This,
a completely revised edition of
the Ball Blue Book
of canning and preserving recipes, is
dedicated
to the Home Canners of America
in
appreciation of their loyalty to
Ball Jars
HOME CANNED FOODS should be attractive in color, pleasing in texture and flavor, and rich in nutritive values. Neither unusual skill nor expensive equipment is necessary for the production of such foods, but it is essential that one be familiar with the selection, care, and use of equipment, the causes and prevention of spoilage, and the selection and preparation of material to be canned, preserved, or pickled. The rules of canning are simple, the work easy, and the results gratifying to those who follow instructions.

VARIETY AND QUANTITY TO CAN
Home canning may be one person’s hobby, another’s habit, but for millions it is the means of supplying a well-rounded diet at the lowest possible cost. An estimate should be made of the amount of each variety of food needed during the months when not in natural season. The amount to be canned in order to supply this need varies with geographical location, but a fair yearly average for a family of five is between eight hundred and one thousand quarts. A budget or guide to be used in planning is given on page 12.

HOW TO SELECT CONTAINERS
Glass Jars are the unanimous choice of home canners who understand and appreciate the importance of cleanliness, convenience, and economy because glass is easily cleaned, easily used, lasts indefinitely, and has no effect upon the color and flavor of any food.

Ball Jars are designed, tempered, and tested to serve every purpose of home canning. All Ball Jars and fittings are made from materials of superior quality and by modern, scientifically controlled machines. Ball Jars, caps, lids, and rubbers of each type and size seal equally well, therefore, one’s selection should be governed by preference of style, shape of jar, size of family, and nature of the product to be canned.

Quart and pint size jars are more suitable than others for general canning; half gallons for large pickles and other brined products; half pints for baby foods, marmalades, and sauces; whereas wide mouth jars are more convenient for packing meats and large fruits.

BALL JARS AND CLOSURES—HOW TO USE THEM
★ See Pages 52 and 53 for Pictures of Jars and Closures ★
Ball Jars are suitable for every type of home canning; i.e., open kettle, oven, steamer, steam pressure, and water bath. They will stand intense heat, but please remember that glass should never be subjected to sudden change of temperature. Putting cool jars into hot water, pouring hot materials into cool jars, and placing hot jars on cold surfaces or in a draft are the most common causes of breakage.

MASON JARS
On November 30, 1858, John Mason was granted a patent for a jar with glass threads which permitted a metal cap to be screwed down on a rubber washer to make a hermetic seal. This style home preserving jar proved so economical and practical in every respect that it has retained its popularity down through the years. Regardless of how and where made, all glass fruit jars which seal with screw caps are called mason. The Ball Perfect Mason represents a perfection of beauty, quality, and strength seldom found in other mason jars.

The Ball Perfect Mason is made of clear (flint) glass, in round and square shapes, in half-pint, pint, quart, and half-gallon sizes. It may be sealed with Ball Zinc Porcelain Lined Cap and Perfect Seal Rubber, Glass Top Seal, or Vacu-S...
BALL ZINC CAPS

Ball Zinc Porcelain Lined Caps for regular and wide mouth mason jars are made of genuine rolled Zinc of heavier quality than commonly used for this type cap. The porcelain liner has nothing to do with the sealing qualities of the cap; its purpose is to prevent the contents of the jar coming in contact with the metal. Brine, vinegar, and juices of acid fruits sometimes cause pin holes in metal, therefore, products containing noticeable amounts of acid or salt should be canned in jars sealing with glass or Ball Vacu-Seal lids.

The average person can tighten Zinc Caps by hand; the few who cannot should use a rubber wrench. Metal wrenches tend to press the cap's threads out of line. Never tighten a zinc cap after jar has cooled; doing so may break the seal.

BALL JAR RUBBERS

New rubbers of best quality are necessary for an air-tight seal. All Ball rubbers are of the same unexcelled quality. Ball Perfect Seal Rubbers should be used with mason jars and zinc caps, and with Ideal type jars. Ball Special Rubbers — extra thick, extra wide — are required for Ball Special and other wide mouth mason jars and zinc caps, and for Eclipse Jars (wide mouth). Ball Mason Glass Top Seal Rubbers are needed for mason jars sealing with Ball Glass Top Seal Closures, and Ball Special Glass Top Seal Rubbers for wide mouth mason jars sealing with Ball Glass Top Seal Closures.

TO SEAL BALL PERFECT MASON JARS WITH BALL ZINC CAPS

★ Be Sure That Edges of Caps are Smooth. Use New Perfect Seal Rubbers ★

A. When Using Open Kettle Method: Place a new, wet Ball Perfect Seal Rubber flat on sealing shoulder. Then fill hot jar to top with boiling food. Remove anything spilled on threads of jar. Screw cap tight. Do not invert jar at any time.

B. When Processing By Any Method: Fill jar to within 1 to ½ inch of top. Remove anything spilled on threads of jar. Then place a new, wet Ball Perfect Seal Rubber flat on sealing shoulder. Screw cap tight, then loosen slightly — about ¼ inch turn. Caps which are screwed too tight may be forced or bulged out of shape by the steam and air pressure within the jar; the only other known cause of bulging is gas pressure caused by food spoilage. Each cap should be screwed tight the moment jar is removed from canner. Do not lift jar by top. Do not invert at any time.

TO OPEN MASON JARS SEALED WITH ZINC CAPS

Use the fingers or pliers to pull the rubber out. If rubber sticks, stand jar, top down, in hot water 5 minutes, then unscrew cap. The seal may also be broken by running the point of a thin knife blade between jar and rubber.

GLASS TOP SEAL CLOSURES

The Ball Glass Top Seal Closure consists of glass lid, narrow rubber, and Zinc band. This closure should be used on jars with smooth, even top edges. If top edge is imperfect, seal with Ball Zinc Porcelain Lined Cap and Rubber.

TO SEAL MASON JARS WITH BALL GLASS TOP SEAL CLOSURES

A. When Using Open Kettle Method: Put a new, wet Mason Glass Top Seal Rubber on the ledge on bottom of lid. Fill hot jar to
TO OPEN MASON JARS SEALED WITH GLASS TOP SEAL CLOSURES

Remove band (if left on). This Zinc band cannot rust and will not stick unless something was spilled on the threads of the jar; if it sticks, stand jar, top down, in hot water 5 minutes, then remove band and break seal by running the point of a thin knife blade between jar and rubber.

B. When Processing By Any Method: Fill Jar to within 1 to 1/2 inch of top. Remove anything spilled on top of jar. Place lid so that rubber rests on top edge of jar. Screw band tight. Do not invert jar. Next day, remove band and test seal. A tightly sealed lid can not be lifted off with the fingers. The band may be replaced or left off as preferred.

TO OPEN JARS SEALED WITH VACU-SEAL CLOSURES

Puncture, then pry off the lid.

BALL SPECIAL JARS

The Ball Special is a wide mouth mason jar especially suitable for canning meats and large fruits. It is made of clear (flint) glass, in round and square shapes, in pint, quart, and half-gallon sizes and may be sealed with Zinc Porcelain Lined Cap, Glass Top Seal, or Vacu-Seal Closure, all exactly like, except larger, than those used with Ball Perfect Mason Jars. Please read the foregoing paragraphs for description and proper use of each closure.

TO USE BALL IDEAL JARS

Examine jars and lids. Test the tension of bails on old jars. An inexperienced canner, or one unaccustomed to using Ideal Jars, should heat used jars, fit with bails, fill with hot water, and seal immediately. Let jars stand until cold, then invert and examine for leaks. If there is no sign of leaks, it may be assumed that bails are tight.

TO SEAL BALL IDEAL JARS

A. When Using Open Kettle Method: Place lid 10 or 15 minutes and leave in hot water until needed. Fill hot jar to within 1/2 inch of the top with boiling food. Do not lift jar by top. Do not invert. Do not remove band for at least 12 hours; it may then be removed and reused with a new lid. Test the seal by pressing on lid with finger. There is no “give” to a tightly sealed Vacu-Seal Lid. The seal can also be tested by tapping the lid with a spoon. If a sharp ringing sound is produced the seal is perfect. If the sound is dull, the seal is imperfect.

B. When Processing By Any Method: Fill jar to within 1 to 1/2 inch of top. Remove anything spilled on jar. Then place new, wet rubber flat on sealing surface with lip of rubber opposite wire side of jar. Adjust lid so that long bail wire will, when pushed up, lie in the center of groove in top of lid. Push short bail wire down against side of jar. Do not lift jar by top. Do not invert while hot; when cold, invert slowly and examine for leaks.
short wire down against side of jar. Do not lift jar by top. Do not invert while hot; when cold, invert slowly and examine for leaks.

TO OPEN BALL IDEAL JARS
Raise lower bail, lower upper bail, then use the fingers or pliers to pull rubber out. If rubber sticks, replace wires and invert jar in hot water 5 minutes, then pull rubber out.

BALL ECLIPSE JARS
The Ball Eclipse Jar is a perfect container for whole fruits, large pickles, and all meat products. It has a wide mouth and requires a Ball Special Rubber — extra thick, extra wide — for sealing. It is made of clear (flint) glass, in pint, quart, and half-gallon sizes, and in round shape. The Eclipse Jar is, with exception of its wide mouth, exactly like the Ideal Jar. Please read directions for using Ball Ideal Jars before using Eclipse Jars.

TO PREPARE BALL JARS, ZINC CAPS, AND GLASS LIDS FOR USE
Examine jars, caps, and lids for nicks, chips, cracks, and dents caused by rough handling. Wash in warm, soapy water, and rinse. Place jars, caps, and lids in a pan and cover with warm — not hot, water. If water bath, oven, steamer, or steam pressure canner is to be used, boil jars, caps, or lids 10 or 15 minutes. Keep hot until needed. If open kettle canning is to be done, boil jars, caps, or lids 20 to 30 minutes. Keep boiling hot until needed.

TO PREPARE RUBBERS AND VACU-SEAL LIDS FOR USE
Neither rubbers nor Vacu-Seal Lids should be used a second time. Rinse, and boil 10 or more minutes. Leave in hot water until needed.

SEALING BEFORE PROCESSING
The practice of completing the seal of the Ideal type jar before processing is recommended by some home economists, but the average person is likely to find the advantages of this practice outweighed by the disadvantages. The pressure of both steam and air is increased when heat is applied to a tightly closed jar. This increase of pressure within the jar tends to blow out the rubber and also imposes extra strain on the glass. A new jar should withstand this additional strain, but an old jar, or even a new one which has been handled roughly, is liable to break under it. Zinc caps are likely to bulge and break seal if tightened before processing. Vacu-Seals should be tightened both before and after processing.

IF JARS FAIL TO SEAL
Sealing failures are practically unknown to those who follow the directions given in the preceding paragraphs.

If a jar of nonacid vegetables or meat fails to seal, it is best to use the food immediately, as the time required for reprocessing (from \( \frac{1}{4} \) to \( \frac{1}{2} \) the original time) spoils the flavor and texture of the product.

If a jar of fruit or tomatoes fails to seal, correct the cause; this may mean changing jar, lid, or rubber.

Reheat jar, lid, and contents by boiling 5 minutes, then reseal. The reheating may be done in an open kettle or in a water bath canner. If another jar, rubber, or lid is needed, prepare as directed on page 6 and thus prevent spoilage.

CLASSIFICATION OF MATERIAL FOR CANNING
FRUITS, ripe pimientos, sauerkraut, rhubarb, and tomatoes are acid foods. Vegetables (except those mentioned above), meats, poultry, game, and sea foods are nonacid.

SELECTION OF MATERIAL FOR CANNING
None but clean, sound, strictly fresh material is fit for canning. All fruits, vegetables, and meats should be canned when at the most perfect stage for cooking. Only firm, ripe, well-flavored fruits, crisp, tender, freshly gathered vegetables, and meat from healthy animals can be expected to yield a satisfactory canned product. All raw products should be graded for size, color, and condition, prepared and canned according to the recipes in the Blue Book.

PACKING AND PROCESSING
The term Pack refers to filling jars with material to be canned by processing (cooking) in the jar. It has nothing to do with the method of processing. Packing should be done in a manner which neither crowds nor wastes jar space. Filling jars too full interferes with the seal and also permits loss of liquid. Crowded, or tight packing prevents proper heating and thus causes spoilage.

COLD PACK
Jars are cold packed — when they are filled with raw food or with that which has been blanched; i.e., scalded and dipped in cold water.

All fruits and tomatoes may be cold packed; all except tomatoes, grapefruit, and certain berries are more satisfactory when hot packed.

HOT PACK
Jars are hot packed — when they are filled with hot, partly cooked food. Most fruits, all nonacid vegetables, and meats should be hot packed.

The time required for precooking for hot packing depends upon the nature of the material used. Fruits and vegetables are heated through; whereas, meats are cooked until most of the pink color disappears.

PROCESSING
The application of heat to food after it is packed into jars is called processing. Processing is done in water bath canners, pressure cookers, steamers, and ovens. The time, temperature, and method of processing is determined by the kind, composition, and condition of the food to be canned.

The object of processing is to destroy minute organisms, which, if not destroyed, cause spoilage. Different foods attract different types of organisms, some of which are more easily destroyed than others; consequently, some foods which cook in a short time require long processing or processing at high temperatures in order to prevent spoilage.
CANNERS AND HOW TO USE THEM FOR PROCESSING

Authorities on home canning agree that two canners, hot-water bath and steam pressure, are needed in order to secure uniformly satisfactory results in home canning. However, other methods may be used with good results.

WATER BATH CANNER

The water bath is generally conceded to be the most satisfactory canner for processing fruits, juices, tomatoes, pickles, and preserves.

No money need be spent for a water bath canner. One may be made by fitting a large can, wash boiler, or deep kettle with a rack of wire or wood to hold the jars about \( \frac{1}{2} \) inch above the bottom of the vessel. The canner should have a well-fitting cover and be deep enough for water to stand an inch or more over the tops of jars. Ready assembled canners are offered for sale at reasonable prices, but some of them are too shallow for correctly processing quart jars.

TO PROCESS IN WATER BATH CANNER

The water should be steaming, but not boiling, when the jars are put into the canner. The jars should stand at least \( \frac{1}{2} \) inch apart and be completely covered with water. Lower jars into the hot water slowly to avoid breakage.

Begin counting processing time when the water is actually boiling. Keep it boiling constantly and at the same rate of speed during the entire time. Remove jars from the canner the moment processing time is up and seal according to directions given for the style jar and closure used (see pages 4 to 6).

PASTEURIZING

Fruit juices, grapefruit, preserves, pickles, and relishes should, for best results, be pasteurized — heated, below the boiling point. The object of pasteurizing is to destroy yeast and molds. The time varies according to the nature of the material.

STEAM PRESSURE COOKERS

All nonacid vegetables and meats should be processed in a steam pressure cooker because it is the only kitchen utensil in which it is possible to raise the temperature much above 212°F. — boiling point of water at sea level. A hotter than boiling temperature is needed to destroy certain organisms which cause spoilage in canned foods.

A steam pressure cooker consists of a metal kettle and cover. The cover, equipped with safety valve, petcock, and pressure gauge, fastens to the kettle with thumb screws or clamps. Pressure cookers will, if properly cared for, last many years, and are now so priced as to be in the reach of almost any family.

TO PROCESS IN PRESSURE COOKER

★ Directions for its care and operation are packed with every pressure cooker. Such directions should be followed ★

Place jars on rack in a cooker containing 1 to 2 inches of water. Leave ample space between jars to permit free circulation of steam. Adjust and fasten lid securely. Do not close petcock until steam has escaped through it in a steady stream from 5 to 7 minutes, depending upon the size of cooker; otherwise the temperature within the cooker may not be as high as indicated by the pressure gauge.

The hand on the pressure gauge begins to rise shortly after the petcock is closed. Begin counting processing time when the pressure reaches the required number of pounds. Keep pressure steady by adjusting heat under cooker. The pressure must be kept steady in order to count time accurately and to keep liquid in jars. Remove cooker from heat at end of processing time and let it stand until the hand on the gauge falls to zero, then open petcock slowly. Tilt lid, as it is removed, to throw the steam away from face. Spread a heavy cloth over the top of cooker. Catch handles of rack through the cloth and lift out. Seal jars according to directions given for the style jar and closure used, (see pages 4 to 6).

OVENS

Electric and gas ovens which have accurate heat controls may be used for processing fruits. Coal, gasoline, oil, and wood heated ovens should not be used for this purpose because they are not equipped with the type heat regulators required for canning.

TO PROCESS IN OVEN

Use jars which can be partly sealed. Leave 1 to 2 inches space in top of jars to give room for boiling. Check heat regulator for accuracy. Propane or butane heat oven at 275°F. Do not use top unit when processing. Set jars 1 or 2 inches apart, directly on rack wires or on a cookie sheet which does not touch sides of oven. Begin counting time when the indicator shows oven temperature to be 275°F. Remove and seal jars at end of processing time.

STEAM COOKERS AND "WATERLESS" COOKERS

Steam cookers and "waterless" cookers, of which there are several styles, should not be confused with steam pressure cookers. The temperature within steam and "waterless" cookers seldom rises much above boiling point of water — it more often falls below.

TO PROCESS IN STEAMERS AND "WATERLESS" COOKERS

Use the amount of water recommended by the manufacturer. Begin counting processing time after water has boiled 5 minutes. Keep boiling steadily. Process \( \frac{3}{4} \) longer than the time given for processing in water bath. Remove jars and seal according to directions given for the type jar and closure used.

OPEN KETTLE

This method, commonly used for canning fruits and tomatoes, requires greater skill than any other. It should never; under any circumstance, be used for nonacid vegetables and meats.

A fairly deep, flat bottom kettle of unchipped enamelware is best for open kettle canning. Stainless steel is satisfactory, as is aluminum if kept bright; iron and tin should not be used.

Boil jars, new caps, lids, and rubber bands 20 minutes. Boil used zinc caps 30 minutes or more. Leave in hot water until needed. Cook the food until thoroughly done, but not mushy. Remove jars from hot water one at a time, fit with wet rubber, fill to the top . . . unless a Glass Top Seal or Vacu-Seal is to be used; in which case, \( \frac{1}{2} \) inch head space should be left. Work at the stove so that food can be kept boiling hot. A wide mouth funnel and a long handle ladle make
the work much easier. Remove anything spilled on top or on threads of jar.

Seal each jar as it is filled. Seal according to directions given for the jar used (see pages 4 to 6). Do not invert jars sealed with zinc caps or Vacu-Seals.

ATTENTION PLEASE!

Boil all canned meats and nonacid vegetables 10 to 15 minutes before tasting. Never taste any canned product which has an unnatural odor. If to be used for salads or sandwiches, boil and then chill. Reboil left over vegetables before serving.

CAUSES AND PREVENTION OF Spoilage

Plant organisms, too small to be seen without a microscope, exist everywhere — in the air, water, and soil. These tiny organisms are called molds, yeasts, and bacteria; all of them need food and moisture for growth and reproduction. Their growth causes spoilage in canned food.

Molds form on any moist food; yeasts thrive on products containing sugars and acids; whereas bacteria grow best on nonacid foods.

Molds and yeasts are the main causes of spoilage of fruits, fruit juices, tomatoes, and preserves. Molds and yeasts are easily destroyed, therefore, fruits, tomatoes, and other acid products may be processed in a water bath canner, steamer, oven, or canned by the open kettle method.

Bacteria are the chief cause of spoilage of beans, corn, greens, peas, meats, and almost all nonacid products which are preserved by canning. Bacteria exist in two forms; spore (seed) and vegetative (growing). The spores of some bacteria are difficult to destroy by boiling, that is why it is advisable to use a steam pressure cooker when canning meats and nonacid vegetables.

Fruits and vegetables which are in the least stale, decayed, bruised, cracked, or overripe are unfit for canning because they attract molds, yeasts, and bacteria, and even though such products may not invariably spoil, they are invariably poor in color, flavor, texture, and food value.

Vegetables should be canned immediately after gathering, and should be gathered when at the most perfect stage for cooking. Corn, lima beans, and peas may spoil before canning if left standing several hours after gathering or if time is wasted between steps in preparing, packing, and processing.

The lack of cleanliness is a frequent cause of spoilage. All utensils, cloths, table tops, and general surroundings, as well as jars, tops, rubbers, and material to be canned should be clean. Food can not be clean when exposed to dust and flies.

Packing jars too tight or with insufficient liquid helps cause spoilage. A pack which is too tight or too dry heats slowly thus giving time for bacteria to develop before enough heat (to destroy bacteria) reaches the center of the jar.

Spoilage is prevented by heating fresh, sound, clean, food material and clean jars, rubbers, and tops long enough to destroy molds, yeasts, and bacteria and then closing the jar air-tight before more of these organisms can reach the food. Please read pages 3 to 8 before canning anything.

STORAGE

Jars should be clean and dry. There is no reason for labeling because it is possible to see the contents. The date may be written on the jars with ink. The storage space should be dry, ventilated, and moderately cool. Freezing spoils the texture of food and overheating may be an indirect cause of spoilage.

THE USE OF PRESERVATIVES

The use of small amounts of vinegar or lemon juice with nonacid products is of no value and may prove harmful by preventing the detection of the odor of spoilage in canned foods.

Chemicals such as salicylic acid, benzoate of soda, and so-called canning powders should never be used. None of them are wholesome and some may be harmful; furthermore, they are unnecessary.

TO PREVENT LOSS OF LIQUID

Canned food usually has better color and flavor if kept covered with liquid, but jars should not be opened to replace that which has disappeared. To keep liquid at the proper level: use tender, strictly fresh products; hot pack; pack loosely with enough liquid to fill space between pieces of food; leave from 1 to 1/2 inch head space; remove air bubbles; operate canners according to directions.

CHANGE OF COLOR IN FRUITS AND VEGETABLES

All fruits, meats, and vegetables contain enzymes — substances which cause various changes which affect color, flavor, and texture. To the home canner, the most obvious sign of enzymic activity is that of food turning dark in the top of the jar. The enzymes which cause fruit to darken are active in the presence of oxygen, thus canned foods should be protected from air. To protect from air: (a) drop such things as apples, pears, and peaches into weak salt water, as peeled; (b) hot pack; (c) pack with liquid to cover; (d) process immediately after packing; (e) start processing in hot canner; (f) if hard fruit, or that which is above average size, is to be cold packed, add 10 to 20 minutes to the water bath processing time.

Red fruits fade if cooked too rapidly at the start. They should be heated slowly until hot through, then finished quickly. Cooking in tin gives them a bluish color, and they may become brown if cooked in an iron or a copper enamelled can. Many things cause change of color in beets, but the fault is more often in the variety of beet than in the water, soil, or method of handling. Beets with deep red color throughout should be selected for canning whole. Neither skin, tap root, nor stems (close to beet) should be broken before the beets are precooked. Soft water should be used for the precooling. On the other hand, beets which do not have an even distribution of color usually have better color if pared, cut, and precooked 5 minutes before canning. They usually fade and then reabsorb color when handled in this manner.

The brownish cast in corn (canned in glass) is usually due to caramelization. Caramelization is prevented by using juicy corn, plenty of water, and correct processing. Minerals in water also affect the color.

Olive green, varying from pale to deep, is the right color for all canned green vegetables. Brilliant green indicates the wrong method of canning or that some undesirable chemical has been added; even baking soda is undesirable for this purpose. It destroys certain vitamins. Green things turn brown from overprocessing or from being too old for canning.

Murky liquid in canned vegetables is caused by: (a) products being too mature for canning; (b) over-processing; (c) spoilage; (d) using salt containing a starchy filler; (e) hard water.
TIME TABLE FOR PROCESSING FRUITS

This table is for use at altitudes of 1,000 feet or less. Table for use at higher altitudes is given on page 11. Time given in all tables is for processing quarts. Use same time for pints or reduce 5%. Results are approximately the same. Increase time one-half for half-gallons.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>Sirup</th>
<th>PACK</th>
<th>WATER BATH Process at Boiling</th>
<th>OVEN Process at 275°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Medium to Heavy</td>
<td>Hot Pack</td>
<td>15 minutes</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Apricots</td>
<td>Medium to Heavy</td>
<td>Hot Pack</td>
<td>15 minutes</td>
<td>35 minutes</td>
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<tr>
<td></td>
<td></td>
<td>Cold Pack</td>
<td>20 minutes</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Berries, All</td>
<td>Medium to Heavy</td>
<td>Hot Pack</td>
<td>5 minutes</td>
<td>25 minutes</td>
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<tr>
<td></td>
<td></td>
<td>Cold Pack</td>
<td>20 minutes</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Cherries</td>
<td>Medium to Heavy</td>
<td>Hot Pack</td>
<td>10 minutes</td>
<td>35 minutes</td>
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<td></td>
<td></td>
<td>Cold Pack</td>
<td>20 minutes</td>
<td>50 minutes</td>
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<tr>
<td>Currants</td>
<td>Medium to Heavy</td>
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<td></td>
<td></td>
<td>Cold Pack</td>
<td>20 minutes</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Figs</td>
<td>Medium to Heavy</td>
<td>Hot Pack</td>
<td>30 minutes</td>
<td>50 minutes</td>
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<tr>
<td>Grapes</td>
<td>Light to Medium</td>
<td>Hot Pack</td>
<td>5 minutes</td>
<td>25 minutes</td>
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<tr>
<td></td>
<td></td>
<td>Cold Pack</td>
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</tr>
<tr>
<td>Peaches</td>
<td>Heavy to Extra Heavy</td>
<td>Hot Pack</td>
<td>10 minutes</td>
<td>35 minutes</td>
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<tr>
<td></td>
<td></td>
<td>Cold Pack</td>
<td>20 to 30 minutes</td>
<td>50 to 60 minutes</td>
</tr>
<tr>
<td>Pears</td>
<td>Light to Medium</td>
<td>Hot Pack</td>
<td>20 to 25 minutes</td>
<td>50 minutes</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Light to Medium</td>
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<td>15 minutes</td>
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<td></td>
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<td>Cold Pack</td>
<td>30 to 40 minutes</td>
<td>60 to 80 minutes</td>
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<td>Plums</td>
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<td></td>
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<td>Rhubarb</td>
<td>Heavy</td>
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<td>5 minutes</td>
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<td></td>
<td></td>
<td>Cold Pack</td>
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<td>50 minutes</td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td>Hot Pack</td>
<td>5 minutes</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Fruit Juices</td>
<td></td>
<td>Hot Pack</td>
<td>5 minutes</td>
<td>25 minutes</td>
</tr>
</tbody>
</table>

Note: Use oven time table when processing in a steamer. If using a steam pressure cooker for processing fruits: cold pack and process berries, grapes, and rhubarb, 8 minutes at 5 pounds pressure; pineapple, 25 minutes at 5 pounds pressure; and all other fruits, 10 minutes at 5 pounds pressure.

SIRUP FOR FRUITS

<table>
<thead>
<tr>
<th>Sirup</th>
<th>Proportion of Sugar to Liquid</th>
<th>To Make</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>1 part sugar to 3 parts water or fruit juice</td>
<td>Mix and boil until sugar dissolves.</td>
</tr>
<tr>
<td>Medium</td>
<td>1 part sugar to 2 parts water or fruit juice</td>
<td></td>
</tr>
<tr>
<td>Heavy</td>
<td>1 part sugar to 1 part water or fruit juice</td>
<td>Keep hot.</td>
</tr>
<tr>
<td>Extra Heavy</td>
<td>2 parts sugar to 1 part water or fruit juice</td>
<td></td>
</tr>
</tbody>
</table>

The type of sirup used may be varied to suit individual taste. All fruits may be canned with plain water or with unsweetened fruit juice. The method of preparing and processing is the same as when sirup is used.
# Time Table for Processing Vegetables

This table is for use at altitudes of 2,000 feet or less. Table for use at higher altitudes is given on page 11. Time given is for processing quarts. Use same time for pints.

<table>
<thead>
<tr>
<th>Product</th>
<th>Pack</th>
<th>Steam Pressure Pounds</th>
<th>Steam Pressure Minutes</th>
<th>Steam Pressure Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Precook 3 minutes. Hot Pack</td>
<td>10</td>
<td>40</td>
<td>3</td>
</tr>
<tr>
<td>Beans:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked</td>
<td></td>
<td>10</td>
<td>60</td>
<td>3</td>
</tr>
<tr>
<td>Green and Wax</td>
<td>Precook 5 minutes. Hot Pack</td>
<td>10</td>
<td>35 to 55</td>
<td>3</td>
</tr>
<tr>
<td>Lima and Butter</td>
<td>Precook 5 minutes. Hot Pack</td>
<td>10</td>
<td>55 to 65</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Soy</td>
<td>Precook 5 minutes. Hot Pack</td>
<td>10</td>
<td>70</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Beets</td>
<td>Cook. Skin. Hot Pack</td>
<td>10</td>
<td>35 to 40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Broccoli and Brussels Sprouts</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Carrots</td>
<td>Boil 5 minutes. Hot Pack</td>
<td>10</td>
<td>35 to 40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Celery</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>35</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Corn:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream Style</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>15</td>
<td>70</td>
<td>4</td>
</tr>
<tr>
<td>Whole Grain</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>70</td>
<td>3 1/2</td>
</tr>
<tr>
<td>On Cob</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>70</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Egg Plant</td>
<td>Boil 5 minutes. Hot Pack</td>
<td>10</td>
<td>55</td>
<td>3</td>
</tr>
<tr>
<td>Greens — All Kinds</td>
<td>Precook until wilted. Hot Pack</td>
<td>15</td>
<td>65</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Lye Hominy</td>
<td>Hot Pack</td>
<td>10</td>
<td>60</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Boil 2 or 3 minutes. Hot Pack</td>
<td>10</td>
<td>35</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Okra</td>
<td>Boil 2 minutes. Hot Pack</td>
<td>10</td>
<td>40</td>
<td>3</td>
</tr>
<tr>
<td>Parsnips and Salsify</td>
<td>Boil. Skin. Hot Pack</td>
<td>10</td>
<td>35 to 40</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Peas:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>50 to 60</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Blackeyed</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>60</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Field</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>60</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Snap</td>
<td>Boil 3 minutes. Hot Pack</td>
<td>10</td>
<td>35 to 55</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Peppers, Green Pimientos</td>
<td>Cover with brine. Cold Pack</td>
<td>10</td>
<td>15</td>
<td>1/4</td>
</tr>
<tr>
<td>Potatoes:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet</td>
<td>Precook. Skin. Hot Pack</td>
<td>10</td>
<td>120</td>
<td>4</td>
</tr>
<tr>
<td>New White</td>
<td>Precook. Hot Pack</td>
<td>10</td>
<td>45</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Pumpkin and Winter Squash</td>
<td>Precook. Hot Pack</td>
<td>15</td>
<td>70</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Cold Pack</td>
<td></td>
<td></td>
<td>1/2</td>
</tr>
<tr>
<td>Summer Squash and Chayote</td>
<td>Precook. Hot Pack</td>
<td>10</td>
<td>45</td>
<td>3</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Cold Pack</td>
<td></td>
<td></td>
<td>1/2 to 3/4</td>
</tr>
<tr>
<td>Turnips, Rutabagas, and Kohlrabi</td>
<td>Precook. Hot Pack</td>
<td>10</td>
<td>40</td>
<td>2 1/2</td>
</tr>
</tbody>
</table>
TIME TABLE FOR PROCESSING MEATS, POULTRY, FISH, GAME

This table is for processing quarts and pints at altitudes of 2,000 feet or less. See table below for processing at higher altitudes.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PACK</th>
<th>STEAM PRESSURE</th>
<th>WATER BATH</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Read Recipe</td>
<td>Pounds</td>
<td>Minutes</td>
</tr>
<tr>
<td>Beef, Lamb, Pork, Veal, etc.</td>
<td>Hot Pack</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>Cold Pack</td>
<td>15</td>
<td>70</td>
</tr>
<tr>
<td>All Poultry</td>
<td>Hot Pack</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>Cold Pack</td>
<td>15</td>
<td>70</td>
</tr>
<tr>
<td>All Game, Birds, Rabbits, Squirrel, and Venison</td>
<td>Hot Pack</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>Cold Pack</td>
<td>15</td>
<td>70</td>
</tr>
<tr>
<td>Fish</td>
<td>Hot Pack</td>
<td>10</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td>Cold Pack</td>
<td>10</td>
<td>100</td>
</tr>
<tr>
<td>Shellfish</td>
<td>Hot Pack</td>
<td>10</td>
<td>70</td>
</tr>
</tbody>
</table>

TIME TABLE FOR PROCESSING SOUPS AND STEWS

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PACK</th>
<th>STEAM PRESSURE</th>
<th>WATER BATH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brunswick Stew</td>
<td>Hot Pack</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Chicken Gumbo</td>
<td>Hot Pack</td>
<td>15</td>
<td>60</td>
</tr>
<tr>
<td>Fish Chowder</td>
<td>Hot Pack</td>
<td>10</td>
<td>100</td>
</tr>
<tr>
<td>Purées (nonacid vegetables)</td>
<td>Hot Pack</td>
<td>10</td>
<td>60</td>
</tr>
<tr>
<td>Soup Stock</td>
<td>Hot Pack</td>
<td>10</td>
<td>50</td>
</tr>
<tr>
<td>Tomato Puree</td>
<td>Hot Pack</td>
<td>10</td>
<td>35</td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>Hot Pack</td>
<td>10</td>
<td>60</td>
</tr>
<tr>
<td>Vegetable Soup</td>
<td>Hot Pack</td>
<td>10</td>
<td>60</td>
</tr>
</tbody>
</table>

TABLE FOR PROCESSING AT HIGH ALTITUDES

STEAM PRESSURE COOKER

<table>
<thead>
<tr>
<th>ELEVATION</th>
<th>PRESSURE USED FOR VEGETABLES*</th>
<th>PRESSURE USED FOR MEATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 feet</td>
<td>10 pounds</td>
<td>15 pounds</td>
</tr>
<tr>
<td>3,000 feet</td>
<td>10 pounds</td>
<td>15 pounds</td>
</tr>
<tr>
<td>4,000 feet</td>
<td>11 pounds</td>
<td>16 pounds</td>
</tr>
<tr>
<td>5,000 feet</td>
<td>11 pounds</td>
<td>16 pounds</td>
</tr>
<tr>
<td>6,000 feet</td>
<td>12 pounds</td>
<td>17 pounds</td>
</tr>
<tr>
<td>7,000 feet</td>
<td>12 pounds</td>
<td>18 pounds</td>
</tr>
<tr>
<td>8,000 feet</td>
<td>13 pounds</td>
<td></td>
</tr>
</tbody>
</table>

WATER BATH CANNER

<table>
<thead>
<tr>
<th>ELEVATION</th>
<th>PROCESS</th>
<th>20 per cent longer than time given in tables and recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3,000 feet</td>
<td>Process 40 per cent</td>
<td></td>
</tr>
<tr>
<td>4,000 feet</td>
<td>Process 60 per cent</td>
<td></td>
</tr>
<tr>
<td>5,000 feet</td>
<td>Process 80 per cent</td>
<td></td>
</tr>
<tr>
<td>6,000 feet</td>
<td>Process 100 per cent</td>
<td></td>
</tr>
<tr>
<td>7,000 feet</td>
<td>Process 120 per cent</td>
<td></td>
</tr>
<tr>
<td>8,000 feet</td>
<td>Process 140 per cent</td>
<td></td>
</tr>
</tbody>
</table>

*Note: Cream style corn, pumpkin, and winter squash are processed at 15 pounds pressure at and below an altitude of 2,000 feet.

Boil all nonacid vegetables, vegetable and meat soups, and all meats 10 to 15 minutes before tasting. Never taste any canned product which has an unnatural odor. Always reboil left over canned vegetables before serving.
CANNING PLAN OR BUDGET

To be used as a guide when planning family canning budgets. The size of servings, as well as the variety of product, the length of time out of season, and the number of times needed during the nongrowing season should determine the quantity of any product needed. No provision is made here for guests or gifts. It is always wise to can a few more quarts of each thing than actually needed for one’s family. This is particularly true of fruits, preserves, pickles, marmalades and relishes.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>NUMBER TIMES SERVED</th>
<th>APPROXIMATE SIZE SERVING</th>
<th>AMOUNT NEEDED FOR ONE PERSON</th>
<th>AMOUNT NEEDED FOR FAMILY OF FIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; Fruit Juices</td>
<td>5 per week — 36 weeks</td>
<td>1 cup</td>
<td>45 quarts</td>
<td>225 quarts</td>
</tr>
<tr>
<td>Tomatoes &amp; Tomato Juice (Can more if fruit crop is short.)</td>
<td>2 per week — 36 weeks</td>
<td>½ cup</td>
<td>9 quarts</td>
<td>45 quarts</td>
</tr>
<tr>
<td>Beans — Green</td>
<td>1 per week — 36 weeks</td>
<td>½ cup</td>
<td>4½ quarts</td>
<td>22½ quarts</td>
</tr>
<tr>
<td>Beans — Lima or Shelled</td>
<td>1 per week — 36 weeks</td>
<td>½ cup</td>
<td>9 quarts</td>
<td>45 quarts</td>
</tr>
<tr>
<td>Corn</td>
<td>2 per week — 36 weeks</td>
<td>½ cup</td>
<td>4½ quarts</td>
<td>22½ quarts</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 per week — 36 weeks</td>
<td>½ cup</td>
<td>9 quarts</td>
<td>45 quarts</td>
</tr>
<tr>
<td>Greens — All Kinds</td>
<td>2 per week — 36 weeks</td>
<td>4 quarts</td>
<td>22 quarts</td>
<td>112 quarts</td>
</tr>
<tr>
<td>Peas</td>
<td>1 per week — 36 weeks</td>
<td>4 quarts</td>
<td>22 quarts</td>
<td>112 quarts</td>
</tr>
<tr>
<td>Soup Mixture</td>
<td>6 per week — 52 weeks</td>
<td>1 Tbs.</td>
<td>18 quarts</td>
<td>90 quarts</td>
</tr>
<tr>
<td>Preserves, Jams, etc.</td>
<td>3 per week — 52 weeks</td>
<td>2 Tbs.</td>
<td>24 quarts</td>
<td>120 quarts</td>
</tr>
<tr>
<td>Relishes</td>
<td>3 per week — 52 weeks</td>
<td>1 Tbs.</td>
<td>6 quarts</td>
<td>30 quarts</td>
</tr>
<tr>
<td>Pickles — Vegetables</td>
<td>2 per week — 52 weeks</td>
<td>1 Tbs.</td>
<td>6 quarts</td>
<td>30 quarts</td>
</tr>
<tr>
<td>Pickles — Fruit</td>
<td>2 per week — 52 weeks</td>
<td>1 Tbs.</td>
<td>6 quarts</td>
<td>30 quarts</td>
</tr>
<tr>
<td>Meats</td>
<td>1 per week — 16 weeks</td>
<td>½ cup</td>
<td>13½ quarts</td>
<td>67½ quarts</td>
</tr>
<tr>
<td>Mincemeat</td>
<td>1 per week — 16 weeks</td>
<td>½ cup</td>
<td>13½ quarts</td>
<td>67½ quarts</td>
</tr>
<tr>
<td>Miscellaneous —Asparagus, Okra, Snap Peas, Succotash, Sauerkraut, etc., which are not used in all sections of country.</td>
<td>5 per week — 36 weeks</td>
<td>½ cup</td>
<td>22½ quarts</td>
<td>112½ quarts</td>
</tr>
</tbody>
</table>

AMOUNT OF STRAINED FRUITS AND VEGETABLES NEEDED BY BABY

First year 80 ½ pint jars
Second year 150 ½ pint jars

NUMBER OF JARS NEEDED FOR CANNING ONE BUSHEL RAW MATERIAL

Only approximate weights and yields can be given because fruits and vegetables vary with variety, season, and condition of the product.
A
N ABUNDANT SUPPLY of home canned fruits is a safeguard to family health and food budget. It safeguards health by supplying minerals, vitamins, and other properties necessary to physical well-being. It protects the food budget because the cost of canning at home is far less than that of buying either fresh fruit out of season or a commercially canned product of choice quality at any time.

Home canned fruits of good quality are tender, but unbroken, and have the flavor and color of freshly cooked ones. All fruits for canning should be fresh, firm-ripe, sound, unbruised, and clean. All should be sorted for size, color, and degree of ripeness so that pieces of approximately the same size, color, and ripeness may be canned together. That which is sound, but less choice may be used for butters, jams, juices, etc. Berries should be washed and drained before they are capped or stemmed. All other fruits should be washed and drained before the skin is broken or cut.

Fruits may be canned with or without sugar, however, the color, flavor, and texture is usually better if some sugar is used. The amount used is largely a matter of personal preference, but the sirup should not be so sweet as to disguise the natural flavor of the fruit.

Persons on a sugar-free diet may can fruits by substituting fruit juice or plain boiling water for the sirups called for in the Blue Book recipes. It is not advisable to use saccharine when canning as it is likely to cause an unpleasant flavor when heated with fruit.
Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.

Please reread pages 3 to 8.

APPLIES—BAKED
Wash and core apples. Fill cavities with sugar to which a little cinnamon, cloves, nutmeg, or ginger has been added. Add enough water to prevent sticking and bake until tender. Pack into hot BALL Jars. Cover with hot sirup made of equal parts sugar and water or with water and honey. Process 15 minutes in hot-water bath; then complete seal.

APPLIES—HOT PACK
Wash, pare, halve, and core apples. Drop into vinegar-salt water (2 tablespoons each to 1 gallon water). Boil equal parts sugar and water together 2 minutes. Rinse apples. Add to hot sirup. Cook gently 5 to 10 minutes. Pack in overlapping layers into hot BALL Jars. Process 15 minutes in hot-water bath; then complete seal.

APPLIES—OPEN KETTLE
Wash, pare, halve, and core apples. Cook until tender in sirup made of equal parts sugar and water. Add lemon or orange peel, ginger, or spice to taste. Pack hot into hot BALL Jars. Cover with boiling sirup; seal at once.

APPLE SAUCE
Wash, pare, core, and slice apples. Add a little water to start cooking. Cook until soft. Press through cheesecloth. Hold the cloth by the corners and dip into boiling water until spots appear. Then dip quickly in and out of cold water. Pack into hot BALL Jars. (Add neither sugar nor liquid.) Process 20 minutes in hot-water bath; then complete seal.

APRICOTS
Wash, scald, cold dip, and skin firm-ripe apricots. Cut in halves and remove seed, or pack whole. Simmer 3 to 6 minutes in sirup made of equal parts sugar and water. Pack into hot BALL Jars. Process 15 minutes in hot-water bath; then complete seal.

APRICOTS—OPEN KETTLE
Use recipe for Peaches — Open Kettle, page 17.

Note: Apricots may be canned without skinning; in which case, they should be rubbed with a cloth to remove fuzz.

ALL BERRIES—COLD PACK
Use any variety of edible berry, except strawberries. Wash firm-ripe, freshly picked berries. Drain. Use from 1/2 to 3/4 cup sugar to 1 quart berries. Place layers of sugar and berries in a broad, shallow pan. Let stand 2 hours then cook by simmering, until the sugar is dissolved and berries heated through. Pack into hot BALL Jars. Process 5 minutes in hot-water bath; then complete seal.

ALL BERRIES—OPEN KETTLE
Wash berries. Add from 1/2 to 3/4 cup sugar for each quart berries. Boil 5 minutes. Pour boiling hot into hot BALL Jars and seal at once.

BLUEBERRIES AND HUCKLEBERRIES
These berries may be canned by directions given for all berries, but the method given here is more desirable if berries are to be used in muffins, etc.

Place 2 or 3 quarts clean berries in a square of cheesecloth. Hold the cloth by the corners and dip into boiling water until spots appear. Then dip quickly in and out of cold water. Pack into hot BALL Jars. (Add neither sugar nor liquid.) Process 20 minutes in hot-water bath; then complete seal.

ELDERBERRIES
Wash, stem, and pack into hot BALL Jars. Cover with sirup made with 1 part sugar to 3 parts water. Process 20 minutes in hot-water bath; then complete seal.

Elderberries lack acidity, therefore, a small amount of lemon juice or vinegar is generally added to them when making pies.

GOOSEBERRIES
Gooseberries may be canned by recipes given for all berries, or they may be canned in a heavier sirup (3 parts sugar to 1 part water). Snip heads and tails from clean berries. Pack into hot BALL Jars. Cover with boiling sirup. Process 20 minutes in hot-water bath; then complete seal.

RED RASPBERRIES
Red raspberries may be canned by any berry recipe, but they keep color and shape better if directions are followed for canning strawberries.

STRAWBERRIES
Use berries having small cells and deep red color throughout. Wash, cap, drain, and measure berries. Work with batches of 2 or 3 quarts. Use from 1 to 2 cups sugar to each quart of berries. Place sugar and berries in alternate
Jars. Process 10 minutes in hot-water bath; then complete seal.

Cherries—Cold Pack
Wash, stem, and pit cherries or leave whole. (Prick each unpitted cherry with needle.) Pack into hot BALL Jars. Cover sour cherries with boiling sirup made of 2 parts sugar and 1 of water or cherry juice, and sweet cherries with sirup made of equal parts sugar and liquid. Process 20 minutes in hot-water bath; then complete seal.

Cherries—Hot Pack
Wash, pit, and measure cherries. Mix with \( \frac{1}{3} \) to \( \frac{1}{2} \) their measure of sugar. Let stand 1 to 2 hours; simmer 10 minutes. Pack into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Cherries—Open Kettle
Wash, drain, stem, pit, and measure cherries. Add from \( \frac{1}{2} \) to 1 cup sugar for each quart pitted fruit. Heat slowly to boiling, then boil rapidly 15 minutes. Pour hot into hot BALL Jars; seal at once.

Cranberry Sauce
Wash and stem cranberries. Boil 4 cups sugar with 4 cups water, 5 minutes. Add 2 quarts berries; boil without stirring until skins burst. Pour into hot BALL Jars; seal at once.

Currants
Use recipe for any method of canning berries.

Figs
Sprinkle 1 cup soda over 6 quarts firm-ripe, unbroken figs. Cover with boiling water. Let stand 5 minutes. Rinse thoroughly. Combine with 4 cups sugar and 2 quarts water. Cook until tender. Pack into hot BALL Jars. Process 30 minutes in hot-water bath; then complete seal. Or: boil figs 5 minutes in sirup made of 6 cups sugar to 4 cups water. Process 2 hours in hot-water bath.

Fruits Without Sugar
Select and prepare fruits as for regular canning. Either pack raw and cover with boiling water or fruit juice, or precook in water or juice and pack hot Process according to time tables on page 9.

Fruits With Honey
Honey may be substituted for all or for part of the sugar when making canning sirups. Fruits canned with honey do not have the same flavor and (usually) color of those canned with regular sugar sirup.

Fruit for Cold Storage Lockers
While cold storage rental lockers are still more or less in the experimental stage, it has been clearly demonstrated that fruits to be frozen are more satisfactory if covered with sugar sirup before packing, and that glass jars are the best containers for storing fruits and vegetables because jars are leak proof, rust proof, have no effect upon the color and flavor of the product, and can be closed air-tight. BALL Jars will not break from freezing if used according to directions.

Select, wash, sort, and prepare fruit as for canning. Pack into BALL Jars which have been boiled 10 minutes and then cooled to room temperature. Leave at least 2 inches head space in jars. This applies to both fruit and sirup.

Cover all fruits with cold sirup. Make sirup by boiling sugar and water 5 minutes. Then cool. Cherries, cranberries, loganberries, and strawberries are usually covered with cold sirup made with \( \frac{3}{4} \) parts sugar to 1 of water. Sirup for other fruits is made of equal parts sugar and water. Seal jars before storing.

Grapes—Green
Unripe grapes are used for pie fillings
Use grapes before the seeds harden. Remove from stems. Wash. Pack into hot BALL Jars. Cover with sirup made of 2 parts sugar to 1 of water. Process 25 minutes in hot-water bath; then complete seal.

Grapes—Ripe
Wash, stem, and rinse, firm-ripe grapes. Pack into hot BALL Jars. Cover with hot sirup made of 1 part sugar and 2 parts water or grape juice. Process 20 minutes in hot-water bath; then complete seal.

Grapes—Open Kettle
Use either ripe or tender green grapes.
Wash, stem, drain, and measure. Add \( \frac{1}{4} \) cup water and from \( \frac{1}{2} \) to \( \frac{3}{4} \) cup sugar to each quart ripe grapes. Use \( \frac{1}{4} \) cup water and from \( \frac{3}{4} \) to 1 cup sugar to each quart green grapes. Boil 10 minutes. Pour hot into hot BALL Jars; seal at once.

Grapefruit
Wash and dry firm, heavy, ripe grapefruit. Cut a slice from each end; then cut the peel off in broad slices reaching from end to end. (Cut deep enough to remove the thin skin which separates the fruit from the peel.) Run a thin knife blade between the flesh and membrane of each section and lift out the section or "heart" without breaking. Discard seed. Pack into hot BALL Jars. To each quart, add \( \frac{1}{2} \) cup sirup made of 2 parts sugar and 1 of water or grapefruit juice. Process 30 minutes at simmering (180–190° F.) in hot-water bath or 10 minutes at boiling; then complete seal. Grapefruit may be canned without sugar, but it is less likely to discolor if sugar is added.

Guavas
Wash, peel, and cut in halves. The seed may be left in or removed as preferred. Cover with boiling sirup made of 1 part sugar and 2 of water. Let stand 30 minutes. Pack into hot BALL Jars. Process 20 minutes in hot-water bath; then complete seal.
LOQUATS

Wash, remove stems and blossom ends. (Seed may be removed if objectionable.) Cook 3 to 5 minutes in sirup made of 1 part sugar to 2 parts water. Pack into hot BALL Jars. Process 20 to 30 minutes in hot-water bath; then complete seal.

MIXED FRUITS—Salads, etc.

Canned mixed fruits are both convenient and economical for use in cocktails, salads, and desserts. Certain firm ones, such as pineapple, may be canned when in season, opened, mixed with other fruits and recanned.

Prepare fruit as for canning. Leave whole, in large pieces, or dice. Simmer each fruit separately 5 to 10 minutes in smallest possible amount of water, then mix. Pack into hot BALL Jars. Cover with hot sirup made of 1 part sugar to 3 parts water. Process 10 minutes in hot-water bath; then complete seal.

Some good mixtures:

- Pineapple, peaches, pears, white cherries.
- Green gage plums, peaches, white grapes.
- Pineapple, apricots, grapefruit, white grapes.

NECTARINES

Wash, scald, cold dip, and peel firm-ripe fruit or can with skin on. Cut in halves, if peeled. Pack into hot BALL Jars. Cover with hot sirup made of 3 parts sugar and 2 of water. Process 20 minutes in hot-water bath; then complete seal.

NECTARINES—OPEN KETTLE

Use recipe for peaches — Open Kettle, page 17.

PEACHES—PREPARATION

Wash and peel firm-ripe peaches after grading for size, color, and condition. Skins may be rubbed from some varieties after scalding and cold dipping (1 minute in boiling water — 1½ minute in cold water).

The lye method of peeling, while practical when a large quantity is to be canned, requires skill. To lye peel: Put 4 tablespoons concentrated lye in an enamel or granite kettle. Add 2 gallons water and heat to boiling. Put fruit in a basket and hold in the boiling lye from 30 to 60 seconds; then wash immediately in cold water. Rinse through several waters to remove all skins and all traces of lye. The fruit will darken if left in lye too long or if not well rinsed.

Paring with a knife is usually the best way to peel peaches. Cut peeled peaches in halves. Discard stones; scrape cavities of free stone fruit to remove the pink or red fibers. Drop peaches, as they are halved, into vinegar-salt water (2 tablespoons each to 1 gallon cold water). Rinse before canning.

From 1 to 1½ cups sirup is needed for each quart of peaches; the exact amount depending upon the tightness of the pack. The amount of sugar used in making sirup depends upon individual preference.

PEACHES—COLD PACK

Pack peaches into hot BALL Jars, layers overlapping, cavity side down. Cover with boiling sirup made with 1 or 2 parts sugar to 1 of water. Process from 20 to 30 minutes in hot-water bath; then complete seal. Use the longer period of processing for extra large or very firm fruit.
PEACHES—HOT PACK
This is the best method of canning peaches. Make a syrup of 1 or 2 parts sugar to 1 of water. Add peaches, a few at a time, and simmer until hot through (4 to 8 minutes). Pack into hot BALL Jars, layers overlapping, cavity side down. Cover with syrup in which peaches were cooked. Process 10 minutes in hot-water bath; then complete seal. Can left over syrup for pudding or ice cream sauce.

PEACHES—OPEN KETTLE
Add 2 parts sugar to 1 of water. Bring to a boil. Add peaches and cook until tender, but not broken. Pack hot peaches into hot BALL Jars. Fill with boiling syrup; seal at once.

PEACHES—BAKED
Wash and rub fuzz from hard-ripe fruit. Place in pan with small amount of water. Sprinkle with sugar to sweeten (about 3/4 cup to 1 dozen peaches). Bake until tender. Pack into hot BALL Jars. Cover with syrup. Process 10 minutes in hot-water bath; then complete seal.

Note: Should there not be enough syrup to cover, finish out with plain syrup made by boiling equal parts sugar and water 5 minutes. Ginger or other spices may be added to syrup to give variety of flavor.

PEARS
Unlike other fruits, pears should be removed from the tree before ripe and stored in a cool place (60-65° F.) until ripe, but not soft. The Bartlett is considered superior to other pears for canning, but the Keifer and similar varieties are satisfactory if properly ripened and then cooked until almost tender in plain water before sugar is added to make syrup.

Wash, pare, halve, or quarter, and core pears. (The cores are not removed if the fruit is canned whole.) Drop the pared fruit into water containing salt and vinegar, (2 tablespoons of each to a gallon of water). Rinse. Boil gently from 4 to 8 minutes in syrup made of equal parts sugar and water. Pack into hot BALL Jars; layers overlapping, cavity side down. Cover with syrup in which cooked. Process 20 to 25 minutes in hot-water bath; then complete seal. Use the longer period for large or hard fruit.

Pears, because of their mild flavor, are well adapted to combination with other flavors. This is important to remember when other fruits are scarce.

For orange pears: Use the juice and rind of 3/4 orange to each quart of syrup. Remove the rind before packing the pears.

For cinnamon pears: Use 2 or 3 tablespoons of "red hots" to each quart of syrup, or use stick cinnamon and a few drops red coloring.

For ginger pears: Use ginger tea (water in which ginger root is boiled) instead of plain water for making syrup.

For pineapple pears: Use pineapple juice instead of water for making the syrup.

For plum pears: Use tart, red plum juice instead of water for making syrup.

PEARS—BAKED
Wash, stem, and remove blossom end from firm-ripe pears. Place in pan with enough water to prevent sticking. Bake until tender.
Pack into hot BALL Jars and cover with sirup made of equal parts sugar or honey and water. Process 20 minutes in hot-water bath; then complete seal.

**PEAR AND MELON BALLS**

Use equal portions of balls or cubes of firm-ripe fruit. Cook pears in water until tender but not soft. Heat melon just to boiling. Drain and combine fruit. Cover with boiling sirup (1 part sugar to 3 parts water) and let stand until cold. Pack into hot BALL Jars. Add 1 tablespoon lemon juice to each quart and cover with the sirup. Process 10 minutes in hot-water bath; then complete seal.

**PEARS—MINT**

*(Creme de Menthe)*

Make sirup of 2 or 3 parts sugar to 1 of water. Add pears, halved, or whole, or sliced crosswise, and cook until tender. After cooking pears, add a few drops of mint flavoring and a small amount of green cake coloring to the sirup. Pack pears loosely into hot BALL Jars; cover with sirup. Process 10 minutes in hot-water bath; then complete seal.

**PERSIMMONS**

Wash ripe persimmons. Steam, or cook in small amount of water, until soft. Rub through a strainer. Sweeten to taste if to be used as a sauce; otherwise add no sugar. Reheat to boiling. Pack into hot BALL Jars. Process 20 minutes in hot-water bath; then complete seal.

**PERSIMMONS—WHOLE**

Scald until the skins crack. Remove skin. Pack in hot BALL Jars. Cover with sirup made of 1 cup sugar to 3 cups water. Process 20 minutes in hot-water bath; then complete seal.

**PINEAPPLE**

Scrub firm-ripe pineapple with brush. Dry; twist out top. Cut thin slice from bottom then cut the pineapple into 1/2 inch slices crosswise or into 8 wedge-shape slices lengthwise. (Cut into halves, then quarters, etc.) Remove peeling and core after slicing. (Use peelings and cores for making pineapple juice.) Use doughnut or cookie cutter for shaping round slices. Leave long slices whole or cut into pieces of uniform size.

Well ripened pineapple may be packed raw, covered with sirup made of equal parts sugar and water and processed 30 to 40 minutes in a hot-water bath, but hot packing usually gives better results.

**PINEAPPLE—HOT PACK**

Make sirup of equal parts sugar and water. Add pineapple. Simmer until tender. Pack into hot BALL Jars. Cover with hot sirup. Process 15 minutes in hot-water bath; then complete seal.

**PINEAPPLE—OPEN KETTLE**

Mix prepared pineapple with 1/4 its measure of sugar. Let stand 1 hour; then cook until tender. Pack boiling hot into hot BALL Jars; seal at once.

**PLUMS**

Green gage and other meaty plums are better for canning than the more juicy varieties. Plums may be scalded and skinned, but the skins are usually left on. Prick with a needle. Pricking does not necessarily prevent skins from cracking, but tends to prevent bursting of the fruit.

Drop plums into boiling sirup made of 1 or 2 parts sugar to 1 of water, depending upon sourness of fruit. The plums should not be more than 2 deep in the pan. Remove pan from stove 2 minutes after adding fruit. Let stand covered from 20 to 30 minutes. Pack plums into hot BALL Jars. Cover with the sirup. Process 10 minutes in hot-water bath; then complete seal. The extra sirup may be canned to use in beverages, ices, etc.

Note: Plums may also be packed cold into hot BALL Jars, covered with boiling sirup and processed 20 minutes in hot-water bath.

**PLUMS—OPEN KETTLE**

Wash, prick, and measure plums. To each quart plums, add from 1/2 to 3/4 cup sugar and 1/2 cup water. Heat slowly to boiling. Boil until thoroughly cooked (10 to 20 minutes). Pour hot into hot BALL Jars; seal at once.

**PRUNES—FRESH**

Follow directions for canning plums.

**PRUNES—DRIED**

Wash prunes. Cover with cold water and let stand overnight. Drain off and save water. Pack prunes into hot BALL Jars. Make sirup of the prune water and 2 tablespoons sugar for each quart of fruit. Pour hot sirup over prunes and process 30 minutes in hot-water bath; then complete seal.

**QUINCES**

Use firm-ripe fruit. Wash, peel, core, and cut into halves or quarters. Steam or cook in small amount of water until tender. Pack into hot BALL Jars. Cover with sirup made with equal parts sugar and water. Process 30 minutes in hot-water bath; then complete seal.

**RHUBARB**

When possible, use strawberry rhubarb. Wash and cut unpeeled stalks into 1 inch pieces. Place in wide-bottom pan with alternate layers of sugar. Use 1/4 to 1/2 as much sugar as rhubarb. Let stand 2 or more hours. Heat slowly to boiling. Remove pan from heat when contents begin boiling. Let stand several hours. Pack cold rhubarb into hot BALL Jars. Cover with sirup reheated to boiling. Process 5 minutes in hot-water bath; then complete seal.

**RHUBARB—BAKED**

Wash and cut rhubarb into 13/4 inch pieces. Add from 1/2 to 1 cup sugar to a quart of rhubarb. Bake until tender. Pack into hot BALL Jars. Process 5 minutes in hot-water bath; then complete seal.

**RHUBARB—COLD PACK**

Pack raw rhubarb into hot BALL Jars. Cover with sirup made of 1 part sugar to 1 of water. Process 20 minutes in hot-water bath; then complete seal.
Home canned fruit juices add variety to the breakfast menu. They are inexpensive and useful for making cocktails, punches, congealed desserts, puddings, sauces, ice creams, sherbets, and molded salads.

Fruits from which juices are to be extracted should be fresh, sound, ripe, and of good color and flavor; all except citrus fruits and white grapes should be heated before the juice is extracted. The cooking should be done below boiling point because intense heat tends to destroy color, flavor, and vitamins.

Juices of uniformly high quality can be easily made at home if the directions are carefully followed and a dairy or a candy thermometer is used to determine temperatures. However, a satisfactory product can be made without the use of a thermometer.

The amount of sugar used varies from 1 to 2 cups to 1 gallon juice, depending upon preference. *That which is to be used for jelly should not be sweetened.*

Fruit juices should be processed 30 minutes in hot-water bath at simmering (175–185°F.). Grape and berry juices are clearer if left standing 12 or more hours and then siphoned or poured from the dregs which settle at the bottom. Filtered juices are more attractive in appearance, but less so in flavor than unfiltered ones.

**Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.**

*Please reread pages 3 to 8.*
APRICOT PUREE OR NECTAR
Wash and stone sound ripe apricots. Add enough water to prevent sticking. Simmer until soft. Press through a fine sieve. Add 1 1/4 cups sugar to each gallon strained pulp. Reheat until sugar dissolves. Pour into hot BALL Jars. Process 15 minutes in hot-water bath; then complete seal. Dilute with water and serve as other fruit juices or use in ice creams, sherbets, whips, and congealed desserts.

BERRY JUICES
Blackberries, Blueberries, Loganberries, Raspberries, Strawberries, etc.
Wash, crush, and simmer berries until soft. Strain through several layers of cheesecloth. Add from 1 to 2 cups sugar to each gallon of juice. Reheat to simmering and pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (175-185°F); then complete seal.

BLACKBERRY CORDIAL
Nonalcoholic
To 1 quart blackberry juice add 2 cups sugar and 1 tablespoon each cloves, allspice, cinnamon, and nutmeg. (Tie spices in cloth bag.) Simmer 30 minutes. Bring to boiling. Pour boiling into hot BALL Jars; seal at once.

CIDER
Pour freshly made cider into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (165°F); then complete seal. Strain before serving.

CRANBERRY JUICE
Boil equal measures of cranberries and water together until the berries burst. Strain juice through cheesecloth. Sweeten to taste. Boil 1 or 2 minutes. Pour hot juice into hot BALL Jars; seal at once.

FRUIT PUNCH
Mix 2 cups lemon juice, 6 cups orange juice, 4 cups grapefruit juice, 4 cups pomegranate or red plum juice and 4 cups sugar. Simmer 20 minutes. Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering; then complete seal.

GRAPE JUICE I
Wash, stem, and crush fresh, firm-ripe grapes. Add 1 cup water to each gallon crushed grapes. Heat 10 minutes at simmering. (Boiling develops a poor flavor.) Strain through several layers of cheesecloth. Let stand in a cool place, preferably in refrigerator, 24 hours. Strain again. Add 1 or 2 cups sugar to each gallon juice. Reheat to simmering. Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (175-185°F); then complete seal.

GRAPE JUICE II
Wash and stem firm-ripe, fresh grapes. Put 1 cup grapes into a hot BALL Jar. Add from 1 1/2 to 1 cup sugar. Fill the jar with boiling water. Process 5 minutes in hot-water bath; then complete seal.

GRAPEFRUIT JUICE
Extract and strain juice. Sweeten to taste. Heat to simmering (165°F). Fill hot BALL Jars to overflowing. Process 30 minutes in hot-water bath at simmering (165-175°F); then complete seal.

PEACH PUREE OR NECTAR
Follow recipe for Apricot Puree.

PINEAPPLE JUICE
Scrub pineapple, slice, and remove the peel, but not "eyes." Grind through food chopper. Add 1/2 as much water as pineapple and simmer until the fruit is tender. Strain through several layers of cheesecloth. Add 1 cup sugar to each gallon of juice. Heat to simmering. Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (175-185°F); then complete seal.

POMONA PUNCH
Boil 4 cups sugar with 1 gallon water, 5 minutes. Add 1 gallon sweet cider, 1 1/2 cups lemon juice, 3 cups orange juice. Reheat to simmering. Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (175°F); then complete seal.

SHRUBS OR VINEGARS
Wash, cap, measure, and crush firm-ripe berries of any edible variety. For each gallon crushed berries: Boil 4 cups sugar with 2 cups vinegar 5 minutes and pour over the berries. Let stand 24 hours then strain through several layers of cheesecloth. Reheat to simmering. Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (175-180°F); then complete seal.

STRAWBERRY JUICE
Wash, cap, crush, and measure firm, red-ripe berries. Add 1 pint boiling water to each gallon crushed berries. Strain juice through cheesecloth. Let stand 2 hours. Strain again. Add 1 cup sugar to each gallon juice. Heat to simmering. Pour into hot BALL Jars. Process 30 minutes at simmering; then complete seal.

TOMATO JUICE I
No tomato juice is superior in flavor to that which is made, as needed, by pressing home canned tomatoes through a fine sieve.

TOMATO JUICE II
Use firm, red-ripe, freshly picked tomatoes. Discard any that are bruised or specked with decay or fungus. Wash carefully. Leave whole and bake in an oven; or steam; or cut into small pieces and cook until soft. (It is said that a smaller percentage of vitamins is lost when the cooking is done by steaming or baking.) Press the hot tomatoes through a fine, preferably cone-shaped, sieve. Reheat to simmering (190°F). Pour into hot BALL Jars. Process 30 minutes in hot-water bath at simmering (185-190°F); then complete seal.

Note: If the juice is to be used in infant feeding, omit salt. Otherwise add salt to season.
Wise and thrifty is the woman who stocks her pantry with a large variety of home canned vegetables, because they, with other home canned products, enable her to provide her household with an adequate diet at the lowest possible cost.

Canned vegetables have approximately the same food value as those cooked for immediate serving, provided the canned ones are selected, prepared, packed, and processed according to instructions in the Ball Blue Book.

The flavor, color, and texture of a home canned vegetable so closely resembles that of a freshly cooked one that it is practically impossible to distinguish one from the other.

Salt may be omitted when canning vegetables as the small amount used has no effect on keeping qualities. It is merely used for seasoning.

Food values are higher if vegetables are canned with the water in which they are pre-cooked, but fresh boiling water may be used if preferred.

All vegetables except tomatoes, ripe pimientos, and sauerkraut are called nonacid. The United States Department of Agriculture strongly recommends the use of a steam pressure cooker for processing all nonacid products. In this, we wholly agree but give time-tables for water bath processing for the convenience of those who prefer that method.

Never Taste canned food in order to decide whether it is spoiled. Never Taste nonacid vegetables until they have been boiled rapidly at least 10 minutes. Boil and then chill before using in salads. Discard any canned food which has an unnatural odor.

Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.

Please reread pages 3 to 8

**Asparagus**

Grade freshly cut asparagus for size. Wash. Remove loose scales. Place upright in wire basket or in square of cheesecloth and hold 3 minutes in boiling water which reaches just below the tips. Pack upright into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

Note: If preferred, asparagus may be cut in 2 inch pieces before precooking for packing.

**Beans — Green, Wax, and "Snap Peas"**

Wash, string, break, or cut young, tender, freshly gathered pods into 2 inch pieces. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with water in which cooked. Process small, young pods 35 minutes and large ones 55 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

**Beans — Butter and Lima**

Use only freshly gathered beans

**Beans — Soy**

Use Lima Bean recipe. Process 70 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**Baked Beans**

1 quart dry beans

1/2 pound salt pork

1 onion

SOAK beans overnight. Drain. Add 2 quarts fresh water and simmer until skins begin to crack. Add pork, cut in 2 inch pieces, onion, salt, mustard, and molasses. Add more boiling water if needed to cover. Bake 2 hours. Pack into hot BALL Jars. Process 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

Note: Baked beans should be "soupy" when packed into the jars.
**BEETS**

Wash young, tender, deep red beets. Leave 2 inches of stems and tap root. Boil until the skins can be slipped. Slip skins, trim beets, and pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2 1/2 hours in hot-water bath; then complete seal.

Note: Beets may be pared with a knife, cut into cubes or slices, boiled 10 minutes before packing, but the method given in the recipe is much easier when a large quantity is to be canned.

**BROCCOLI**

Wash tender, all-green broccoli. Cut in 2 inch pieces or leave in longer branches. Boil 3 minutes in salt water (1 teaspoon salt to 1 quart water). Pack into hot BALL Jars. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2 1/2 hours in hot-water bath; then complete seal.

**CABBAGE**

Wash; cut in pieces suitable for packing. Cook until wilted in salt water (1 1/2 teaspoons salt to 1 quart water). Pack into hot BALL Jars. Cover with fresh boiling water. Process 35 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal.

**CARROTS**

Wash, scrape, and rinse. Slice, dice, or leave whole. Boil 3 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2 1/2 hours in water bath; then complete seal.

**BRUSSELS SPROUTS**

Wash, trim, and boil Brussels Sprouts 5 minutes in salt water (1 teaspoon salt to 1 quart water). Pack into hot BALL Jars. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2 1/2 hours in hot-water bath; then complete seal.

**CAULIFLOWER**

Clean and separate cauliflower into small pieces. Soak 30 minutes in salt water (1 table-
spoon salt to 1 quart water). Drain. Boil 3 minutes. Pack into hot BALL Jars. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal.

**CELERY**

Wash and cut in 2 inch pieces. Boil 3 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with cooking water. Process 35 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal.

**CORN**

Use only tender, juicy corn which is strictly fresh. Can as quickly as possible after gathering. Do not can that which has stood overnight. Use only tender, juicy corn which is strictly fresh. Can as quickly as possible after gathering. Do not can that which has stood overnight.

**CORN—ON COB**

Boil corn 5 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 70 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**CORN—CREAM STYLE**

Cut tip ends from kernels. Scrape out pulp. Add 1 teaspoon salt and 2 cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot BALL Jars. Process 70 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**CORN—WHOLE KERNEL**

Cut corn from cob. Do not scrape. Add 1 teaspoon salt and 1½ cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot BALL Jars. Process 70 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

Note: Whole kernel corn usually has better color, flavor, and keeping qualities than that which is canned cream style.

**EGG PLANT**

Wash, peel, slice, or cube egg plant. Soak 45 minutes in brine (1 tablespoon salt to 1 quart water). Drain. Boil 5 minutes in clear water. Pack into hot BALL Jars. Cover with boiling water. Process 55 minutes at 10 pounds pressure or 4 hours in hot-water bath; then complete seal.

**GREENS—CHARD—MUSTARD—SPINACH—TURNIP, ETC.**

Wash thoroughly; discard large stems and tough, discolored, and wilted leaves. Heat until wilted, using just enough water to prevent sticking. (Turning the greens over when steam begins to rise around the edges of the pan will hasten the wilting and prevent overcooking.) Pack firmly into hot BALL Jars; then loosen by cutting through the pack several times with a sharp knife. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**KOHLRABI, RUTABAGAS, AND TURNIPS**

Wash, pare, slice, or cube. Boil 5 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal.

**LYE HOMINY**

For each quart shelled corn: Dissolve 2 tablespoons concentrated lye in 1 gallon boiling water. Add corn and boil until hulls loosen (about 30 minutes). Rinse corn through several changes of water to remove lye; then rub vigorously or churn to remove hulls and black tips. Let stand in fresh water 2 or 3 hours. Change the water 3 or 4 times. Drain. Cover with boiling salt water (1 teaspoon salt to 1 quart water). Cook until almost tender. Pour into hot BALL Jars. Process 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**MUSHROOMS**

Use fresh mushrooms known to be edible. Wash, pare, and drop into cold vinegar-water (1 tablespoon vinegar to 1 quart water). Drain. Cover with boiling vinegar-salt solution (1 teaspoon salt and 1 tablespoon vinegar to 1 quart water). Boil 2 or 3 minutes. Pack into hot BALL Jars. Add ½ teaspoon salt. Cover with fresh boiling water. Process 35 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal.

**OKRA**

Use small pods. Wash; remove stem ends without cutting into pods. Cover with boiling water. Cook from 1 to 3 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Process 40 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal. Okra which is to be used for soup should be sliced before precooking.

**PARSNIPS**

Follow directions for canning carrots.

**PEAS—GREEN**

Pears should be freshly gathered and green throughout. Wash pods. Drain. Shell. Grade for size. Rinse. Cover with boiling water. Boil small peas 3 minutes; large ones 5 minutes. Pour into hot BALL Jars. Add 1 teaspoon salt to each quart. Process small, young peas 50 minutes at 10 pounds pressure or 3 hours in hot-water bath, and more mature ones 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**PEAS—BLACKEYED AND FIELD**

Wash, shell, rinse, boil 5 to 10 minutes. Pour into hot BALL Jars. Cover with boiling water. Add 1 teaspoon salt to each quart. Process 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

**PEPPERS—GREEN**

Use Bell peppers or "mangos." Remove stems and seed. Pack into hot BALL Jars. Cover with boiling brine made by dissolving ½ cup salt in 1 quart water. Process 10 minutes in hot-water bath; then complete seal. Freshen in cold water before using.

**PIMIENTOS**

Fry peppers 2 or 3 minutes in hot oil or roast 6 or 8 minutes in hot oven. Remove skins, stem end, and seed. Flatten and pack, without liquid, into hot BALL Jars. Add 1 teaspoon salt to each pint. Process 15 minutes at 10 pounds pressure or 45 minutes in hot-water bath; then complete seal.
POTATOES — NEW
Wash, scrape, and rinse freshly dug, new potatoes. Boil 10 minutes. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 45 minutes at 10 pounds pressure or 2½ hours in hot-water bath; then complete seal.

POTATOES — SWEET
Can potatoes immediately after digging. Use potatoes of uniform size and color and unbroken skins. Wash carefully. Boil or steam slowly until skins can be rubbed off. (Do not stick with fork.) Slice, quarter, or leave whole. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Cover with fresh boiling water; or with boiling sirup; or can without liquid. Process 2 hours at 10 pounds pressure or 4 hours in hot-water bath; then complete seal.

PUMPKIN AND WINTER SQUASH
Use firm, fully ripe, pumpkin or squash. Wash; discard seed. Pare, cut into cubes, cook with water, or steam or bake until tender. If steamed or baked, scoop out pulp and mix with water to give consistency of pie filling. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Process 70 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal. Sugar and spices may be added at time of canning.

SALSIFY OR 'OYSTER PLANT'
Scrub freshly dug salsify. Cook 15 minutes in vinegar-water (1 tablespoon vinegar to 1 quart water). Scrape to remove skin. Cut in pieces or can whole. Pack into hot BALL Jars. Cover with fresh boiling water. Process 45 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal.

SAUERKRAUT
Remove outside leaves from fresh, hard, sound cabbage. Quarter. Discard cores. Shred. Thoroughly mix 1 cup salt (approximately ½ pound) with 20 pounds cabbage. Pack firmly into stone jars or tight wooden crocks with wooden dinner plate which fits down on the inside of the container. Place a jar filled with water on the lid to hold the kraut under the brine which forms as the salt draws juice from the cabbage. Keep at a temperature of about 86°F. Remove skum each day. Sauerkraut is cured and ready to can in from 10 to 20 days, depending upon the temperature at which it is kept. Pack into hot BALL Jars which seal with glass lids or Vacu-Seal Closures. Should there not be enough liquid to cover the kraut, add brine made by dissolving 2 tablespoons salt in 1 quart water. Process 30 minutes in hot-water bath; then complete seal. Sauerkraut may also be made by mixing 1 scant tablespoon salt with 1 quart shredded cabbage and packing directly into BALL Jars. Do not seal jars. Remove skum as it forms. When cured, process 30 minutes in hot-water bath; then complete seal.

SUMMER SQUASH AND CHAYOTE
Use only young, tender vegetables. Wash. Cut into small pieces and steam or boil until tender. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. Process 45 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATOES — ALL METHODS
Tomatoes are one of the most useful and the easiest of vegetables really a fruit to can, provided one uses fresh, firm, sound, ripe fruit, washes it carefully before scalding, scalds in small quantities, prepares, packs, and processes as quickly as possible after scalding.

Tomatoes are likely to flat sour if left standing after scalding. They lose food value vitamin C) if left exposed to the air after skinning. Always cut out hard cores and green spots. Never can tomatoes from which decayed spots and fungus growths have been removed.

TOMATOES — OPEN KETTLE
Wash, scald, cold dip, drain, core, and skin. Boil 20 minutes. Salt to taste. Boil jars, rubber, and lids 20 minutes and keep hot. Pour boiling hot tomatoes into hot BALL Jars and seal each jar as quickly as possible after filling. Fill and seal one jar at a time. Do not invert jar.

TOMATOES — REGULAR PACK
Wash firm, fresh, sound, ripe tomatoes. Scald (a few at a time), cold dip, and drain. Cut out all core and all hard or green spots. Skin. Pack solidly into hot BALL Jars. Add 1 teaspoon salt to each quart. (Add no liquid.) Process 45 minutes in hot-water bath; then complete seal.

TOMATOES — SALAD PACK
Wash small, smooth, firm, fresh, ripe tomatoes. Scald (a few at a time), cold dip, and drain. Remove core without cutting into seed pod. Pack into hot BALL Jars as closely as possible without crushing. Add 1 teaspoon salt to each quart. Cover tomatoes with hot tomato juice or puree. Process 30 minutes in hot-water bath; then complete seal.

TOMATOES WITH CORN
Mix 2 parts chopped skinned tomatoes with 1 part fresh corn. Add 1 teaspoon each salt and sugar to each quart. Boil 20 minutes. Pour into hot BALL Jars. Process 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATOES WITH OKRA
Measure equal parts sliced okra and chopped tomatoes. Cook tomatoes 20 minutes. Add okra. Boil 5 minutes. Add 1 teaspoon salt to each quart. Pour into hot BALL Jars. Process 35 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal.

TOMATO SAUCE A LA CREOLE
Mix 3 quarts chopped tomatoes, 1 quart sliced onions, 1 pint chopped green peppers, 1 tablespoon chopped parsley, salt to taste, and a small pod of hot pepper. Cook slowly until thick. Pour while boiling into hot BALL Jars and seal at once.
The term meat, as used here, refers to the edible parts of any animal, fish, or fowl. Meat is one of the easiest of foods to can in glass and is the most valuable one from the standpoints of economy in time, labor, cash, and convenience.

Although easy and simple to accomplish, success in canning meat is dependent upon paying careful attention to the general instructions given on pages 3 to 8 and to the specific directions given in this chapter.

It should be remembered that canning preserves and makes tender, but can not improve the flavor and texture of meat. It is for this reason that those who want good canned meat must begin with a good raw product. The quality of the raw product depends upon the breed, feed, and manner of handling the animal at the time of slaughtering.

All meat products should, for best results, be hot packed and processed in a steam pressure cooker. Directions for cold packing and for water bath processing are given in the Blue Book for the benefit of those who prefer to use those more convenient, but less reliable methods of packing and processing. The United States Department of Agriculture and all authorities on home canning advise the use of steam pressure cookers for processing meats.

All canned meat products should be heated at boiling 10 or more minutes before tasting. Heat and chill before using for salads or sandwiches.

Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.

Please reread pages 3 to 8
TO PREPARE MEAT FOR CANNING

Can only the flesh of healthy, correctly slaughtered animals. Confine 24 hours before killing. Give water, but no feed. Neither chase nor frighten before slaughtering. Hang, head down, immediately after killing to permit thorough bleeding. Skin or scrape immediately after bleeding. Draw, then drench the carcass with cold water to remove blood. Wipe dry with clean cloth. Chill thoroughly—pork, mutton, and veal, 24 to 36 hours; beef, 36 to 48 hours. Avoid freezing. Canned frozen meat is inferior in flavor and texture. Frozen meat is hard to handle and gives a canned product of poor quality.

Cut meat into pieces of convenient size for cooking or canning. Cut slices across grain and about 1 inch thick; jar size pieces with grain; that for stew in uniform cubes or squares.

Trim meat free of excess fat (the less fat used, the better the keeping qualities), heavy connective tissue, gristle, and bruised spots. Bones may be removed or left in, depending upon their size.

Wipe meat with clean, damp cloth, if necessary, but do not let stand in water. Exceptions to this rule: Fish and strong-flavored game are usually soaked in salt water before canning.

PACKING

Cold Pack: Pack raw meat into hot jars. Add salt only. The meat will make its own juice.

Hot Pack: Cook meat 1/2 to 3/4 done or until the pink color has almost disappeared at the center. Pack while hot. Cooking may be done in any manner. Steaming, baking, boiling, broiling, and roasting are more desirable than frying. Canned fried meat tends to be dry and lacking in flavor. Meat should not be dipped into flour, meal, batter, or crumbs before canning. Fried meat should be packed with 2 or 3 tablespoons of the cooking fat or covered with gravy. Flavor will be better if gravy is used.

The majority of hot packed meats have better color and flavor if covered with gravy or broth. From 1 to 2 teaspoons salt should be used to each quart of meat, the amount depending upon taste.

Pack pieces of meat up and down in the jar. Leave at least 1/2 inch space at the top. Avoid crowding.

Hot pack frozen meat. Cut and start cooking just as if not frozen.

Process all meat immediately after packing.

BACKBONE

Cold Pack: Cut raw meat from bone and pack into hot BALL Jars. Add 1 or 2 teaspoons salt to each quart. Process 70 minutes at 15 pounds pressure; then complete seal.

Hot Pack: Boil, steam, or bake backbone until about 3/4 done. Cut meat from bone. Pack into hot BALL Jars. Add 1 or 2 teaspoons salt to each quart. Cover with hot broth, simmered free of fat. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath, then complete seal.

CHILI CON CARNE

3/4 pound suet 2 tablespoon salt
2 cups chopped onion 1 pod hot pepper
1 tablespoon chopped garlic 1 teaspoon comino seed
5 pounds coarsely ground meat or powder
MELT suet. Add onion and garlic and cook until deep yellow. Add meat. Scar until gray. Add other ingredients. Boil 20 minutes. (If too thick, add more water.) Pack into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

Note: Tomato puree may be substituted for all or part of the water. Comino seed and garlic may be omitted.

CHOPPED MEAT

(Beef, Veal, Mutton, Lamb, etc.)

(For Meat Loaf, Baked Hash, Stuffing Vegetables)

Put meat through food chopper. Turn into hot skillet with small amount of fat. Stir until seared. Add from 1 to 1/2 cups boiling water, or meat stock, or tomato puree and 1 teaspoon salt to each quart of ground meat. Pack into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in a hot-water bath; then complete seal.

CORNED BEEF

Cover corned beef with cold water. Bring to boil, then simmer 1 hour. Remove meat and cut into pieces suitable for packing. Skim broth. Season with pepper, bay leaf, and clove to suit taste. Reheat to boiling. Pack meat into hot BALL Jars. Cover with hot broth. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

CRACKLINGS

Sprinkle with salt to season. Pack into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

GOULASH

6 pounds lean meat 6 cups tomato juice
(any kind) 1 tablespoon paprika
3/4 cup flour 3/4 teaspoon black pepper
6 tablespoons fat 6 onions, chopped 3/4 teaspoon thyme
2 carrots, chopped 2 tablespoons fat
Salt to taste 3/4 cup celery

Cut meat into small pieces of uniform size. Sprinkle with flour. Cook in the fat until brown. Add onions and cook until yellow. Add other ingredients and boil 10 minutes. Pour into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

HEAD CHEESE

Use any good recipe for making head cheese. (Omit sage and garlic.) Pack hot head cheese into hot BALL Jars. Process 60 minutes at 15 pounds pressure; then complete seal.

LIVER

Plain: Remove skin and blood vessels from beef, calf, lamb, or pork liver. Slice or cube. (If mild flavor is wanted, soak in cold water 30 minutes.) Drop into boiling water 5 minutes. Pack into hot BALL Jars. Season with salt. Cover with water in which cooked. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

Fried: Brown liver in fat (do not flour). Season with salt. Pack into hot BALL Jars. Add 2 tablespoons of fat from pan or cover with gravy. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.
LIVER PASTE

Use chicken, lamb, or veal liver.

3 pounds liver  \( \frac{1}{4} \) teaspoon tabasco sauce
\( \frac{1}{4} \) pound salt pork \( \frac{1}{4} \) teaspoon black pepper
1 tablespoon onion 2 teaspoons salt

Simmer liver 20 minutes in water to cover. Boil pork until done. Chop liver and pork, mix with seasoning, and sufficient water to make medium stiff paste. (It should spread easily, but not run.) Heat to boiling.

MEAT BALLS
Beef, Lamb, Mutton, Veal, Liver, etc.

6 pounds chopped lean meat 1 tablespoon salt
\( \frac{1}{2} \) pound chopped fat meat 1 teaspoon black pepper
1 onion 1 cup cracker meal

Mix ingredients and form into balls of uniform size. Drop balls, few at a time, into boiling water. Cook 5 minutes. Pack into hot BALL Jars. Cook with water in which cooked. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

Note: Meat balls may also be precooked by baking or by browning in fat. Cover with gravy or tomato sauce.

MINCEMEAT

2 pounds lean beef 2 teaspoons nutmeg
1 pound beef suet 1 tablespoon allspice
4 pounds apples 1 tablespoon cinnamon
2 pounds currants \( \frac{1}{4} \) teaspoon ginger
1 pound Sultana raisins 1 teaspoon cloves
2 pounds raisins 1 teaspoon salt
\( \frac{1}{2} \) pound citron 2 oranges
6 cups brown sugar 4 cups cider or grape juice

Bake beef 40 minutes in moderate oven (350° F.). Cool. Chop. Mix with chopped suet, pared, cored, and chopped apples, currants, raisins, and citron. Add sugar, spices, juice of 2 oranges, finely chopped rind of 1 orange, and the cider or grape juice. Simmer 30 minutes. Pack into hot BALL Jars. Process 1 hour at 10 pounds pressure or 3 hours in water bath; then complete seal.

Note: Use for any type sausage

FORM sausage into cakes or stuff into casings. Cook until lightly browned. If in casings, prick before pre-cooking. Pack into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

Note: Do not add large amounts of sage and spices to sausage which is to be canned.

PORK TENDERLOIN
Cold Pack: Remove all visible fat. Cut in serving size pieces. Pack into hot BALL Jars. Add 2 teaspoons salt to each quart — nothing else. Process 70 minutes at 15 pounds pressure; then complete seal.

Hot Pack: Steam, boil, or bake tenderloin from \( \frac{3}{4} \) to \( \frac{1}{2} \) done. Slice. Pack hot into hot BALL Jars. Add salt to taste. Cover with broth or gravy. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

ROAST MEAT
Beef, Veal, Mutton, Lamb, Pork, Venison

CUT meat in long, thick chunks weighing from 1 to 2 pounds. Cook \( \frac{3}{4} \) to \( \frac{1}{2} \) done by steaming, baking, or roasting. Meat may also be cooked until brown in deep fat. The partly cooked meat may be left in chunks or cut in thick slices. Season and pack hot into hot BALL Jars. Cover with hot gravy or broth or barbecue sauce (page 50). Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

STEAKS AND CHOPS
Beef, Veal, Mutton, Lamb, Pork, Venison

Cold Pack: Cut meat in 1 inch slices. Remove large bones. Pack raw into hot BALL Jars. Add 2 teaspoons salt to each quart — nothing else. Process 70 minutes at 15 pounds pressure; then complete seal.

Hot Pack: Cut meat in 1 inch slices. Remove large bones. Brown in small amount of fat, preferably its own suet. Cook from \( \frac{3}{4} \) to \( \frac{1}{2} \) done. Season to taste. Pack hot meat into hot BALL Jars. Add 2 or 3 tablespoons of fat in which fried or cover with gravy. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

SPARERIBS

CRACK ribs evenly. Steam, boil, bake, or broil until about \( \frac{1}{2} \) done. Cut in squares and remove bones. Season with salt and pepper. Pack into hot BALL Jars. Cover with gravy or broth skimmed free of fat. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

STEW
Beef, Veal, Mutton, Lamb, Venison, etc.

CUT meat into cubes of uniform size. Brown quickly in small amount of fat. Cover with boiling water. Boil 5 minutes. Add seasonings. Pack into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3\( \frac{1}{2} \) hours in hot-water bath; then complete seal.

Or: Cubes of raw meat may be covered with boiling water; boiled 8 to 10 minutes before packing.

Or: Vegetables which have been boiled 3 to 5 minutes may be added to stew as it is packed into the jar. A better stew is made by combining meat and vegetables when needed for serving.
TONGUE
Boil and skin tongue. Season with salt and pepper. Pack into hot BALL Jars. Cover with water in which cooked. Spices and vinegar to suit taste may be added to this water either before or after cooking tongue. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

POULTRY
PREPARATION FOR CANNING

Note: Use feet in broth. Do not can liver and gizzard with other parts of fowl.

CHICKEN ON BONE
Use for all poultry, pigeons, birds, and domestic rabbits
Cold Pack: Separate raw fowl at joints. Pack into hot BALL Jars. Add 1 teaspoon salt to each quart. (Add no liquid.) Process 70 minutes at 15 pounds pressure; then complete seal.
Hot Pack: Boil or steam until from 3/ to 3/2 done, then separate at joints. Pack hot into hot BALL Jars. Cover with boiling broth. Salt to taste. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

CHICKEN—BONED
Use for all poultry
Steam or boil until about 2/5 done. Remove skin and bones. Keep meat in large pieces. Salt to taste. Pack pieces upright into hot BALL Jars. Cover with boiling broth. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

FRIED CHICKEN
Use for all young fowl and game
Season with salt and pepper and brown in fat. (Do not dip in flour or crumbs.) Pack hot into hot BALL Jars. Add 1 or 2 tablespoons fat in which fried or cover with gravy. Gravy gives better results. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

ROAST FOWL
Use for all fowl, birds, rabbits, and squirrel
Prepare and roast until about 2/3 done. Cut meat from bones of large fowl; leave bones in small fowl. Season with salt and pepper. Pack into hot BALL Jars. Skin excess fat from gravy. Reheat gravy to boiling and pour over meat. Barbecue sauce (page 50) may be used instead of gravy. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

RABBIT AND SQUIRREL
Soak wild rabbit and squirrel in salt water (1 tablespoon salt to 1 quart water) 1 to 2 hours to remove strong flavor. Can the same as Chicken.

SANDWICH SPREAD
Grind skin and small pieces of meat from cooked chicken or other fowl. To each pint ground meat, add 3/4 teaspoon mustard, 1 tablespoon vinegar, 3/4 cup broth, salt, pepper, and any other seasonings, to suit taste. Pack into hot pint BALL Jars. Process 60 minutes at 15 pounds pressure or 3½ hours in hot-water bath; then complete seal.

FISH
PREPARE fresh, thoroughly bled fish as for cooking. The backbone may be left in small fish — remove it from larger ones.

Soft-Flesh Fish
For mackerel, mullet, trout, whitefish, and other soft-flesh fish: Cut into jar-length pieces and soak in brine (1 cup salt to 1 gallon water) 60 minutes. Drain. Pack into hot pint BALL Jars, alternating heads and tails; the skin side next to the glass. Submerge the open jar in a kettle of hot brine (1/4 cup salt to 1 gallon water).
Boil 15 minutes. Remove jars and invert to drain 5 minutes. Process 100 minutes at 10 pounds pressure; then complete seal.

Firm-Flesh Fish
For salmon, shad, and other firm-flesh fish: Cut into jar-length pieces. Soak in brine (1 cup salt to 1 gallon water) 60 minutes. Drain 10 minutes. Pack into hot pint BALL Jars; skin side next to the glass. Add 1 teaspoon salt to each pint. Process 100 minutes at 10 pounds pressure; then complete seal.

Fried Fish
Soak fish in brine (½ cup salt to 1 quart water) from 10 minutes to 1 hour. Rinse in clear water. Dry. Cut into pieces that can be easily packed into the jar. Brown fish in deep fat. Drain on clean, heavy, brown paper. Pack into hot BALL Jars (add nothing). Process 100 minutes at 10 pounds pressure; then complete seal.

Spiced Fish
Soak fish in brine (1 cup salt to 1 gallon water) 60 minutes. Drain 10 minutes. Pack into hot BALL Jars. Cover with spiced vinegar. Process 60 minutes at 10 pounds pressure or 3½ hours in hot-water bath; then complete seal.

To make Spiced Vinegar: Mix 1 quart vinegar, 1 pint water, 2 tablespoons sugar, 1 piece horseradish, 1 pod red pepper, 1 small clove garlic, 1 teaspoon each whole allspice, cloves, mustard seed, and celery seed. Simmer 30 minutes. Strain and add 4 tablespoons olive oil.

Frog Legs
Skin frogs immediately after killing. Wash legs in slightly salted water. Drop into boiling vinegar-water (½ cup white vinegar to 1 gallon water). Boil 5 minutes. Pack into hot BALL Jars. Cover with hot brine (½ cup salt to 1 gallon water). Process 60 minutes at 15 pounds pressure; then complete seal.

Clams and Oysters
Use fresh clams or oysters. Wash and drain before opening. Use none from partly opened shells. Rinse in salt water (¼ cup salt to 1 gallon cool water). Drain. Pack into hot BALL Jars. Fill jars to within ½ inch of the top. Strain the juice from the clams or oysters and heat to boiling. Pour over the meat. Add 1 teaspoon salt to each pint. Process 70 minutes at 10 pounds pressure; then complete seal.

Crab Meat
Kill crabs before cooking. Remove back shell and viscera. Wash bodies through several changes of clear water or under running water. Boil 20 minutes in acid-salt water (½ cup white vinegar or lemon* juice and 1 cup salt to 1 gallon water). Remove meat from body and claws as quickly as possible. Rinse meat in acid-salt water (2 cups white vinegar or lemon* juice and 1 cup salt to 1 gallon water). Squeeze meat to remove some of the liquid. Pack into hot ½ or 1 pint BALL Jars. (nothing larger) and cover with brine (1 tablespoon salt to 1 quart water). Process 100 minutes at 5 pounds pressure; then complete seal. *Preferable to vinegar.

Lobster
Plunge live lobsters into boiling salt water (4 tablespoons salt to 1 gallon water). Boil rapidly 4 minutes, then simmer 15 minutes. Remove and dip into cold water. Drain. Remove meat from shell. Let meat stand 1 minute in water to which lemon* juice or vinegar has been added (¼ cup lemon* juice to 1 gallon water). Pack into hot BALL Jars. Add 1 teaspoon each vinegar or lemon* juice and salt to each jar. Fill with boiling water. Process 80 minutes at 10 pounds pressure; then complete seal. *Preferable to vinegar.

Shrimp
Wash and drain freshly caught shrimp. Drop into boiling brine (1 cup salt, 1 cup vinegar, 1 gallon water). Boil 10 minutes. Plunge into cold water. Drain and peel. Pack into hot pint BALL Jars. Add ½ teaspoon salt and boiling water to fill the jar to within ¼ inch of the top. Process 45 minutes at 10 pounds pressure; then complete seal. If preferred, the shrimp may be packed dry and processed 60 minutes at 10 pounds pressure.

Note: The United States Bureau of Fisheries recommends the wet pack for home canning. The sand vein should not be removed until the shrimps are being prepared for serving.
Soups

The frequent making of fresh soups in small quantities is a time and fuel consuming practice; it is also an expensive one when raw materials are out of season. It is, therefore, wise, when raw products are in season, to stock one's pantry with an ample supply of homemade, home canned soups.

Soups should be made of strictly fresh, clean, sound vegetables and meats of good color and flavor. We advise the use of a steam pressure cooker for processing all but tomato soup, but processing time for water bath canning is given for the benefit of those who do not use pressure cookers.

Boil all soups at least 10 minutes before tasting.

Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.

Please reread pages 3 to 8

BRUNSWICK STEW
4 young squirrels or 4 frying size chickens
1 pound salt pork
4 onions
8 quarts boiling water
2 quarts chopped tomatoes
1 pod hot pepper
1 quart green lima beans
3 quarts corn
1 tablespoon Worcestershire sauce
Salt and pepper to taste

Squirrels were used in the original Brunswick stew. Nowadays it is more often made with chicken or a combination of both. Cut the squirrels (or chickens) as for frying. Dice the pork and cook until yellow. (Butter or bacon fat may be used instead of pork.) Add the squirrels (or chickens) and cook until slightly browned. Add the onions, cook until yellow, then add water, tomatoes, and pepper. Cook slowly until the meat begins to fall from bones. Discard all bones. Cut the meat into small pieces and return it to the liquid. Add beans, corn, and seasonings. Boil 20 minutes. Pour into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

Before serving: Boil 15 minutes and add 1/4 cup toasted bread crumbs and 2 tablespoons butter to each quart of stew.

CHICKEN GUMBO
2 frys or 1 five-pound hen
1 pound smoked ham
3 cups okra
2 onions
Salt and pepper to taste

Melt a small amount of the fat from the chicken, or ham, in a heavy kettle. Add chicken, cut as for frying; ham, cut in cubes; okra and onions, sliced. Cook until lightly browned. Remove skins from tomatoes and seed from peppers. Chop. Mix all ingredients and cook slowly until the soup is fairly thick. Remove and discard chicken bones. Cut meat into small pieces and return it to the soup. Bring to boil and pour into hot BALL Jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal. Serve with boiled rice.

CHICKEN NOODLE SOUP

Cover 2 cups noodles with boiling salt water (1/2 tablespoons salt to 1 quart water). Cook 5 minutes. Rinse in cold water. Add to the chicken soup. Process 60 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

CLAM BROTH

Open fresh clams. Save juice. Cover the clams with cold water. Add the juice, a few celery leaves, salt and pepper to taste. Boil 10 minutes. Strain into hot pint BALL Jars. Process 100 minutes at 10 pounds pressure; then complete seal.
CLAM CHOWDER

2 quarts chopped clams
3 onions
2 quarts water
Juice from clams
2 quarts diced potatoes
½ pound salt pork

Salt and pepper to taste

LEAKS, celery, tomatoes, and thyme and other seasoning may be added if liked. Clean and chop clams. Save the juice. Dice and cook pork until light brown. Add chopped onions. Cook until yellow. Combine all ingredients. Boil 10 minutes. Pour into hot pint BALL Jars. Process 100 minutes at 10 pounds pressure; then complete seal.

FISH CHOWDER

5 pounds fish
2 quarts diced potatoes
¾ pound salt pork
2 quarts fish broth
4 onions, sliced
¼ pod red pepper

Salt and black pepper to taste

MAKE broth from head, tail, and bones of fish. Cut flesh into 1 inch pieces. Dice pork. Cook pork until light brown. Add onions. Cook until yellow. Add all other ingredients. Boil 10 minutes. Pour into hot pint BALL Jars. Process 100 minutes at 10 pounds pressure; then complete seal.

TOMATO PUREE—SEASONED

4 quarts chopped tomatoes
2 cups chopped celery
6 onions
3 sweet peppers

Salt and pepper to taste

WASH, chop, and measure firm ripe tomatoes. Steam or simmer until soft. Press through fine sieve. Cook until thick. Chop other vegetables. Cover with boiling water and cook until soft, press through sieve, and add to the tomato pulp. Reheat and pour into hot BALL Jars. Process 45 minutes in hot-water bath; then complete seal.

FISH CHOWDER

5 pounds fish
2 quarts diced potatoes
¾ pound salt pork
2 quarts fish broth
4 onions, sliced
¼ pod red pepper

Salt and black pepper to taste

MAKE broth from head, tail, and bones of fish. Cut flesh into 1 inch pieces. Dice pork. Cook pork until light brown. Add onions. Cook until yellow. Add all other ingredients. Boil 10 minutes. Pour into hot pint BALL Jars. Process 100 minutes at 10 pounds pressure; then complete seal.

PURITY

Asparagus, Green Pea, Lima Bean, Spinach, etc.

Canned purees are particularly desirable for infant feeding and for making cream soups and souffles. To make puree: Select fresh vegetables and prepare as for cooking. Steam until soft or cook in the smallest possible amount of water. Press through a fine sieve. Add boiling water, if necessary, to make the puree about the consistency of thick cream. Do not salt if intended for infant feeding; otherwise use 1 teaspoon salt to each quart. Reheat to boiling and pour into hot BALL Jars. Process quart jars 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal. Process ½ pint jars 50 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

SCOTCH BROTH

4 quarts lamb or mutton stock
1 cup barley
1 onion
Salt and pepper to taste

Boil the barley 5 minutes and rinse in cold water. Chop the vegetables. Add barley and vegetables to soup stock. Boil 5 minutes. Pour into hot BALL Jars. Process 50 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

SOUP STOCK

8 pounds beef, veal, or mutton
1 tablespoon whole black pepper
6 quarts cold water
1 pod hot pepper
1 teaspoon mixed whole spices
1 tablespoon salt

Use equal portions of bone and lean meat. Crack bones. Cut meat in small pieces. If brown stock is wanted: brown meat in enough fat to prevent sticking. Cover the meat (either browned or raw) with the water. Add salt and let stand 30 minutes. Add seasonings and simmer until liquid is reduced to about 4 quarts. Strain through cheese cloth. Chill. Remove fat. Boil 5 minutes and pour into hot BALL Jars. Process 50 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATO SOUP

1 teaspoon mixed spices
1 ½ cups water
6 quarts chopped tomatoes
1 cup chopped celery
4 onions
2 sprigs parsley
Salt and pepper to taste

Add spices to vegetables and water. Simmer until vegetables are soft. Drain off and save juice. Press vegetables through a fine sieve. Melt butter. Add flour, stir until blended, then add the juice. Stir until thick and smooth. Add vegetables, sugar, salt, and pepper. Cook until thick. Pour into hot BALL Jars. Process 35 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal. This soup should be quite thick. Thin with milk or water or soup stock for serving.

VEGETABLE SOUP MIXTURE

5 quarts chopped tomatoes
2 quarts corn
2 quarts sliced okra or 2 quarts
2 tablespoons sugar
small green lima beans
2 tablespoons salt

Cook tomatoes until soft, then press through sieve to remove skin and seed. Add other ingredients and cook until thick. Pour into hot BALL Jars. Process 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

VEGETABLE SOUP MIXTURE II

Use any combination of vegetables liked in soup except onions and cabbage. Mix the vegetables and boil 5 minutes with water to cover or with tomatoes which have been skinned and chopped. Season with salt and pepper. Pour boiling hot into hot BALL Jars. Process for the time given in the time-table on page 11 for the vegetable (in the soup) requiring longest processing time; then complete seal.
A good jelly is a clear, tender, sparkling, fruit-flavored substance, firm enough to hold its shape when turned from the glass, yet soft enough to be spread with a knife.

**SELECTION OF FRUIT FOR JELLY MAKING**

To make a natural jelly, fruit juice must contain acid and a jellifying substance called pectin. Sugar must be added. The amount and quality of pectin in any variety of fruit varies at different stages of maturity and may vary from year to year.

Fruits which normally yield juice satisfactory for jelly making are: tart apples, blackberries, barberries, currants, cranberries, grapes, acid guavas, gooseberries, loganberries, mayhaws, most plums, quinces, and sour oranges.

Juice from fruits which are low in pectin may be combined with apple juice, or a commercial pectin may be used. When using a commercial pectin, follow directions which come with it.

If acid is lacking — tell by tasting — add from 1 teaspoon to 1 tablespoon lemon juice to each cup fruit juice.

Fruits for jelly should be barely ripe; i.e., a little more firm and acid than usually liked for eating raw. Juice from under-ripe fruit gives a jelly of poor flavor; that from over-ripe fruit may not jell.

**PECTIN TESTS**

Kitchen tests show neither the quality nor exact quantity of pectin in fruit juice. They merely furnish a basis for estimating the approximate amount present. Both quality and quantity of pectin govern the amount of sugar which should be cooked with the juice in order to make good jelly. If the pectin content of the juice seems high, add from 3/4 to 1 cup sugar to each cup juice; if low, use 1/2 to 3/4 cup sugar to each cup juice.

There are four fairly simple tests for pectin: (1) Alcohol, either grain or denatured. (2) Epsom salts. (3) Cooking 3/4 cup juice with 2 or 3 tablespoons sugar to see if it will jell. (4) An instrument called jellometer. Perhaps the easiest of these is the alcohol test: Pour 1 tablespoon fruit juice and 2 tablespoons alcohol into a cup. Move cup gently to blend the liquids. The formation of a large clot indicates the presence of a considerable amount of pectin. Small scattered clots indicate insufficient pectin for jelly.

**GENERAL DIRECTIONS TO EXTRACT JUICE**

Wash and drain sound, firm, barely ripe fruits. Remove hulls, stems, blossom ends. Cut decayed and bruised spots from large fruits. Cut large fruits into small pieces without paring or coring. An exception to this rule is quinces which should be cored.

To soft fruits, add just enough water to prevent sticking. Heat gradually. Mash while heating. Boil gently from 10 to 20 minutes. To hard fruits, add water to barely cover. Cook until soft.

Drain juice through cotton flannel bag, several layers of cheesecloth, or sugar sack. Do not squeeze bag; to do so makes jelly cloudy.

If a second extraction of juice is to be made from the fruit, return the pulp to kettle, add 1
cup water to each cup pulp, cook slowly 15 minutes, and let stand 10 minutes before dripping. A satisfactory jelly may be made by combining the first and second extractions of juice, though it may not be as clear nor have as fine flavor as when made from the first extraction.

TO COOK
Do not cook more than 2 quarts of juice at one time. Measure juice. Heat to boiling. Add sugar. See page 34 for amount. Stir until sugar dissolves, then boil rapidly without stirring or skimming until the jellying point is reached.

JELLY TEST
How to know when jelly is done.
Dip a large spoon into boiling jelly sirup. Tilt spoon until sirup runs over the side. When the liquid has reached the jellying stage it will stop flowing from the spoon in a stream and divide into two distinct drops which run together and leave the edge of the spoon in one large flake or sheet. Stop the cooking at this point. A thermometer affords a helpful and not entirely dependable guide for determining the finish point of jelly because this point varies with different fruits; also with the same fruit at different stages of maturity and with the ratio of sugar to fruit juice. The range of temperature at the finish point is between 220° and 224° F.

TO FILL AND SEAL JELLY GLASSES
Use BALL Jelly Glasses which have been washed, covered with warm water, and boiled 20 minutes to sterilize. Leave in boiling water until jelly is cooked. Let jelly stand while glasses are being removed from water, drained, and placed on a folded cloth. Skim jelly and pour directly into glasses to within ¼ inch of the top. Do not spill jelly on inside rim of glasses.

Let jelly stand until firm. Remove any bubbles which may form on surface, then cover with a thin layer of hot paraffin. Turn the glass so the paraffin will spread evenly and touch the sides. Cover with BALL Jelly Lids and store in a cool, dry place.

JELLIES FROM CANNED JUICE
Frequently made jelly is superior in flavor to that which has stood several months. It is, therefore, practical to can unsweetened fruit juice and make jelly as needed. Such juice is called jelly stock. Apple jelly stock is particularly useful because it can be used in combination with juices of other fruits which are rich in flavor but poor in jellying qualities.

APPLE JELLY STOCK
Select fresh, sound, hard-ripe fruit. Wash, discard stems and blossom ends. Slice without removing peel or core. Add from 1 to 2 cups water to each quart sliced apples. Cover and cook gently until soft. Drain through jelly bag or several layers of cheesecloth. Pour into hot BALL Jars. Process 20 minutes in hot-water bath; then complete seal.

TO MAKE JELLY FROM STOCK
Strain stock through cheesecloth. Heat to boiling. Add sugar (same amount as for fresh juice, see page 34). Stir until sugar dissolves, then boil rapidly without stirring until the jellying point is reached. Skim and pour into hot BALL Jelly Glasses. When set, seal with hot paraffin. Cover with tin lids.

APPLE JELLY AND VARIATIONS
Use tart, hard-ripe fruit. Wash, discard stems and blossom ends. Slice without removing peel or core. Add water to barely cover. Cook until soft, then drain slowly through jelly bag or several layers of cheesecloth. Measure juice. Heat to boiling. Add ¾ cup sugar for each cup juice (very sour crab apples require 1 cup sugar to 1 of juice). Stir until sugar dissolves, then boil rapidly until jellying point is reached. Skim and pour into hot BALL Jelly Glasses to within ¼ inch of the top. When set, seal with a thin layer of hot paraffin and cover with tin lids.

MINT JELLY
Cook a few sprigs of fresh mint with the apples when preparing to extract the juice. (1 or 2 drops of mint extract may be used if fresh mint is not available.) Add a few drops of green vegetable coloring and the extract after the jelly has been cooked to the finish point. A common error is that of adding too much flavoring and too much coloring.

SPICED JELLY
Tie a few whole spices in a piece of muslin. Drop into the juice at the beginning of the cooking and let stay until jelly is poured into the glasses.

BERRY JELLY
Blackberries, blueberries, and loganberries are but a few of the many which may be used for jelly. The jelly will be of better flavor if the berries are fully ripe, but easier to make if from ⅓ to ⅔ of them are slightly under-ripe.

Wash and stem the berries. Drain, then mash to release some of the juice. If the berries seem very juicy, add no water; otherwise add ¼ cup water for each quart of berries. Boil gently from 10 to 15 minutes, then let juice drain through jelly bag or through several layers of cheesecloth.

Measure juice. Heat to boiling. Add ¾ cup sugar to each cup juice. Stir until sugar dissolves, then boil rapidly without stirring or skimming until the juice flakes from the side of the spoon. (See Jelly Test.) Skim and pour into hot BALL Jelly Glasses. When set, seal with thin layer of hot paraffin and cover with tin lids.

CHERRY JELLY
Cook 1 quart pitted sour cherries with 1 cup water 20 minutes. Strain and measure. Add an equal amount of apple jelly stock. Then add ¾ as much sugar as combined juices. Boil rapidly to jellying point. Skim and pour into hot BALL Jelly Glasses. When set, seal with hot paraffin and cover with tin lids.

GRAPE JELLY
The use of unsweetened, canned, rather than freshly extracted juice, prevents the formation of cream of tartar crystals in grape jelly. After the juice is canned (see Jelly Stock) the crystals will gradually form and settle at the bottom. The canned juice should be strained through cheesecloth or flannel bag to remove crystals and other sediment.

When making jelly, the juice from cultivated grapes usually requires ¾ cup sugar to each cup juice, however, 1 cup sugar may be used if the juice is quite sour. Use equal measure of sugar and juice in making grape jelly.

To make grape jelly: Measure the juice. Heat to boiling. Add sugar. Stir until dissolved, then boil rapidly without stirring or skimming until the jellying point is reached. Skim, and pour into hot BALL Jelly Glasses. When set, seal with thin layer of hot paraffin and cover with tin lids.
**BRIEF DIRECTIONS FOR MAKING JELLY**

Extract juice. Heat to boiling. Add sugar. Stir until sugar dissolves. Boil rapidly until the jelly stage is reached. (See Jelly Test, Page 33.)

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Preparation of Fruit</th>
<th>Approximate Amount of Water to Quart of Fruit</th>
<th>Cook</th>
<th>Strain</th>
<th>Quantity of Sugar to Add to Each Quart Fruit Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, Any Tart</td>
<td>Wash. Remove blossom end. Slice thin. Do not pare</td>
<td>2 cups</td>
<td>Bring to boil. Simmer until soft</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Barberry*</td>
<td>Wash. Stem</td>
<td>1 cup</td>
<td>Boil gently until soft</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Blackberry</td>
<td>Wash. Stem</td>
<td>None to 1 cup</td>
<td>Bring to boil. Simmer 10 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Blueberry*</td>
<td>Wash. Stem</td>
<td>None to 1 cup</td>
<td>Bring to boil. Simmer 10 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Cherry*</td>
<td>Wash. Stem</td>
<td>None to 1 cup</td>
<td>Boil gently 15 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Crab-Apple</td>
<td>Wash. Remove blossom end. Slice thin. Do not pare</td>
<td>2 cups</td>
<td>Bring to boil. Simmer until soft</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Cranberry</td>
<td>Wash. Stem</td>
<td>2 cups/2 cups</td>
<td>Bring to boil. Boil 5 to 10 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Currant, Red</td>
<td>Wash. Stem</td>
<td>None to ¼ cup</td>
<td>Boil gently until soft</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Elderberry*</td>
<td>Wash. Stem</td>
<td>¼ cup</td>
<td>Bring to boil. Simmer until soft</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Gooseberry, Green</td>
<td>Wash. Stem</td>
<td>To cover</td>
<td>Bring to boil. Simmer until soft</td>
<td>4 cups</td>
<td></td>
</tr>
<tr>
<td>Grape</td>
<td>Wash. Stem</td>
<td>¼ to 1 cup</td>
<td>Bring to boil. Simmer 15 minutes</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Guava, Sour</td>
<td>Wash. Remove blossom end. Slice</td>
<td>4 cups</td>
<td>Boil gently 30 minutes</td>
<td>4 cups</td>
<td></td>
</tr>
<tr>
<td>Loganberry</td>
<td>Wash. Stem</td>
<td>None to ¼ cup</td>
<td>Bring to boil. Simmer until tender</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Mayhaw</td>
<td>Wash. Stem</td>
<td>2 cups</td>
<td>Bring to boil. Simmer until tender</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Mulberry*</td>
<td>Wash. Stem</td>
<td>¼ cup</td>
<td>Bring to boil. Simmer 15 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Muscadine*</td>
<td>Wash. Stem</td>
<td>1 cup</td>
<td>Bring to boil. Simmer 15 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Peach*</td>
<td>Wash. Slice</td>
<td>1 cup</td>
<td>Bring to boil. Simmer until soft</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Plum</td>
<td>Wash. Stem</td>
<td>1 cup</td>
<td>Bring to boil. Simmer 20 minutes</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Prickly Pear*</td>
<td>Rub with heavy cloth. Wash. Slice</td>
<td>2 cups</td>
<td>Cook until soft</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Quince</td>
<td>Wash. Discard core. Slice</td>
<td>Sufficient to float</td>
<td>Boil gently 30 to 60 minutes.</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Raspberry</td>
<td>Wash. Stem</td>
<td>None to ¼ cup</td>
<td>Bring to boil. Simmer 10 minutes</td>
<td>3 to 4 cups</td>
<td></td>
</tr>
<tr>
<td>Sour Orange</td>
<td>Wash. Peel Seed. Cut</td>
<td>1 quart</td>
<td>Boil until pulp falls apart</td>
<td>4 cups</td>
<td></td>
</tr>
<tr>
<td>Strawberry*</td>
<td>Wash. Cap</td>
<td>¼ cup</td>
<td>Bring to boil. Simmer 10 minutes</td>
<td>3 cups</td>
<td></td>
</tr>
</tbody>
</table>

*This juice is low in jelling properties. Use equal measure of apple juice, or combine with commercial pectin.

**Use high-grade granulated cane or beet sugar.
HOME-MADE fruit butters, conserves, jams, marmalades, and preserves offer a pleasing, inexpensive, and wholesome means of satisfying the almost universal hunger for something sweet at each meal.

No breakfast menu is complete without jam or marmalade, whereas conserves or preserves, hot bread and butter are an easy, excellent, and acceptable substitute for more elaborate desserts.

Preserves are especially useful for dressing up such homey desserts as rice, bread, and cottage puddings. Try a spoonful of orange marmalade instead of sugar in your next baked apple or borrow grandmother’s idea of spreading plum jam over the bread pudding or the cream pie before topping with meringue!
Butters

All fruits, some melons, and a few vegetables may be used for butters. Butters are made by cooking the pulp of the product with sugar until the mixture is of the consistency of creamed dairy butter. The addition of spices and the variety used is optional. Butters must be stirred frequently before and constantly after the addition of sugar. While not absolutely necessary, it is advisable to process butters 10 minutes in a water bath.

Apple Butter
1 peck apples
1 gallon sweet cider
½ tablespoon cloves

Wash and slice apples. Add cider and cook until soft, then press through a sieve. Measure apple pulp, blueberries, fresh or canned, sugar, and spices until thick. Pour while hot into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Blueberry-Apple Butter
2 quarts blueberries
2 quarts apple pulp
1 tablespoon ground spices

Wash and slice tart apples. Add water to cover. Cook until soft, then press through a sieve. Measure apple pulp, blueberries, fresh or canned, sugar, and spices until thick. Pour while hot into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Crab-Apple Butter
Wash and slice apples. Add water to cover. Cook until soft, then press through a sieve. Measure. Add ½ as much sugar as pulp and cook, stirring constantly until butter is thick. Spices to taste may be added before the butter is removed from the heat. Pour while hot into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Cantaloupe Butter
Remove rind and seed from ripe melons. Cut melon into small pieces. Add just enough water to prevent sticking. Boil until soft, then press through a sieve. Measure. Add from 1 to 1½ cups sugar, 1 tablespoon lemon juice, and 1 teaspoon cinnamon or other spices to each quart pulp. Boil until thick. Pour while hot into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Grape Butter
4 quarts stemmed grapes
8 cups sugar
½ cup vinegar
1 tablespoon ground spices

Wash, stem, and squeeze grapes to separate pulp from skins. Put skins through food chopper. Boil the skins 20 minutes with just enough water to prevent sticking. Cook the pulp, without water, until soft. Rub through colander to remove seed. Combine pulp and skins. Add sugar, vinegar, cinnamon, cloves, or other spices to suit taste. Boil until thick. Pour into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Pear Butter
Wash, pare, and core ripe pears. Add just enough water to prevent sticking. Cook until soft, then press through a sieve. Add 2 tablespoons lemon juice and ¼ teaspoon nutmeg (or other spices) and from 1 to 1½ cups sugar to each quart pulp. Boil rapidly until thick. Pour into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Plum Butter
Wash plums. Cook until soft with water to cover. Rub through colander to remove seed. Add from ½ to ¾ cup sugar for each cup pulp. Boil rapidly until thick. Pour into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Tomato Butter
Wash and chop sound, firm-ripe tomatoes. Cook until soft, then press through sieve to remove skins and seed. Drain off excess juice. Measure pulp and add 1 tablespoon lemon juice and from 1 to 1½ cups sugar to each pint of pulp. Boil rapidly until thick. Pour into hot BALL Jars. Process 10 minutes in hot-water bath; then complete seal.

Conserves
Conserves are jam-like products made by boiling two or more fruits with sugar until the mixture will either round up on a spoon, like jam, or else flake from it as in jelly test. A true conserve contains nuts, raisins, or both, but they may be omitted from or added to any given recipe.

Apple-Blueberry Conserve
4 cups diced apples
4 cups blueberries
6 cups sugar
½ cup raisins
4 tablespoons lemon juice

Simmer apples with blueberries 20 minutes. Add sugar, raisins, and lemon juice. Boil rapidly until thick. Pour into hot BALL Jars; seal at once.

Apple-Carrot-Peach Conserve
2 cups diced apples
2 cups diced peaches
2 cups diced carrots
4 cups sugar
1 lemon

Cook apples, carrots, peaches, juice and grated rind of lemon 20 minutes. (Add ¾ cup water if necessary to prevent sticking.) Add sugar and boil rapidly until thick. Pour into hot BALL Jars; seal at once.

Apple-Cherry-Pineapple Conserve
3 cups diced apple
8 cups pitted cherries
2 cups chopped pineapple
11 cups sugar
½ teaspoon salt
½ pound nut meats

Mix the fruit and sugar and let stand overnight. Boil until thick. Add salt and nut meats. Pour, boiling hot, into hot BALL Jars; seal at once.
CANTALOUE-PEACH CONSERVE

4 cups diced cantaloupe
4 cups diced peaches
6 cups sugar
⅔ cup blanched almonds

Pour, boiling hot, into hot BALL Jars; seal at once.

CHERRY-PINEAPPLE CONSERVE

1 quart pitted cherries
1 cup chopped pineapple
⅔ cup blanched almonds

Run cherries and pineapple through food chopper. Add sugar. Boil rapidly until thick. Add nuts and pour, boiling hot, into hot BALL Jars; seal at once.

CHERRY-RASPBERRY CONSERVE

3 cups pitted cherries
4 to 6 cups sugar
3 cups raspberry pulp

Cook cherries slowly in own juice until tender. Add raspberry pulp (prepared by crushing berries and pressing through sieve to remove seed) and sugar (6 cups sugar are required for very sour cherries). Heat slowly until sugar dissolves, then boil rapidly until thick. Pour into hot BALL Jars; seal at once.

CRANBERRY CONSERVE

1 quart cranberries
1 orange
2 cups water

Wash and stem cranberries. Run orange, peel and pulp, through food chopper. Cook the orange in the water 20 minutes. Add other ingredients, except nuts, and boil rapidly to jelly stage. Add nuts and pour, boiling hot, into hot BALL Jars; seal at once.

GOOSEBERRY CONSERVE

6 cups gooseberries
1 orange
2 cups water


GRAPE CONSERVE

2 quarts stemmed grapes
1 cup nut meats
6 cups sugar

Press grapes to remove pulps from skins. Run skins through food chopper, then boil 20 minutes in small amount of water. Cook the pulps in their own juice until soft. Rub through colander to remove seed. Combine skins and pulps with sugar and boil rapidly until thick. Add nuts and salt. Pour, boiling hot, into hot BALL Jars; seal at once.

PEACH CONSERVE

6 cups sliced peaches
1 orange
5 cups sugar

Combine peaches, pulp, and grated rind of orange. Boil 20 minutes. Add sugar. Cook until thick. Add nuts, ginger, and salt. Pour, boiling hot, into hot BALL Jars; seal at once.

PINEAPPLE-COCONUT CONSERVE

1 quart canned pineapple
1 quart chopped apple
⅔ cup grated coconut
2 oranges

Chop pineapple. Cook pineapple, pineapple juice, apple, pulp of 2 oranges, and thinly sliced peel of 1 orange with the water until apple and orange peel are tender. Add sugar and fresh grated coconut. Boil rapidly until thick. Pour, boiling hot, into hot BALL Jars; seal at once.

PLUM CONSERVE

2 quarts seeded plums
1 large stick cinnamon
1 lemon
⅓ cup salt
1 cup raisins
1 cup nut meats

Use firm-fleshed plums. Cook until soft with pulp and grated rind of lemon, salt, and cinnamon. Add sugar and raisins. Cook until thick. Remove cinnamon. Add nuts. Pour, boiling hot, into hot BALL Jars; seal at once.

RHUBARB-PINEAPPLE CONSERVE

6 cups rhubarb
7 cups sugar
2 cups pineapple

Cut unpeeled rhubarb into ⅛ inch slices, and pineapple in small pieces before measuring. If fresh pineapple is used, cook until tender in just enough water to prevent sticking. Combine rhubarb and pineapple with sugar and boil rapidly until thick. Pour, boiling hot, into hot BALL Jars; seal at once.

STRAWBERRY-RHUBARB CONSERVE

1 quart strawberries
7 cups sugar
1 quart rhubarb

Cut berries and cut unpeeled rhubarb into ⅛ inch slices before measuring. Add sugar. Cook slowly until sugar dissolves, then boil rapidly until thick. Pour, boiling hot, into hot BALL Jars; seal at once.

TOMATO CONSERVE

2 quarts chopped tomatoes
8 cups sugar
2 cups seedless raisins
1 orange
1 cup English walnut meats
2 lemons
⅓ cup salt

Scald, skin, core, and chop sound, ripe tomatoes. (Firm canned tomatoes may be used.) Cut orange peel in paper thin slices. Cook tomatoes, lemon juice, orange pulp and peel until tomatoes are reduced to a pulp. If convenient, let stand overnight. Add sugar and raisins, preferably Sultanas, and boil rapidly until thick. Add nuts and salt. Pour, boiling hot, into hot BALL Jars; seal at once.

JAMS

Jams are made by cooking crushed fruits with sugar until the mixture shows little or no free liquid. Jams require from ¾ to 1 pound sugar to each pound fruit. The amount used is determined by the acidity of the fruit and personal preference. Best results are obtained by weighing both sugar and fruit. The fruit should be weighed after preparing for cooking. Measurements are given in these recipes for the benefit of those who do not have kitchen scales. Cook jams in small batches.
APRICOT JAM
Wash, scald, skin, pit, crush, and measure or weigh ripe apricots. Boil 10 minutes, adding a little water if necessary to prevent sticking. Add ¾ as much sugar as fruit and cook until thick. Pour into hot BALL Jars; seal at once.

BERRY JAMS
Blackberry, Dewberry, Loganberry, Raspberry, and Youngberry Jams are made in the same way.
Wash and crush berries. Add ¼ cup water to each quart berries. Cook until soft. Press the cooked berries through a strainer to remove seed. (If preferred, the seed may be left in.) Add from ¼ to 1 cup sugar to each cup berries or from ¾ to 1 pound sugar to each pound berries. Boil until thick. Pour while hot into hot BALL Jars; seal at once.

BLUEBERRY OR HUCKLEBERRY JAM
This jam may be made entirely with berries, but it is better when equal portions of berries and crab apples are used.
Wash, pick over, crush, and measure berries. Pare, core, chop, and measure apples. Add 1 cup water to each quart chopped apples and boil 10 minutes. Add berries. Measure. Then add ¾ cup sugar for each cup fruit. Boil until thick. Pour into hot BALL Jars; seal at once.

DAMSON PLUM JAM
Wash and seed plums. Put through food chopper. Add 3½ cups sugar to each quart chopped plums. Let stand 1 hour. Boil until thick. Pour into hot BALL Jars; seal at once.

ELDERBERRY JAM
Wash, stem, measure, and slightly crush berries. Add 2 tablespoons vinegar and 3 cups sugar to each quart of berries. Boil until thick. Pour into hot BALL Jars; seal at once.

FIG JAM
STEM and scald ripe figs 5 minutes in boiling water. Drain. Crush or chop figs. Measure. Boil 10 minutes with just enough water to prevent sticking. Add ¾ cup sugar and 1 tablespoon lemon juice to each cup figs. Boil until thick. Pour into hot BALL Jars; seal at once.
Note: Dried figs may be soaked several hours in water to cover and then used in the above recipe.

GOOSEBERRY JAM
Wash, stem, and measure gooseberries. Add ⅛ cup water for each quart berries. Boil until soft. Add 1 cup sugar for each cup green gooseberries or ⅛ cup sugar for each cup ripe berries. Boil until thick. Pour into hot BALL Jars; seal at once.

MULBERRY JAM
STEM mulberries. Cover with cold salt water (1 cup salt to 1 gallon water). Let stand 5 minutes. Rinse in 3 changes cold water. Crush and measure berries. Simmer until soft. Add ⅛ cup sugar and 1 tablespoon lemon juice, or 1 teaspoon vinegar, to each cup berries. ½ teaspoon ground cinnamon or other spices may be added. Boil until thick. Pour into hot BALL Jars; seal at once.

PEACH JAM
Wash, peel, pit, crush, and measure or weigh ripe peaches. Add ¼ cup water to each quart peaches. Boil 10 minutes. Add ¾ as much sugar as fruit. Boil until thick. Pour into hot BALL Jars; seal at once.
For spiced peach jam: Tie any combination of spices in a bag and drop into the jam while cooking.
**PINEAPPLE JAM**

Chop fresh pineapple. Weigh or measure. Add ½ cup water to each quart pineapple and cook until tender. Add ¾ as much sugar as fruit. Boil until thick. Pour into hot BALL Jars; seal at once.

**RHUBARB JAM**

Cut unpeeled rhubarb into ½ inch pieces. Measure. Add 3 cups sugar to each quart rhubarb. Boil until thick. Pour into hot BALL Jars; seal at once. **Variations:** Use 1 part fresh pineapple, strawberries, or currants, to 1 part rhubarb. Add 3 cups sugar to each quart fruit and cook and seal as directed above.

**STRAWBERRY JAM**

Wash, cap, crush, and weigh or measure berries. Heat slowly to boiling. Add ¾ as much sugar as fruit. Stir until sugar is dissolved, then boil rapidly until clear. Pour into hot BALL Jars; seal at once.

**HONEYS**

**CARROT HONEY**

1 quart grated carrots  3 cups sugar  2 lemons
Scrub, scrape, grate, and measure carrots. Add sugar, juice of 2 lemons, grated rind of 1 lemon, and water if needed to start cooking. Boil until thick and clear. Pour into hot BALL Jars; seal at once.

**PEAR HONEY**

Pare, core, chop, and measure hard-ripe pears. Add a little water if needed to start cooking. Boil 10 minutes. To each quart chopped pears add 3 cups sugar, juice of 1 lemon, grated rind of ½ lemon, and ½ teaspoon ground ginger. Boil until thick. Pour into hot BALL Jars; seal at once. (Orange and nutmeg may be used instead of lemon and ginger.)

**QUINCE HONEY**

Wash and rub fuzz from quinces. Pare and core. Discard cores. Cook parings until tender, in water to cover. Strain and save this water. Chop and measure quinces. Cover quince with water in which parings were cooked. Boil 15 minutes. Add 1 cup sugar and 2 teaspoons lemon juice to each cup quince. Boil to the jellying point. Pour into hot BALL Jars; seal at once.

**MARMALADES**

A true marmalade is a soft fruit jelly containing bits of fruit pulp or peel. Cook marmalades in small batches. Use level measures, **CARROT MARMALADE**

3 oranges  3 tablespoons lemon juice  4 cups water  4 cups sugar  3 cups grated carrot  ½ teaspoon ground ginger
Peel oranges. Cut peel in paper thin strips. Cut pulp into small pieces. Cook the peel in the 4 cups water until tender. Let stand several hours or over night. Add carrot and boil 10 minutes. Add other ingredients and boil to the jellying point. Pour into hot BALL Jars; seal at once.

**CHERRY MARMALADE**

2 oranges  4 tablespoons lemon juice  1 quart pitted cherries  3 ½ cups sugar
Run oranges through food chopper. Cover with water. Boil until soft. Cool. Add cherries, lemon juice, and sugar. Boil to the jellying point. Pour into hot BALL Jars; seal at once.

**CITRUS MARMALADE**

1 orange  1 grapefruit  1 lemon  Sugar
Wash and cut fruit in fine pieces. Measure, and add 3 cups water to each cup fruit. Boil 5 minutes. Let stand overnight. Boil until peel is tender. Let stand until cold, measure, and add as much sugar as there is fruit and juice. Boil rapidly to jellying point. Pour into hot BALL Jars; seal at once.

**GOOSEBERRY MARMALADE**

Add 1 cup water to each quart washed and stemmed berries. Boil until soft. Measure and add from ¾ to equal measure of sugar, depending upon whether green or partially ripe berries are used. Boil to the jellying point. Pour into hot BALL Jars; seal at once.

**GRAPE MARMALADE**

Wash grapes, stem, and press the pulp from skins. Boil skins 20 minutes in just enough water to prevent sticking. Cook pulp until soft, then press through a colander to remove seed. Add skins to pulp. Measure. Add ¾ cup sugar for each cup grape. Boil to the jellying point. Pour into hot BALL Jars; seal at once.

**GREEN GRAPE MARMALADE**

2 quarts green grapes  8 cups sugar  2 cups water
Wash, stem, and measure young grapes. (The seed should be formed, but not hardened.) Cook with the water until soft. Add the sugar and boil until thick. Pour into hot BALL Jars; seal at once.

**GRAPEFRUIT MARMALADE**

1 grapefruit  Sugar  1 quart water
Remove seed from grapefruit by cutting out the center. Slice ½ of the peel, discard the other half. Cut pulp into chunks. Cover the fruit and sliced peel with the water and let stand overnight. Boil until the peel is tender. Measure and add as much sugar as there is fruit and juice. Boil rapidly to the jellying point. Pour into hot BALL Jars; seal at once.

**KUMQUAT MARMALADE**

Allow 1 orange to each 12 kumquats. Run orange peel and pulp through food chopper. Slice kumquats paper thin. Add 3 cups water to each cup fruit. Let stand overnight. Boil until peel is tender. Measure. Add 1 cup sugar for each cup fruit and juice. Boil rapidly to the jellying point. Pour into hot BALL Jars; seal at once.

**Note:** If a less bitter product is wanted, the peel may be parboiled one or more times and drained before proceeding according to above directions.
**ORANGE MARMALADE**

- 12 thin skinned oranges
- 3 lemons
- 3 quarts water
- Sugar

Wash and peel oranges. Cut peel in paper thin slices; pulp into chunks; slice lemons. (All may be run through food chopper.) Add water. Simmer 5 minutes. Let stand overnight. Cook until peel is tender. Measure. Add from 2/3 to 1 cup sugar to each cup fruit and juice, depending upon sourness of fruit. Boil rapidly to jellying point. Pour into hot BALL Jars; seal at once.

**QUINCE-APPLE MARMALADE**

- Pare, core, and chop 6 quinces and 3 tart apples.
- Cover quince with water and cook until tender. Add apple and cook 10 minutes. Measure. Add 3/4 cup sugar for each cup fruit and juice. Boil to jellying point. Pour into hot BALL Jars; seal at once.

**RASPBERRY-CURRANT MARMALADE**

- 2 quarts raspberries
- 9 cups sugar
- 1 quart currants

Measure berries and currants after washing and stemming. Crush the currants. Cook slowly until juice flows freely. Add raspberries. Heat slowly to boiling. Add sugar. Stir until dissolved, then boil rapidly to the jellying point. Pour into hot BALL Jars; seal at once. Use either black or red fruit.

**PRESERVES**

In preserves of good quality, the fruit retains its shape, is clear, more or less translucent, tender, and plump. The sirup is clear and varies from the thickness of honey to that of soft jelly.

The proportion of sugar to fruit is from 3/4 to 1 pound sugar for each pound of prepared fruit. Fruits cannot be measured accurately, however, 1 quart of diced or sliced fruit or whole berries usually weighs approximately 1 pound. 1 pint granulated sugar weighs approximately 1 pound.

Preserves should be cooked in small batches in fairly wide pans. There is little or no need for skimming if the pan or kettle is covered just before it is removed from the heat and left covered 5 minutes. Preserves should be stirred once or twice after the cover is removed.

Preserves may be canned immediately after cooking, but most of them improve in
color and texture if cooled quickly and left standing from 12 to 24 hours before canning.

In warm climates, and elsewhere, if storage conditions are poor, preserves should be processed 20 minutes at simmering (180–190° F.) to prevent molding.

**APPLE PRESERVES**

2 pounds prepared apples 1 tablespoon crushed ginger root or
2 ¼ cups water mixed whole spices

Use apples which hold shape while cooking. Pare, core, and cut large apples in halves or quarters. Pare and core small apples and leave whole. Pare, but do not core, crab apples. Boil sugar and water 3 minutes. Cool. Add apples and cook gently until clear. Pack apples into hot BALL Jars. Add ginger or spices (tied in bag) to the sirup and boil rapidly almost to the jellying point. Pour hot sirup over apples; seal at once.

**CLOVE APPLES**

Use the recipe for apple preserves, adding 12 whole cloves and the parings from 2 or 3 red apples to the sirup after the apples have been removed. Boil sirup to the jellying point. Remove cloves and parings and pour sirup over apples; seal at once.

**APRICOT PRESERVES**

2 pounds apricots 3 ¼ cups sugar

Wash, peel, and halve firm-ripe apricots. Combine fruit and sugar in alternate layers. Let stand several hours or overnight. Heat slowly until sugar dissolves, then boil rapidly until fruit is clear. Let stand several hours. Pack cold fruit into hot BALL Jars. Reheat sirup, boiling it down if not thick enough. Pour hot sirup over fruit; seal at once.

**BAR-LE-DUC**

4 cups currants 3 cups sugar

Wash and stem currants. Cook in flat pan, with water to prevent sticking. Simmer 5 minutes. Add ¼ of the sugar. Stir gently; boil slowly 5 minutes. Add remaining sugar, then boil rapidly 5 minutes. Let stand until cold. Skim out currants and pack into hot BALL Jars. Boil sirup to the jellying point. Pour, while hot, over currants; seal at once.

**BERRY PRESERVES—ALL VARIETIES**

2 quarts berries 3 to 4 cups sugar

Wash and measure berries. Add sugar and let stand several hours or overnight. Heat slowly to boiling, then boil rapidly until berries are tender and the sirup almost to the jellying point. Pour into hot BALL Jars; seal at once.

Note: All berries except strawberries are better for jams than preserves.

**CANTALOUPE PRESERVES**

Use ¾ pound sugar and the juice of 1 lemon to each pound prepared cantaloupe. Cut firm-ripe melons into 1 inch slices, crosswise. Remove rind and seed. Cut the slices into uniform pieces. Mix melon with sugar. Cover and let stand 12 hours in cool place. Add lemon juice. Heat slowly to boiling, then boil rapidly until tender and clear. Pack into hot BALL Jars; seal at once.

**CHERRY PRESERVES**

Use from ¾ to 1 pound sugar to each pound pitted cherries, depending upon sourness of fruit. Mix cherries with sugar; let stand overnight. Heat slowly to boiling. Boil rapidly 15 or 20 minutes, or until cherries are tender. Let stand until cold. Pack cherries into hot BALL Jars. Boil sirup until thick. Pour hot sirup over cherries; seal at once.
CITRON MELON PRESERVES
For each pound prepared citron, use 6 cups water, from ¾ to 1 pound sugar, and ½ lemon.
Cut melon into ½ inch slices, crosswise. Trim off the green rind. Discard seed. Split the slices, keeping the inner and outer parts separate. These parts should be preserved separately because the outer portion requires longer cooking.
Boil the citron in the water 25 or 30 minutes. Add sugar and boil 1 hour. Add thinly sliced lemon (stick cinnamon or ginger root may also be used) and continue boiling until citron is clear and sirup thick. Pour into hot BALL Jars; seal at once.
Citron preserves may be drained free of sirup and used in cakes and puddings as a substitute for commercial citron.

FIG PRESERVES
For each pound figs, use from ¾ to 1 pound sugar, juice of ½ lemon, and 3 cups water.
Peel the figs. Make sirup of sugar, water, and lemon juice. Add figs and boil rapidly until clear. If the sirup becomes too thick before the figs are clear, add boiling water, ½ cup at a time. Let figs stand in sirup overnight. If the sirup is too thin, drain it off and boil until thick as honey. Pack figs into hot BALL Jars. Process 15 minutes at simmering (185-190° F.); then complete seal.

GINGER PRESERVES
Wash green ginger roots. Soak in cold water 1 hour. Boil 5 minutes. Change water. Repeat several times, depending upon whether a mild or a strong-flavored preserve is wanted. Boil ginger until tender, then put into cold water 1 hour. Drain and cook 5 minutes in sirup made of 2 parts sugar to 1 of water. Let stand several hours. Drain off and boil sirup 5 minutes. Pour over ginger. Let stand 2 days. Drain off sirup. Pack ginger into hot BALL Jars. Boil sirup until thick. Pour over ginger; seal at once.

GROUND CHERRY PRESERVES
2 quarts ground cherries 6 cups sugar
3 cups water 2 lemons
Wash, husk, and rinse cherries. Boil water, sugar, juice and pulp of lemons 5 minutes. Cool. Add cherries and boil until clear. Pour into hot BALL Jars; seal at once.

KUMQUAT PRESERVES
2 pounds kumquats 4 cups sugar 1 quart water
Wash kumquats with soap and water. Sprinkle with soda (1 teaspoon soda to 1 quart kumquats). Cover with boiling water and let stand 10 minutes. Rinse in cold water. Make 4 deep slits in each kumquat. Cover with water. Boil 15 minutes. Change water and boil 15 minutes. Change water and boil until fruit is tender. Boil sugar and 1 quart fresh water together 5 minutes. Cool. Add kumquats. Cook until fruit is clear. Let stand 24 hours. Reheat to simmering. Pack into hot BALL Jars; seal at once.

MARASCHINO CHERRIES
Home Style
Wash, remove stems and pits from Royal Anne or other light cherries. Save juice and pits. Place cherries in shallow pan and cover with sirup made with 3 parts sugar to 1 ½ parts cherry juice or water.
Boil gently 10 minutes. Remove from heat and let stand from 6 to 12 hours. Drain juice from cherries. Pack cherries into hot BALL Jars. Crush cherry pits (using ½ cup crushed pits to 1 quart sirup). Tie in cheesecloth and add to sirup. Boil 5 minutes or until the desired flavor is obtained. Remove pits. Add a few drops red vegetable coloring. Pour hot sirup over cherries; seal at once.

MIXED FRUIT PRESERVES
1 pound apples 1 pound quinces
1 pound peaches 7 cups sugar
1 pound pears 3 cups water
PARE, core, halve, quarter, or slice fruit. Cover each fruit with water and cook separately until tender. Add 3 cups of water, in which fruit is cooked, to the sugar. Boil 10 minutes. Add fruit and juice of 2 lemons, if desired, and cook until clear. Let stand several hours. Pack cold fruit into hot BALL Jars. Boil sirup until thick as honey. Pour over fruit and seal at once.

PEACH PRESERVES
2 pounds peaches 2 cups water 3 to 4 cups sugar
Cut peeled peaches into halves. Boil sugar and water 2 minutes. Cool sirup. Add peaches and cook until clear. Let stand several hours. Pack the fruit into hot BALL Jars. Boil sirup until thick as honey. Pour hot sirup over peaches; seal at once.

Old-fashioned Peach preserves are made by mixing equal amounts of sugar with fruit; letting stand overnight and then cooking (without water) until the fruit is tender.

PEAR PRESERVES
2 pounds pears 3 cups sugar 1 lemon, sliced thin
PEARS should be hard, but ripe for preserving. The Keifer should be stored in a cool, dry place from 3 to 5 weeks before using.
Pare, core, and cut fruit as desired. Add ¾ of the sugar to the water. Boil 2 minutes. Add pears and boil 15 minutes. Add remaining sugar and lemon. (Orange may be used instead of lemon.) A piece of ginger root may also be added. Cook until fruit is tender and clear. Let stand several hours. Pack cold fruit into hot BALL Jars. Boil sirup until thick as honey. Pour hot sirup over pears; seal at once.

PINEAPPLE PRESERVES
2 pounds pineapple 3 cups sugar
TWIST out the top, scrub, and cut pineapple into half lengthwise. Cut halves in 5 or 6 lengthwise wedge shape slices. Remove rind and core. Divide slices into ¼ inch pieces. Mix pineapple with sugar. Let stand overnight. Boil until tender and clear. Pour into hot BALL Jars; seal at once.

PLUM PRESERVES—ALL VARIETIES
2 pounds plums ½ cup water 3 to 4 cups sugar
Wash, drain, and prick plums. (Pricking is unnecessary if seeds are removed.) Add sugar and water. Let stand several hours. Boil until plums are tender, and sirup near jellying point. Pour into hot BALL Jars; seal at once.
PUMPKIN PRESERVES

4 pounds pumpkin
8 cups sugar
3 lemons
1/2 teaspoon salt
Cut pumpkin into squares 1/4 inch thick and 1 1/2 inches wide. Add sugar and let stand overnight. Add thinly sliced lemons and salt. (1 tablespoon mixed spices tied in bag may also be added.) Boil until pumpkin is clear and sirup thick. Pour into hot BALL Jars; seal at once.

Boil sirup almost to the jellying point. Pour hot

QUINCE PRESERVES

2 pounds quinces
2 quarts water
3 1/2 cups sugar
Pare and core quinces, removing all gritty material around core. The fruit may be halved, quartered, or sliced. Add 1/2 of the sugar to the water. Boil 5 minutes. Add quince and boil slowly 1 hour. Let stand 24 hours. Add remaining sugar and cook slowly until the fruit is a clear, rich, red color. Let stand overnight. Pack fruit into hot BALL Jars. Boil sirup almost to the jellying point. Pour hot sirup over fruit; seal at once.

Let stand 24 hours. Add remaining sugar and cook slowly until the fruit is a clear, rich, red color. Let stand overnight. Pack fruit into hot BALL Jars. Boil sirup almost to the jellying point. Pour hot sirup over fruit; seal at once.

RANCH PRESERVES

Soak dried apricots or dried peaches overnight in water to cover. Drain. Measure fruit. For each quart of fruit, make a sirup of 3 cups sugar and 1 cup of the water in which fruit was soaked; boil 5 minutes. Cool. Add fruit and cook until clear. If the sirup becomes too thick before the fruit is done, add 1/2 cup boiling water. Pour into hot BALL Jars; seal at once.

Note: Dried pears may be preserved in the same manner, but the product is insipid unless a small amount of lemon juice or ginger is added.

STRAWBERRY PRESERVES

SCALDING METHOD

2 quarts capped berries
6 cups sugar
Place berries in a colander or square of cheesecloth and hold them in boiling water 2 minutes. Drain. Add 4 cups sugar to berries. Boil 3 minutes. Cool 5 minutes and add 2 cups sugar, then boil from 8 to 10 minutes. Cover and let stand several hours. Pack cold preserves into hot BALL Jars. Process 15 minutes at simmering; then complete seal.

STRAWBERRY PRESERVES

OLD FASHIONED

2 quarts capped berries
7 cups sugar
Mix berries with sugar. Let stand overnight. Bring slowly to boiling. Boil rapidly until berries are clear and sirup thick. Skim and pour into hot BALL Jars; seal at once.

STRAWBERRY PRESERVES—DE LUXE

2 pounds capped berries
4 tablespoons lemon juice
5 cups sugar
Mix berries with sugar. Let stand 3 or 4 hours. Place over very low heat until simmering point is reached. Add lemon juice. Boil rapidly from 10 to 12 minutes (or until berries are clear and sirup thick). Cover and let stand overnight. Pack cold into hot BALL Jars. Process 15 minutes at simmering (175-185° F.); then complete seal.

FIRM-RIPE cherries, currants, red raspberries, or strawberries may be used for sun-cooked preserves.

Cherries should be washed and seeded; currants washed and stemmed; strawberries washed and capped. Drain and weigh fruit. Work with small batches. Use equal amounts of sugar and fruit. Place fruit and sugar in alternate layers in a broad pan. Let stand overnight. Heat slowly to boiling. Boil 3 minutes. Spread in shallow trays. Cover with glass (window pane). Allow air space on all sides. Stand in sun three days or until the sirup begins to jell and the fruit is plump. Stir gently two or three times daily. Do not leave out of doors overnight. Pack into hot BALL Jars; seal at once.

TOMATO PRESERVES

2 pounds tomatoes
1 lemon
4 cups sugar
1 stick cinnamon
2 quarts water
2 pieces ginger root
Use small, firm, red, yellow, or green tomatoes. Scald 1 minute. Dip into cold water. Skin but do not core. Combine sugar, water, lemon (sliced thin), cinnamon, and ginger and simmer 20 minutes. Remove cinnamon and ginger. Add tomatoes and boil gently until the sirup is thick. Cover and let stand overnight. Pack cold tomatoes into hot BALL Jars. Boil sirup until thick as honey and pour over tomatoes. Process 15 minutes at simmering; then complete seal.

WATERMELON RIND PRESERVES

2 pounds watermelon rind
1 tablespoon ground ginger
4 cups sugar
2 lemons
2 quarts water
The texture of preserved watermelon rind is largely determined by the treatment of the rind before it is preserved. For a crisp, firm product, soak rind 2 or 3 hours in lime water to cover. Prepare lime water by adding 1 tablespoon slacked lime (calcium oxide) to each quart of cold water. For a product with texture more like that of preserved pears, soak rind overnight in salt water (2 tablespoons salt to each quart of water).

To make the preserves: Cut the white part of the rind into pieces of uniform size and shape. Soak in lime or salt water. Freshen in 2 or more changes of cold water. Sprinkle ginger over rind. Cover with water and boil 1 1/2 hours. Drain and drop into cool sirup made with the sugar, 2 quarts of water, and juice of 1 lemon. Boil gently 1 hour. Add the second lemon, sliced thin. Continue boiling until rind is tender and the sirup thick as honey. (If the sirup gets too thick before the rind is tender, add a cup or more of boiling water.) Let stand several hours. Pack into hot BALL Jars. Process 15 minutes at simmering (185-195° F.); then complete seal.

WESTERN SPECIAL PRESERVES

1 cup red currants
1/2 cup currant juice
2 cups sweet cherries
2 cups raspberries
Sugar
Wash and cook currants until soft. Strain juice through cheesecloth. Wash, and drain berries; pit cherries. Weigh berries and cherries. Add an equal amount of sugar and the currant juice. Let stand overnight. Heat slowly to boiling then boil rapidly almost to the jelly stage (about 12 minutes). Let stand from 12 to 24 hours. Stir occasionally as it cools. Heat to scalding (do not boil). Pour into hot BALL Jars; seal at once.
THE term pickle may be applied to any food preserved in vinegar or brine, but here it refers only to those vegetable and fruit products commonly known as plain, sliced, and mixed pickles, fruit pickles, relishes, ketchups, and sauces; all of which are easy and inexpensive to make. Their spicy flavors and bright colors can make the simplest meal a thing of beauty.

Partly seal all jars before processing except when using Vacu-Seal Lids. Tighten Vacu-Seals both before and after processing.

Please reread pages 3 to 8

CHARACTERISTICS OF GOOD PICKLE

Cucumber and Gherkin Pickle of first-class quality may be either sour or sweet, spiced or unspiced. It must be crisp, firm, solid, and evenly colored. The correct color is olive, not bright green. Cucumber pickle can be made by either a long or a short process. The long process yields a product of superior quality, however, a good pickle can be made by the shorter and often more convenient method.

Sliced Pickle is usually made of cucumbers, green tomatoes, and onions cut into slices of uniform thickness. It may be either sour or sweet; it must be firm, crisp, and well-seasoned with salt, pepper, and spices. There should be sufficient liquid to cover the pickle when packed into jars.

Mixed Pickle may contain a large assortment of vegetables, all of which should be firm and crisp. The seasonings are the same as for sliced pickle, or a mustard dressing is used.

Fruit Pickle should be whole or else cut into pieces of uniform and attractive size and shape. It should be firm, tender, and plump; the sirup almost as thick as that for preserves; both fruit and sirup delicately spiced. Too much spice destroys the natural fruit flavor and also causes the pickle to have a dull, dark, unattractive color. First quality peach and pear pickles are the color of amber; whereas, pineapple and watermelon rind pickle are nearer that of medium light honey. Watermelon rind pickle should be firm and crisp.

Relishes are more commonly made of finely chopped vegetables, however, both chopped and small fruits preserved with sugar, spices, and vinegar rightly belong to this classification as does chutney which is made of fruit or tomatoes and highly seasoned with onion, garlic, ginger, etc. A vegetable relish may be either sour or sweet, spiced or unspiced, is moist but not juicy; its chief ingredients firm rather than mushy. A fruit relish is more nearly the consistency of jam.

Ketchups and Sauces may be made of either fruits or vegetables. They are highly seasoned with salt, pepper, and spices. The
only real difference in the two is that ketchup is strained through a fine sieve; whereas, sauce may be left unstrained. Both are boiled to a thick liquid stage.

**GENERAL RULES FOR PICKLING**

Use clean, fairly coarse salt to which no other substance has been added. Use soft water. If hard water must be used, boil it and let stand 24 hours, then remove skum and dip the water from the container without disturbing the sediment at the bottom. Add 1 tablespoon vinegar to each gallon of hard water when making brine.

Use fresh spices of best quality. These may be bought ready mixed, or blended as needed. They should be tied in a piece of thin material so they can be removed when the pickle is ready for canning.

Use high-grade cider or grain vinegar of 40 to 60 percent grain strength (4 to 6 percent acid). Cider vinegar is usually preferred for all but light pickles; white vinegar is more satisfactory for those.

Use clean, firm, freshly picked cucumbers, otherwise the pickles may be hollow.

Keep cucumbers, or any other vegetable, completely covered with brine while curing. The whole batch may spoil if even a few stand above the brine.

Use brine of correct strength (see recipe below). Weak brine causes soft pickles; that which is too strong causes them to shrivel.

Remove skum as it forms on top of the brine. Skum causes spoilage.

Do not start pickles to cook in a heavy sugar sirup. It is better to add the sugar on 2 or 3 successive days than to run the risk of having the pickles become tough and shriveled.

Pack pickles in BALL Jars and seal with either Glass or Vacu-Seal Lids.

Please remember that strength of vinegar and spices and personal preference as to seasonings vary to a great degree, and that the successful pickle maker tests by taste as she goes along. The flavor of pickles may be changed by varying the kind and amount of seasoning and also by adding a little more or a little less sugar or vinegar.

**BRINING CUCUMBERS AND GHERKINS**

Wipe but do not wash cucumbers and gherkins. Place in stone jar. Cover with cold brine made by dissolving 1 pound salt in 1 gallon of water, and then cover with a board or plate. Use a weight heavy enough to keep the cover below the surface of the brine. Next day, put 1 pint of salt on the cover where it will dissolve slowly. Let stand 1 week, then put 1/2 cup salt on the cover. Put 1/2 cup salt on the cover at the end of every week for 4 consecutive weeks. Remove the skum as it forms. The cucumbers are cured and ready for use when they are a dark olive green color throughout and contain no white spots. Curing requires from 6 to 8 weeks.

Cured cucumbers are called salt pickles and must be soaked to remove some of the salt before they are used for either sour or sweet pickles. The salt may be removed by soaking the pickles in several changes of cold water to which an equal amount of vinegar has been added, or by heating them in several changes of plain water. To do this: Cover with cold water and heat to 120° F. (a little hotter than lukewarm). Repeat until the desired amount of salt has been removed from the pickles.

**CUCUMBER PICKLES—SOUR**

**Short Process**

Wash and dry fresh cucumbers. Cover with brine (1 cup salt to 1 gallon cold water). Let stand 24 hours. Drain cucumbers and cover with equal parts water and vinegar. Let stand 3 or 4 days. Drain cucumbers. Pack into hot BALL Jars. Cover with fresh, hot vinegar and seal at once. Spices and a small amount of sugar may be added to the vinegar.

**Long Process**

Soak brined cucumbers in several changes of warm water to remove excess salt. Cover with vinegar. Let stand 4 to 6 days. Drain. Pack into hot BALL Jars. Cover with fresh hot vinegar and seal at once. Spices and a small amount of sugar may be added to the fresh vinegar. Simmer 10 minutes before pouring over the pickles.

**CUCUMBER PICKLES—SWEET**

**Short Process**

Wash and dry fresh cucumbers. Cover with brine (1 cup salt dissolved in 1 gallon cold water). Let stand 24 hours. Drain. Puncture each cucumber near the ends and at the center. Cover with 1 part water and 3 parts vinegar and let stand a week. Discard liquid and drain cucumbers. Add 2 cups sugar, the spices, and 2 cups water, to 1 1/2 quarts vinegar. Boil 3 minutes and pour, boiling hot, over the cucumbers. Let stand 3 days. Remove spices and drain off liquid. Pack pickles into hot BALL Jars. Add the remaining sugar to the liquid. Bring to the boiling point. Pour, while hot, over the pickles and seal at once.

**Long Process**

1 gallon cucumbers  1 tablespoon mixed spices  6 cups sugar  1 cup water

Wash and dry fresh cucumbers. Cover with brine (1 cup salt dissolved in 1 gallon cold water). Let stand 24 hours. Drain. Puncture each cucumber in 2 or 3 places with needle. Simmer (do not boil) 1/2 of the sugar, the spices, vinegar, and water 30 minutes. Add cucumbers. Simmer 15 minutes. Let stand 2 days. Drain off the liquid. Pack the pickles in hot BALL Jars. Add the remaining sugar to the liquid. Boil 5 minutes. Pour, while hot, over the pickles and seal at once.

**CHUNK PICKLES**

**Old-Fashioned Kind**

5 quarts cucumbers  1 tablespoon whole allspice  2 cups salt  1 tablespoon celery seed  2 1/2 quarts vinegar  5 to 6 cups sugar  1 piece horseradish

Wash and cut cucumbers into 1 inch pieces. Soak 3 days in brine made by dissolving 2 cups salt in 1 gallon cool water. Drain and soak cucumbers 3 days in clear water. (Do not change water.) Drain. Cover cucumbers with equal parts water and vinegar and simmer 20 minutes. Discard liquid. Add sugar and spices to the 2 1/2 quarts vinegar. Simmer 10 minutes. Pour while hot over cucumbers and let stand 24 hours. Reheat liquid and pour back over cucumbers. Do this 3 or 4 consecutive days. Pack pickles into hot BALL Jars. Cover with the liquid (boiling hot) and seal at once. If there is not enough liquid to cover, add more vinegar.
BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers
3 onions
3 cups brown sugar
Mix cucumbers, onions (sliced), and salt. Let stand 5 hours. Drain. Boil vinegar, water, sugar, and seasonings 3 minutes. Add cucumbers and onion and simmer 10 to 20 minutes. (Do not boil.) Pack into hot BALL Jars and seal at once.

CUCUMBER OIL PICKLES

200 cucumbers
6 small onions
8 cups vinegar
1 cup water
Mix cucumbers into thick slices. Remove seed. Pack into hot BALL Jars and seal at once.

FRESH CUCUMBER SLICES

2 quarts sliced cucumbers
1 cup sugar
1 teaspoon mustard seed
1 teaspoon celery seed
1 cup water
Cut cucumbers into 3/4 inch slices and soak overnight in brine (3/4 cup salt to 3/4 gallon water). Drain. Add the sugar and seasonings to the vinegar and water. Boil 2 minutes and pour over cucumbers. Let stand overnight, then drain and pack the cucumbers into hot BALL Jars. Drain sirup and pour over cucumbers. Process 20 minutes at simmering (180-190° F.); then complete seal.

RIPE CUCUMBER PICKLES

8 large ripe cucumbers
1/2 cup salt
1 1/2 cups sugar
2 tablespoons mustard seed
Pare and slice cucumbers lengthwise. Remove seed. Sprinkle with 1/2 cup salt. Let stand 24 hours. Place the salted cucumbers in a colander or on a thin cloth tied over the top of a pan. Drain 1 hour. Boil sugar, spices, and vinegar 5 minutes. Add the cucumbers. Simmer 20 to 30 minutes. Pack into hot BALL Jars and seal at once.

RIPE CUCUMBER SLICES

12 ripe cucumbers
1 1/2 cups sugar
2 tablespoons mustard seed
cut cucumbers into thick slices. Remove seed. Sprinkle with 1/2 cup salt and let stand overnight. Rinse. Drop into sirup made by boiling sugar, spices, and vinegar 5 minutes. Simmer until tender. Pack hot into hot BALL Jars and seal at once.

GHERKINS

May be used in any recipe calling for cucumbers.

GREEN TOMATO PICKLES

1 gallon green tomatoes
6 onions
1 1/2 cups sugar
1 tablespoon whole black pepper
1 tablespoon whole allspice
3/4 teaspoon whole cinnamon
1/4 cup 3/4 cup vinegar

GREEN TOMATO DILL PICKLES

SELECT tomatoes of about 1 1/2 inches in diameter. Cure in brine as for Dill Pickles. The dilled tomatoes may be canned just as the cucumbers are, or they may be canned with a solution made of equal portions of brine and vinegar seasoned with garlic, horseradish, red pepper, and spice. 1/4 cup sugar may be added to each quart of the solution. The solution should be heated and then slightly cooled before pouring over the tomatoes. Process 15 minutes at simmering; then complete seal. Boiling will cause the skins to break.

EMERGENCY PICKLES

1 pint sliced carrots
1 green pepper
1 or 2 sweet red peppers
3 medium size onions, sliced
1 teaspoon turmeric
Chop peppers. Combine all ingredients and cook slowly until vegetables are tender but not soft. Pack into hot BALL Jars and seal at once.
**MIXED PICKLE**

1 quart small cucumbers  
1 pint pickling onions  
1 pint sliced cucumbers  
2 cups white vinegar  
1 pint green beans  
3 sweet green peppers  
3 sweet red peppers  
4 tablespoons oil or butter  
1 1/4 cups flour  
2 cups brown sugar  

Soak cucumbers and onion (separately), 24 hours in brine made by dissolving 1 cup salt in 1 gallon cold water. Rinse and drain. Scrape carrots. Chop peppers. Combine all ingredients and simmer until tender. Pack into hot BALL Jars and seal at once.

**MUSTARD PICKLE**

1 pint small cucumbers  
1 pint pickling onions  
1 pint cauliflower  
1 cup small green beans  
3 sweet green peppers  
3 sweet red peppers  
4 tablespoons oil or butter  
1/2 cup flour  
1 to 2 cups brown sugar  

A better product is made from freshened brine-cured vegetables. If this is not convenient, soak the vegetables overnight in brine made by dissolving 2 cups salt in 1 gallon cold water. Drain and rinse vegetables. Cover with equal parts vinegar and water. Simmer 30 minutes. Drain. Mix dry ingredients and stir with the oil, or butter, until smooth. Add 5 cups vinegar and 1 cup water. Cook until smooth and thick as whipping cream. Add to vegetables. Pack into hot BALL Jars and seal at once.

**BEET PICKLE**

1 gallon small beets  
2 cups sugar  
1 long stick cinnamon  

Cook and skin beets. Add sugar and spices to vinegar and water. Simmer 15 minutes. Add beets. Boil 5 minutes. Pack beets into hot BALL Jars. Cover with boiling sirup. If not enough sirup to cover, add more vinegar. Process 5 minutes in hot-water bath; then complete seal.

**CARROT PICKLE**

Scrape carrots. Cook 10 minutes, then proceed as for Beet Pickle.

**CELERY PICKLE**

Celery  
1 cup sugar  
2 cups white vinegar  
1 teaspoon salt  

Use deep green celery. Pull off outside stalks without disturbing roots. Turn root upside down and split into eighths. Cook green and white parts separately from 2 to 5 minutes in salt water (1 tablespoon salt to 1 quart water). Drop celery into cold water. Boil sugar, vinegar, salt, and spices (tied in bag) together 5 minutes. Pack celery into hot BALL Jars; a green stalk between each "heart." Garnish with bay leaf and pepper pod. Cover with boiling sirup and seal at once.

**JERUSALEM ARTICHOKE PICKLE**

1 gallon artichokes  
1 1/2 cups sugar  
1 clove garlic  
1 tablespoon turmeric  
2 quarts vinegar  

Scrub then pack artichokes into hot BALL Jars. Add sugar and spices to vinegar. Simmer 15 minutes, then boil 5 minutes. Pour over artichokes. Process 15 minutes at simmering; then complete seal.

**ONION PICKLE**

1 gallon small white onions  
1 1/2 cups sugar  
1 cup salt  
1 to 2 cups sugar  
3 tablespoons white mustard  

Cover onions with boiling water. Let stand 2 minutes. Dip in cold water; then remove outer skins. Sprinkle with the salt. Cover with vinegar, and let stand overnight. Rinse. Drain. Pack into hot BALL Jars. Garnish with pepper pod and bay leaf. Simmer sugar, spices, and vinegar 15 minutes. Boil 3 minutes. Pour over onions; then complete seal.

**MANGOES**

Use peppers, or green tomatoes, or cucumbers, or green melons

Cut tops from red, green, or yellow peppers, or green tomatoes. Cut one end from cucumbers. Save tops and ends of vegetables. Scoop out centers. Soak 24 hours in cold brine made by dissolving 1 cup salt in 1 gallon water. Drain. Fill with either chow-chow or Dixie relish. Sew tops on with coarse thread. Pack upright into hot BALL Jars. Fill jars with hot vinegar, spiced and sweetened to suit taste and seal at once.

**CELERY RELISH**

4 quarts chopped celery  
1 quart chopped onion  
8 sweet red peppers  
8 sweet green peppers  

Cook celery and onions, separately, in salt water (2 teaspoons salt to 1 quart water). Drain when tender. Chop peppers. Mix all ingredients and simmer 20 minutes. Add more salt if necessary. Pack in hot BALL Jars; then complete seal.

**CHOW-CHOW**

1 gallon chopped cabbage  
4 tablespoons ground mustard  
12 onions  
12 green peppers  
2 quarts chopped green tomatoes  
5 cups sugar  

Mix all vegetables with 1/2 cup salt. Let stand overnight. Drain. Tie mixed spices in bag. Add sugar and spices to vinegar. Simmer 20 minutes. Add all other ingredients and simmer until hot and well-seasoned. Remove spice bag. Pack hot chow-chow into hot BALL Jars and seal at once.
CORN RELISH

2 quarts corn 1 cup sugar
1 quart cabbage 2 tablespoons ground mustard
1 cup green sweet 1 tablespoon mustard seed
pepper 1 tablespoon salt
1 cup sweet red 1 tablespoon celery seed
pepper 1 quart vinegar
2 large onions 1 cup water

Boil corn 5 minutes. Cold dip. Cut from cob. Measure. Chop and measure cabbage and peppers. Chop onions. Combine ingredients and simmer 20 minutes. (More salt and sugar may be added if needed.) Pack into hot BALL Jars and seal at once.

Note: The dressing given for mustard pickles may be used instead of the sugar, spices, and vinegar called for in this recipe.

DIXIE RELISH

1 quart cabbage 3 tablespoons salt
1 pint onion 3 tablespoons mustard
1 pint green pepper 2 tablespoons celery
1 pint sweet pepper 3/4 cup sugar
1 quarts red pepper 1 cup vinegar

Let whole peppers stand 24 hours in brine (3 1/2 cup salt to 1 quart cold water.) Soak in cold water 2 hours. Remove seeds. Chop and measure. Mix vegetables with sugar, seasonings, and vinegar. Let stand overnight. Pack into hot BALL Jars. Process 15 minutes at simmering; then complete seal.

PEPPER RELISH

12 red sweet peppers 1 cup sugar
12 green sweet peppers 1 tablespoon salt
1 pod hot pepper 2 cups vinegar
9 onions 1 tablespoon mixed spices


PICKALILLI

1 gallon green tomatoes 1 cup brown sugar
1 head cabbage 2 tablespoons mustard
3 sweet peppers 1 tablespoon seed
2 large onions 1 tablespoon celery seed
1/2 cup salt 1 tablespoon horseradish
1 quarter vinegar


RUMMAGE PICKLE

1 quart ripe tomatoes 1/2 cup salt
2 quarts green tomatoes 4 cups brown sugar
3 large onions 1 tablespoon celery seed
1 large cucumber 1 tablespoon mustard seed
1 quart cabbage 1 teaspoon ground
ginger
2 cups celery 1 tablespoon ground
3 green peppers 1 teaspoon cinnamon
3 red peppers 1/2 teaspoon ground
cloves
1 pod hot red pepper 2 quarts vinegar
2 cloves garlic

Chop vegetables before measuring. Mix with salt. Let stand overnight. Drain. Add other ingredients. Simmer until there is no excess liquid. Pack into hot BALL Jars and seal at once.

RED PEPPER RELISH OR JAM

3 1/2 cups sweet red pepper 3 cups sugar
1 tablespoon salt 2 cups vinegar

Remove seed and midribs from thick-walled peppers. Run peppers through food chopper (use smallest knife). Measure. Sprinkle with salt. Let stand 3 or 4 hours. Add sugar and vinegar and cook until thick. Pour into hot BALL Jars and seal at once.

CHILI SAUCE

1 gallon tomatoes 1 cup sugar
2 cups onions 3 tablespoons salt
2 cups sweet red 1 tablespoon mustard seed
1 pod hot pepper 1 tablespoon celery seed
1 pod hot red pepper 3 tablespoons mixed spices
2 1/2 cups vinegar

Skin tomatoes before chopping. Chop all vegetables before measuring. Tie mixed spices in bag. Mix all ingredients except spice bag and vinegar. Add spice bag after mixture has boiled 30 minutes. Cook until very thick, then add vinegar and boil until there seems to be no more "free" liquid. Taste and add more seasoning if necessary. Pour, while boiling hot, into hot BALL Jars and seal at once.

PERUVIAN SAUCE

24 ripe tomatoes 1 clove garlic
3 large onions 3 cups brown sugar
3 green peppers 1 tablespoon salt
1 pod hot pepper 1 tablespoon ground allspice
3 large cucumbers 1 tablespoon mustard seed
4 tart apples 1 teaspoon cinnamon
3 cups vinegar

Scald and skin tomatoes, skin onions, remove seed from peppers, pare cucumbers (discard seed if large), pare and core apples. Run vegetables and apples through food chopper. Add sugar and cook until thick. Add spices and vinegar and continue cooking until thick as chili sauce. Pour, while boiling hot, into hot BALL Jars and seal at once.

APPLE CHUTNEY

2 quarts chopped apples 1 pod hot pepper
4 cups brown sugar 2 pounds seeded raisins
2 quarts vinegar 2 tablespoons white
1 clove garlic mustard seed
1 onion 2 tablespoons black
1 pint vinegar mustard seed
3 cups vinegar 1 tablespoon salt
2 tablespoons ginger

Cook apples, sugar, vinegar, garlic, onion, and peppers together until a sauce is formed. Add raisins and spices and simmer 30 minutes. Let stand overnight. Heat to boiling. Pour into hot BALL Jars and seal at once.

GOOSEBERRY CHUTNEY

1 quart partly ripe gooseberries 2 tablespoons mustards
1 1/2 cups raisins 2 tablespoons ginger
3 onions 1 cup brown sugar
1 pint vinegar 1 tablespoon salt

Remove stems from berries. Chop raisins and onions. Combine all ingredients and cook until thick. Pour into hot BALL Jars and seal at once.

PEACH CHUTNEY

1 gallon peaches 1/2 cup white mustard seed
2 onions 2 tablespoons ground
1 clove garlic 1 pod hot red pepper
1 cup seeded raisins 1 pod red pepper
cinnamon 1 cup brown sugar
5 cups vinegar

Chop peeled peaches, onions, garlic, and raisins. Add 1/2 the vinegar. Cook until soft.
Add all other ingredients. Cook until thick. Pour into hot BALL Jars and seal at once. Apples, pears, or plums may be substituted for peaches in this recipe.

**SPICED BLUEBERRIES OR ELDERBERRIES**

5 quarts berries 1 cup seeded raisins
6 cups brown sugar 2 sticks cinnamon
2 cups vinegar 1 teaspoon whole cloves

Wash and drain berries. Boil sugar, vinegar, and spices (tied in bag) 5 minutes. Cool. Add berries and simmer until tender. Let stand overnight. Pack into hot BALL Jars and seal at once.

**CRAB-APPLE PICKLE**

1 gallon crab apples 1 stick cinnamon
6 to 8 cups sugar 1 tablespoon crushed ginger
3 cups water 1 tablespoon whole allspice
4 cups vinegar 1/2 tablespoon whole cloves

Wash and pierce each apple with a needle. Heat sugar, liquids, and spices (tied in bag) until sugar dissolves. Cool. Add apples and simmer until tender. Let stand several hours or overnight. Pack cold apples into hot BALL Jars. Boil the sirup to the desired thickness and pour over apples. Process 5 minutes in hot-water bath; then complete seal.

**FIG PICKLE**

5 quarts ripe figs 1 tablespoon whole cloves
8 cups sugar 1 tablespoon whole allspice
2 cups vinegar 1 stick cinnamon
1 crushed nutmeg

Wash and drain firm, ripe figs. Dissolve 4 cups sugar in 2 quarts water. Add figs and cook until tender. Add 4 cups sugar, vinegar, spices (tied in bag) and cook until figs are clear. (Add more water if sirup becomes too thick.) Let stand overnight. Pack into hot BALL Jars. Process 30 minutes at simmering (180–190°F); then complete seal.

**PEACH PICKLE**

1 gallon peaches 1 tablespoon whole allspice
6 to 8 cups sugar 1 teaspoon whole cloves
1 piece ginger root 2 cups water
2 sticks cinnamon 3 cups vinegar

Clingstone peaches are best for pickling, but free-stones may be used. Pare hard-ripe fruit. Leave whole. Boil 3 cups sugar, the spices (tied in bag), water, and vinegar, 3 minutes. Add 10 or 12 peaches at a time. Simmer until tender. Let stand in sirup 12 to 24 hours. Pack peaches into hot BALL Jars. Add remaining sugar to the sirup and cook to desired thickness. Pour over peaches. Process 5 minutes in hot-water bath; then complete seal.

**PEAR PICKLE**

1 gallon pears 2 pieces ginger root
6 cups sugar 2 sticks cinnamon
2 cups water 2 tablespoons whole allspice
4 cups vinegar 1 tablespoon cloves

Select firm pears. Pare and leave small ones whole; halve or quarter and core large ones. Boil 20 minutes in clear water. Boil sugar, water, vinegar, and spices (tied in bag) 10 minutes. Add pears. Let stand overnight. Cook until tender. Pack pears into hot BALL Jars. Cook sirup until thick. Pour over pears. Process 5 minutes in hot-water bath; then complete seal.

**PICKLED CHERRIES**

**Barrier Cherries**

Wash, seed, and drain cherries. Cover with vinegar. Let stand 12 hours. Measure both cherries and juice and add an equal amount of sugar. Let stand 10 days, stirring each day. Pack cherries into hot BALL Jars. Heat the sirup to boiling. Pour hot sirup over cherries and seal at once.

**SECKEL PEAR PICKLE**

Follow directions for Crab-Apple Pickle.
**WALNUT PICKLE**

2 quarts green walnuts 1/2 cup sugar
1 cup water 1 tablespoon mixed spices
5 cups vinegar

The walnuts must be tender enough to be pierced while boiling, over the walnuts. Let stand 3 days. Pack walnuts into hot BALL Jars. Heat sirup to boiling. Pour over walnuts and seal at once.

**WATERMELON RIND PICKLE**

2 quarts prepared rind 1 cup vinegar
2 quarts lime water 1 tablespoon whole allspice
4 to 6 cups sugar 1 tablespoon whole cloves
1 quart water 1 stick cinnamon
1 tablespoon crushed ginger root

Trim the green outer skin and the pink flesh from thicken, firm, watermelon rind. Cut into pieces of desired shape and size. Soak rind in lime water (1 tablespoon slaked lime to 1 quart water) 4 hours or soak overnight in salt water (4 tablespoons salt to 1 quart water). Lime water gives a better product. Drain, rinse, cover with clear water and boil 1 hour. Boil 2 cups sugar, 1 cup fresh water, 1 cup vinegar, and the spices 5 minutes. Add rind. Simmer 30 minutes. Let stand overnight. Add remaining sugar and vinegar and boil gently until the sirup is almost as thick as honey and the rind clear. Add boiling water if sirup becomes too thick before the rind is tender and translucent. Pack into hot BALL Jars and seal at once.

Note: If gingered rind is wanted, add 1 tablespoon ground ginger to the clear water in which the rind is boiled.

**CUCUMBER KETCHUP**

2 quarts ripe cucumber 4 tablespoons mustard seed
2 cups onion 3 cups vinegar
4 green peppers Cayenne pepper to taste
2 cups sugar Salt to taste

Pare, seed, chop, and measure cucumbers. Chop and measure onions; chop peppers. Add 1 1/2 cups water to the vegetables and cook until tender. Add other ingredients and cook until thick. Pour into hot BALL Jars and seal at once.

**GRAPE KETCHUP**

2 quarts grapes 1/2 teaspoon salt
3 cups sugar 1 tablespoon cinnamon
1 cup vinegar 1 teaspoon allspice
1 teaspoon cloves

Crush and simmer grapes in their own juice until tender. Press pulp through sieve (discard seed and skins). Add other ingredients. Cook until thick. Pour into hot BALL Jars and seal at once.

**MUSHROOM KETCHUP**

1 gallon mushrooms 1/2 teaspoon ginger
1-1/2 cups vinegar 1 tablespoon cinnamon
1 1/2 cups water 1/4 teaspoon cloves
1/2 cup brown sugar 1/2 teaspoon horseradish
1 1/2 tablespoons salt 1 tablespoon mustard
1 clove garlic 1/4 teaspoon cayenne pepper

Run mushrooms through food chopper using fine knife. Add water and simmer until mushrooms are tender. Press through a sieve. Add other ingredients and cook 30 minutes. Pour boiling hot into hot BALL Jars and seal at once.

**TOMATO KETCHUP**

1 peck tomatoes 1 tablespoon celery seed
3 sweet red peppers 2 tablespoons mustard seed
1 pod hot red pepper 1 tablespoon whole allspice
4 tablespoons salt 2 sticks cinnamon
2 cups sugar 3 cups vinegar

Wash and chop tomatoes and peppers. Simmer until soft. Press through a fine sieve. Cook rapidly until reduced to about one half. Add salt, sugar, and spices (tied in bag), and boil until thick. Add vinegar about 5 minutes before removing from heat. Pour into hot BALL Jars and seal at once.

**BARBECUE SAUCE**

8 cups tomato ketchup, or strained chili sauce
8 cups gravy or meat 1/2 teaspoon black pepper stock
1 cup Worcestershire Cayenne pepper to suit sauce
Salt to suit taste
1 cup vinegar

Mix ingredients. Heat to boiling. Pour into hot BALL Jars. Process 2 hours in hot-water bath or 45 minutes at 10 pounds pressure; then complete seal.

**PEPPER SAUCE**

Wash small red or green (or both) peppers. Pierce with needle. Pack into hot BALL Jars. Cover with hot vinegar and seal at once.

**SPANISH SAUCE**

24 sweet red peppers 2 cloves garlic
1 pod hot red pepper 1 teaspoon marjoram
3 onions Salt to taste

Remove seed from peppers. Cook peppers, onions, and garlic until soft in just enough water to prevent sticking. Press vegetables through a sieve. Add other ingredients and water to make a smooth sauce. Pour into hot BALL Jars. Process 20 minutes in hot-water bath; then complete seal.

**TABASCO SAUCE**

3 dozen tabasco or other long, hot red peppers
1 clove garlic 1/2 teaspoon salt
1 tablespoon sugar 1 teaspoon horseradish
1 cup hot vinegar

Add 1 cup water to the peppers and garlic. Cook until tender, then press through fine sieve. Add other ingredients. Simmer until blended. Pour into hot BALL Jars and seal at once. The sauce may be thinned, as used, with either vinegar or salad oil.

**WALNUT SAUCE**

2 1/2 quarts small green walnuts 3/4 teaspoon ground nutmeg
1 1/2 cups water 3 cups water
1 1/2 tablespoons salt 1 tablespoon sugar
1 clove garlic 1/2 teaspoon ground cloves
1/2 teaspoon cayenne pepper 1 teaspoon ground horseradish
1/2 teaspoon ground mustard

Soak tender green walnuts 24 hours in brine made of 1 cup salt to 3 quarts water. Freshen in several changes cold water. Drain walnuts and grind through food chopper. Add water. Cook 1 hour. Add vinegar, sugar, and spices. Cook 30 minutes or until smoothly blended. Pour into hot BALL Jars and seal at once.
HORSERADISH
Wash, scrape, and grate fresh horseradish roots. Fill pint BALL Jars 2/3 full with the grated horseradish. Fill the jars to the top with white vinegar. Seal jars and store away from the light.

MISCELLANEOUS RECIPES

PEANUT BUTTER
2 quarts Spanish peanuts
4 quarts Virginia peanuts
ROAST peanuts. Cool. Remove brown skins and "eyes." Run through food chopper, using finest knife. Add 2 tablespoons salt and regrind until as fine and smooth as desired. Pack tightly into hot BALL Jars. Work out air bubbles. Fill jars to the top. Process 1 hour at simmering (180-185°F) in hot-water bath; then complete seal.

NUT MEATS
PLACE fresh, shelled nuts in shallow pans. Set pans in warm oven until nuts are dry (avoid browning). Sterilize BALL Jars and tops, then invert on clean cloth to drain dry. Pack hot nuts into jars. Process 10 minutes at 5 pounds pressure, then release the steam without letting the hand on the gauge fall to zero. The purpose of this is to draw air and moisture from the jars. The nuts may also be processed 20 minutes in hot-water bath; then complete seal. Let the water in the canner stand well below the tops of the jars. Store in cool place.

PRESERVED CHESTNUTS
(Marrons)
Boil chestnuts 30 minutes. Remove shells. For each quart shelled nuts, make a sirup of 1 cup sugar, 2 cups honey, and 1 cup water. Boil 10 minutes. Add chestnuts. Boil 10 minutes. Let stand overnight, then cook until tender (add more water if necessary). Add 1 teaspoon vanilla extract and ¼ teaspoon salt. Pack into hot BALL Jars; seal at once.

PRESERVED COCONUT
1 cup milk from coconut
3 cups water
Boil liquids and sugar together 5 minutes. Add coconut and cook until it is transparent. Pack into hot BALL Jars; seal at once.

SPICED PINEAPPLE
Simmer slices, chunks, or sticks of canned pineapple 20 minutes in sirup made of 1 cup pineapple juice, 2½ cup vinegar, 2 cups brown sugar, and 1 tablespoon mixed whole spices (tied in bag). Pack into hot BALL Jars; seal at once.

GREEN TOMATO MINCEMEAT
1 gallon chopped tomatoes
1 tablespoon salt
1 orange
1 cup chopped suet
3 cups brown sugar
2 cups seeded raisins
Sprinkle chopped tomatoes with salt. Let stand 1 hour. Drain. Cover tomatoes with boiling water. Let stand 5 minutes. Drain. Add grated rind and pulp of orange. Mix all ingredients and cook until thick. Pack into hot BALL Jars. Process 1 hour in hot-water bath; then complete seal. Note: The suet may be omitted from this recipe and butter added at the time the mincemeat is used for pies. Process "suetless" mincemeat 20 minutes.

OLD-FASHIONED SALTMORN
Boil, fresh, tender corn 5 minutes. Cut from cob. Do not scrape. Measure corn and mix with ⅓ its measure of pure salt. Pack tightly to within ⅘ inch of the top of BALL Jars. Smooth a spoonful of salt over the top of the corn. Partly seal and store in cool, dry place.

The corn is freshened for use by parboiling 2 or 3 times. The freshened corn is usually stewed with sweet milk, butter, and pepper for serving.

SANDWICH SPREAD
1 cup green tomatoes
1 cup carrot
1 green sweet pepper
1 onion

Dressing
3 tablespoons flour
3 tablespoons dry mustard
1 ½ cup sugar
1 teaspoon salt
3 tablespoons butter
3 ½ cup vinegar

GRIND vegetables before measuring. Add 1 cup water and cook until tender. Drain and mix vegetables with dressing. To make dressing: blend flour, mustard, salt, and butter. Add beaten egg yolks, sugar, water, and vinegar. Cook over hot water until thick. Pack into hot BALL Jars. Process 30 minutes in hot-water bath; then complete seal.

BRINED BEANS
Wash and string green beans — (do not break), boil 3 minutes. Place in a stone jar. Cover with brine made of ⅔ cup salt, 1 cup vinegar, and 2 quarts boiling water. Use plate to hold beans under brine. Let stand 2 or 3 weeks or until fermentation stops. Remove skim each day. When fermentation stops, pack into hot BALL Jars. Cover with fresh brine, boiling hot; seal at once. Freshen in cold water before using.

LEMON SIRUP
12 lemons
6 quarts water
Grate and save the yellow rind from 6 lemons. Extract and strain juice from 12 lemons. Boil sugar, water and grated lemon rind together 15 minutes. Strain. Add lemon juice. Heat to boiling. Pour into hot BALL Jars; seal at once.

RED RELISH
1 quart beets
1 cup grated horseradish
1 quart cabbage
to 2 cups sugar
1 cup onion
3 cups vinegar
2 red sweet peppers
1 tablespoon salt

CLEAN, chop and measure vegetables. Mix all ingredients. Boil 10 minutes. Pour into hot BALL Jars; seal at once.
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