Cold Pack (Jar Cooked) Method Preserves Fruits, Meats and Vegetables

Retains Natural Form Flavor and Color

Other Favorites

Square Mason
Round Ideal
Square Ideal

Success in Canning

is a question of small details and a perfect Jar is as essential to good results as the selection of ingredients and the method of procedure.

Ball Jars are the scientific development of many years devoted to experimenting and practice. The vast resources of the Ball institution have been constantly devoted to the perfecting of the Jars that bear its name.

Genuine Zinc Porcelain Lined Mason Fruit Jar Cap.

High Grade "Perfect Seal" One-Lip Red Rubbers Packed with all Ball Jars. Made especially for Open Kettle, Cold Pack (Jar Cooked), Oven and Steam Pressure Canning. When buying extra Rubbers Insist On Having Ball "Perfect Seal" Brand.

GRADE BALL "PERFECT SEAL" JAR RUBBERS PACKED WITH ALL BALL JARS

THE COLD PACK (JAR COOKED) METHOD requires firm, elastic Rubbers: if too soft they will blow out in the processing, if not sufficiently elastic they will break. They must be made of a compound that will stand boiling and not deteriorate. They must be free from spongy and porous places that would admit air. They must be of proper width, size and thickness.

THE BALL "PERFECT SEAL" RUBBERS packed with these Jars embody all these features. Made especially for Open Kettle, Cold Pack (Jar Cooked), Oven and Steam Pressure Canning. Approved by Good Housekeeping Institute.

MAIL TO BALL BROS. CO., MUNCIE, IND.

This coupon and 10c in coin for either book or 20c for both books, and we will send you a

☐ BALL BLUE BOOK OF CANNING RECIPES containing recipes for preserving Fruits, Meats and Vegetables.

☐ HOW TO USE THE FOODS YOU CAN A book of suggestions for select menus and for preparing choice and new combinations of canned foods.

Name__________________________
Street or R. R. Number
Town__________________________
State__________________________
Directions for Home Canning with
BALL FRUIT JARS by
Cold Pack (Jar Cooked) Method

WASH jars, caps and rubbers in clean hot water.

Select FIRM, SOUND, FRESH products. Reject any bruised or spoiled fruits, vegetables and meat. Clean product thoroughly before canning.

BLANCH (pre-cook.) Place product into BOILING water for time given in TIME TABLE. (Cheese-cloth or wire basket may be used for blanching.)

For FRUIT, pack the prepared fruit into clean hot BALL jars. Do not crush. Fill with boiling syrup to within one-half inch of top of jar—to allow for expansion of air and to prevent boiling over. (See syrup table.)

For VEGETABLES, BLANCH. (See TIME TABLE.) Pack prepared vegetables into clean hot BALL Jars; add one level teaspoon SALT to each quart. Fill with boiling water to within one-half inch of top of jar.

For MEATS, bleed well and cool thoroughly before using. Pack meat un-cooked (raw) or cooked/into clean hot BALL Jars. Add two level teaspoons of SALT to each quart. Do not add water.

Place NEW RUBBERS in position on Jars. Wash Rubbers in warm water before using. Rubber (wet) should rest flat on the shoulder of the Jar.

For BALL MASON Jars, screw the cap into position until it catches the rubber ring. Do not fully tighten.

For BALL IDEAL Jars, place glass lid and rubber (wet) in position. Click the top bail into position but leave LOWER BAIL up during canning process.

Place JARS in Canner. For the HOT WATER BATH have water hot; plunge Jars in quickly, cover Jars with at least one inch of water. Process. (See Time Table)

REMOVE JARS from Canner; seal IMMEDIATELY. Examine for leaks. Do not invert. Store in a cool, dry place.

THOROUGHLY REHEAT ALL CANNED VEGETABLES AND MEATS BEFORE USING

For altitudes above 1000 feet, the time for processing (Sterilization) should be increased 20 percent for each additional 1000 feet.

TIME TABLE FOR COLD PACK (JAR COOKED) HOME CANNING

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>Blanch Water Bath (Pre-cook)</th>
<th>Water Bath (Pre-cook)</th>
<th>Oven (275°F.)</th>
<th>Pressure Cooker 10 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>1</td>
<td>20</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td>1</td>
<td>20</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>20</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Currants</td>
<td>20</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gooseberries</td>
<td>1</td>
<td>20</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>20</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>1</td>
<td>20</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>1</td>
<td>20</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>5</td>
<td>30</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td>20</td>
<td>45</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quince</td>
<td>1</td>
<td>20</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td>20</td>
<td>35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb</td>
<td>1</td>
<td>16</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>1</td>
<td>16</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1</td>
<td>22</td>
<td>35</td>
<td></td>
</tr>
</tbody>
</table>

SYRUP

Thin Syrup:
1 part sugar to 1 part water.

Medium Syrup:
3 parts sugar to 2 parts water.

Thick Syrup:
2 parts sugar to 1 part water.

Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.

USEFUL SUGGESTIONS

ADDITION of one teaspoon of lemon juice to a pint when canning greens, corn, asparagus, beans and peas, will help insure against spoilage.

WHEN CANNING in the oven use exact temperature specified on time table.

ALWAYS USE NEW JAR RUBBERS—PLAN AND CAN YOUR GARDEN SUPPLIES

(See Other Side)