

WORLD'S FAIR EDITION
1933 - CHICAGO - 1934

MODERN
METHODS

of

HOME
CANNING

by

Kerr



Canning and Preserving in Kerr Jars

Food preservation began centuries ago, but by 1800, the only methods employed included drying, salting, smoking, preserving and pickling. These methods, however, changed the original texture and flavor of the foods, and were not applicable to all products.

In 1795, Nicolas Appert, a Frenchman, conceived the idea of placing food in an air-tight container and heating to a suitable temperature, as a means of preventing spoilage.

It remained, however, for Louis Pasteur, who gave us the method of pasteurizing milk, to prove that growth of bacteria, present in all foods, is the real cause of spoilage. From his discovery came the two fundamentals of all successful food preservation:

1. *Complete sterilization of product, which destroys bacteria already present.*
2. *Perfection of absolute air-tight seal, which prevents further contamination by contact with germ-laden air.*

The Kerr Principle of Sealing, with Kerr Jars and Caps, insures achievement of these results, and that your home canning will be successful.

**Kerr Jars, Caps and Lids make
home canning sure**

Know *Positively* Your Jars are Sealed by using *Kerr* Caps and Lids

JUST TAP THE LID---THE SOUND WILL TELL. With the Kerr method of sealing, your canning must be a success. Here's the simple test: When jars are cold, take a spoon and



gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food.

To Open Kerr Jars

To open Kerr Mason and Wide Mouth Mason Jars, unscrew the band, if you have not previously removed it, puncture the Lid with a can opener or other sharp pointed instrument, insert point under the Lid and lift up. If the Screw Band is tight, place the top of the jar in boiling water for a few minutes or tap band lightly with knife handle and the band can be easily unscrewed. To open Kerr Economy Jars, puncture Cap with can opener

or other sharp pointed instrument; and either lift Cap off or insert point under edge of Cap and lift up.

Kerr Caps and Lids

Kerr Caps and Lids are gold lacquered and are not affected by vinegar or food acids. Rubber rings are not required as each Lid has the natural gray sealing composition flowed in. For the Kerr Mason and Kerr Wide Mouth Mason Jars, inexpensive new Lids only are required each season.

Simple and easy for canning fruits,
vegetables, meats, etc.

METHODS OF CANNING

Open Kettle Method

In the open kettle method food is cooked directly in an open vessel as a means of killing the bacteria and then packed into sterilized *Kerr* Jars and sealed immediately. Only fruits can be successfully canned by this method. All other foods must be processed directly in the jar.

Steps for Open Kettle Method

- No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.
- No. 2—Wash jars in warm water, then boil for at least 15 minutes.
- No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- No. 4—Prepare according to recipe.
- No. 5—Boil for required length of time.
- No. 6—Fill only one sterilized jar at a time to within $\frac{1}{2}$ inch of top, with the boiling hot product.
- No. 7—Wipe top of jar free from all seeds, pulp, etc.
- No. 8—Seal each jar immediately as filled by placing sterilized lid on jar (with sealing composition next to glass), and screwing band firmly tight. When using the Economy Jar, place sterilized Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- No. 9—Set aside to cool on surface on which several thicknesses of cloth have been laid. DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND JARS ARE SEALING AND DO NOT SCREW BANDS DOWN AFTER JARS ARE COLD AND SEALED.
- No. 10—Test for seal as instructed on page 3.

Screw bands may be removed after 24 hours, if desired. Once jars are sealed, bands are unnecessary.

Cold Pack Method

The term "Cold Pack" has been applied for a long period of years to the method of canning by processing directly in the jars. The term "Cold Pack" as used by some authorities applies to the method of blanching, cold dipping, then packing in jars, whereas the "Hot Pack" method applies to precooking and packing in the jars with the cold dip omitted. In this booklet we shall refer to all methods of processing in the jar as the Cold Pack method.

Steps for Cold Pack Method

- No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.
- No. 2—Wash jars in warm water, then boil for at least 15 minutes.
- No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- No. 4—Prepare according to recipe.
- No. 5—Pack in sterilized jars.

Use Kerr Jars for all methods of
processing

METHODS OF CANNING

Cold Pack Method Continued

- No. 6—Add liquid to within $\frac{1}{2}$ inch from top. When using syrup, $1\frac{1}{2}$ inches from top of jar.
- No. 7—Wipe top of jar free from all seeds, pulp, etc.
- No. 8—Place sterilized lid on jar with sealing composition next to glass, and screw the band firmly tight. When using the Economy Jar, place sterilized Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- No. 9—Process required length of time according to time table, whether for Pressure Cooker, Steam Cooker or Wash Boiler.
- No. 10—Remove jars from cooker. Set on surface on which several thicknesses of cloth have been laid. **DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND JARS ARE SEALING AND DO NOT SCREW BANDS DOWN AFTER JARS ARE COLD AND SEALED.**
- No. 11—Test for seal as instructed on page 3.
Screw bands may be removed after 24 hours, if desired. Once jars are sealed, bands are unnecessary.

Oven Canning

Equipment—Oven, with an automatic heat control.

Steps for Oven Method

- No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.
- No. 2—Wash jars in warm water, then boil for at least 15 minutes.
- No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.
- No. 4—Prepare according to recipe.
- No. 5—Pack in sterilized jars.
- No. 6—Add liquid to within $\frac{1}{2}$ inch from top. When using syrup, $1\frac{1}{2}$ inches from top of jar.
- No. 7—Wipe top of jar free from all seeds, pulp, etc.
- No. 8—Place sterilized lid on jar with sealing composition next to glass, and screw the band firmly tight. When using the Economy Jar, place sterilized Economy Cap on jar, put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- No. 9—Set jars on rack in cold oven, leaving space between jars for circulation of heat.
- No. 10—Light oven; set regulator at 250 degrees, process required length of time according to time table. Figure time from the moment you light the fire.
- No. 11—Remove jars from oven. Set on surface on which several thicknesses of cloth have been laid. **DO NOT TURN KERR JARS UPSIDE DOWN WHILE COOLING AND JARS ARE SEALING AND DO NOT SCREW BANDS DOWN AFTER JARS ARE COLD AND SEALED.**
- No. 12—Test for seal as instructed on page 3.
Screw bands may be removed after 24 hours, if desired. Once jars are sealed, bands are unnecessary.

Pressure cooker, oven, hot water bath,
open kettle methods

Kerr

MASON JARS (Round)

Superior to all other Mason Jars. Seal airtight with the Kerr Mason Cap.

Made in four sizes: half-pints, pints, quarts and half-gallons.



FRUIT JARS and CAPS

for All Methods of Canning



Kerr

ECONOMY JARS

Seal with Kerr Economy one-piece Caps (with the natural gray sealing composition flowed in) and clamps.

Made in three sizes: pints, quarts and half-gallons.

Kerr

Kerr

Kerr

MASON CAPS

Fit all Mason Jars. Consist of two parts, gold lacquered screw band and lid, with the natural gray sealing composition flowed in. Screw Bands last for years. Only inexpensive lids required after the first year.

MASON JARS (Square)

Same as Kerr Mason Jars (Round), varying only in shape.

Made in four sizes: half-pints, pints, quarts and half-gallons.

No rubber rings required
with KERR Jars

WIDE MOUTH MASON JARS

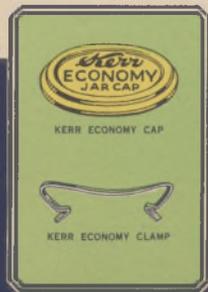
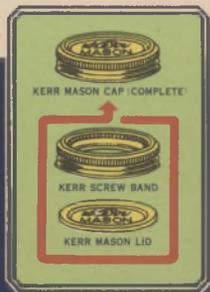
Of the same high quality as Kerr Mason Jars, except have wide mouth. Seal with Kerr Wide Mouth Mason Caps.

Made in three sizes: pints, quarts and half-gallons.

KERR Jars and Jelly Glasses are made of clear crystal flint glass, and packed complete with Caps when leaving factory.

JELLY GLASSES

Gold lacquered lids. Tall and Squat, two sizes in each style: one-third pint and one-half pint.



TIME TABLES

(Time in Minutes)

Fruits	COLD PACK		OVEN		
	Hot Water Bath	Pressure Cooker 5 lbs.	Pts. 250°	Qts. 250°	½ Gal. 250°
Apples.....	25	10-15	50	75	100
Apricots.....	20	10-15	45	68	90
Berries.....	20	10-15	45	68	90
Cherries or Currants.....	20	10-15	45	68	90
Figs.....	30	10-15	60	90	120
Fruit Juices.....	30	(180°—simmering)			
Grapes.....	20	10-15	45	68	90
Peaches.....	20	10-15	45	68	90
Pears.....	25	10-15	50	75	100
Pineapple.....	30	15-20	60	90	120
Plums.....	20	10-15	45	68	90
Preserves.....	20	(180°—simmering)			
Quinces.....	35	10-15	50	75	100
Rhubarb.....	10	5	45	68	90
Tomatoes.....	35	10	50	75	100

Walnuts at 225° for 45 minutes any size jar (Oven).

Vegetables	COLD PACK		OVEN		
	Hot Water Bath	Pressure Cooker 10-15 lbs.	Pts. and Qts.	½ Gal.	
Artichokes.....	180	40	210	240	
Asparagus.....	180	40	210	240	
Beans, String, Wax, Lima.....	180	40	210	240	
Beets.....	120	40	210	240	
Brussels Sprouts, Cabbage or Carrots.....	120	40	150	180	
Cauliflower.....	150	40	180	210	
Corn.....	210	60	240	270	
Eggplant.....	120	40	150	180	
Greens.....	180	60	240	270	
Hominy.....	120	40	150	180	
Mushrooms.....	180	60	210	240	
Okra or Onions.....	180	40	210	240	
Parsnips.....	90	40	120	150	
Peas.....	180	60	240	270	
Peppers.....	180	40	240	270	
Pumpkin or Squash.....	120	40	180	210	
Sauerkraut.....	15	---	---	---	
Sweet Potatoes.....	180	60	210	240	
Tomatoes.....	(See under Fruits)	(See under Fruits)	(See under Fruits)	(See under Fruits)	
Tomato Juice.....	5	---	---	---	
Turnips or Rutabagas.....	90	40	110	140	

Soups	COLD PACK		OVEN		
	Hot Water Bath	Pressure Cooker 10-15 lbs.	Pts. and Qts.	½ Gal.	
Asparagus.....	180	40	210	240	
Clam or Fish Chowder.....	240	90	300	330	
Pea Soup.....	180	60	240	270	
Soup Stock.....	180	45	210	240	
Tomato Pulp or Puree.....	(See Tomatoes under Fruits)				

Meats	COLD PACK		OVEN		
	Hot Water Bath	Pressure Cooker 10-15 lbs.	Pts. and Qts.	½ Gal.	
Meats—all kinds.....	180	60	240	270	
Fish—all kinds.....	240	90	300	330	

NOTE—If canning in water bath with half-gallon jars, add ten minutes to time given (Cold Pack time table).

The time given in the time table is based on the one quart pack (except as per note) and on fresh products at altitudes up to 1,000 feet. For higher altitudes increase the time 10% for each additional 500 feet, except for pressure cooker canning which requires no additional time. However, the reading of the pressure gauge is slightly affected by altitude and the pressure reading should be increased 1 pound for each additional 2000 feet elevation above 2000 feet.

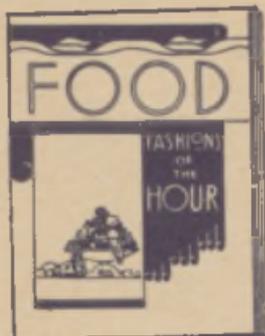
All vegetables and meats canned at home should be boiled 10 or 15 minutes before tasting.

Kerr Jars eliminate waste, work and worry

You Will Find These Books Invaluable

Kerr HOME CANNING BOOK

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



FOOD FASHIONS OF THE HOUR

A book of appetizing, well balanced menus and recipes, the solution for the time worn question, "What shall we eat?" with due regard for the health of every member of the family. Menus for every month—for every meal, for all occasions and to fit every purse, for children and adults—with special provision for school lunches for the kiddies—diet for the child of pre-school age with due consideration for vitamin content of food. *Price 10 Cents.*

OTHER BOOKLETS

CANNING QUESTIONS AND ANSWERS

Just what the name implies—an answer to every canning problem. (Mailed free on request.)

STEPS IN HOME CANNING BY ALL METHODS

All methods of canning fully explained and illustrated with movietones, step by step. (Mailed free on request.)

PRESSURE COOKER METHOD OF HOME CANNING

Complete instructions for the proper use of the pressure cooker in home canning. (Mailed free on request.)

BUDGET YOUR DAILY FOOD

A comprehensive canning budget for every family, showing daily food requirements for adults and children. (Mailed free on request.)

SAVE BY CANNING AT HOME YOUR MEATS, POULTRY, ETC.

A complete folder outlining the canning of all meats, etc. (Mailed free on request.)

HIS MAJESTY, THE BABY

Comprehensive leaflet giving full directions for making vegetable and fruit purees—also baby diet. (Mailed free on request.)

KERR PRINCIPLE OF SEALING

Explains fully how Kerr Jars seal. (Mailed free on request.)

Send to Our Nearest Office for Your Copies

KERR GLASS MFG. CORP.

FACTORIES:

Sand Springs, Okla.
Huntington, W. Va.

OFFICES AND RESEARCH KITCHENS:

Sand Springs, Okla., Los Angeles, Calif.
Huntington, W. Va.

Kerr Mason Caps fit all Mason jars
No rubber rings required

CHOICE RECIPES

Apricots or Peaches (Cold Pack)

Select firm, ripe fruit; peel if desired, halve and pit. Pack in sterilized *Kerr* Jars; add No. 2 syrup to within 1½ inches of top. Put on cap, screwing band firmly tight. Process 20 minutes in hot water bath; or 68 minutes in oven at 250°; or 10-15 minutes at 5 lbs. in pressure cooker.

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

Wash and stem berries and pick over carefully. Use 1 to 2 cups of sugar for each quart of berries. Put sugar over berries and let stand awhile to draw out juice. Stir well, then cook for 20 minutes. *Use no water.* Pack in sterilized *Kerr* Jars and seal.

Pears (Cold Pack)

Pare and core. Drop in slightly salted water to prevent discoloration. Drain and boil 3 to 5 minutes in No. 2 or No. 3 syrup. Pack in sterilized *Kerr* Jars, fill with syrup to within 1½ inches from top of jar. Put on cap, screwing band firmly tight. Process 25 minutes in hot water bath; or 75 minutes in oven at 250°; or 10-15 minutes at 5 lbs. in pressure cooker.

Strawberry Preserves

9 cups sugar 2 heaping quarts strawberries 1 cup water

Wash and hull strawberries before measuring.

Put sugar and water into large preserving kettle, boil until syrup almost crystallizes. Add the strawberries. Boil 15 minutes (rolling boil). Do not stir but shake kettle and skim. Pour into flat pans or trays and shake occasionally until cold.

The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. Put into jars when cold.

Never cook more than two quarts of strawberries at a time. Best to shake all the time while cooking and cooling.

Grape Jelly

Wash and stem 4 pounds grapes. Crush grapes, boil 15 minutes. Press through a jelly bag and strain. Use ¾ as much sugar by measure as juice. Heat juice to boiling and add sugar. Boil rapidly to jelly stage. Pour into sterilized *Kerr* Jelly Glasses.

Beans (String)

Wash, string and cut into convenient lengths. Boil 3 minutes. Pack in sterilized *Kerr* Jars. Add ½ teaspoon salt to each pint jar if desired, fill to within ½ inch of top with boiling water and put on cap, screwing band firmly tight. Process 40 minutes at 10-15 lbs. in pressure cooker; or 180 minutes in hot water bath; or 210 minutes in oven at 250°.

**Kerr Caps and Lids are not affected
by any food acids**

CHOICE RECIPES

Corn

Use only absolutely fresh corn that is tender and juicy. Remove husks, cut from cob, boil three to five minutes in just enough water to cover, pack in sterilized *Kerr* Jars, fill with boiling water to within $\frac{1}{2}$ inch from top. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon sugar if desired to each quart jar. Adjust cap, screwing band firmly tight. Process in pressure cooker 60 minutes at 10 to 15 pounds, or hot water bath 210 minutes or oven 240 minutes at 250°.

Corn may be canned on the cob by following the above recipe.

Tomatoes

Scald tomatoes in boiling water 1 minute. Soak in cold water 1 minute—peel, and pack in sterilized *Kerr* Jars. Fill jars to neck, add no water. Add teaspoon of salt to each quart jar if desired. Put on cap, screwing band firmly tight. Process 35 minutes in hot water bath; or 75 minutes in oven at 250°; or 10 minutes at 5 pounds in pressure cooker.

Kerr Sliced Lunch Pickles

20 medium size cucumbers cut half inch thick 3 cups cider vinegar
5 cups water 1 teaspoon alum

Mix thoroughly—allow to come to boil, remove from fire—let stand 30 minutes. Pack in sterilized *Kerr* Jars after draining. Add to top of each jar: 2 tablespoons minced onions.

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

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

Fried Chicken

Dress and cut up fowl in usual manner. Do not can chicken until the body heat disappears. Brown chicken nicely in hot fat, salt to season. Pack hot, partly fried chicken in sterilized *Kerr* Jars. Add 2 or 3 tablespoons of fat in which chicken was fried. Put on cap, screwing band firmly tight. Process 60 minutes at 10-15 lbs. in pressure cooker; or 180 minutes in hot water bath; or 240 minutes in oven at 250°.

Roast Beef or Pork

Select meat suited for a roast. Trim, wipe with a damp cloth. Heat suet and other fat in roasting pan. Cut roast in convenient pieces to go in jar. Put meat in hot fat in roaster, set in oven, roast at a moderate temperature until $\frac{1}{3}$ done. Add salt, place in sterilized *Kerr* Jars, add 3 or 4 tablespoons pan gravy. Put on cap, screwing band firmly tight. Process 60 minutes at 10-15 lbs. in pressure cooker; or 180 minutes in hot water bath; or 240 minutes in oven at 250°.

PRINTED IN THE U. S. A.

Kerr Screw Bands last for years, only inexpensive lids required after first time

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THE MODERN
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HOMEMAKER



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