Canning Helps

by

Hazel-Atlas
1. **ATLAS SQUARE MASON JARS** are available in Half-Pints, Pints, Quarts, Half-Gallons.

2. **ATLAS E-Z SEAL**, round, all glass jars are available in Half-Pints, Pints, Quarts and Half-Gallons.

3. **ATLAS ROUND MASON JARS** are available in Half-Pints, Pints, Quarts, Half-Gallons.

4. **ATLAS GOOD-LUCK**, square, all glass jars are available in Half-Pints, Pints, Quarts and Half-Gallons.

5. **ATLAS WHOLEFRUIT JARS** are manufactured in Pints, Quarts and Half-Gallons.

6. **ATLAS JUNIOR SQUARE MASON JARS** are ¾ pint in capacity and are packed complete with the Atlas Seal-All #63 Arc-Lids and Bands.

7. **ATLAS SPECIAL MASON JARS** are manufactured in Pints, Quarts and Half-Gallons.
Every homemaker who cans is desirous of preserving fresh fruits and vegetables while they are in tip-top condition, realizing that well-filled pantry shelves of home preserved foods will add variety and make possible a better balanced diet for the family the whole year through.

Canning is a method of using heat and air-tight containers to preserve food as nearly as possible in the condition in which it would be served when freshly cooked.

**METHODS OF CANNING**

**OPEN-KETTLE METHOD**...The Open-Kettle Method can be used successfully in canning pickles, preserves, fruit butters and jams. Do not use this method except for these items.

**BOILING-WATER BATH METHOD**...The Boiling-Water Bath Method is most satisfactory for the canning of acid foods, fruits, tomatoes, pickled beets, sauerkraut and rhubarb.

The Pressure Canner at 212° F. may be used in place of the Boiling-Water Bath for canning acid foods. The processing times given for the Boiling-Water Bath are used.

**PRESSURE CANNER AT 240° F. METHOD**...The Pressure Canner Method is recommended for the canning of low-acid vegetables, meats, poultry and fish.

**HOW TO USE ATLAS CAPS**

The illustrations on the following pages give you step-by-step the procedure you should follow for each of the above methods of canning. All styles of "ATLAS" Jars and "ATLAS" Caps may be used for any method.
1. Examine top edge of jar to make sure there are no nicks, cracks or chips.

2. Wash jars and lids thoroughly. Sterilize by boiling in water 10 minutes. Keep in boiling water until ready to use.

3. Prepare food according to instructions in any good canning booklet.

4. Remove jars from boiling water. Drain.

5. Immediately fill each hot jar, nearly level full, with boiling food. Work out air bubbles by tapping jar. If necessary, add boiling hot syrup or brine.
6. Wipe top of jar with a hot, damp cloth, making sure no food remains on sealing surface.

7. Seal immediately, as filled, by placing hot Atlas Seal-All Arc-Lid on jar with white enameled side facing the food, so the rubber gasket fits exactly on top of the jar.

8. Tighten band firmly.

9. Invert sealed jars (for Open-Kettle Method only) and cool on a wooden surface or dry cloth, away from drafts.

10. When cool, or the next day, wipe off jars, check seal and store upright in a cool, dry place. Bands may be removed, taking care not to break the seal.

TO OPEN JARS SEALED WITH ATLAS SEAL-ALL ARC-LIDS

Puncture lid with sharp point-ed instrument...lid is easily lifted off.
HOW TO USE ATLAS MASON ZINC CAPS AND RUBBER RINGS

by the PRESSURE CANNER METHOD

Examine jars and caps. They must be free of nicks, cracks and chips.

Wash jars, caps and rubber rings thoroughly. Rinse. Keep jars and caps in hot water until ready to use.

Prepare food according to instructions in any good canning booklet.

Pack food carefully. Leave 1 inch headspace above the solid food. Add boiling syrup, water, or brine. Leave \( \frac{1}{4} \) inch headspace above the liquid.

Wipe top of jar and threads free of all seeds or food products with a hot, damp cloth.
6. Adjust wet rubber ring on jar shoulder and screw cap down firmly. Then turn back ¼ inch.

7. Process the required length of time in Pressure Canner.

8. Remove jars from canner one at a time and tighten each at once.

9. Cool upright on wooden surface or dry cloth. Do not set hot jars in a draft.

10. Label and store upright in a cool dry place.

**TO OPEN JARS SEALED WITH ATLAS ZINC CAPS**

Pull rubber from under cap or run point of knife under rubber to release seal... then unscrew cap.
Examine jars and caps. They must be free of nicks, cracks and chips.

Wash jars, caps and rubber rings thoroughly. Rinse. Keep jars and caps in hot water until ready to use.

Prepare food according to instructions in any good canning booklet.

Pack food carefully. Leave 1 inch headspace above the solid food. Add boiling syrup, water or brine. Leave ¼ inch headspace above the liquid.

Wipe top of jar and threads with a hot, damp cloth.
<table>
<thead>
<tr>
<th>Date Packed</th>
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<tbody>
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</tbody>
</table>
6. Adjust wet rubber ring on jar. Place glass cap on jar. Pull wire over glass cap until it clicks into notch on top of cap. Leave short wire in up position. (*Push the wire bail down on jars of meat, poultry and fish.*)

7. Process the required length of time in Boiling-Water Bath or Pressure Canner at 212° F.

8. Remove jars from canner one at a time and push short wire in down or sealed position.

9. Cool upright on wooden surface or dry cloth. Do not set hot jars in a draft.

10. Label and store upright in a cool dry place.

TO OPEN ATLAS E-Z SEAL AND ATLAS WHOLEFRUIT JARS

Raise lower bail wire to release tension on upper bail wire... swing upper bail wire down... pull rubber ring from under cap to release seal... remove glass cap.
PEACHES...Wash. To peel, dip for a minute or two in boiling water, then quickly into cold; slip off skins. Cut free-stone peaches in halves and remove pits; leave clingstones whole or halved as preferred. To prevent discoloration, drop into a gallon of water containing 2 tablespoons each of salt and vinegar. Drain. Drop into a light to medium syrup, boiling hot, and heat through. Pack hot into hot clean jars. Cover with boiling syrup. Apply caps. Process 20 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.

OR...Wash and prepare as above through “Drain.” Pack cold, pit side down, into hot clean jars. Cover with light to medium boiling syrup. Apply caps. Process 30 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.

PEARS...Wash, pare, cut in half and core. To prevent discoloration, drop into a gallon of water containing 2 tablespoons each of salt and vinegar. Drain. Drop into a light to medium syrup, boiling hot, and just heat through. Pack hot into hot clean jars. Cover with boiling syrup. Apply caps. Process 20 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.

OR...Wash and prepare as above through “Drain.” Pack cold, core side down, into hot clean jars. Cover with light to medium boiling syrup. Apply caps. Process 25 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.

TOMATOES...Select ripe, firm, uniform tomatoes. Discard all that are soft or cracked. Wash. To peel, dip in boiling water for one minute, then quickly dip into cold water. Slip off skins. Remove stem end. Place in kettle with small amount of water. Bring to rolling boil, stirring during heating. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Apply caps. Process for 10 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.

OR...Prepare tomatoes as above, but pack cold into hot clean jars. Pack tight enough to free sufficient juice. Add 1 teaspoon salt to each quart. Apply caps. Process 45 minutes in Boiling-Water Bath or Pressure Canner at 212° F.

TOMATO JUICE...Use fully ripe tomatoes. Wash, cut out stem ends and blemishes, quarter tomatoes. Do not peel. Simmer until tomatoes are soft but not mushy. Press through a food mill or a fine sieve. Add 1 teaspoon salt to each quart and sugar to taste. Reheat at once just to boiling. Pour hot juice into hot clean jars. Apply caps. Process 15 minutes in Boiling-Water Bath or in Pressure Canner at 212° F.
### ATLAS TIME TABLE FOR PROCESSING

**ACID FRUITS, FRUIT JUICES AND VEGETABLES**

Boiling-Water Bath or Pressure Canner at 212°F.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PACK</th>
<th>Pints and Quarts MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Pack hot.</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Applesauce, pack hot.</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Baked apples, pack hot.</td>
<td>10</td>
</tr>
<tr>
<td>Berries</td>
<td>Precook and pack hot.</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>20</td>
</tr>
<tr>
<td>Cherries</td>
<td>Precook and pack hot.</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>20</td>
</tr>
<tr>
<td>Peaches</td>
<td>Precook and pack hot.</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>30</td>
</tr>
<tr>
<td>Pears</td>
<td>Precook and pack hot.</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>25</td>
</tr>
<tr>
<td>Plums</td>
<td>Precook and pack hot.</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>20</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Precook and pack hot.</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Pack raw, hot syrup.</td>
<td>20</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Precook and pack hot.</td>
<td>15</td>
</tr>
<tr>
<td>Fruit Juices</td>
<td>Precook and pack hot.</td>
<td>5</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>Pack hot.</td>
<td>15</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Pack hot.</td>
<td>30</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Precook and pack hot.</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Pack raw.</td>
<td>45</td>
</tr>
</tbody>
</table>

The above time table is for altitudes of 1,000 feet or less. For processes of 20 minutes or less, add 1 minute to the above times for each 1,000 feet elevation. For processes longer than 20 minutes, add 2 minutes to the above times for each 1,000 feet elevation.

Head Space—Fill jars to 1 inch from the top with solid material, then fill with liquid to ¼ inch from top.
BEANS, LIMA...Wash and shell. Cover with boiling water; bring to a boil. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Apply caps. Process pints 35 minutes, quarts 40 minutes in Pressure Canner at 240° F.

BEANS, SNAP...Wash thoroughly. Remove both tips. Cut, if desired. Cover with boiling water and boil 5 minutes. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with hot cooking water. Apply caps. Process pints 20 minutes, quarts 25 minutes in Pressure Canner at 240° F.

BEETS...Cut off tops, leaving 1 inch of stems and all of the roots. Wash. Cover with boiling water and boil until skins slip off easily—about 15 minutes. Skin and trim. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Apply caps. Process pints 25 minutes, quarts 35 minutes in Pressure Canner at 240° F.

CARROTS...Wash, scrape and rinse. Cover with boiling water and boil 5 minutes. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with hot cooking water. Apply caps. Process pints 20 minutes, quarts 25 minutes in Pressure Canner at 240° F.

CORN, CREAM STYLE...Shuck, silk and clean carefully. Scrape grains from cob. To each pint of corn add 2 teaspoon salt and 1 cup boiling water. Heat to boiling. Pack hot into hot clean pint jars. Do not use quart jars. Apply caps. Process pints 85 minutes in Pressure Canner at 240° F.

CORN, WHOLE GRAIN...Shuck, silk and clean carefully. Cut corn from cob to get most of the kernel, but not deep enough to cut into the cob. To each quart of corn add 1 teaspoon salt and 2 cups boiling water, heat to boiling. Pack hot into hot clean jars. Pack loosely. Apply caps. Process pints 55 minutes, quarts 65 minutes in Pressure Canner at 240° F.

PEAS, GREEN...Wash, shell and grade for size. Cover with boiling water and bring to boil. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Apply caps. Process pints 35 minutes, quarts 40 minutes in Pressure Canner at 240° F.

POTATOES, NEW IRISH...Use small, freshly dug, new potatoes. Wash, scrape and rinse. Boil 10 minutes in water. Drain. Pack hot into hot clean jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Apply caps. Process pints 30 minutes, quarts 35 minutes in Pressure Canner at 240° F.
# ATLAS TIME TABLE FOR PROCESSING

## LOW-ACID VEGETABLES

Pressure Canner at 240° F.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PACK</th>
<th>MINUTES</th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pints</td>
<td>Quarts</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Precook, pack hot.</td>
<td>25</td>
<td>30</td>
<td></td>
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<tr>
<td>Beans: Baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima</td>
<td>Bake, pack hot.</td>
<td>80</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Snap</td>
<td>Precook, pack hot.</td>
<td>35</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Soy</td>
<td>Precook, pack hot.</td>
<td>20</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>Precook, pack hot.</td>
<td>25</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Precook, pack hot.</td>
<td>20</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Corn: Cream Style*</td>
<td>Precook, pack hot.</td>
<td>85</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Grain</td>
<td>Precook, pack hot.</td>
<td>55</td>
<td>65</td>
<td></td>
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<tr>
<td>Greens: All Kinds</td>
<td>Precook, pack hot.</td>
<td>70</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Precook, pack hot.</td>
<td>25</td>
<td>35</td>
<td></td>
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<tr>
<td>Okra</td>
<td>Precook, pack hot.</td>
<td>25</td>
<td>30</td>
<td></td>
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<tr>
<td>Okra &amp; Tomatoes</td>
<td>Precook, pack hot.</td>
<td>20</td>
<td>30</td>
<td></td>
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<tr>
<td>Peas: Green</td>
<td>Precook, pack hot.</td>
<td>35</td>
<td>40</td>
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<tr>
<td>Blackeyed</td>
<td>Precook, pack hot.</td>
<td>35</td>
<td>55</td>
<td></td>
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<tr>
<td>Potatoes: New Irish</td>
<td>Precook, pack hot.</td>
<td>30</td>
<td>35</td>
<td></td>
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<tr>
<td>Pumpkin: Cubed</td>
<td>Precook, pack hot.</td>
<td>55</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Mashed</td>
<td>Precook, pack hot.</td>
<td>70</td>
<td>90</td>
<td></td>
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<tr>
<td>Sweet Potatoes: Dry Pack</td>
<td>Precook, pack hot.</td>
<td>65</td>
<td>95</td>
<td></td>
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<tr>
<td></td>
<td>Precook, pack hot.</td>
<td>45</td>
<td>55</td>
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*Pint jars recommended.

The above time table is for altitudes of 1,000 feet or less. For altitudes above 1,000 feet, the pressure should be increased \( \frac{1}{2} \) lb. for each 1,000 feet of elevation.

Head Space—Fill jars to 1 inch from the top with solid material, then fill with liquid to \( \frac{1}{4} \) inch from top.
PUREES... (Asparagus, Green Peas, Lima Beans, Spinach, etc.)... Select fresh vegetables and prepare as for cooking. Steam until soft or cook in smallest amount of water possible. Put through food mill or press through a fine sieve. Add boiling water, if necessary, to make the puree about the consistency of thick cream. Reheat to boiling. Pour boiling hot into hot clean jars. Add 1 teaspoon salt to each quart (do not salt if intended for infant feeding). Apply caps. Process pints and half-pints 50 minutes, quarts 60 minutes in Pressure Canner at 240° F.

Half-pint jars are most convenient for infant feeding.

SOUP STOCK... Cover bony pieces of chicken or other meat with lightly salted water. Simmer until meat is tender. Do not cook too long or soup will lose flavor. Skim off fat. Remove pieces of bone. Don’t strain out meat or sediment. Pour hot stock into hot clean jars. Salt to taste. Apply caps. Process pints 20 minutes, quarts 25 minutes in Pressure Canner at 240° F.

VEGETABLE SOUP MIXTURE... Use any mixture of vegetables desired. Prepare each vegetable as though for canning. Combine the vegetables and boil 5 minutes with water to cover or with tomatoes that have been peeled and chopped. Pour hot mixture into hot clean jars, cover with boiling liquid. (If tomatoes are used, no water will have to be added, otherwise fill with boiling water in which vegetables were cooked.) Add 1 teaspoon salt to each quart. Apply caps. Process pints 60 minutes, quarts 70 minutes in Pressure Canner at 240° F.

ATLAS TIME TABLE FOR PROCESSING SOUPS

Pressure Canner at 240° F.

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<thead>
<tr>
<th>PRODUCT</th>
<th>PACK</th>
<th>MINUTES</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Pints</td>
</tr>
<tr>
<td>Asparagus Puree</td>
<td>Precook, pack hot.</td>
<td>50</td>
</tr>
<tr>
<td>Pea Puree</td>
<td>Precook, pack hot.</td>
<td>50</td>
</tr>
<tr>
<td>Soup Stock</td>
<td>Precook, pack hot.</td>
<td>20</td>
</tr>
<tr>
<td>Vegetable Soup Mixture</td>
<td>Precook, pack hot.</td>
<td>60</td>
</tr>
</tbody>
</table>

The above time table is for altitudes of 1,000 feet or less. For altitudes above 1,000 feet, the pressure should be increased 1/2 lb. for each 1,000 feet of elevation.

Head Space—Fill jars to 1 inch from the top with solid material, then fill with liquid to 1/4 inch from top.
FOR SUCCESS IN CANNING WE RECOMMEND:

1. Pressure Canner at 240° F. for processing low-acid foods.

2. Boiling-Water Bath and Pressure Canner at 212° F. for processing acid foods.

3. Time, fuel and a cool kitchen will result when Pressure Canner at 212° F. is used in place of the Boiling-Water Bath.

4. Use the right method for each food and follow canning time tables accurately.

5. Apricots, cherries, peaches, pears, plums, rhubarb, strawberries and tomatoes tend to float in their syrup or juice and pack tightly into the neck of the jar. For these fruits it is recommended that after processing the jars be allowed to cool on their sides; this will have a tendency to prevent floating. When COOL store in upright position.

6. Discoloration can be reduced by using good quality fruit, immersing peeled fruit immediately in salt and vinegar solution (2 tablespoons each per gallon water), processing the specified time and using no more than the prescribed head space.

At a small extra cost per jar, surface darkening can be entirely prevented by the addition of 125 milligrams in tablet form of ascorbic acid (Vitamin C) to each pint jar of apples, apricots, peaches, pears, plums and strawberries. Ascorbic acid tablets can be purchased at the drug store. Use 2 one grain tablets or a 100 milligram and a 25 milligram to get the amount required for each pint.

7. Cool jars several inches apart on a wooden surface or dry cloth. Do not set hot jars in a draft.

8. Don’t use Open-Kettle Method for vegetables, fruits and tomatoes...it is recommended only for preserves, pickles and other foods with enough sugar or vinegar to help keep them from spoiling.

9. Don’t can in an oven.

CAUTION...All vegetables except tomatoes, sauerkraut and ripe pimientos; also all meat, poultry and fish must be boiled at a rolling boil for 10 minutes WITHOUT PREVIOUS TASTING. Boil leftover canned foods again before tasting or serving. This applies to all home processed foods either by the Boiling-Water Bath or Pressure Canner Methods.
Freezing is a very satisfactory method of preserving many foods. Fruits and vegetables retain almost all of the natural color, flavor and nutritive value of fresh foods, provided they are properly prepared, frozen and stored.

**Glass jars provide a perfect package because:**

1. They are moisture- and vapor-proof, which prevents freezer burn or drying of foods.
2. They are leak-proof, which prevents dripping of syrup.
3. They prevent odors from getting in or out.
4. They do not absorb grease, oil or water.
5. The contents are visible, so no labels are required.
6. They provide a universal container for both canning and freezing.

**IMPORTANT:**

1. Vegetables should not be packed in brine or water when put in glass.
2. When filling jars be sure to allow a full one inch of headspace to permit expansion of the food.
3. Do not use Zinc Caps.
4. Follow instructions as given by manufacturer of your particular home freezer.

**ATLAS SEAL-ALL ARC-LIDS AND BANDS** consist of a gold lacquered screw band and an enameled lid with a baked-in resilient gasket.

**ATLAS Genuine Boyd Mason Zinc Caps** are made of highest quality zinc with pure white glass liners.

- They are supplied in sizes to fit both standard and wide mouth jars.

**ATLAS E-Z Seal, Good Luck and Wholefruit Caps.**

**HAZEL-ATLAS GLASS COMPANY • Wheeling, West Virginia**