How to Can Meat Game and Poultry
A BALL JAR FOR EVERY NEED

THE FIRST BALL JAR produced was the Mason Jar. This Jar in its improved form with the Porcelain-lined Genuine Zinc Cap is the familiar BALL “Perfect Mason”. It is made in both green and clear (flint) glass and in round and square shapes. This Jar is preferred by a large majority of housewives. The BALL “Perfect Mason” Jar is also furnished with top seal closure consisting of Glass Lid, Rubber, and Metal Screw Band.

Some housewives prefer an all Glass Jar. For these the BALL “Ideal” Jar with Glass Lid and Wire Clamp is all that its name implies. It has the standard size opening, and uses the same Rubber that is used on the Mason Jar. It has been used successfully for many years, and is very popular for exhibit work. This Jar is also made in both green and clear (flint) glass and in both round and square shapes.

WIDE MOUTH JARS are being demanded by more and more women. This demand has been created by the recent increase in the variety of products canned in the home. These Wide Mouth Jars may be used for all canning, but they are especially suitable for the packing of meat, poultry, game and large fruits and vegetables. The BALL “Special” is the Wide Mouth Mason Jar with Zinc Porcelain-lined Cap. It is also furnished with the top seal closure consisting of Glass Lid, Rubber and Metal Screw Band. The BALL “Eclipse” is the Wide Mouth Glass Top (Ideal Type) Jar with Wire Clamps. Both of these Wide Mouth Jars have the same size opening, which is as wide or wider than any other Jar made for home canning.

BALL FRUIT JAR RUBBERS. An important factor in the successful use of Glass Fruit Jars is the Rubber Ring. These should be bought new each year and should be of good quality if they are to withstand the demands of processing. A simple test is to double the Rubber together and press the fold with the fingers. It should not crack under this treatment. A good Rubber will stretch to twice its diameter and return to its original size and shape. BALL Perfect Seal Rubbers packed with Ball Jars are of superior quality. Always Use New Rubbers.

WHY MEAT, POULTRY, GAME AND FISH SHOULD BE CANNED

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

Butchering season brings a welcome supply of fresh meat and an ample surplus which should be canned and
used during the months when fresh meat is expensive. At this time and during poultry culling season prices of meat and poultry are lowest for those who sell, as well as for those who buy.

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

With a supply of home canned Meat and Poultry it is easier to vary and plan your meals. It is convenient when unexpected guests arrive. It will save hours of labor in hot kitchens during the summer months.

Canned meat has a special advantage over meat which has been salted, smoked or dried. It retains most of its original flavor and texture, and can therefore, be prepared in many different ways, thus adding a welcome variety to the regular daily diet.

Seared Meats and Poultry

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

GENERAL PRINCIPLES and DIRECTIONS

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

Whether meat is seared or remains uncooked (raw) when it is packed into the jar for canning, the following general principles and directions should be observed.

These principles and directions apply to canning Beef, Veal, Pork, Lamb, Mutton, Poultry and Wild Game, including Rabbit, Moose, Bear, Caribou, Pigeons and Wild Birds.

1. Wash BALL Jars, Caps and new Perfect Seal Rubbers in clean, hot water. Let them stand in hot water until ready to use.
2. Carefully examine Jars and Caps and see that the sealing edges of Caps or Lids are not dented or chipped.
3. Butcher only fat, healthy animals.
4. Bleed well and have meat entirely free of animal heat.
5. Handle meat in a cleanly manner.
6. Wipe meat with damp cloth; do not wash.
7. Cut meat in sizes suitable for serving.
8. Meat may be packed into BALL Jars either raw or seared.
9. Pack cut meat loosely in Jars to within one-half inch of top.
10. Bones may be left in or removed.
11. Add two teaspoons of salt to each Quart Jar of raw meat. One teaspoon of salt to each Quart Jar of seared meat.
12. No water is added to raw meat. If canning seared meat add the liquid or gravy in which the meat was cooked. Meat should not be rolled in flour or meal before canning.
13. Grease should be removed from sealing surface before adjusting wet rubber.
14. Partly seal and place Jars in processing vessel as soon as filled. To partly seal screw down the Cap on the Perfect Mason or BALL Special Jars firmly tight and turn back ¼ inch. If using Mason Type Jar with Glass Top Seal, after placing Lid with Rubber attached on the Jar, screw on Metal Band firmly tight and turn back 1 inch to break seal. On Ideal and Eclipse Jar place Glass Lid and WET Rubber into position, click top bail into position, but leave lower bail up.
15. Count time very carefully. (See Time Table page 13.) In steam pressure cooker begin to count time when required pressure is reached. In hot water bath begin counting time when water is boiling vigorously. (The water should cover the Jars at least one inch). In oven canning, time is counted from the time the oven reaches the required temperature. Whichever method is used it is better to overcook than to undercook.
16. At the end of the processing period, remove jars from canner one at a time and seal immediately. To seal BALL Perfect Mason and BALL Special Jars, screw cap down on rubber as tightly as possible. To seal the Glass Top Seal Jars, screw Band down as tightly as possible. To seal BALL Ideal and Eclipse Jars, pull down lower clamp. Do not attempt to tighten Mason Caps after jars are cold. This may break the seal.
17. After Jars are cold invert them. Allow them to stand inverted two or three hours, then examine for leaks. Store in cool, dry place.
18. Thoroughly reheat all canned meats before serving.
SPECIAL RECIPES

Beefsteak

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

Beef Stew

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

Brains

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

Ground Meat for Sandwiches, Meat Loaf, Baked Hash

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

Goulash

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

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

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

Heart

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

Kidneys

Split kidneys and remove inside sack; then soak kidneys in several changes of cold saltwater made in proportion of 1 level teaspoon salt to 1 quart water. Cut kidneys into slices about \( \frac{1}{4} \) to \( \frac{1}{2} \) inch thick, sear in hot fat, sprinkle with salt and pepper and fry to a brown color. Pack kidneys while hot into clean, hot BALL Jars and add the fat in which kidneys were fried. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

Liver

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

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

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

The seasoned sausage meat may also be formed into balls or cakes and packed raw (uncooked) into the jar. A more natural flavor is retained, but there is a decided shrinkage and waste of jar space.

Roast Meat

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

Steaks and Chops

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

Sparerib Rolls

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

**Sweetbreads**

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

**Tongue**

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

**Corned Beef**

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

**POULTRY**

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

**Preparation**

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

Packing the Chicken
1—First place in a drumstick.
2—Place a thigh next to drumstick.
3—Place two wings next to the thigh, fitting the elbow of one wing into the other.
4—Place the neck portion in center of jar, with rib-end down. This acts as a support for the remaining pieces and also allows heat to quickly penetrate center of jar.
5—Cover the neck-piece with back.
6—Spread white meat on top of back.
7—Fit in remaining pieces completely to fill jar.
8—Can liver and other giblets separately. If packed with other meat, the liver causes the chicken to taste old and discolors the white meat.
9—Add two level teaspoons salt to each quart jar.
10—Place on jar ring, partly seal jar.
11—Process in a Steam Pressure Cooker for 60 minutes at 15 pounds, or for 3 hours in a Hot Water Bath.
12—Remove from canner and seal immediately.

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

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

Rabbit
Rabbits are delicious when canned. Use same directions as for chicken.

Pigeons
Dress and wash well. Can the same as chicken.

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

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

Remove fish from brine, drain well and cut into pieces of convenient size for packing into jars. Pack closely to within $\frac{1}{2}$ inch from top of jar, add 1 level teaspoon salt to each quart; do not add water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

**Salmon and Other Large Fish**

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

**Fried Fish**

Clean fish and remove entrails. For large fish, split along the back and remove backbone. For small fish, bones may be retained. Place in a salt-water bath, using $\frac{1}{2}$ cup salt to 1 quart water. Allow fish to remain in this brine, according to thickness of the meat, from 10 minutes to 1 hour, in order to draw out the blood and harden the meat. Drain, wash, dry and cut into pieces which can be conveniently packed into the jars. Brown in deep fat. Drain well and place the pieces on coarse paper to absorb excess fat. Pack into hot, clean BALL Jars. Do not add any liquid. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

**Fish Roe**

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

Clams

Use only fresh clams. If clams are muddy, wash before opening. After opening, discard all broken or discolored clams. Pack into hot, clean BALL Jars. Fill jar to within 1/2 inch from top with hot brine made in proportion of 1 teaspoon salt to 1 quart water. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.

Oysters

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

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

Lobsters

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

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

Cut off the legs, loosen the outer skin and turn downward and pull off. Then cut off the skin and toes. Wash the legs in cold water, to which has been added 2 tablespoons vinegar or lemon juice and 1 tablespoon salt for each quart of water. Drain and wipe dry. The frog legs can now be prepared in different ways. They can be seared in deep fat until nicely browned. The meat can be cut off the bones, or the bones left in. Pack into hot, clean BALL Jars. Liquid from frying may be added if desired. Partly seal and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot Water Bath.

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

Crab Meat

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

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

Shrimp

Shrimp should be canned when absolutely fresh.

Place the shrimp, peeled or with shell on, as desired, into a large kettle containing boiling water into which salt, in proportion of 2 cups salt to 1 gallon water, has been added. Boil from 5 to 8 minutes. If shrimp are not peeled before boiling, sprinkle with salt when removed from boiling water in order to harden the meat so they may be peeled more easily. Pack into clean, hot BALL Jars and add 1 level teaspoon salt to each quart. Boiling water may be added if desired, or the dry-pack in which no water is added, may be used. Partly seal jars and process for 60 minutes in a Steam Pressure Cooker at 15 pounds, or for 3 hours in a Hot Water Bath. Remove from canner and seal immediately.
<table>
<thead>
<tr>
<th>Product</th>
<th>Method of Treatment before Canning</th>
<th>Steam Pressure Cooker 15 lbs. (hrs.)</th>
<th>Hot Water Bath Boiling One-Period (hours)</th>
<th>Oven 275° F. (hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats</td>
<td>Bleed well—thoroughly cool—sear or pack raw—include small bones—process</td>
<td>1</td>
<td>3</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Lamb</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry</td>
<td>Bleed well—thoroughly cool—sear or pack raw—include small bones—process</td>
<td>1</td>
<td>3</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Chicken, Duck</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wild Game</td>
<td>Bleed well—thoroughly cool—soak in brine 30 minutes—sear or pack raw—process</td>
<td>1</td>
<td>3</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Deer, Rabbit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wild Birds</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Grouse, Duck Pheasant, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>Use only fresh fish—bleed well—soak in brine—sear or pack raw—process</td>
<td>1</td>
<td>3</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Fresh Water</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Salt Water</td>
<td>(For shell fish see individual recipes.)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**USE OF TIME TABLE**

The time periods in the tables are based on the use of Quart Glass Jars. For Half-Pints and Pints time may be reduced five per cent. The tables are for altitudes of 1,000 feet or less, and for moderate and cold climates. For higher altitudes, see next page.
Altitude Corrections to Time Tables

The table below shows the number of pounds pressure that should be added to the pressure given in the time table when processing in the pressure cooker. The processing time remains the same.

The table also gives the percentage to be added to the time specified in time table when using Hot Water Bath.

<table>
<thead>
<tr>
<th>Elevation Above Sea Level</th>
<th>Extra Pounds Pressure Added to Pressure Given in Pressure Cooker Time Table</th>
<th>Percentage To Be Added to Time Specified in Hot Water Bath Time Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 ft.</td>
<td>1</td>
<td>20%</td>
</tr>
<tr>
<td>3,000 ft.</td>
<td>2</td>
<td>40%</td>
</tr>
<tr>
<td>4,000 ft.</td>
<td>2</td>
<td>60%</td>
</tr>
<tr>
<td>5,000 ft.</td>
<td>3</td>
<td>80%</td>
</tr>
<tr>
<td>6,000 ft.</td>
<td>3</td>
<td>100%</td>
</tr>
<tr>
<td>7,000 ft.</td>
<td>4</td>
<td>120%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Altitude</th>
<th>Cups of Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 ft.</td>
<td>1 cup</td>
</tr>
<tr>
<td>2,500 ft.</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>3,000 ft.</td>
<td>1 1/3 cups</td>
</tr>
<tr>
<td>3,500 ft.</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>4,000 ft.</td>
<td>1 2/3 cups</td>
</tr>
<tr>
<td>4,500 ft.</td>
<td>1 3/4 cups</td>
</tr>
<tr>
<td>5,000 ft.</td>
<td>2 cups</td>
</tr>
<tr>
<td>5,500 ft.</td>
<td>2 1/4 cups</td>
</tr>
<tr>
<td>6,000 ft.</td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>

TEMPERATURE OF STEAM

(Provided air has been driven from cooker)

- 5 pounds steam pressure — 228°F.
- 10 pounds steam pressure — 240°F.
- 15 pounds steam pressure — 250°F.
- 20 pounds steam pressure — 259°F.
- 25 pounds steam pressure — 267°F.
A BALL JAR FOR EVERY NEED

BALL "Perfect Mason" and "Special" (wide mouth) Jars
With Genuine Zinc Caps and Perfect Seal Rubbers

BALL "Ideal" and "Eclipse" (wide mouth) Jars
With Glass Lids and Perfect Seal Rubbers

BALL "Perfect Mason" and "Special" (wide mouth) Jars
With Glass Top Seal
Branch Factories: Hillsboro, Illinois; Wichita Falls, Texas; Noblesville, Indiana; Sapulpa, Oklahoma; Okmulgee, Oklahoma; and Huntington, West Virginia.