw legs in rack and place in position in cooker; place filled jars on rack; place top on cooker and fasten securely; place cooker on fire leaving pet-cock open. When a steady stream of steam has escaped for five minutes, close pet-cock until pressure gauge registers three pounds. Then turn off fire, or remove cooker from fire; open pet-cock, allowing pressure to escape from both the Jar and Cooker; then close pet-cock; place cooker on fire; bring pressure up to fifteen pounds and hold this pressure as nearly as possible for time specified in time table. Begin counting processing time when required pressure is reached. At end of processing period remove cooker from fire and allow pressure gauge to return to zero; open pet-cock but very little at a time until no more steam escapes; remove cover of cooker, tilting lid toward you to protect the face from any escaping steam. Remove jars, one at a time, and seal immediately.

• Seared Meats and Poultry

If a browned appearance and flavor is desired, the meat should be quickly seared in deep fat, in the broiler or in a hot oven. **NO ATTEMPT SHOULD BE MADE TO PRE-COOK THE MEAT.** The object is to quickly seal the juices in the meat and obtain a browned surface.

Do not cover meat with beaten egg, flour, cornmeal and fine cracker or bread crumbs as this delays heat penetration into the meat. Any meat juices or liquid obtained from the searing process may be poured over the meat after it has been packed into the jar, or the "dry-pack," in which no liquid is added, may be used. It is not essential that the jar be filled with liquid. Salt and pepper to taste must be added after searing. (To add salt before searing will cause juices to be extracted.)

Bones may be retained in canning as they aid in securing quicker heat penetration as well as adding flavor to the meat.

Do not attempt to cut time in the sterilization period for seared meats.

• General Principles and Directions

For canning Beef, Veal, Pork, Lamb, Mutton, Poultry and Wild Game

WHETHER meat is seared or remains uncooked (raw) when it is packed into the jar for canning, the following general principles and directions should be observed as meat, due to its composition, offers a medium for the growth and development of some of the more active and resistant spore-forming bacteria.

These principles and directions apply to canning beef, veal, pork, lamb, mutton, poultry and wild game, including rabbit, moose, bear, caribou, pigeons and wild birds.



● Preparation

- 1—Bleed well and cool meat thoroughly before using. (Approximately 24 hours is required for animal heat to leave body.)
- 2—Do not soak meat in water. This extracts the meat juices and renders meat stringy and tough.
- 3—Wipe meat with damp cloth, do not wash, but clean meat and clean utensils should be used.
- 4—Cut meat into convenient size for packing.

● Packing

- 1—Pack loosely into clean, hot BALL Jars. Arrange the pieces to allow for proper heat penetration. This applies to seared as well as to raw meat.

- 2—Add two level teaspoons salt to each quart (raw pack).

By adding 2 level teaspoons salt to each quart jar of raw meat, enough meat juices will be extracted during the processing (sterilization) to form sufficient liquid in the jar. It is not necessary to have the jar filled with liquid. Lack of liquid does not affect the keeping qualities of a product. For Seared Meats add enough of the pan grease to make gravy when jar is opened.

- 3—Do not add water to meat which has been packed raw. Adding water to meat when canning renders it stringy, detracts from the flavor and reduces the number of its uses to practically soup, stews and hash. Add water for soup and stew.
- 4—Seared meat must not be seasoned before searing, frying or roasting. This extracts the juices.
- 5—Bones, if small, may be packed in the jar with the meat, as they add to the flavor and aid in heat penetration.

● Processing and Storing

- 1—Partly seal and process for 60 minutes at 15 pounds pressure or 3 hours in a Hot-Water Bath Canner.
- 2—Remove from canner and seal immediately.
- 3—Store in a cool dry place.
- 4—Reheat all canned meats thoroughly, before using.

SPECIAL RECIPES

● Beefsteak

A sirloin of beef is skinned and cut into large pieces to retain the flavor. Sear thick large pieces quickly in deep hot fat or in butter in a frying pan. Season with salt and pepper to taste. Pack while hot into hot BALL Jars. Add two to four tablespoons pan grease to each Jar. Partly seal and process in Steam Pressure Cooker for 60 minutes at 15 pounds pressure or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Beef Stew

Cut meat into cubes, brown slightly in frying pan. After browning put meat into stew pan, season with salt and pepper, cover with water, bring to boiling point and cook for ten minutes. Add diced vegetables (potatoes, carrots, onions, tomatoes) and cook until vegetables are thoroughly heated. Pack the mixture into hot, sterilized BALL Jars. Partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds or for 3 hours in Hot Water Bath. Remove from canner and seal immediately.

● Brains

BRAINS should be soaked in several changes of cold water to draw out the blood. Remove the membranes. Sear or fry and sprinkle with salt and pepper. Pack into hot BALL Jars, add the fat in which the brains were fried, thinned with a little hot water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Ground Meat for Sandwiches, Meat-Loaf, Baked Hash:

GRIND meat, add salt, pepper and boiling water. The product should not be so thin as to be sloppy, neither should it be too dry. It will probably jelly when cold. Heat to boiling point, pack in hot BALL Jars, partly seal and process in Steam Pressure Cooker for 60 minutes at 15 pounds pressure, or in a Hot-Water Bath for 3 hours. Remove from canner and seal immediately.

● Goulash

THE cheaper cuts of meat or meat scraps may be used in making goulash. If the different ingredients of the following recipe are not at hand, a good goulash can be made by using meat, fat, onions, tomatoes, flour, salt and pepper and leaving out the other ingredients.

- 2 pounds meat (beef, veal or heart of pork may be used).
- 2 tablespoons of butter or any good fat.
- 2 onions (medium size) chopped fine.
- 1 carrot (medium size) finely sliced.
- 1 stalk celery cut in small pieces.
- 1 pint tomatoes (canned or fresh tomatoes).
- 1 to 2 bay leaves.
- 6 whole cloves.
- 6 peppercorns.
- 1 blade mace.
- 1 pinch thyme.
- 1 tablespoon finely chopped parsley.
- Salt and pepper to taste.
- Paprika to taste.

Cut meat into small pieces, add other ingredients and heat thoroughly. Pack hot into Ball Jars; partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Heart

REMOVE the tough membrane and cut the heart in pieces. Pack raw or pre-cooked into hot, sterilized BALL Jars. Add two level teaspoons of salt to each quart. Partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Kidneys

SPLIT kidneys and remove inside sack; then soak kidneys in several changes of cold saltwater made in proportion of 1 level teaspoon salt to 1 quart water. Cut kidneys into slices about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick, sear in hot fat, sprinkle with salt and pepper and fry to a brown color. Pack kidneys



Can your fruit juice in glass jars

while hot into clean, hot BALL Jars and add the fat in which kidneys were fried. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Liver

Cut calf, beef, lamb or hog liver into thick slices. Remove skin and blood vessels. Soak in cold water for 45 minutes. Remove from water and drop into boiling water for five minutes or brown quickly in a little hot fat. Pack while hot into hot BALL Jars. Add one teaspoon salt to each quart and process for 60 minutes in Steam Pressure Cooker at 15 pounds pressure or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Pork Sausage

(If sage is added, use sparingly to prevent a bitter taste.)

FORM seasoned sausage meat into small balls or cakes (chill if possible), or stuff into casings. Sear cakes quickly in hot fat. If packed in casings, prick and sear in hot fat. Pack into hot BALL Jars. Partly seal and process in Steam Pressure Cooker for 60 minutes at 15 pounds pressure or in Hot-Water Bath for 3 hours. Remove from canner and seal immediately.

● Roast Meat

THE large pieces which are cut from the shoulder and loin make good roast pieces. Cut in sizes that will fit the Jar when seared. Sear in deep fat, in a hot oven or under the broiler flame. Do not prick with a fork as this will allow the juices to escape and the result will be a dry roast lacking in flavor. Searing should not require longer than 5 minutes. The object is to produce a brown color and seal the juices in the meat. Make no attempt to pre-cook meat as it would be over-cooked at the end of the processing period. After searing, sprinkle with salt and pepper. Do not slice but pack whole into hot clean BALL Jars. Add 2 tablespoons fat in which the meat was seared. Partly seal and process in a Steam Pressure Cooker for 60 minutes at 15 pounds pressure or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Steaks and Chops:

BONE steaks and larger chops (pork, veal or lamb). They should be cut thick, quickly seared in deep fat then packed into hot BALL Jars. Add two teaspoons salt to each quart. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in Hot-Water Bath. Remove from canner and seal immediately.

● Sparerib Rolls:

CRACK ribs evenly in lengths to fit jars. Quickly sear under broiler flame or in deep fat, making no attempt to cook meat. With a sharp knife cut the inside of each rib and remove the bones. Season with salt and pepper. Roll the strips of boned meat and pack into hot BALL Jars. Add a small amount of fat in which meat was seared. Partly seal and process in Steam Pressure Cooker for 60 minutes at 15 pounds pressure or in a Hot-Water Bath for 3 hours. Remove from canner and seal immediately.

When heating for serving a dressing may be placed in the roll.

● Sweetbreads

CLEAN sweetbreads and soak in cold water for 2 hours, change water several times, drain well and place them into salted, boiling water for 5 minutes (1 teaspoon salt to 2 quarts water). Remove and drain thoroughly. Pack into clean, hot BALL Jars, add 2 teaspoons salt to each quart, and fill with boiling water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Tongue

THE tongues (beef, veal, pork, lamb) should be cleaned, salted and then boiled, skins removed and packed into clean, hot BALL Jars with a little soup stock or meat jelly added. Add 2 teaspoons salt to each quart. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Corned Beef

PLACE the corned beef in a kettle and cover with cold water. Bring slowly to boiling point and simmer for 1 hour. Remove meat and cut into pieces of convenient size. Pack meat into clean, hot BALL Jars. Heat liquid in which meat was boiled and season with bay leaves, cloves and nutmeg to suit taste. Fill jars with the seasoned liquid to which some gelatine dissolved in cold water has been added. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Poultry

CANNED chicken has a delicious flavor.

No pantry shelf is complete without canned chicken ready to serve at short notice when unexpected company arrives or when it becomes necessary to prepare a meal in a hurry.

● Preparation

- 1—Kill at least six hours before canning.
- 2—Remove feathers, bleed well and cool thoroughly.
- 3—Singe, wash thoroughly.
- 4—Draw entrails. Remove heart, liver and gizzard.
- 5—Joint the chicken as for cooking.
- 6—Spread out the pieces on tray or cutting board, to pack quickly into clean, hot BALL Jars.

● Packing the Chicken

- 1—First place in a drumstick.
- 2—Place a thigh next to drumstick.
- 3—Place two wings next to the thigh.
- 4—Place the neck portion in center of jar, with rib-end down.
- 5—Cover the neck-piece with back.
- 6—Spread white meat on top of back.
- 7—Fit in remaining pieces completely to fill jar.
- 8—Can liver and other giblets separately. If packed with other meat, the liver causes the chicken to taste old and discolors the white meat.



- 9—Add two level teaspoons salt to each quart jar.
- 10—Place on jar ring, partly seal jar.
- 11—Process in a Steam Pressure Cooker for 60 minutes at 15 pounds, or for 3 hours in a Hot-Water Bath.
- 12—Remove from canner and seal immediately.

● Fried Chicken

PREPARE the chicken, season and brown in hot fat. Do not dip in flour or crumbs. Pack while hot into hot sterilized BALL Jars. Omit giblets. (Pour into the Jar the hot grease from the frying pan.) Partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds pressure, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Roast Fowl

Chicken, Duck, Turkey, Goose or Guinea Fowl may be used. Prepare, season and brown in oven. Cut meat from bones. Pack in hot sterilized BALL Jars. Omit giblets. Skim excess grease from gravy and pour gravy over meat in Jar. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Rabbit

RABBITS are delicious when canned. Use same directions as for chicken.

● Pigeons

DRESS and wash well. Can the same as chicken.

● Fish

FISH, for canning, should be absolutely fresh. As soon as fish are caught it is well to kill them with a knife and let the blood run out. In scaling fish it is easier to remove the scales if the fish is dipped into boiling water. If skin is very tough remove skin and wash the fish clean. Remove entrails and the dark membrane that in some fish covers the abdominal cavity. For small fish the backbone may be left in. For larger fish remove the backbone and use it with what meat adheres to it, for making fish chowder.

In order to draw out all blood before canning, place the fish in brine made in the proportion of 1 level tablespoon salt to 1 quart water. Let soak from 10 minutes to 1 hour, according to thickness of the fish. If fish meat is loose or soft it can be hardened by soaking for 1 to 2 hours in cold brine made in proportion of ½ cup salt to 1 quart water.

Remove fish from brine, drain well and cut into pieces of convenient size for packing into jars. Pack closely to within ½ inch from top of jar, add 1 level teaspoon salt to each quart; do not add water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Salmon and Other Large Fish

SCALE fish, wash, cut open, remove entrails, thoroughly wash, wipe dry and cut into pieces of convenient size for packing. Pack raw into clean, hot BALL Jars, and add 2 level teaspoons salt to each quart. Do not add water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Fried Fish

CLEAN fish and remove entrails. For large fish, split along the back and remove backbone. For small fish, bones may be retained. Place in a salt-water bath, using ½ cup salt to 1 quart water. Allow fish to remain in this brine, according to thickness of the meat, from 10 minutes to 1 hour, in order to draw out the blood and harden the meat. Drain, wash, dry, and cut into pieces which can be conveniently packed into the jars. Brown in deep fat. Drain well and place the pieces on coarse paper to absorb excess fat. Pack into hot, clean BALL Jars. Do not add any liquid. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Fish Roe

USE only the roe of freshly caught fish, and only such roe as is known to be good to eat. Clean the roe by removing the shreds and strings adhering to it and wash well in cold water, being careful not to break the roe. Soak well for about 2 hours in brine, made in the proportion of 1 level tablespoon salt to 1 quart water. Drain and pack into hot, clean BALL Jars. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 4 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Clams

USE only fresh clams. If clams are muddy, wash before opening. After opening, discard all broken or discolored clams. Pack into hot, clean BALL Jars. Fill jar to within ½ inch from top with hot brine made in proportion of 1 teaspoon salt to 1 quart water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Oysters

In canning oysters, be sure they are absolutely fresh, have not "soured" and contain no oysters that are spoiled. It is therefore best to open them by hand and absolutely reject oysters which have the shell partly open, as this is a sign that the oyster in this particular shell is dead and unfit for use.

Rinse oysters in cold water to be sure no pieces of shell or grit are packed with oysters into the jars. Pack oysters, with their natural liquid, into hot, clean BALL Jars and fill with boiling brine, made in the proportion of 1 teaspoon salt to 1 quart water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.



Store canned products in a cool, dry place

● Lobsters

PLUNGE live lobsters into rapidly boiling soda water ($\frac{1}{2}$ pound baking soda to 2 gallons water), continue boiling for 15 minutes; drain off the water, and cover again with clear boiling water, and cook for 15 minutes longer; remove from fire, drain and plunge lobsters into cold water. When the lobster is cooled enough to handle, then remove claws and tail. Split tail and remove intestine, take body from shell and remove the stomach, crack the claws and pick meat from them. Mix the meat from the claws with the meat from body and tail, add 2 level teaspoons salt to each quart, and pack into clean, hot BALL Jars. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Frog Legs

BOTH bull-frogs and the small green marsh frogs are edible, but the latter are more delicate and more tender. Only the hind legs are eaten and they are generally considered to be at their best from June to October.

Cut off the legs, loosen the outer skin and turn downward and pull off. Then cut off the skin and toes. Wash the legs in cold water, to which has been added 2 tablespoons vinegar, or lemon juice, and 1 tablespoon salt for each quart of water. Drain and wipe dry. The frog legs can now be prepared in different ways. They can be seared in deep fat until nicely browned. The meat can be cut off the bones, or the bones left in. Pack into hot, clean BALL Jars.

Liquid from frying may be added if desired. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath.

Or pack frog legs, uncooked, into jars, add 2 teaspoons salt to each quart, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● Crab Meat

PLACE live crabs into a large kettle of rapidly boiling water. Boil quickly for 20 minutes. Remove crabs and wash them in cold water. Crack shell and pick out the meat, being careful to remove all particles of shell. Wash crab meat in a cold brine made in proportion of 1 teaspoon salt to 1 quart water. Drain and pack into clean, hot BALL Jars, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

Note: Quick cooling is necessary in order to prevent discoloration of crab meat.

● Shrimp

SHRIMP should be canned when absolutely fresh.

Place the shrimp, peeled or with shell on, as desired, into a large kettle containing boiling water into which salt, in proportion of 2 cups salt to 1 gallon water, has been added. Boil from 5 to 8 minutes. If shrimp are not peeled before boiling, sprinkle with salt when removed from boiling water in order to harden the meat so they may be peeled more easily. Pack into clean, hot BALL Jars and add 1 level teaspoon salt to each quart. Boiling water may be added if desired, or the dry-pack in which no water is added, may be used. Partly seal jars and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.



SOUPS

SOUPS are very nourishing and should be served each day if possible. They are easy to make. They are also economical because they can be made from the tougher cuts of meat and from vegetables which may be specked (not spoiled).

Vegetable soup should be made "in season" while the home garden is producing and the prices of vegetables purchased in the home market are relatively low.

For those who butcher or pack their own meats, butchering time becomes soup canning time as well. The bones and "trimmings" are then made into a nourishing soup stock for future use.

During poultry culling season when the thrifty home-maker is canning her "culls," to save the price of winter feed, she reserves the bony parts and the chicken feet for soup stock. The feet should be used, as they contain a large per cent of gelatin, and if properly prepared by cleaning, scalding and skinning, they make a very fine base for chicken soup stock.

Read over General Directions, pages 6 to 8, before canning any products.

● Asparagus Puree

IN canning asparagus, the large tough butts may be used for soup instead of being wasted.

Cut into pieces, and cook in enough water to cover until soft enough to press through sieve. Pack into hot BALL Jars, add 1 level teaspoon salt to each quart, and 1 teaspoon grated onion, if desired. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

When opened, milk may be added to make cream of asparagus soup.

● Chicken Gumbo

- 1 large frying size chicken, cut as for frying.
- ½ pound smoked ham—chopped.
- 6 large ripe tomatoes, skinned and chopped.
- 1 large onion, chopped.
- 2 pints okra, sliced.
- ½ pod red pepper—remove seeds.
- 1 green pepper—chopped.
- 1 bay leaf.
- 1 sprig parsley.
- 2 tablespoons butter or other fat.
- 3 quarts boiling water.
- Salt and Black pepper to taste.

Heat the fat in a soup kettle, add ham, chicken and okra. Brown well but do not scorch. Add other ingredients and cook slowly until the mixture is well flavored and is as thick as desired. Pack while hot into hot BALL Jars, partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds pressure or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Chicken Soup

Cook in a quart of water the bony pieces of medium sized chicken. When tender remove meat from bones and chop into small pieces. To each cup of chopped meat add the following—

- 1 tablespoon rice.
- ½ cup celery, chopped.
- 1 or 2 tablespoons chopped onion.
- 2 cups broth in which chicken was cooked.
- ½ teaspoon salt.
- ¼ teaspoon black pepper.

Bring to boiling point. Pack while hot into hot BALL Jars. Partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Clam Broth

OPEN fresh clams and place them with their liquid in a kettle. Add enough cold water to cover clams. Add a few stalks of celery, cut fine. Boil for 10 minutes. Season with salt and pepper to taste, and add 1 level tablespoon butter for each 50 or 60 clams. Strain and pour while hot into clean, hot BALL Jars. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

● Clam Chowder

- 24 clams, chopped fine.
- 2 quarts hot water.
- 2 medium, white onions, sliced.
- 2 stalks celery, finely chopped.
- 2 leeks, cut fine.
- 2 slices pork or bacon, cut into small pieces.
- 3 large potatoes, peeled and diced.
- 1 to 2 teaspoons salt (to taste).
- ¼ teaspoon pepper.
- 3 large tomatoes, peeled and cut fine.
- ¼ teaspoon thyme.
- 1 teaspoon finely chopped parsley.

(Leeks, celery and tomatoes, any one or all, may be omitted if preferred).

Heat the pork or bacon and fry the onions, celery and leeks in the fat; add the liquid from the clams, water and potatoes, boil 10 minutes, add clams, tomatoes, salt, pepper and thyme (Worcestershire sauce according to taste may be added). Boil mixture 10 minutes, add the parsley and while hot pour into clean, hot BALL Jars. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

When serving, equal amounts of butter and flour may be creamed together and added as thickening to the heated chowder.



Cover jars with one inch of water in a Hot-Water Bath

● **Fish Chowder**

- 4 Bermuda, or white onions, medium size, diced.
- 3 potatoes, medium size, diced.
- 1 pound fish, picked from bones.
- 1 level tablespoon butter.
- $\frac{1}{8}$ teaspoon white pepper.
- 1 to 2 level teaspoons salt (to taste).

To 1 pound fish meat picked from the bones, add the above ingredients, cover with water and boil gently for 20 minutes. Pack into clean, hot BALL Jars, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● **Green Pea Puree**

Cook the peas 1 hour in enough water to cover, press through a sieve, pack into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● **Soup Stock**

CUT meat and fat from bones, crack bones and place into kettle. Add pieces of lean meat too small for other uses. Cover with cold water and simmer (not boil) for 6 hours. Seasoning, such as onion and celery leaf, may be added. Remove from fire and strain through colander. Cool and skim off all grease. Reheat and when boiling pour into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, partly seal, process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal at once.

Stock made from chicken or a combination of chicken and veal or other meats is made the same way. Rice or barley may be canned with the stock if desired.

● **Brunswick Stew (Virginia)**

- 1 gallon hot water.
- 1 large, or 2 small chickens (cut up as for a stew).
- 1 pint tomatoes, chopped.
- 2 slices bacon.
- 2 large onions.
- 6 ears corn (cut from cob).
- 1 cup butter.
- 1 cup fine bread or cracker crumbs.
- 1 teaspoon salt.
- $\frac{1}{2}$ pod red pepper.
- $\frac{1}{2}$ teaspoon white pepper.

Place the onions, chopped fine, tomatoes skinned and cut into small pieces, the bacon and chicken into a large soup pot. Pour on the water and let mixture simmer until tender. Remove the chicken from the liquor. When cool enough to handle cut the meat from bone, discarding tough skin and gristle. Chop fine and return to soup kettle, adding corn. Boil mixture 20 minutes, add butter, bread crumbs, salt and pepper. If mixture is too thick add an extra pint of boiling water. Pack into clean, hot BALL Jars, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal.

● **Tomato Puree**

- 6 onions.
- 3 carrots.
- 3 stalks celery.
- 1 turnip.
- 3 sweet peppers.
- $\frac{1}{2}$ peck tomatoes.

Run ingredients, except tomatoes, through a food chopper, cover with boiling water, and simmer until soft. Cut the tomatoes, do not peel, and bring to boiling point. Add the other ingredients and boil for 40 minutes, or until all parts are tender. Strain through a colander, season with salt and pepper, pour into clean, hot BALL Jars and seal at once.

● **Tomato Pulp**

TAKE any amount of tomatoes desired. Blanch until skins loosen, cold-dip, remove skins and hard cores. Cook 30 minutes, press through a sieve, pack into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, partly seal and process 45 minutes in a Hot-Water Bath, or 10 minutes in a Steam Pressure Cooker at 10 pounds. Remove from canner and seal immediately.

● **Tomato and Corn Soup**

PREPARE tomatoes and corn as for canning. Chop tomatoes into medium size pieces, or heat to simmering point and put through sieve. Mix thoroughly two parts tomatoes and three parts corn. Pack into clean, hot BALL Jars. Add one teaspoon salt to each quart, partly seal and process for 60 minutes in Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.

● **Turkey Bone Soup**

THE carcass of turkey or chicken makes a delicious and nutritious soup.

Scrape the meat from the bones. Break the bones, pack them in a kettle, cover with cold water, add a small onion, cover kettle and simmer gently for 3 hours. Strain and for each quart of stock add 1 cup cold meat. Pack into clean, hot BALL Jars, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner, seal immediately. Season to taste when serving.

● **Vegetable Soup Mixture**

USE vegetables which suit the family taste. An excellent mixture is made with tomatoes, corn, carrots, celery and beans.

Prepare each vegetable as for canning, boil together vegetables which do not require peeling, for 5 minutes, pack immediately into clean, hot BALL Jars, add 1 level teaspoon salt to each quart, partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot-Water Bath. Remove from canner and seal immediately.



JELLIES

JELLY MAKING has a special place of its own on the Housekeeping Calendar. Jelly is easy to make if certain rules are followed. It can be made from the fresh fruit juices in late summer and early fall, or from canned fruit juices in wintertime.

Jelly is the product obtained by combining the juice or combination of juices of certain fruits with the right proportion of sugar and cooking the mixture until it becomes a clear, tender, sparkling, transparent, quivering mold.

All fruit juices do not make perfect jelly. To make a good jelly it is essential that the fruit juice contain acid and a natural jelly-making substance called pectin, in proper proportions.

Some fruits contain proper proportions of acid and pectin to make perfect jelly. Other fruits are deficient in either pectin or acid. Juices from these fruits may be combined with fruit juices which contain sufficient pectin or acid to form a good jelly. Sugar is just as necessary as pectin and acid. Sugar is added but acid must be present in the fruit juice. Either cane or beet sugar may be used in making jelly. Fruits for jelly making in the order of desirability are: currant, crabapple, apple, quince, grape, blackberry, raspberry, and plum.

● Making the Jelly (Preparation)

SELECT and wash fruit. Remove hulls, stems and blossom ends. Cut hard fruits into pieces without peeling or coring.

● Extraction of Juices

For soft fruits, use just enough water to prevent them from sticking, or about one cup water to four quarts fruit. Heat gradually, mash while heating, and cook until the color begins to fade out of pulp.

For hard fruits, cook with just enough water to cover, until the fruit is soft. Do not mash if you wish to have clear jelly. Strain juice through a wet double cheesecloth or cotton flannel bag, or well sterilized salt sack.

Do not squeeze bag. Clear jelly can be obtained only when juice is extracted by dripping.

A second extraction of juice may be made from

the fruit. Return the pulp to kettle, add one cup water to each cup pulp, cook slowly for fifteen minutes, let stand for ten minutes. Strain through one thickness of cheesecloth, squeeze out all juice possible.

By combining the first and second extractions of juice and straining through four thicknesses of cheesecloth a very satisfactory jelly will be obtained. It may be less clear than if the jelly is made exclusively from the first extraction of juice. The homemaker often marks the jelly made from the first extraction of juice for use on special occasions.



Jams, jellies and preserves promote health

● Cooking

TO OBTAIN best results in jelly making, it is advisable to work with a small quantity of juice. Two quarts of juice is a sufficiently large quantity to handle at one time. Measure juice, bring to vigorous boil, skim the juice and add sugar in proportion given in special recipes. Stir until sugar is dissolved. Cook rapidly for ten to fifteen minutes or until test shows jelly is done. It is unnecessary to skim again.

● Jelly Test

To test the jelly, dip a spoon into the juice, cool slightly and allow to drop from the side of the spoon. If it sheets and tears off from the spoon in a distinct piece the jelly is done and should be removed from the fire immediately.

● Sealing and Storing

POUR juice while hot into clean hot BALL Jelly Glasses. Fill the Glasses full as jelly shrinks as it cools. Cover at once with hot paraffin. When cold another layer of paraffin may be added if necessary. A small teapot or pitcher with a spout is handy for pouring paraffin. When jelly is cold cover Jelly Glasses with Tin Lids or tight paper covers.

The preceding general directions for making jelly can be used for making all jellies. For combinations of fruits and sugar proportions consult table at end of this section.

● Currant Jelly

SELECT currants that are not over-ripe. Remove all leaves and imperfect fruit, wash and drain the currants without removing stems, mash in a porcelain preserving kettle with spoon or wooden potato masher. Add one-half cup water to each two quarts of fruit. Boil mashed fruit slowly for eight to ten minutes, stirring frequently to prevent burning and to break up cells. Put the fruit into jelly bag and drain off the juice. Be careful not to press the fruit if clear jelly is desired. The draining may be hastened, however, by occasionally shaking the bag gently. After the juice is drained, measure it and to each cup juice add cup of sugar. Reheat slowly and as soon as it begins to boil test for jelly (see jelly test on this page). When the "two drops hang together," remove from fire and pour into BALL Jelly Glasses or Half Pint Jars. A second and third extraction of juice may be made as instructed in paragraph "Extraction of Juices."

● Currant and Red Raspberry or Currant and Black Raspberry

FOLLOW directions for Currant Jelly, using equal parts of currants and berries, with a cup of sugar for each cup of juice.

● Apple or Crab-Apple Jelly

TAKE sour fruit. Do not core or pare, merely wash, wipe, and cut out blemishes. Cut up, pour over sufficient water to cover, and simmer until soft, then drain through a cheesecloth or cotton flannel bag, letting drip four or five hours. Measure the juice, bring to vigorous boil, skim and add $\frac{3}{4}$ cup sugar for each cup of juice. Stir until sugar is dissolved. The jelly will form in about twenty minutes. Rose geranium, mint, or other leaves may be used for flavoring, or orange blossoms preserved.

● Guava Jelly

3 quarts red guavas. Water.
Juice of 2 lemons. Sugar.

Slice guavas, cover with cold water, bring to boil, then simmer gently for 2 hours. Strain through jelly bag. When cold, measure juice and to each two cups of juice, add one and one-half cups sugar and one tablespoon lemon juice. Boil gently to jelly stage (about $1\frac{1}{2}$ hours). Test for jelly. When done pour while hot into BALL Jelly Glasses, cover with paraffin.

● Cranberry Jelly

1 quart cranberries. 1 pint water.
 $1\frac{1}{2}$ cups sugar.

Wash cranberries. Place cranberries and water in preserving kettle. Cook for five minutes after they begin to boil. Drain through a single thickness, good quality, cheesecloth bag. Squeeze out juice and pulp. Add sugar and cook for fifteen minutes. Test for jelly. When the "two drops hang together" remove from fire and pour into BALL Jelly Glasses. Cover with paraffin.

● Grape Jelly

WASH the bunches thoroughly, remove the fruit from the stems, put the grapes into preserving kettle, add $\frac{1}{2}$ cup water to 2 quarts of grapes. Then follow the same directions as for Currant Jelly.

● Mint Jelly

WASH mint and chop fine. To each cup of chopped mint add $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ cup water, and let stand for several hours, or over-night. Bring to boiling point, then strain. Combine sugar and apple juice, using $\frac{3}{4}$ cup sugar to 1 cup apple juice. Cook and test for jelly, and when the jelling point is obtained, add green vegetable coloring and 1 or 2 tablespoons of prepared mint juice for each quart of apple juice.

Mint jelly is a favorite accompaniment for Roast Lamb.

● Quince Jelly

QUINCES have too little acid and too much pectin to make a desirable jelly when the juice alone is used. An equal amount or twice as much tart apple improves the flavor. Equal parts of cranberry, quince and apple juice give a jelly of rich, red color and delicious flavor.

Cut the quinces into small pieces, do not pare, but remove the core and seeds, as they prevent the jelly from forming correctly. Add sufficient water to cover and cook until tender. Quinces require long cooking to become tender and to bring out their flavor and deep, rich color. Drain off juice. Use $\frac{3}{4}$ as much sugar as fruit juice. Follow general directions for making jelly.

The pulp may be used for making conserve or butter.

● Bar-Le-Duc

2 cups large currants. $1\frac{1}{2}$ cups sugar.

Add sugar to currants which have been washed and stemmed and let boil slowly for 5 minutes. Pour into hot, clean BALL Jelly Glasses, cover and keep in a dry, cool place.



Jelly Table

Approximate Proportions of Sugar and Fruit Juice for Jelly

(Showing Fruit Juices and Approximate Proportions of Each Which Will Combine to Make Good Jelly)

Fruit Juice	Combine in Following Proportions	Fruit Juice Cups	Sugar Cups	Predominant Flavor	Predominant Color
Apple	1	¾	Apple	Light
Apple Blackberry	¾ ¼	1	⅔	Blackberry	Dark
Apple Blueberry	½ ½	1	¾	Blueberry	Dark
Apple Black Raspberry	½ ½	1	⅔	Black Raspberry	Dark
Apple Blueberry Rhubarb	⅓ ⅓ ⅓	1	⅔	Rhubarb	Dark
Apple Cherry	½ ½	1	⅔	Cherry	Dark
Apple Elderberry	½ ½	1	1	Elderberry	Dark
Apple Peach	½ ½	1	⅔	Peach	Light
Apple Pineapple	½ ½	1	⅔	Pineapple	Light
Apple Quince	½ ½	1	⅔	Quince	Light
Apple Quince Cranberry	⅓ ⅓ ⅓	1	¾	Cranberry	Dark
Apple Rhubarb	½ ½	1	⅔	Rhubarb	Light
Apple Strawberry	½ ½	1	⅔	Apple	Light
Blueberry	1	⅔	Blueberry	Dark
Crab-Apple	1	¾	Crab-Apple	Light
Currant	1	¾-1	Currant	Dark
Gooseberry (Green)	1	1	Gooseberry	Light
Grape (Under-ripe)	1	¾-1	Grape	Dark

● Jelly Fruits

THE juices from the following fruits will readily convert into jelly:

Green Apple, Crab-Apple, Unripe Grapes, Blackberries, Currants, Gooseberries, Raspberries (slightly under-ripe), Cranberries, Huckleberries, Quinces, Plums.

Juices from Strawberries, Peaches, Pineapples, Cherries, Rhubarb, Pears and Sweet Apples lack either Pectin or Acid and must be combined with

other juices to make good jelly. Consult above Jelly Table for juice combinations.

● Commercial Pectins

COMMERCIALLY made pectins of standard quality can be purchased in practically all leading grocery and drug stores.

Directions for using are usually specified on each bottle or package, or are supplied in additional booklet or circular form at the time of purchase.



Use Ball Jelly Glasses

BUTTERS, PRESERVES, MARMALADES, JAMS AND CONSERVES



A FRUIT BUTTER is the product resulting from cooking fruit pulp with sugar (with or without spices) to the consistency of thick paste, suitable for spreading. Less sugar is used for butters than for jams and marmalades. Butters require slow cooking and frequent stirring to prevent burning when cooked on top of the stove. If cooked in the oven, they require only occasional stirring.

● Blueberry and Apple Butter

USE tart apples. Remove stems but do not pare apples. Cook in sufficient water to cover, until soft, and press through a strainer. Use equal parts of berries and apple pulp and $\frac{1}{2}$ as much sugar as fruit. Cook the butter until it is thick and clear and seal immediately in hot, clean BALL Jars.

● Cider Apple Butter

USE sweet cider of good quality, and apples that cook easily. Boil the cider down one-half. Wash, peel, quarter and core the apples. Then boil together rapidly equal amounts of apples and boiled-down cider. If the boiling is slow the apples at once sink to the bottom and are liable to scorch. After the first two hours, constant and vigorous stirring is necessary to prevent burning. If the butter becomes too thick

before it is perfectly smooth, add a little more cider and continue the boiling and stirring. Add sugar at any time after the stirring begins if the butter is not sweet enough. Spice the butter to suit the taste and seal it in BALL Jars. Apple butter is usually considered better if not highly spiced.

● Crab-Apple Butter

WASH and cut apples into quarters, without paring or coring. Place them in a preserving kettle with just enough water to cover, and cook slowly until tender. Press through a colander or sieve. Measure the strained pulp. Add $\frac{1}{2}$ as much sugar as pulp to the juice in which the apples were cooked. Bring to boil, add pulp and cook until mixture is thick and smooth, stirring to prevent burning. Spices may be added, if desired. Pack into clean, hot BALL Jars. Seal immediately.



● Spiced Grape Butter

WASH grapes, remove stems, separate the pulp from the skins, and let stand overnight. Heat pulp to boiling point and drain through a colander. Add the skins to pulp and to each 5 pints of fruit add 5 cups brown sugar and $\frac{1}{2}$ tablespoon of cloves and 1 of cinnamon. Boil the mixture 1 hour, add 1 cup cider vinegar and continue boiling until mixture is thick. Stir constantly to prevent burning. Pack butter into clean, hot BALL Jars and seal immediately.

● Grape and Apple Butter

- 1 quart grape pulp.
- 1 quart apple pulp.
- 4 cups sugar.

Prepare the fruit pulp in the usual way by cooking the fruit and pressing it through a sieve. Combine the ingredients and cook mixture until it is thick (about 20 minutes). Seal in hot, clean BALL Jars.

● Tomato and Apple Butter

- 1 quart tomato pulp.
- 1 quart apple pulp.
- 2 oranges, juice and grated rind.
- 6 cups sugar. 2 small sticks cinnamon.

Combine ingredients and cook the mixture until it is thick and clear. Seal in clean, hot BALL Jars.

● Muskmelon Butter

SELECT ripe muskmelons. Cut in halves, remove rinds, seeds and soft parts. Place the melons in a preserving kettle with as little water as possible and boil until tender. Press through a colander and measure the pulp. To each quart of pulp add $\frac{1}{2}$ cup sugar, juice of $\frac{1}{2}$ lemon and a little cinnamon if desired. Continue boiling until mixture is thick enough to spread. Stir constantly to prevent burning. Pack hot butter into clean, hot BALL Jars. Seal immediately.

● Peach Butter

PEEL and stone peaches. Cook in as small amount of water as possible until they are reduced to a pulp. Add $\frac{1}{2}$ as much sugar as pulp and cook mixture until it is thick and clear, stirring frequently to prevent burning. Spices may be added if desired. Pack into clean, hot BALL Jars, and seal at once.

● Pear Butter

WASH pears, cut into quarters and without peeling boil them until they fall to pieces. Press through a colander to remove cores, seeds and stems. Measure pulp and add one cup sugar to each quart pulp. The addition of one-half teaspoon vanilla or juice of one-half lemon to each quart gives a pleasing flavor. Add spices to suit taste. Cook mixture slowly until it becomes smooth and thick, stirring frequently to prevent burning. Pack hot butter into clean, hot BALL Jars. Seal immediately.

● Plum Butter

COOK plums in sufficient cold water to cover them. Drain and reserve the juice for jelly. Press plums through a colander, measure pulp and add $\frac{1}{2}$ as much sugar as pulp. Cook mixture slowly until it

is thick and clear, stirring to prevent burning. Seal in clean, hot BALL Jars.

When plums are not plentiful, apple pulp may be substituted for $\frac{1}{3}$ the measure of plum pulp.

CONSERVES

A CONSERVE is a mixture of several fruits and is made like jam. It may contain nuts or raisins or both, or it may be made without nuts or raisins.

● Blueberry and Apple Conserve

- 1 quart blueberries, fresh or canned.
- 1 quart tart apple, diced.
- 6 cups sugar. Juice of 2 lemons.
- Grated rind of 1 lemon.

Combine ingredients and cook mixture until thick and clear, stirring to prevent burning. Pour immediately into clean, hot BALL Jars and seal at once.

● Carrot, Apple and Peach Conserve

- 1 quart diced carrots.
- 1 quart diced tart apples.
- 2 cups peaches. 6 cups sugar.
- Juice of 2 lemons.

Mix ingredients and simmer until mixture is clear, stirring to prevent burning. Pack hot into clean, hot BALL Jars and seal at once.

● Cherry, Pineapple and Apple Conserve

- 2 quarts pitted cherries.
- 2 cups diced apples.
- 3 cups pineapple. 8 cups sugar.
- $\frac{1}{2}$ pound blanched English walnuts.

Run the pineapple through a food chopper and mix the remaining fruit and sugar and let stand overnight. Cook until thick. Add the walnut meats, chopped fine. Pack conserve into hot, clean BALL Jars and seal at once. Nuts may be omitted, if desired.

● Sour Cherry and Currant Conserve

- 2 quarts pitted sour cherries.
- 1 to 3 quarts currants.
- 2 cups sugar for each quart fruit.

Wash and pick over the currants. Crush cherries and place in the bottom of a preserving kettle. Arrange fruit and sugar in alternate layers and let stand overnight. Cook mixture slowly until it thickens. Pour into clean, hot BALL Jars and seal at once.

This recipe makes a tart conserve which is excellent to serve with meat.

● Gooseberry Conserve

- 3 quarts gooseberries.
- 1 pound ground pineapple.
- 1 pound raisins, chopped fine.
- 2 cups English walnuts. 8 cups sugar.

Wash gooseberries and boil them until they burst. Add sugar, ground pineapple and finely chopped raisins. Boil mixture slowly until it is thick and add 2 cups chopped English walnuts. Pack conserve into clean, hot BALL Jars and seal immediately.



● Gooseberry Conserve (Old English Recipe)

- 6 pints gooseberries (large English preferred).
- 8 cups sugar.
- 4 oranges—juice and chopped rind.
- 3 cups seedless raisins.

Mix ingredients and boil until thick (about 45 minutes). Pack hot conserve into clean, hot BALL Jars and seal immediately.

● Grape Conserve

- 4 pints seeded grapes.
- 2 cups English walnuts (broken into small pieces). 6 cups sugar.

Cook grapes and sugar together as for jam. The juice of 1 orange and the peel of $\frac{1}{2}$ orange, cut in small pieces, may be added for variation. Add nut meats 5 minutes before removing from the fire. Seal in clean, hot BALL Jars.

● Peach Conserve

- 3 pints peach-pulp.
- $\frac{4}{12}$ cups sugar.
- 3 lemons—juice and grated rind.

Blanch peaches in boiling water, cold-dip. Remove skins and stones. Cut into thin slices. Mix ingredients and cook until thick and clear. Pack in clean, hot BALL Jars and seal immediately.

● Peach and Apple Conserve

Use equal parts of peaches and apples (diced). If apple skins are of good color do not peel apples. Add $\frac{3}{4}$ as much sugar as fruit. Cook mixture slowly until it is thick and clear. Seal in clean, hot BALL Jars.

● Peach and Cantaloupe Conserve

- 1 quart diced peaches.
- 1 quart diced cantaloupe.
- 6 cups sugar.
- 4 lemons, juice and grated rind.
- $1\frac{1}{2}$ cups English walnuts, blanched and chopped fine.

Combine ingredients with exception of the nuts. Cook mixture until it is thick and clear, add nuts and pour into clean, hot BALL Jars. Seal at once.

● Peach and Pineapple Conserve

- 4 cups diced peaches.
- 2 cups cooked pineapple.
- 5 cups sugar.
- 2 oranges, juice and grated rind.
- 2 lemons, juice and grated rind.

Combine ingredients and cook until mixture is thick and clear, stirring to prevent burning. Pour into clean, hot BALL Jars. Seal immediately.

● Pear and Apple Conserve

- 1 quart diced pears.
- 1 quart diced tart apple.
- 2 lemons, juice and grated rind.
- 2 cups seedless raisins.
- 1 cup English walnuts.
- 7 cups sugar.

Wash raisins and add to other ingredients except nut meats. Cook until mixture is thick and clear. Add nut meats 5 minutes before removing from fire. Pack in clean, hot BALL Jars, and seal at once.

A small amount of preserved ginger may be substituted for the nuts.

● Pineapple and Apple Conserve

- 1 quart pineapple, diced or shredded.
- 1 quart diced tart apple.
- 2 oranges, juice and grated rind.
- 6 cups sugar.
- $1\frac{1}{3}$ cups shredded cocoanut.

Cook the pineapple in water until tender. Add the apple, orange juice and rind, and the sugar. Cook mixture until it is clear and transparent. Add cocoanut and pack conserve into clean, hot BALL Jars. Seal at once.

● Plum Conserve

- 3 pints plum pulp (use Damson plums).
- $\frac{4}{12}$ cups sugar.
- $1\frac{1}{2}$ lemons, juice and grated rind.
- $1\frac{1}{2}$ oranges, juice and grated rind.
- 3 cups seeded raisins.
- $1\frac{1}{2}$ cups nut meats (if desired).

Wash plums, seed if desired, and weigh. Mix ingredients, except nut meats, and cook mixture until thick and clear. Add nut meats. Pack into clean, hot BALL Jars and seal immediately.

● Quince, Apple and Cranberry Conserve

- 4 cups quince pulp.
- 4 cups cranberry pulp.
- 4 cups apple pulp.
- 2 oranges, juice and grated rind.
- $1\frac{1}{2}$ cups English walnuts. 8 cups sugar.

Combine ingredients, except nuts, and boil mixture rapidly until thick. Pack into clean, hot BALL Jars and seal at once.

If walnuts are used, chop them and add to mixture just before conserve is removed from stove.

● Black or Red Raspberry and Cherry Conserve

- 2 cups pitted cherries.
- 2 cups raspberry pulp. 4 cups sugar.

Cook cherries in a small amount of water until skins are tender. Add raspberry pulp and sugar, and cook mixture until it is thick and clear. Pour into hot BALL Jars and seal at once.

● Rhubarb Conserve

- 4 cups rhubarb, cut fine. 4 cups sugar.
- 2 oranges, juice and grated rind.
- 2 lemons, juice and grated rind.
- 1 cup blanched nuts, cut in small pieces.

Combine ingredients, except nuts, and heat mixture until sugar is dissolved. Boil rapidly until it is thick and clear. Add nuts; pour into clean, hot BALL Jars and seal at once.

● Rhubarb and Apple Conserve

- 6 cups sugar. 2 cups water.
- 6 cups rhubarb, cut in small pieces.
- 3 cups apple, sliced.
- 2 cups English walnuts, chopped.

Make a syrup of sugar and water and when boiling add fruit and simmer until mixture is thick and clear.



Add nuts and pack conserve into clean, hot BALL Jars and seal immediately.

● Strawberry and Rhubarb Conserve

- 2 quarts strawberries.
2 quarts rhubarb. 12 cups sugar.

Cut rhubarb into $\frac{1}{2}$ -inch pieces, being careful not to peel. Mix together strawberries, rhubarb and sugar, and cook mixture slowly until it is thick and clear. Pour into clean, hot BALL Jars and seal at once.

● Tomato Conserve

- 2 quarts tomatoes, fresh or canned (drain off juice).
2 cups seedless raisins.
2 lemons, cut in small pieces.
1 cup English walnuts. 8 cups sugar.

Wash raisins. Blanch, peel and core fresh tomatoes. Mix ingredients, except nuts, and cook mixture until it is thick and clear. Add nuts, chopped fine, and pour mixture into clean, hot BALL Jars, and seal at once.

● Tomato and Apple Conserve

- 1 quart tomato, fresh or canned (drain off juice).
1 quart apple, diced.
2 lemons, cut in small pieces. 6 cups sugar.

Blanch, peel and core fresh tomatoes. Combine ingredients and cook mixture until it is thick and clear. Pour into clean, hot BALL Jars. Seal at once.

● Mincemeat

- | | |
|-----------------------|-------------------------------------|
| 2 pounds lean beef. | 1 nutmeg. |
| 1 pound chopped suet. | $\frac{1}{2}$ teaspoon ground mace. |
| 4 pounds tart apples. | 2 oranges. |
| 6 cups sugar. | 2 lemons. |
| 3 pounds currants. | $\frac{1}{2}$ pound citron. |
| 2 pounds raisins. | 1 tablespoon salt. |

Stew beef in as little water as possible until quite tender; cool and chop into fine pieces. Add beef suet, chopped fine, and apples pared, cored and chopped, sugar, currants, raisins, spices, orange and lemon juice, grated rind of the oranges and of 1 lemon, chopped citron and salt. Mix thoroughly and cook 1 hour. Pack in clean BALL Jars. Seal jars and store in a cool place.

● Mock Mincemeat (Green Tomato)

- | | |
|----------------------------|---------------------|
| 3 pounds green tomatoes. | |
| 3 pounds apples, chopped. | |
| 2 pounds raisins, chopped. | |
| 8 cups brown sugar. | 2 tablespoons salt. |
| 1 cup suet. | 1 cup vinegar. |
| 2 tablespoons cinnamon. | |
| 2 teaspoons cloves. | 1 nutmeg. |
| Orange peel, if desired. | |

Chop the tomatoes and drain. Measure juice and add equal amount of water to pulp. Scald mixture and drain off the liquid. Repeat twice this process of adding fresh water, scalding and draining. To the mixture add chopped apples, sugar, raisins, salt, and suet, and cook until clear. Add remaining ingredients and cook mixture until thick. Pack immediately into clean, hot BALL Jars and seal at once.



Pack product in clean, hot Ball Jars

JAMS

A JAM is a variation of a preserve. The product is cooked to a thick mass and the proportion of sugar used is less than the amount used for preserves. For Jam use $\frac{1}{2}$ to $\frac{3}{4}$ pound sugar to 1 pound fruit. Jams need constant stirring to prevent burning.

● Blackberry Jam

MASH berries, cook them in their own juice until thoroughly heated, then press through a sieve to remove seeds. Measure the pulp and liquid, and for every pint of pulp add 1 cup of sugar. Cook rapidly until thick, stirring to prevent burning. Pack into clean, hot BALL Jars and seal immediately.

● Blueberry and Crab-Apple Jam

EQUAL measures of canned blueberries and crab-apples may be used, or $\frac{1}{3}$ as much berries as crab-apples. Remove cores from crab-apples, but do not pare them. Grind in food chopper. Add just enough water to cover apples, and cook for 10 minutes. Add blueberries and sugar, using $\frac{2}{3}$ as much sugar as fruit, by measure. Cook mixture until thick, and pack immediately into clean, hot BALL Jars and seal at once.

● Kumquat Jam

SLICE kumquats. Cook until tender in just enough water to keep from burning. Measure and add equal parts of sugar with a little lemon juice. Cook mixture until thick, stirring to prevent burning. Pack hot jam into clean, hot BALL Jars. Seal immediately.

● Peach Jam

3 pints peach pulp.
4 cups sugar.
 $\frac{3}{4}$ cup peach juice or water.
 $1\frac{1}{2}$ in. ginger root. 3 peach pits.
 $\frac{3}{4}$ teaspoon allspice. $1\frac{1}{2}$ teaspoons cloves.
3 teaspoons cinnamon bark.

Blanch peaches in boiling water, cold-dip and remove skins and seeds. Mash pulp. Add sugar and spices (tied in a bag). Cook until mixture is thick and clear. Remove spice bag. Pack into clean, hot BALL Jars and seal immediately.

Note: Spices may be omitted.

Apple pulp may be substituted for part of peach pulp.

Instead of spices, juice of 1 lemon and 12 peach pits may be added.

● Plum Jam

3 pints plums (Damson plums are best).
4 cups sugar.

Wash plums and remove seeds, if desired. The flavor of the seeds is sometimes preferred. Add sugar, and cook until mixture is thick and clear (about 218° F.). Pack immediately into hot, clean BALL Jars and seal at once.

● Plum Jam (Green Gage)

WASH plums, remove seeds, but not skins, and place plums in a preserving kettle containing enough water to cover bottom of kettle. Cook until soft. Measure mixture and add $\frac{1}{2}$ as much sugar as mixture. Boil until thick, stirring to prevent burning. Pack while hot into clean, hot BALL Jars. Seal immediately.

● Raspberry Jam

WASH raspberries, crush and measure them. If berries are sour add equal measurement of sugar, if sweet use three-fourths amount of sugar. Cook in own juice until thickened, stirring to prevent burning. Boil rapidly because long cooking tends to darken it. Pack while boiling hot in hot BALL Jars, seal immediately.

● Strawberry Jam

PICK over berries and remove hulls. Measure berries, and for every quart of fruit allow 3 cups of sugar. Place berries in a preserving kettle and mash fruit as it heats. Bring fruit to boiling point, stirring frequently and crushing any berries which still remain whole. Add sugar to the fruit and boil together until thick (not over 20 minutes), stirring to prevent burning. Pack into clean, hot BALL Jars and seal immediately.

MARMALADES

MARMALADES are usually made from citrous fruits, oranges being the most common fruit used, but other fruits may also be used.

● Carrot and Orange Marmalade

12 carrots. 2 lemons.
6 oranges. sugar.

Remove peel from oranges and lemons and soak the peel over night in cold water to cover. After soaking remove peel from water and chop. Discard the water. Cut oranges and lemons in small pieces. Dice carrots and cook until tender, using as little water as possible. Combine carrots, fruit and grated peel, measure and add two-thirds as much sugar as mixture. Simmer until clear. Pack while hot into clean, hot BALL Jars and seal at once.

● Cherry and Pineapple Marmalade

WASH, drain, seed the cherries and run them through a meat grinder. Peel and grind or shred the pineapple. Mix pineapple with cherries using $\frac{1}{4}$ as much pineapple as cherries. To the mixture add $\frac{2}{3}$ as much sugar as there is fruit and juice. Cook this mixture until it is clear and thick, stirring to prevent burning. Pour hot marmalade into clean, hot BALL Jars. Seal immediately.

● Fig Marmalade

THIS can be made from the bruised and soft figs, by mashing the fruit well. Place figs in a little water, bring to a boil, measure fruit, add same amount of sugar as fruit and cook for 1 hour, stirring to prevent burning. Pack hot marmalade into clean, hot BALL Jars and seal immediately.

● Gooseberry Marmalade

STEM and wash berries: Place berries in preserving kettle containing enough water to cover bottom. Cook slowly until berries are soft. Measure mixture and add same quantity of sugar as pulp. Boil



until mixture is thick (about 20 minutes). Stir constantly to prevent burning. Pack hot marmalade into clean, hot BALL Jars and seal immediately.

● Gooseberry and Rhubarb Marmalade

STEM, wash and mash gooseberries. Add any proportion of young rhubarb, cut into pieces, desired. Place mixture into preserving kettle containing just enough water to cover bottom of kettle. Let fruit simmer until soft. Measure mixture and add $\frac{3}{4}$ as much sugar as mixture. Boil until mixture is thick (about 20 minutes), stirring to prevent burning. Pack hot marmalade into clean, hot BALL Jars. Seal immediately.

● Grape Marmalade

WASH grapes and remove stems. Press pulp from the skins. Cook pulp and press through a sieve to remove seeds. Add the skins to pulp, measure mixture and allow $\frac{2}{3}$ as much sugar as pulp. Cook mixture until skins are tender (about 20 minutes), and seal at once in clean hot BALL Jars.

● Grapefruit Marmalade

FOLLOW same recipe as Orange Marmalade (below) either No. 1 or No. 2 except omit the lemons.

● Lemon Marmalade

MAKE same as Orange Marmalade No. 2 (below) reversing the quantities of lemons and oranges.

● Guava Marmalade

USE well ripened or over-ripe guavas. Slice. Place with a little cold water in a kettle. Cook until soft, and press through a coarse sieve. Measure pulp and add $\frac{3}{4}$ as much sugar as pulp. Add juice of 1 lemon to each pint of pulp. Cook mixture until thick. Pack hot marmalade into clean, hot BALL Jars. Seal immediately.

● Orange Marmalade (No. 1)

TAKE as many oranges as desired. Peel the rind from $\frac{1}{4}$ of them, being careful to get just as little of the white membrane as possible. Slice this rind thin and let boil for 15 minutes in salt brine made with 1 teaspoon salt to pint of water. After boiling in salt water rinse in two or three fresh water baths, and simmer until tender in enough fresh water to cover. Cut the oranges in halves and pick out the pulp avoiding membrane. Hold them over a bowl so no juice will be lost. Measure pulp and juice and add equal part of sugar. Let simmer 15 minutes, then add the peel which has been cooked tender and cook the mixture until thick. Pack into hot BALL Jars and seal immediately.

● Orange Marmalade (No. 2)

12 thin skinned oranges.
3 lemons.
3 quarts of water.

Wash and slice the oranges and lemons as thin as possible. Add the water and let stand over night. The next day, cook the mixture slowly until tender (2 to 2½ hours). When tender measure and add equal parts of sugar and cook until it jells from the spoon. Pack into hot BALL Jars and seal immediately.

● Quince Marmalade

CUT and quarter unpeeled quinces. Put in kettle and just cover with water. Let cook until tender. Press through a sieve, measure and add $\frac{3}{4}$ as much sugar as pulp. Cook this slowly until quite stiff, stirring frequently to avoid burning. Pack into clean, hot BALL Jars. Seal immediately.

● Quince and Apple Marmalade

WASH quinces and remove blossom end. Cut fruit into small pieces. Place in just enough water to cover and cook until soft. Press through a sieve and combine pulp with an equal measure of tart apple pulp. Add $\frac{2}{3}$ as much sugar as pulp. Cook mixture until it is thick and clear (about 25 minutes). Pack into clean, hot BALL Jars and seal immediately.

● Black or Red Raspberry Marmalade

WASH and drain berries, mash thoroughly, place them in a preserving kettle with as little water as possible and bring quickly to boil. Press mixture through a fine-mesh sieve to remove seeds. Measure mixture and add $\frac{3}{4}$ as much sugar as there is pulp and juice. Boil gently for 10 minutes. Pour hot marmalade into clean, hot BALL Jars. Seal immediately.

● Raspberry and Currant Marmalade

4 quarts red raspberries.
1 quart red currants. Sugar.

Wash berries and currants and place in a preserving kettle. Mash fruit thoroughly, add $\frac{3}{4}$ as much sugar as fruit and boil mixture for 10 minutes or until it jells when cooled. Stir constantly to prevent burning. Pack hot marmalade into clean, hot BALL Jars. Seal immediately.

● Rhubarb Marmalade

CUT young stalks of rhubarb into 1-inch lengths. Do not peel. Weigh rhubarb and add $\frac{3}{4}$ pound sugar to each pound rhubarb. Place rhubarb and sugar in a preserving kettle, heat slowly and boil mixture until thick and clear. Pack into clean, hot BALL Jars. Seal immediately.

● Rhubarb and Pineapple Marmalade

3 pints strawberry rhubarb.
4 cups sugar.
2 lemons, juice and grated rind.
1 cup pineapple, cut in pieces.

Combine ingredients and boil mixture slowly until it is thick and clear. Pack into hot BALL Jars and seal immediately.

● Tomato Marmalade

2 quarts ripe tomatoes.
1 cup cider vinegar.
 $\frac{2}{3}$ cup sugar. 2 teaspoons salt.
2 teaspoons mixed spices.

Combine ingredients. Cook mixture slowly until it is thick, stirring to prevent burning. Pack into clean, hot BALL Jars. Seal immediately.



Wash your canning troubles away



PRESERVES

A Good preserve is one in which the fruit or pieces of fruit remain whole, tender, clear and plump, in a thick, transparent syrup. The approximate proportion of sugar to fruit in preserves is three-fourths of a pound of sugar to one pound of fruit.

● Apricot and Pineapple Preserves

4 quarts fresh, ripe apricots.
1 quart shredded pineapple.
 $\frac{1}{2}$ cup almonds.
4 cups sugar. 4 cups water.

Wash apricots, do not peel. Shred fresh pineapple and add to apricots. Place in a medium thin, boiling syrup made with 1 part sugar to 1 part water. Cook slowly until mixture is tender (about 30 minutes). Add almonds, if desired. Pack hot into clean, hot BALL Jars. Seal immediately.

● Blackberry Preserves

FOLLOW the direction for preserved Strawberries (either method); see page 42.

● Barrier Cherries

WASH and seed cherries, drain thoroughly in colander, place in earthen jar and cover with vinegar. Let stand 12 hours. Measure cherries and add an equal amount of sugar. Let stand for 10 days, stirring each morning. Remove cherries to clean, hot BALL Jars and seal. Delicious with meats or salads.

● Maraschino Cherries

WASH, remove stems and pits from cherries. Save juice, pits and cherries. Place cherries in a shallow pan and cover with a medium thick syrup made with 3 parts sugar to 2 parts cherry juice or

water. Boil gently for 10 minutes; remove from heat and let stand in a covered kettle from 6 to 12 hours. Drain off juice from cherries and pack cherries into clean, hot BALL Jars. Crush the cherry pits (using $\frac{1}{2}$ cup crushed pits to 1 quart syrup), tie in cheesecloth and place in kettle containing syrup and bring quickly to boiling point. Remove cherry pits and fill the jars with boiling syrup. Seal at once.

Note: Maraschino is a cordial distilled from fermented cherries and flavored with bruised pits. Large and small sized bottles of Maraschino can be purchased in stores carrying "fancy groceries."

When using the Commercial Maraschino use 1 part syrup to 1 part Maraschino. Bring quickly to boiling point in covered kettle to prevent evaporation of the volatile liquor. Fill jars and seal immediately.

● Cherry Preserves

WASH, remove stems and pits from cherries. Save the juice. Place cherries in a shallow pan and cover with a medium thick syrup made with 3 parts sugar to 2 parts cherry juice or water. Boil gently for 10 minutes; remove from heat and let stand in a covered kettle from 6 to 12 hours. Drain off the juice from cherries and pack cherries into clean, hot BALL Jars. Heat the remaining syrup and fill the jars with the boiling syrup. Seal at once.

● Currant Preserves

WASH and stem currants. Place in a boiling syrup using 3 parts sugar to 1 part water. Boil gently for 15 minutes and pour immediately into clean, hot BALL Jars. Seal at once.



● Citron Melon Preserves

5 melons.
5 cups sugar. 1 cup water.
2 lemons. Ginger root.

Peel melons, cut into slices and boil until tender, in a syrup made in proportion of 5 cups sugar to 1 cup water. Add the juice of 2 lemons with grated rind of 1 lemon to the boiling mixture. A little ginger root may be added if desired. Cook for 20 minutes, and pack hot into clean, hot BALL Jars. Seal immediately.

● Crab-Apple Preserves

SELECT perfect, well-colored crab-apples, wash thoroughly, remove blossom ends, leaving stems and skins. Place apples in a thick, boiling syrup made in proportion of 3 parts sugar to 1 part water. Cook gently until tender (about 30 minutes). Pack hot into clean, hot BALL Jars, cover with boiling syrup and seal immediately.

Crab-apple preserves are superior in color, shape and flavor to other apple preserves.

● Fig Preserves

GATHER the figs before they are perfectly ripe. Split them on one side and soak in lime-water or mild salt brine using 1 teaspoon salt to 1 quart water, for 3 or 4 hours. Wash thoroughly in cold water. Make a syrup using 1 cup sugar to 1 cup water for each 2 cups of fruit. Place figs in boiling syrup and cook until done. Pack into clean, hot BALL Jars. Fill with boiling syrup and seal immediately.

● Ginger Preserves

WASH ginger roots and boil gently until tender. Soak in cold water, changing water frequently. Make a syrup using 2 parts sugar to 1 part water. Pour syrup over ginger roots and let stand for 5 days. Pack into clean, hot BALL Jars and fill jars with boiling syrup which has been boiled down until thick. Seal immediately. Add spices if desired.

● Kumquat Preserves

WASH kumquats. Place halved, or whole, into boiling syrup made with 3 parts sugar to 1 part water. Boil until tender. Pack into clean, hot BALL Jars. Cover with boiling syrup. Seal immediately.

● Mixed Fruit Preserves

1 pint quinces. 1 pint sweet apples.
1 pint pears. 1 pint peaches.
3 lemons. 6 cups sugar.

Do not remove skins. Slice the fruit. Cook apples, peaches, pears, and quinces separately until tender. Drain off the juice from each, and add it to the sugar. Boil the mixture until it becomes a medium thick syrup. Add the fruit, juice of 2 lemons and 1 lemon sliced thin. Cook mixture until it is thick and seal at once in clean, hot BALL Jars.

● Muskmelon (Cantaloupe) Preserves

PARTIALLY green melons make delicious preserves, but they should be soaked in stronger salt-water than that used for watermelons.

Proceed same as for Watermelon Preserves, see recipe page 42.

● Peach Preserves

4 quarts peaches.
4 cups sugar. 2 cups hot water.

Blanch, remove skins and cut peaches into halves. Make a thick syrup, using 4 cups sugar to 2 cups water. Cook peaches in the syrup until they are clear and the syrup is thick. Pack into hot, clean BALL Jars and seal at once.

● Pear Preserves

4 pounds pears. 4 cups sugar.
4 cups water. 2 lemons, sliced thin.

The fruit may be preserved whole, in halves or in quarters.

Boil sugar and water together for 5 minutes, add pears and sliced lemon and cook until pears are clear and transparent, and the syrup is thick. Pack into clean, hot BALL Jars and seal at once.

If hard pears, such as Keifers, are used, cook them in water until tender, using the water in which they are cooked, for making the syrup.

A few cloves or a stick of cinnamon may be added for flavor. Using pineapple juice instead of water in the syrup gives a delicious flavor.

● Pineapple Preserves

PARE the pineapple and remove the eyes. Shred with a silver fork or cut in small pieces, discarding the core. Place pineapple in a preserving kettle and add $\frac{3}{4}$ as much sugar as pineapple. Allow mixture to stand until a syrup is formed. Cook the mixture slowly until the pineapple becomes transparent. Transfer to hot BALL Jars, fill with boiling syrup and seal immediately.

● Plum Preserves

6 pints plums.
9 cups sugar. 1 cup water.

Select small purple plums and be sure they are sound and not over-ripe. Remove stems, wash and pierce each plum with a fork. Place plums in an earthen bowl or jar, cover with sugar and add water. Cover vessel and let stand in a cool place overnight. Drain plums and boil the juice for 5 minutes. Add plums and cook for a few minutes until clear. Care should be taken not to over-cook, as the syrup thickens or jellies after standing. Pack into hot, clean BALL Jars and seal immediately.

● Pumpkin Preserves

5 pints pumpkin. 8 cups sugar.
3 lemons. 1 teaspoon salt.

Cut pumpkin into slices $\frac{1}{4}$ inch thick and from 1 to 2 inches long. Place in an earthen bowl or preserving kettle, add the sugar and let stand overnight. Drain and boil the liquid until it threads. Add the pumpkin, thinly sliced lemons and salt. Cook mixture until it is thick and clear. Seal while hot, in clean, hot BALL Jars.



● Quince and Apple Preserves

QUINCES may be preserved whole, quartered or sliced across in rings. Cook the quinces until tender in as little water as will keep them from burning. When tender put in syrup made of two parts sugar and one part water and cook until clear. Take one-third as much peeled apple as quinces and cook until tender in water. When tender put in two parts sugar to one part water, cooking until clear. Fill hot BALL Jars with alternate layers of apple and quinces. Fill Jars to overflowing with syrup and seal immediately. If short of syrup add more sugar and water to the kettle in the proportion of two parts sugar to one part of water.

● Raspberry Preserves

Mix thoroughly equal parts of raspberries and sugar. Cook slowly and stir until mixture boils. Boil gently for 6 minutes and pour into clean, hot BALL Jars and seal at once.

● Rhubarb Preserves

2 quarts rhubarb, cut in small pieces.
6 cups sugar. 2 cups water.

Boil sugar and water together until the syrup becomes brittle when dropped into cold water. Drop rhubarb into the boiling syrup and cook mixture until it is thick and clear. Pour into clean, hot BALL Jars and seal at once.

● Rhubarb and Fig Preserves

3½ quarts rhubarb. 8 cups sugar.
1 pint chopped figs. 1 lemon.

Cut rhubarb into small pieces, add sugar and let mixture stand overnight. In the morning boil until thick and add 1 pint of chopped figs and the juice and rind of 1 lemon. Cook rapidly until mixture is thick and clear. Pack while hot, into clean, hot BALL Jars. Seal immediately.

● Strawberry Preserves

USE firm, ripe strawberries. Take two quarts (do not increase quantity) and scald them, leaving them in the boiling water 2 minutes, then drain. Add four cups of sugar and boil two minutes, counting the time after the entire contents of the pan is bubbling. Remove from fire and after bubbling has stopped add two more cups of sugar and boil for five minutes. Count time as specified, after which pour into shallow pans so the preserves will not stand over one and one-half to two inches deep in the pan. Let stand over night, next morning pack the cold preserves in sterilized BALL Jars and seal with Caps and Rubbers in the usual way. This method of scalding keeps the berries plump and retains the color.

● Strawberry Preserves

4 pounds berries.
6 cups sugar.

Select ripe, sound berries, wash and hull. Add the sugar to the strawberries and heat gently until sugar dissolves and juice is drawn from the berries.

Cook rapidly until the fruit is plump and transparent and the syrup is thick. Pack carefully in clean, hot BALL Jars and seal immediately.

All berries except blackberries may be made into preserves by this method.

● Tomato Preserves

5 pounds ripe tomatoes.
8 cups sugar. 2 lemons.

Scald and peel tomatoes. Place in a crock or enameled bowl, add sugar and let stand over night. Drain off the juice and boil it rapidly until it threads. Add the tomatoes and lemons sliced thin, and cook until the mixture is thick and clear. Pack into clean, hot BALL Jars and seal immediately.

The preserves should be a rich, red color.

● Yellow Tomato Preserves

2 quarts small yellow tomatoes.
1 lemon.

3 cups sugar.

1 teaspoon salt.

4 tablespoons ginger root or thinly sliced candied ginger.

Wash and dry tomatoes, cut thin slice from blossom end and press out seeds. Put tomatoes into preserving kettle, sprinkle sugar and salt over top, simmer until sugar is dissolved, then boil slowly for 40 minutes. Wash and cut the lemon into wafer thin slices, removing seeds. Add lemon and ginger (cut in small pieces), boil 10 minutes more. Pack while boiling hot into hot BALL Jars and seal immediately.

● Watermelon Preserves

1 watermelon.

Alum (dissolved).

2 lemons. Sugar. Spices.

Peel and cut into slices the rind of one watermelon, soak slices in a weak salt solution (1 tablespoon salt to 1 quart water) overnight. Drain off the water and parboil the watermelon rind for a few minutes in water containing a pinch of dissolved alum. Drain the slices again. Make a heavy syrup using 3 parts sugar to 1 part water, add 2 lemons, sliced thin, and add whatever spices are desired (cinnamon, allspice, ginger and cloves). Place watermelon in the boiling syrup and boil slowly until tender. Pack into clean, hot BALL Jars. Seal immediately.

● Crab-Apple Honey

WASH crab-apples, remove cores and any defective spots, but do not pare. Cut apples into small pieces or run through a food chopper. Place apples, which have been cut into small pieces, or run through a food chopper, in a preserving kettle with water to cover. Boil for 10 minutes. Measure the pulp and add ¾ as much sugar as pulp. Cook the mixture until it is clear, and has a jelly-like consistency. Seal in clean, hot BALL Jars.

● Carrot Honey

1 quart grated raw carrot.

2 lemons, grated rind.

4 lemons, juice. 4 cups sugar.

Mix ingredients well, heat slowly and simmer the mixture until it is thick and clear. Pack into clean, hot BALL Jars and seal at once. Serve with cold meat.



PICKLES

THE tang of crisp spiced pickles or relish adds interest and palatability to any meal and used in moderation, they play an important part in the dietary because they stimulate the flow of saliva and gastric juices, thus aiding digestion.

Success in "making pickles" is determined largely by the kind of vinegar used. Best results will be secured if a high grade cider vinegar diluted one half with water is used.

SWEET PICKLES may be made from many fruits, fresh, canned or dried, as well as from a few vegetables. Green or slightly under-ripe fruits and vegetables make firmer, crisper pickles than those which have fully matured. A spicy syrup is used as the foundation for any variety.

SPICES should be bought fresh for each year's pickling. A mixture of spices commonly known as "pickling spice" may be obtained loose or in packages, or they may be blended at home. They should include whole cloves, peppercorns, stick cinnamon, mace, tiny red peppers, mustard seed, allspice, bay leaves and root ginger. Spices are usually tied in a square of cheesecloth and cooked with the pickles. Glass Top Jars are better containers for pickles or other products that have a strong acid, vinegar or salt solution. If metal top jars are used they should never be inverted to test for seals.

More satisfactory results can be obtained if the housewife understands what causes some of the troubles sometimes encountered in pickling.

- (1) Tough, shriveled pickles are the result of too much salt or sugar, or too strong a vinegar.
- (2) Soft pickles are the result of too strong a vinegar or being put in too weak a brine.
- (3) Hollow pickles are due to imperfect cucumbers or else too great a lapse of time between picking and pickling.
- (4) Slippery pickles are the result of letting the cucumbers stand above the brine. This will also cause them to be soft.
- (5) Off color is the result of using the wrong kind of vinegar or cooking in a copper kettle.
- (6) Vinegar—Use high grade cider or pure grain vinegar. Dilute one half with water.
- (7) Avoid water having excess of minerals.



Have syrup boiling before filling jars



BRINE and PICKLE SOLUTIONS

BRINING CUCUMBERS

Some housewives during the busy season prefer to brine their cucumbers and make pickles in a less busy season.

Perfect brining or curing requires from six to eight weeks. Brine for pickles is made by adding one pint of salt to nine pints of water (soft preferred). This is a 10% solution and should barely float a new laid egg. Common fine salt (not prepared table salt) or clean coarse salt should be used. Do not wash cucumbers unless necessary; if washed, drain. Put cucumbers in brine using round board or plate with weight to keep cucumbers below surface. On the following day place scant pint of salt on cover. At the end of each succeeding week for five weeks add one-half cup salt, placed on cover. Skim off scum as it forms.

Before making pickles the cucumbers must be freshened by soaking in from three to five changes of fresh water as most of the salt must be removed.

The cucumbers are now ready for pickling as specified in the individual recipes, but omit the brining and salting which is specified in the recipes when using cucumbers prepared as above.

● Pickling Vinegars

A GENERAL rule for relative proportions of vinegar to food is to weigh the vegetables and then use one-third their weight in vinegar.

● Honey Vinegar

Mix together 1 quart of strained honey and 8 quarts warm water. Allow mixture to stand in a warm place until fermentation ceases. Seal in clean BALL Jars. The resulting vinegar is white and of excellent quality.

● Spiced Vinegar

- 1 quart vinegar. 2 cups sugar.
- 1 tablespoon cinnamon.
- 1 teaspoon allspice.
- 1 tablespoon white mustard seed.
- 1 teaspoon cloves. 1 teaspoon salt.

Mix ingredients, bring to boil, pour over pickles.

● Cider Vinegar

SELECT ripe, sound apples, wash thoroughly and extract juice in a clean cider-press. Place juice in a large receptacle and allow to stand for a few days. Then drain, leaving sediment in bottom undisturbed. Wash out barrels or kegs in which it is to be placed as thoroughly as possible with boiling water. Fill them $\frac{3}{4}$ full with the juice. Leave bung out but place in a loose plug of cotton to prevent dirt from falling in. For each five gallons in barrel add one cake compressed yeast dissolved in luke-warm water. Keep barrels at a temperature of from 75 to 85° F. if possible. As soon as the alcoholic fermentation ceases (which will take several months), drain out clear liquid, rinse barrels and put the clear liquid back again, filling the barrels $\frac{3}{4}$ full. Add from 2 to 4 quarts vinegar containing more or less "mother" for each 5 gallons liquid. Store barrels in as warm a place as possible until vinegar is made; this usually requires from 6 to 12 months. Then fill barrels full and bung them tight.

● Pickling Syrup (For Fruits)

Cook until thickened—

- 3 quarts white or brown sugar.
- 2 quarts cider vinegar.
- Bag of pickling spices containing 1 tablespoon each whole cloves and allspice and $\frac{1}{4}$ pound stick cinnamon.

This syrup can be used for pickling fruits but do not use on cucumbers as it will cause them to shrivel.



GREEN PICKLES (WHOLE)

● Sour Cucumber Pickles

IF USING brined cucumbers (page 44) soak to remove most of the salt. Drain well and place in porcelain lined kettle with enough pure vinegar to cover cucumbers. Bring to the boiling point, drain off vinegar and pack cucumbers into hot BALL Jars. Add, if desired, spices and three tablespoons sugar to each Jar. Cover to overflowing with fresh cold vinegar.

● Cucumber Pickles

SCRUB two hundred cucumbers, put them into stone jar or bowl, cover with scalding hot brine (proportion 9 pints water to 1 pint salt). Let the cucumbers stand overnight in the brine. In the morning rinse and drain them. Wash BALL Jars and place in the bottom of each a slice of red pepper, slice of green pepper, and a little horseradish washed, scraped and cut into pieces. Pack the Jars full with the cucumbers and on top of each scatter a few cloves, white mustard seed and black mustard seed. Add one-half pint of brown sugar to one gallon of the best cider vinegar and bring to boiling point. Fill Jars to overflowing with the boiling vinegar and seal at once. Sugar may be omitted if a very sour pickle is preferred.

● Plain Dill Pickles (Quick Method)

WASH cucumbers and pack them in clean BALL Jars with dill, using one head of dill for each quart Jar. Bring to boil two quarts water, one quart vinegar and one cup salt. While boiling hard, pour it over the cucumbers and seal the Jars.

● Winter Dill Pickles

MAKE a brine by adding half a cup salt to each four quarts of water; in this soak a hundred medium-sized cucumbers overnight. In the morning drain, wipe dry and pack tightly in layers in BALL Jars. On each layer of cucumbers place a thin layer of dill, using stalks, leaves and seed balls, and cherry or grape leaves. Add small piece of hot red pepper and piece of alum the size of bean to each Jar. Fill the Jars with cold brine made as follows: Boil together ten quarts water, one quart vinegar and two cups salt. Let this brine stand overnight. A cup of mustard seed and cup of horseradish shaved fine may be added to the brine, if desired. Do not seal Jars tightly until fermentation has taken place which requires from three to four weeks.

● Cucumber Oil Pickles

- 200 cucumbers.
- 6 small onions.
- $\frac{1}{2}$ cup celery seed.
- $\frac{1}{4}$ cup black pepper.
- $\frac{1}{2}$ cup mustard seed.
- 8 cups sugar.
- 8 cups cider vinegar.
- 2 cups olive oil.

Wash cucumbers and slice thin. Slice onions. Soak overnight in brine strong enough to float an egg, made of eight quarts water to one quart salt. Drain but do not wash. Boil vinegar, sugar and spices together, pour over cucumbers. Add olive oil

and cook near boiling point until pickles change color. Fill hot BALL Jars to overflowing and seal immediately. If not enough liquid add more vinegar.

● Cucumber Mustard Pickles (Semf-Gurken)

- 8 large ripe cucumbers.
- 4 cups vinegar. 2 cups sugar.
- 2 tablespoons mustard seed.
- 1 tablespoon mixed whole spice.

Peel cucumbers, remove seeds and cut into long strips. Salt lightly and let stand 24 hours. Drain well. Mix vinegar, sugar, mustard seed and spice and pour over the cucumbers. Cook until soft. Pack into clean, hot BALL Jars and seal at once.

● Sweet Pickled Gherkins

IF USING brined cucumbers (page 44) soak to remove most of the salt. Place small, two-inch long, cucumbers in porcelain lined kettle, cover with pure vinegar and bring to boiling point. Drain off vinegar and pack cucumbers into hot BALL Jars and cover the cucumbers to overflowing with syrup made of one gallon pure vinegar, $\frac{1}{4}$ cup whole mixed pickle spices. (Tie spices in a cheesecloth bag.) Boil the spices in the vinegar for five minutes, discard the spices and add 8 cups granulated sugar. As soon as the sugar is dissolved pour hot syrup over cucumbers and seal immediately.

● Spiced Cucumbers

- 12 ripe cucumbers.
- $1\frac{1}{2}$ cups sugar.
- 2 cups vinegar.
- 1 teaspoon salt.
- 1 tablespoon cloves, whole.
- 1 tablespoon allspice, whole.
- 2 tablespoons cinnamon bark.
- 1 tablespoon white mustard seed.

Cut cucumbers into slices 1 inch thick or in lengthwise strips. Place in a bowl and sprinkle with $\frac{1}{2}$ cup salt. Let stand overnight. Drain and wash in cold water. Mix the sugar, vinegar and spices and boil for 5 minutes. Add cucumbers and cook mixture slowly until tender. When done the cucumbers should be clear in appearance, and the liquid should be the consistency of a medium thick syrup. Pack into clean, hot BALL Jars and seal immediately.

PICKLES (SLICED)

● Ripe Cucumber Rings

SELECT large yellow cucumbers. Pare them and cut into slices $\frac{1}{2}$ inch thick. Soak overnight in salt-water ($\frac{1}{4}$ cup salt to 1 quart water). Drain and cook in clear water for 20 minutes. Drain again and cover with a pickling syrup. Cook until clear and seal immediately in hot, clean BALL Jars.

● Green Tomato Pickles

- 1 peck of green tomatoes, sliced.
- $1\frac{1}{2}$ ounces of black pepper.
- 1 ounce of whole allspice.
- $\frac{1}{4}$ pound ground mustard.
- 1 dozen onions, sliced.
- 1 ounce of whole cloves.
- 1 ounce of mustard seed.



Good Ingredients call for care in preparation

Put a layer of tomatoes, then a layer of onions, then a sprinkling of salt, then another layer of tomatoes, and so on; let stand overnight.

Next morning, drain off all the liquor, put them in a porcelain-lined kettle with all the other ingredients, cover with vinegar, and SIMMER gently fifteen minutes. Pack in BALL Jars.

● Spiced Green Tomatoes

- 5 pounds small, green tomatoes or larger tomatoes sliced medium thick.
- 6 cups white sugar.
- 2 cups vinegar.
- 1 tablespoon stick cinnamon.
- 1 teaspoon whole cloves.
- 1 teaspoon whole allspice.
- 1 tablespoon white mustard seed.

Wash tomatoes but do not peel. If small tomatoes are used prick them slightly. Combine sugar, vinegar and spices; bring mixture to the boiling point and pour it over the tomatoes. Let stand for 6 hours, or overnight. Drain off liquid and cook until it coats a spoon. Add tomatoes and cook until clear. Seal in clean, hot BALL Jars.

Green plum, pear or peach tomatoes are good for this pickle, but large green tomatoes may be sliced and used.

● Governor's Mixture

SLICE 1 peck green tomatoes, sprinkle $\frac{3}{4}$ cup salt through them. Let stand overnight. In the morning pour off liquid and put tomatoes in kettle with enough vinegar to cover. Add 6 green peppers, 4 large onions chopped fine, 1 cup brown sugar, 1 cup grated horseradish, 1 tablespoon ground cloves, 1 tablespoon allspice, 1 teaspoon each cayenne and white pepper. Let simmer until soft. Pack into hot sterilized BALL Jars and seal immediately.

ASSORTED PICKLES

ALL commercial vinegar should be diluted $\frac{1}{3}$ to $\frac{1}{2}$ with fresh water before using on Pickles.

● Mixed Mustard Pickles

- 1 pint small cucumbers.
- 1 pint large cucumbers, sliced.
- 1 pint pickling onions.
- 1 cup string beans, cut diagonally in 1-inch pieces.
- 1 pint cauliflower, cut into small pieces.
- 3 red peppers, chopped.
- 3 green peppers, chopped.
- 1 cup small carrots, or sliced carrots.
- 1 pint small, green tomatoes, cut in halves or quarters.

Select cucumbers not longer than 2 inches. Soak all the vegetables in brine (1 cup salt to 1 gallon water) overnight. Drain and soak them in clear water 3 hours. Cover the vegetables with vinegar and water, using for the mixture equal amounts of vinegar and water. Let stand for 1 hour and then heat to simmering point. Make a dressing of the following ingredients:

- $\frac{1}{4}$ cup white sugar.
- 4 tablespoons flour.
- 4 tablespoons powdered mustard.

- $\frac{1}{2}$ tablespoon turmeric.
- 1 teaspoon celery salt.
- 6 cups vinegar.

Mix dry ingredients and add hot vinegar slowly, stirring to make a smooth paste. Cook mixture in a double boiler until the sauce thickens. Drain vegetables. Pour mustard dressing over them while they are hot, and simmer for 5 minutes. Pack pickles into hot, clean BALL Jars, and seal immediately.

● Mixed Pickles

- 1 quart small cucumbers.
- 1 pint pickling onions.
- 1 pint small carrots, or large carrots, quartered.
- 2 red peppers, seeds removed.
- 1 pint celery, cut in 2-inch lengths.
- 4 tablespoons white mustard seed.
- 1 cup sugar.
- 4 cups cider vinegar.
- 4 tablespoons salt.

Soak onions and cucumbers separately for 24 hours, in a brine made in the proportion of 1 cup salt to 1 gallon water. Remove from brine, soak in cold water for 2 hours and drain. Add spices, sugar and vinegar and let stand overnight in a covered vessel. Drain off vinegar, heat it, add vegetables and allow mixture to simmer for 15 minutes. Seal immediately in clean, hot BALL Jars.

● Pickled Beets

COOK small beets until tender. Cold-dip and slip skins. Make a pickling syrup of 2 cups sugar, 2 cups water, 2 cups vinegar, 1 lemon, sliced thin, 1 tablespoon cinnamon, 1 teaspoon cloves and 1 teaspoon allspice. Cover beets with mixture and simmer for 15 minutes. Seal in clean, hot BALL Jars.

Golden wax beans, stems of Swiss chard or small carrots may be pickled in the same way.

● Emergency Pickles

- 1 pint carrots, cooked and cut into strips.
- 1 green pepper.
- 1 red pepper or 2 pimientos, chopped.
- 3 medium-sized onions, sliced.
- 1 cup cooked string beans.
- $\frac{2}{3}$ cup sugar.
- 1 cup vinegar.
- $\frac{1}{2}$ teaspoon paprika.
- $1\frac{1}{2}$ teaspoon salt.
- $\frac{1}{4}$ teaspoon turmeric.

Combine ingredients and cook slowly until mixture is clear. Seal in clean, hot BALL Jars.

● Pickled Walnuts

Pick young walnuts while they are soft enough to be pierced with a needle. Soak them in a strong brine for three days, drain them, soak them in cold water for six hours, drain them and place them in a stone crock. To a gallon of vinegar add a cupful of sugar, two tablespoonfuls each of whole peppers and cloves, a tablespoon of allspice, and eight blades of mace; boil the mixture for ten minutes, pour it over the walnuts while it is scalding hot, and let them stand for three days. Then drain off the vinegar, put the nuts into BALL Jars, bring the vinegar to a boil, pour it over the nuts, seal the jars, and store them in a cool place. The nuts must stand at least six weeks before they are ready for use.



● **Pickled Onions**

- 4 quarts small white onions.
- 1 cup salt.
- 2 quarts vinegar.
- 2 cups sugar.
- $\frac{1}{4}$ cup mixed pickle spices.

Cover onions with boiling water, let stand two minutes, drain, cover with cold water and peel. Let stand in salt water overnight. Place in colander, pour over cold water and drain. Tie spices in bag and boil with sugar and vinegar, remove spices, put in onions, bring to boil and pack while hot into hot BALL Jars and seal immediately.

● **Pepper Mangos**

- 1 dozen red peppers.
- 1 dozen green peppers.
- 2 heads cabbage (about 1 quart chopped).
- 1 tablespoon salt.
- 1 teaspoon ground cinnamon.
- $1\frac{1}{2}$ teaspoons ground cloves.
- 1 teaspoon ground allspice.
- 1 cup sugar.
- 2 tablespoons white mustard seed.
- Strong cold vinegar.

Cut tops from the red and green peppers. Remove seeds and midribs and save the tops. Stand peppers upright in a pan, soak 24 hours with a salt solution made of $\frac{1}{2}$ cup salt to each 2 quarts water. Drain before using peppers.

Cut the cabbage on a cabbage cutter and measure 1 quart of it. To this amount add the other ingredients and mix well. Fill the peppers with it, put on tops and tie tightly. Stand them upright in hot BALL Jars, and cover with the cold vinegar. Put half red and half green peppers in each Jar. Ready for use in three weeks.

● **Pickled Sweet Red Peppers**

WASH outside of peppers and wipe them dry. Cut slice from stem end and remove seeds. Cut into thin strips with scissors, or into long ribbons, working around and around the pepper. Scald well, then drop into ice water to crisp. Drain. Put the peppers into clean hot BALL Jars, fill to overflowing with hot syrup made in the proportion of 1 cup sugar to 2 cups vinegar, seal immediately.

CHOPPED RELISHES● **Cauliflower-Cucumber Mustard Pickles**

- 2 cauliflowers.
- 2 quarts green tomatoes.
- 6 green peppers.
- 1 quart very small onions
- 24 small cucumbers.
- $3\frac{1}{2}$ quarts vinegar.
- 1 cup sugar.
- $\frac{1}{4}$ pound mustard
- $\frac{1}{2}$ ounce turmeric.
- $\frac{3}{4}$ cup flour.

Break cauliflower into small pieces, chop tomatoes and green peppers and add the onions and cucumbers without cutting. Cover with brine (using 1 cup salt to 1 quart water) and let stand overnight. Scald mixture and drain thoroughly. Heat vinegar with

the sugar and add mustard, turmeric and flour which have been blended to a smooth paste with a little vinegar. Cook for 20 minutes, stirring constantly, add prepared vegetables and when cool place in clean BALL Jars and seal immediately.

The amount of mustard may be increased or decreased, to suit taste.

● **Celery Relish**

- 1 quart celery, chopped.
- 1 cup white onion, chopped.
- 2 large red peppers.
- 2 large green peppers.
- 1 teaspoon salt.
- 2 cups vinegar.
- $\frac{1}{2}$ cup sugar.
- 1 teaspoon mustard.

Large, coarse stalks of celery may be used for celery relish. Chop the celery and onion. Cook them separately in salted water (2 teaspoons salt to each quart water) until tender. Drain them and add chopped peppers from which the seeds have been removed. Add other ingredients and cook the mixture until tender. Seal immediately in clean, hot BALL Jars.

● **Chow-Chow**

- 2 quarts green tomatoes.
- 12 small cucumbers.
- 4 green peppers.
- 1 small head cabbage.
- 6 onions. 1 cup salt.
- 1 quart string beans.
- $\frac{1}{2}$ gallon vinegar.
- 1 tablespoon celery seed.
- 1 tablespoon mustard.
- 1 tablespoon allspice.
- 1 tablespoon pepper.
- 1 tablespoon cloves.

Chop together tomatoes, cucumbers, peppers, cabbage, onions and string beans. Let the mixture stand in a covered enamel pan overnight. Place mixture in a pan with alternate layers of salt, using 1 cup salt, reserving enough salt for top layer. Let mixture stand 12 hours then drain. To $\frac{1}{2}$ gallon vinegar add 1 tablespoon each of celery seed, mustard, allspice, pepper and cloves; heat to boiling point, add vegetables and cook mixture until tender. Pack the chow-chow into clean, hot BALL Jars and seal at once.

● **Chili Sauce**

- 4 quarts chopped and peeled tomatoes.
- 2 cups chopped onions.
- 1 cup chopped sweet red pepper.
- 1 cup chopped green pepper.
- 1 small hot, red pepper.
- 3 tablespoons salt.
- $\frac{1}{2}$ cup sugar.
- 1 tablespoon white mustard seed.
- 1 teaspoon cinnamon.
- 1 teaspoon allspice.
- $2\frac{1}{2}$ cups vinegar.

Combine the vegetables, salt and sugar, and cook until the mixture begins to thicken, then add the vinegar and whole spices in bag, and cook until the mixture becomes a thick sauce. Pour into hot BALL Jars and seal immediately. Drain juice from vegetables before adding vinegar. This will shorten the cooking period.



● **Corn Relish**

- 12 full size ears corn.
- 6 pounds cabbage.
- 3 large green peppers.
- 1 cup chopped celery or 1 teaspoon celery seed.
- 3 red peppers.
- 4 onions.
- 1 quart vinegar.
- 2 tablespoons dry mustard.
- 5 tablespoons salt.
- 2 cups brown sugar.

Boil corn 2 minutes, cut kernels from ears. Chop cabbage, celery, onions and peppers. Combine all ingredients and cook until vegetables are tender, about one-half hour. Then boil the mixture rapidly for five minutes and pour into clean hot sterilized BALL Jars and seal immediately.

● **Piccalilli**

- 1 peck (2 gallons) green tomatoes.
- 1 head cabbage.
- 3 peppers, red or green.
- 8 large onions.
- 1 cup salt.

Chop and mix together tomatoes, cabbage, onions and peppers. Add salt and let stand overnight. Drain and add the following ingredients:

- 2 quarts vinegar.
- 2 cups brown sugar.
- 1 tablespoon mustard seed.
- 2 tablespoons cinnamon.
- 2 tablespoons ground black pepper.
- 1 tablespoon cloves.
- 1 tablespoon allspice.
- 2 tablespoons ginger.
- $\frac{1}{4}$ teaspoon cayenne pepper.

Place the cloves, allspice and ginger in a bag. Boil the mixture for 30 minutes, stir frequently, and pour into clean, hot BALL Jars. Seal immediately.

● **Pepper Relish**

- 12 red peppers.
- 12 green peppers.
- 12 onions.
- 2 cups vinegar.
- 2 cups sugar.
- 3 tablespoons salt.

Chop peppers and onions. Cover with boiling water and let stand for 5 minutes, and drain. Add vinegar, sugar and salt and boil mixture 5 minutes. Pour into clean, hot BALL Jars and seal immediately.

SWEET FRUIT PICKLES*Pickled Peaches, Apples, Pears
and Crabapples*

MAKE a pickling syrup (see page 44). Pare and halve the peaches, leaving in an occasional stone for flavor. Cook the peaches in the syrup until tender, then place in BALL Jars. Fill Jars with the syrup and seal. The peaches may be left whole if preferred. Crabapples are left whole, other apples are pared and quartered or halved.

● **Pickled Barberries**

SOAK nice, large bunches of barberries in salt and water for 3 hours. Remove from the water and pour scalding vinegar over them. Spice them if preferred. Place in BALL Jars and cover with hot vinegar. These will keep their color and are handsome for garnish.

● **Spiced Blueberries**

- 5 pounds blueberries.
- 6 cups sugar.
- 2 cups weak vinegar.
- 1 tablespoon cinnamon.
- 1 tablespoon cloves.
- 1 tablespoon allspice.

Tie spices in cheesecloth. Boil sugar, spices and vinegar together for 10 minutes. Add berries which have been washed and well drained and simmer for 10 minutes. Seal in hot, clean BALL Jars.

If cooked too long the berries will have a shriveled appearance.

● **Pickled Cranberries**

- 5 pounds cranberries.
- 2 cups vinegar.
- $3\frac{3}{4}$ pounds light brown sugar.
- 1 tablespoon ground cloves.
- 2 tablespoons ground cinnamon.
- 2 tablespoons ground allspice.

Bring all ingredients except the cranberries to a boil in a preserving kettle. Then add cranberries and cook gently for 2 hours. Pour, while boiling hot, into hot BALL Jars and seal immediately.

● **Spiced Currants**

- 6 cups sugar.
- 2 cups vinegar.
- 3 quarts currants.
- 1 pound seeded raisins.
- 1 teaspoon salt.
- $\frac{1}{2}$ teaspoon cloves.
- $\frac{1}{2}$ teaspoon allspice.
- $\frac{1}{2}$ teaspoon nutmeg.

Make a syrup of 6 cups sugar and 2 cups vinegar. Add 3 quarts currants and 1 pound seeded raisins, chopped fine. Boil mixture 30 minutes, add salt and cloves, allspice and nutmeg. Pour the spiced currants into hot, clean BALL Jars and seal at once.

If BALL Jelly Glasses are used, cover them with melted paraffin.

● **Pickled Figs**

MAKE a strong soda solution with boiling water and pour this over just enough figs to cover the bottom of a preserving kettle. Let them remain in this solution five minutes and then drain them thoroughly. Take one quart of vinegar to three pounds of sugar and when dissolved add the figs and cook slowly for one hour. Seal in BALL Jars. If you have some syrup left, more figs may be cooked in it. A spice bag filled with whole cloves, cinnamon and allspice may be boiled with the vinegar syrup if desired. Some persons, instead of using a soda solution, prefer to soak in rather weak salt water for about six hours, rinse, and then boil as above.



● Pickled Grapes

SELECT bunches of grapes of uniform size and ripeness. They should not be over-ripe. Wash, and without removing the grapes from stems, pack the bunches closely into clean BALL Jars, being careful not to crush the fruit. Make a syrup in the proportion of 1½ cups white sugar to 1 cup white vinegar and boil for 5 minutes. Fill jar with hot syrup and seal.

Purple, white, and red grapes may be pickled in this way. They keep their shape and color and are excellent to serve as a relish or garnish.

● Spiced Grapes

- 7 pounds grapes.
- 8 cups sugar.
- 2 cups vinegar.
- 1 nutmeg, grated.
- ½ tablespoon ground cinnamon.
- 1 teaspoon ground cloves.

Wash, and slip skins from grapes. Place in preserving kettle and simmer until soft. Press pulp through a fine sieve to remove seeds. Add to pulp the grape skins, sugar, vinegar, nutmeg, cinnamon and cloves. Simmer mixture for 1 hour. Pack while hot into clean, hot BALL Jars and seal immediately.

● Pimiento Sweet Pickles

- 24 bright-red sweet peppers.
- 1 tablespoon whole cloves.
- 1 blade mace.
- 3 inches stick cinnamon.
- 1 tablespoon allspice.
- 1 small piece root ginger.
- 1 tablespoon whole mustard seed.
- 4 cups vinegar.
- 7 cups granulated sugar.

Wash peppers, remove seeds and white connecting fibre and allow them to soak overnight in cold brine made in proportion 1 tablespoon salt to 1 quart water. Drain and chop peppers. Heat together the spices, tied in cheesecloth, the vinegar, and sugar. Add the peppers, simmer ½ hour and strain. Pack peppers into clean, hot BALL Jars. Boil down the pickle syrup until thick and pour over peppers until jar is filled. Seal immediately.

This pickle forms a delightful addition to plain salads, salad dressings and jellied meat or chicken.

● Ginger Pears

- 12 pears.
- 8 cups granulated sugar.
- 4 lemons—juice.
- 2 lemons—grated yellow rind.
- 2 ounces preserved ginger (cut fine).
- 4 cups water.

Wash, peel and cut pears into small pieces. Mix remaining ingredients together and bring to boil. Add pears and boil slowly until mixture is thick. Pack into hot, clean BALL Jars and seal immediately.

● Spiced Plums

- 4 quarts plums.
- 2 cups vinegar.
- 6 cups sugar.
- 1 tablespoon cloves.
- 1 tablespoon cinnamon.
- 1 teaspoon allspice.

Wash and dry plums. Place them in a stone jar or bowl. Boil vinegar, sugar and spices together for 10 minutes and pour over plums. Cover and let stand overnight. Drain off the liquid and bring to boil, add to plums and cook until plums are clear but not broken. Pack in clean, hot BALL Jars, fill with pickling syrup and seal immediately.

The plums should retain their color and should be firm and plump in appearance.

● Sweet Pickled Rhubarb

- 6 pounds rhubarb.
- 14 cups sugar.
- 2 cups vinegar.
- 2 teaspoons cinnamon.
- 1 teaspoon cloves.

Mix ingredients and cook slowly for about 3 hours, stirring frequently. Pack while hot into hot sterilized BALL Jars. Seal immediately.

● Pickled Quinces

- 1 cup vinegar.
- ⅓ cup water.
- ⅓ cup sugar.
- ½ teaspoon cinnamon.
- ¼ teaspoon cloves.

Make syrup of the above ingredients, putting the spices into a muslin bag. Wipe the quinces with a damp cloth to remove the fuzz. Peel and cut into pieces of convenient size. Cook gently for 20 minutes. Pack while boiling hot into hot BALL Jars and seal immediately.

● Cantaloupe Pickles

SELECT under-ripe cantaloupe. Cut into sections and remove rind. Soak for 3 hours in salt solution (4 tablespoons salt to 1 quart water). Drain off brine and add the well-drained rind to a pickling syrup made from the following ingredients:

- 4 cups water.
- 4 cups sugar.
- 1 cup vinegar.
- 1 tablespoon cinnamon.
- 1 tablespoon allspice.
- 1 tablespoon cloves.

Boil the rind rapidly in this syrup for 10 minutes. Let stand overnight. Drain the syrup from cantaloupe and boil until it coats a spoon. Add cantaloupe and cook until clear (about 1 hour). Seal immediately in clean, hot BALL Jars.

● Pickled Watermelon Rind

SOAK 2 pounds watermelon rind overnight in salt-water (3 tablespoons salt to 1 quart water). Drain off brine and cook watermelon rind in clear water until tender. Make a syrup of 2 cups sugar, 2 cups water, 2 cups vinegar, 1 lemon, sliced thin, 1 tablespoon cinnamon, 1 teaspoon cloves and 1 teaspoon allspice. Add rind to the hot solution and boil rapidly until rind is clear. Pack into clean, hot BALL Jars and seal immediately.

● Pickled (Salted) Corn

BOIL corn on cob until tender (about 5 minutes). Cut from cob and add 1 pint salt to each 3 pints of corn. Stir to mix thoroughly and when



cold, pack in clean BALL Jars. When ready to use freshen by placing 3 quarts water to each quart of corn in large kettle. Bring to boil, and repeat the process three times. Pour through colander. Heat corn, seasoning with 1 tablespoon sugar, 1 tablespoon flour, $\frac{1}{2}$ cup cream and butter size of walnut.

PICKLED EGGS AND FISH

● Pickled Eggs

15 to 18 eggs.

Carefully shell hard cooked eggs. Place them in hot sterilized BALL Jars and cover with the following boiling liquid—

3 cups vinegar.

1 cup water.

1 teaspoon salt.

Pickling spices if desired.

Seal immediately. It is recommended that mustard be avoided on account of its color. It is also recommended that white instead of cider vinegar be used on account of its color.

Some prefer to pickle eggs with beet vinegar. To do this drain the liquid from Jars of Pickled Beets (page 45) and use this instead of the vinegar and water specified above.

● Pickled Fish

1 pint vinegar.

1 pint water.

20 peppercorns.

18 whole allspice.

5 bay leaves, crushed.

4 slices lemon.

3 slices onion.

Boil the vinegar, water, salt, peppercorns, spices and onions $\frac{1}{2}$ hour. Add the lemon slices and cook for 5 minutes more then remove them from the liquor. Have the fish that are used scaled and cleaned, simmer in the liquor until tender enough so that a fin can be pulled out. Cook only a few pieces at a time.

Pack the fish when cooked into clean BALL Jars with sliced onions between the layers. Pour the boiling hot liquid and seasoning over the fish. Do not seal the Jars, but cover them with the caps of the Jars. The liquid will form a jelly on the fish. The liquid given is sufficient for $\frac{1}{2}$ gallon of fish. This will keep several weeks.

CHUTNEYS

● Chutney

24 ripe tomatoes, medium size.

6 onions, medium size.

3 red peppers. 3 green peppers.

12 tart apples.

1 pound seedless raisins.

1 cup celery, cut fine.

2 quarts vinegar.

3 cups sugar. Salt.

Chop vegetables first and then the apples. Cut celery. Combine ingredients and cook chutney until it is thick and clear. Pour immediately into clean, hot BALL Jars, and seal immediately.

● Apple Chutney

2 quarts apples.

1 quart brown sugar.

2 quarts cider vinegar.

2 pounds seeded raisins.

1 small onion.

Wash, peel, and core the apples. Cook them with the brown sugar and vinegar until they are smooth. When the mixture is thick, place it in a crock and add the raisins chopped fine, the onion, an ounce each of white and black mustard seed, two ounces of ground ginger, one tablespoon of salt, and two or three red peppers chopped fine. Mix the ingredients thoroughly, heat them, and let them stand over night. In the morning place the chutney in BALL Jars and seal them. Apple Chutney may be used as a catsup.

● Gooseberry Chutney

1 quart of nearly ripe gooseberries.

$\frac{3}{4}$ pound raisins.

3 small onions.

1 cup brown sugar.

2 tablespoons mustard (mix this in a little vinegar).

2 tablespoons ginger.

1 tablespoon salt.

2 pints vinegar.

A little turmeric.

Chop the onion, cook all ingredients together until smooth and thick, and seal in hot BALL Jars.

● Peach Chutney

4 quarts peaches.

5 cups vinegar.

$\frac{1}{2}$ cup chopped onion.

$\frac{1}{2}$ cup sugar.

$\frac{1}{4}$ pound raisins.

$\frac{1}{4}$ pound white mustard seed.

2 ounces scraped ginger root.

1 ounce red peppers.

1 ounce garlic.

Peel peaches and remove stones. Add 2 cups vinegar to each 4 quarts peaches and cook until soft. Add another cup of vinegar, $\frac{1}{2}$ cup chopped onion, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ pound raisins, $\frac{1}{4}$ pound white mustard seed, 2 ounces scraped ginger root, 1 ounce red peppers and 1 ounce garlic. Mix ingredients well and add 2 cups vinegar. Boil mixture 15 minutes. Pack into clean, hot BALL Jars and seal at once.

Peach chutney may be used as ketchup.

KETCHUPS

● Tomato Ketchup

$\frac{1}{2}$ peck tomatoes.

3 red peppers.

2 medium-sized onions, cut fine.

2 tablespoons salt.

$\frac{1}{3}$ cup sugar.

2 cups vinegar.

2 teaspoons celery salt.

2 teaspoons ground mustard.

1 tablespoon whole allspice.

1 tablespoon cloves.

1 tablespoon cinnamon.

1 teaspoon paprika.



Cook tomatoes, peppers and onions together without adding water. Press mixture through strainer, and measure pulp. To pulp (4 quarts) add the salt, sugar and spices. Place whole spices in a bag during the cooking and remove bag before pouring the ketchup into jars. Ground spices, except paprika, will darken ketchup. Long, slow cooking also gives a dark color. Cook ingredients together, except vinegar, rapidly for 1 hour, add vinegar and cook mixture until it is thick. Seal in clean, hot BALL Jars. It should be bright-red in color. *3 hrs.*

● Cucumber Ketchup

- 1 quart ripe cucumbers, large.
- 1 cup white onions.
- 2 green peppers, medium-sized.
- 2 cups vinegar.
- 1 cup sugar.
- 2 tablespoons white mustard seed.
- Cayenne pepper. Salt.

Pare cucumbers, cut into quarters and remove seeds. Chop cucumbers, onions and peppers or put through a food chopper. Add a small amount of water to prevent sticking and boil mixture until cucumbers are tender. Add sugar and seasoning to vinegar, and heat. Add mixture and cook until it is thick and clear. Seal immediately in clean, hot BALL Jars.

● Grape Ketchup

- 4 pounds grapes.
- 1 pound tart apples.
- 4 cups white sugar.
- 1½ cups vinegar.
- ½ teaspoon salt.
- 2 tablespoons cinnamon.
- 2 teaspoons allspice.
- 2 teaspoons cloves.

Wash grapes and remove from stems. Place in a pan, do not add any water, steam them until soft. Cook apples until tender. Press the fruit through a sieve, add remaining ingredients and simmer the mixture for 20 minutes. Seal in clean, hot BALL Jars.

The spices should be whole and tied in a cheesecloth while cooking and be removed before the ketchup is sealed. Ground spices may be used but they give the product a darker color.

● Cranberry Ketchup

Mix 4 pounds cranberries with 1½ cups vinegar. Heat slowly to the boiling point and cook until berries burst. Rub the mixture through a coarse sieve. Add 2 pounds brown sugar, 1 teaspoon each ground cloves, salt and paprika and 2 teaspoons ground cinnamon. Simmer half hour, or until thickened, then seal in small hot sterilized BALL Jars.

HOT SAUCES

● Barbecue Sauce for Meats

- 4 cups tomato ketchup.
- 4 cups gravy or meat stock.
- 1 cup Worcestershire Sauce.
- ½ cup vinegar.
- 1 teaspoon paprika.
- 4 teaspoons salt.

Mix ingredients and bring to boiling point. Pack into clean hot BALL Jars, partly seal and process for 3 hours in Hot-Water Bath or for 90 minutes in Steam Pressure Cooker at 10 pounds pressure.

● Tomato Sauce

- 2 gallons strained tomatoes.
- 1 dozen onions, chopped fine.
- 8 green peppers, chopped fine.
- 10 tablespoons brown sugar.
- 10 tablespoons salt.
- 8 cups cider vinegar.

Boil the strained tomatoes for 10 minutes, add chopped onions and green peppers and boil 15 minutes. Then add the rest of the ingredients and boil for 1 hour. Pack while boiling hot into clean hot BALL Jars and seal immediately.

● Red Hot Sauce

- ½ bushel ripe tomatoes.
- ½ peck large white onions.
- 7 cups cider vinegar.
- ½ cup salt.
- 1 teaspoon cayenne pepper.

Wash tomatoes and peel onions, chop fine. Cook together until very soft. Strain through sieve, pushing as much of the pulp through as possible. Boil the puree rapidly for 15 minutes, then add other ingredients and boil altogether for 1½ hours or to the consistency of catsup. Pour while boiling hot into clean hot BALL Jars and seal immediately.

● Spanish Sauce for Chili

- 20 red peppers, seeds and veins removed.
- 2 teaspoons salt.
- 2 onions, minced.
- 2 clove garlic, minced.
- 1 teaspoon majoram.

Boil peppers until soft in enough boiling water to cover. Mash or press through colander, add other ingredients. Pack into clean hot BALL Jars, partly seal and process in Hot-Water Bath for 20 minutes. Remove from canner and seal immediately.

SACCHARINE PICKLES FOR DIABETICS

● Cucumber Pickles With Saccharine

- 1 gallon vinegar.
- 1½ quarts water.
- ½ cup salt.
- ½ cup ground mustard.
- 1 teaspoon powdered alum.
- 1 teaspoon saccharine.
- 2 tablespoons mixed pickling spices.

Wash and dry cucumbers, pack them into clean BALL Jars. Pour the above cold mixture over them and seal.

● Sweet Saccharine Pickles

FILL clean half-gallon BALL Jar with small cucumbers soaked twenty-four hours in cold water. Add 3 or 4 tablespoons saccharine, ½ teaspoon alum, 1 teaspoon salt, 1 teaspoon mixed pickle spices. Fill the Jar with vinegar solution made in the proportion of 1 gallon vinegar to 1½ quarts water.



The Famous "Ball" Line of Jars, Jar Caps, Glass Lids, Jelly Glasses and Rubbers

FOR more than forty years housewives the world over have depended very largely on BALL Jars and their accessories to preserve foods. The principal reason for such wide-spread preference is the distinctive feature of all BALL Jars—an absolutely smooth and perfect shoulder for the rubber ring insuring positive air-tight seal. Today more than three-fourths of all jars in use are branded "BALL." BALL Jars, Caps and Jelly Glasses are scientifically designed and produced by highly trained and experienced workmen. Every Jar, Cap, Jelly Glass and Rubber is individually inspected; this insures perfect goods for your use. BALL Jars are manufactured in sizes and styles to meet every need of the housewife for canning all kinds of fruits, meats and vegetables.

Ball

"Perfect Mason" and "Special" (Wide Mouth)
Jars with Genuine Zinc Porcelain Lined Caps and
High Grade "Perfect Seal" Lipped Red Rubbers.



Ball Round
"Perfect Mason"



Ball Square
"Perfect Mason"



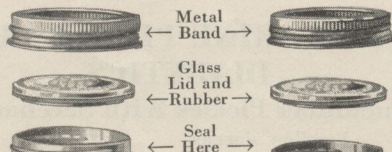
Ball Round
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Wide Mouth



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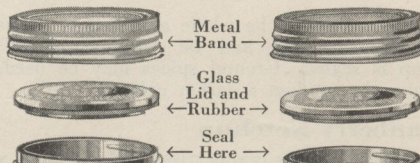
"Perfect Mason" and "Special" (Wide Mouth) Jars
with Glass Top Seal. Contents do not come
in contact with any metal. 100% Sanitary.



Ball Round
"Perfect Mason"



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"Perfect Mason"



Ball Round
"Special"
Wide Mouth



Ball Square
"Special"
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Ball

"Ideal" and "Eclipse" (wide mouth) All Glass—self-sealing jars are Easier to Seal and Easier to Open than any other jar. Seal by vacuum and lever pressure—doubly secure.



Ball Round "Ideal"
With Glass Top and Rubber



Ball Square "Ideal"
With Glass Top and Rubber



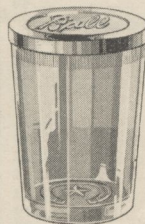
Ball Wide-Mouth "Eclipse"
With Glass Top and Rubber

Ball Jelly Glasses, Genuine Zinc Caps, Glass Lids, Metal Bands

Ball Tall Round-Bottom Jelly Glass with tin cap — well known standard Jelly. Made in $\frac{1}{8}$ and $\frac{1}{2}$ -pint sizes.



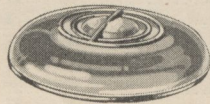
Ball Jelly Mould with tin cap. Moulds the jelly in attractive shape that will not topple over. $\frac{1}{8}$ and $\frac{1}{2}$ -pt. sizes.



Ball Tumbler-shape Jelly Glass. Can be used for drinking glass. Made in $\frac{1}{8}$ and $\frac{1}{2}$ -pint sizes.



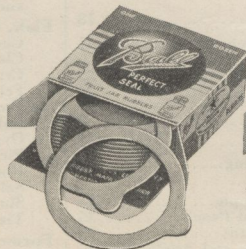
Genuine Zinc Caps—made for both Ball Mason and Special Wide-Mouth Jars.



Glass Lids made for both Ideal and Eclipse Jars.

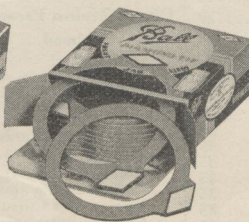
Ball Jar Rubbers

Use BALL Brand Extra thick—extra quality Rubbers on BALL "Eclipse" and "Special" Jars (with Mason Zinc Caps or Glass Top Seal)



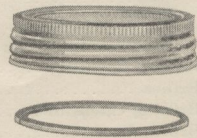
"PERFECT SEAL"

Are the best, most durable and highest grade Fruit Jar Rings made. They have been packed with Ball Jars for many years, so housewives are familiar with their superior quality.



"DIAMOND LIP"

The highest grade and quality of Rubber with a large, wide, attractive two-color diamond shape lip. The white part of the "Diamond Lip" can be used by the housewife to record the contents of the Jar and date canned.



Metal Bands and Rubbers for Glass Top Seal Jars—for both "BALL" Perfect Mason and Wide Mouth Jars.



Glass Lids for Glass Top Seal Jars—for both BALL Perfect Mason and Special (wide mouth) Jars.



Using Ball Jars promotes economy

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Peach.....	48
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Ball Jars are economical

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Pickles, Continued	Raspberries, Canned	Succotash, Canned
Peppers	Jelly	Sugar and Sugarless Canning
Piccalilli	Jam	Sweetbreads, Canned
Pimiento	Marmalade	Sweet Potatoes, Canned
Quinces	Preserves	Swiss Chard, Canned
Rhubarb	Vinegars or Shrubs	Syrup Table
Saccharine	and Currant Jelly	Pickling
Sour	and Cherry Conserve	Tables
Sweet	and Currant Marmalade	Temperature Changes
Syrup	Red Hot Sauce	Tightening Ideal and Eclipse
Walnuts	Reheating	Wires
Watermelon Rind	Canned Vegetables and Meat	Time Table, Fruits
Pimiento, Canned	Reasons for Canning	Meats, Poultry, Fish
Sweet Pickles	Relish	Soups
Pineapple, Canned	Celery	Syrup
Juice	Corn	Vegetables
Jelly	Pepper	Tomatoes, Canned
Lemonade	Rhubarb, Canned	Catsup
Preserves	Baked	Conserve
and Cherry and Apple Conserve	Conserve	Creole Sauce
and Peach Conserve	Jelly	Juice
and Apple Conserve	Marmalade	Marmalade
and Cherry Marmalade	Preserves	Pickles, Green
and Apricot Preserves	Sweet Pickled	Preserves
and Rhubarb Marmalade	and Apple Conserve	Pulp
Plums, Canned	and Fig Preserves	Puree
Butter	and Gooseberry Marmalade	Sauce
Conserve	and Pineapple Marmalade	Spiced Green
Jam	and Strawberry Conserve	and Apple Butter
Preserves	Roast Meat, Canned	and Apple Conserve
Spiced	Rubber Jar Rings	and Corn
Pork	Saccharine, Pickles	and Okra
Poultry	Salmon, Canned	Tongue, Canned
General Directions	Salsify	Turkey
Canning Chicken	Sauce, Barbecue	Turkey Bone Soup
Chicken Packing	Red Hot	Turnips, Canned
Duck	Spanish	Greens
Fried Chicken	Tomato	Use of Time Tables
Goose	Tomato Creole	Uses for Fruit Jars
Guinea Fowl	Sauerkraut, Canned	Inside Back Cover
Pigeon	Sausage, Pork, Canned	Veal
Pre-Cooking	Sea Food	Vegetables
Roast Chicken	Sealing and Storing	Approximate Yields
Time Table	Seared Meats and Poultry	Asparagus
Turkey	Shrimp, Canned	Beans, Green, Wax, Lima
Preserves	Shrubs, Fruit	Beets
Apricot and Pineapple	Soups, Canning	Bell Peppers
Blackberry	Asparagus Puree	Brussels Sprouts
Barrier Cherries	Brunswick Stew	Cabbage
Maraschino Cherries	Chicken Gumbo	Carrots
Cherries	Clam Broth	Cauliflower
Citron Melon	Clam Chowder	Corn
Crab Apples	Fish Chowder	Eggplant
Currants	Green Pea Puree	Greens
Figs	Stock	Hominy
Ginger	Time Table	Kale
Kumquat	Tomato and Corn	Kohlrabi
Mixed Fruit	Tomato Puree	Mushrooms
Muskmelon	Tomato Pulp	Okra
Peach	Turkey Bone	Parsnips
Pear	Vegetable Soup	Peas
Pineapple	Spanish Sauce	Pimiento
Plum	Sparerib Rolls	Pumpkin
Pumpkin	Spiced, Blueberries	Salsify
Quince and Apple	Cucumbers	Sauerkraut
Rhubarb	Currents	Soup
Rhubarb and Fig	Grapes	Spinach
Strawberry	Plums	Squash
Tomato	Green Tomatoes	Succotash
Watermelon	Spinach, Canned	Sweet Potatoes
Processing, Methods of	Squash, Canned	Swiss Chard
Pumpkin, Canned	Steaks and Chops, Canned	Time Table
Preserves	Steam Cooker	Tomatoes
Punch, Pomona	Steam Pressure Cooker	Turnips
Purees	Stew, Beef	Vegetable Soup Mixture
Quinces, Canned	Storing	Vinegar, Fruit
Jelly	Strawberries, Canned	Cider
Marmalade	Juice	Honey
Pickled	Jelly	Spiced
and Apple and Cranberry	Jam	Walnuts, Pickled
Conserve	Preserves	Watermelon, Preserves
and Apple Marmalade	Vinegars or Shrubs	Pickled Rind
and Apple Preserves	and Rhubarb Conserve	When to Can
Rabbit, Canned		Yield of Vegetables, Table

