MEAT-GAME
POULTRY

H O W  t o  C A N
M E A T  ·  G A M E
a n d  P O U L T R Y

B A L L  B R O T H E R S  C O M P A N Y
M U N C I E  •  I N D I A N A
You Can Get a Genuine Ball Jar
In Any Type...Shape or Size!

- Whatever your needs — whatever your preferences—one of the many types and sizes of BALL Jars will satisfy you perfectly. BALL Jars are made in clear or green glass — square or round — standard or wide-mouth — and with three different kinds of caps and lids. Illustrated are six favorite types.

- The name BALL is blown in the glass.

BALL BROTHERS COMPANY
MUNCIE, INDIANA
Millions of thrifty housewives are guarding the family’s health and pocketbook by canning meats, poultry, game and fish. By canning these foods in BALL Jars—at butchering or culling time, when prices are low—these women insure year-round meals of pleasing variety—meals that can be prepared in ten minutes’ time—with much less trouble and at much less cost than by serving meat fresh from the market.

Canned meats are the equal of fresh meats in food value and can be served as attractively. And there is no other food that furnishes such a delightful flavor to the menu and satisfaction to the appetite.

Plenty of home canned meats make meal planning easy. The average family of five will need 200 quart jars of canned meat for the year. These jars should include at least two kinds of meat in addition to poultry.
GOOD BUTCHERING is HALF the SECRET of SUCCESSFUL CANNING!

Good butchering is mighty important in the successful home-canning of meats, game and poultry. Most farmers have their own methods of butchering—methods which they have found quite satisfactory. But for the thousands of younger men who are just beginning to learn the secret of successful butchering—we would like to suggest a few simple rules that should always be followed.

Of first importance, of course, is that only healthy animals be selected for butchering. These animals should be kept off feed for at least twenty-four hours before they are slaughtered. After slaughtering, the carcass should be hung for cutting. It should be split through the center, and carefully examined for any unhealthy condition. Only sharp, strictly sanitary tools should be used. Sheep are killed by direct sticking—cattle and hogs are stunned before sticking.

Always scald hogs. Use plenty of hot water just under the boiling point. Scrape the carcass thoroughly. Cattle and sheep should be skinned.

In butchering hogs, the pelvic bone is split—while the breast bone of cattle and sheep is severed. As quickly as possible the abdominal cavity should be opened and the entrails removed. The meat should be cooled quickly and thoroughly—left hanging about twenty-four hours. It is then ready for trimming and cutting as desired.
The following charts show how to cut the carcass so as to get the greatest amount of meat for home canning. By following these charts you are assured of the greatest economy in butchering and canning your meats. The BALL Blue Book will also give you many helpful canning suggestions.

The same general rules apply to the canning of all meats. The details of cutting and packing may differ widely. Recipes for canning the cuts listed are given in the Ball Blue Book on pages 24 to 27 inclusive. The colored insert in this book tells how to get a copy of the Ball Blue Book free.

<table>
<thead>
<tr>
<th>Number</th>
<th>Cut</th>
<th>Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 10</td>
<td>Foot</td>
<td>Fried</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stewed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pickled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boiled</td>
</tr>
<tr>
<td>2</td>
<td>Ham</td>
<td>Fresh</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roasted</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steaks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boiled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baked</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broiled</td>
</tr>
<tr>
<td>3</td>
<td>Salt Pork (Fat Back)</td>
<td>Fried</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boiled</td>
</tr>
<tr>
<td>4</td>
<td>Loin</td>
<td>Chops</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roasts</td>
</tr>
<tr>
<td>5</td>
<td>Bacon Belly</td>
<td>Broiled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boiled</td>
</tr>
<tr>
<td>6</td>
<td>Spare Ribs</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Baked</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roasted</td>
</tr>
<tr>
<td>7</td>
<td>Boston Butt</td>
<td>Steaks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roasts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broiled</td>
</tr>
<tr>
<td>8</td>
<td>Picnic Shoulder</td>
<td>Boiled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baked</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steaks</td>
</tr>
<tr>
<td>9</td>
<td>Neck</td>
<td>Stewed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Braised</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boiled</td>
</tr>
</tbody>
</table>
Canned beef is a standby in many homes. The flavor may be intensified by browning the meat before packing it. Beef should be canned without water unless it is to be used for stew or soup meat.

1—Shank
Soup
Boiling

2—Round
Round Steak
Swiss Steak
Rolled Beef
Roasts:
Stew
Boil
Pot Roast

3—Rump
Steak
Pot Roast
Braising
Corning

4—Loin
Steaks
Roasts

5—Flank
Steaks
Stews
Braising
Meat Loaf
Hamburger
Flank Roll

6—Plate
Roasts
Stews
Braising
Hamburger
Meat Loaf
Chili Meat
Rolled Roasts

7—Rib
Choice Roasts
Rolled Roasts

8—Neck
Stews
Boiling
Hamburger

9—Chuck
Roasts
Pot Roasts
Stew
Hamburger
Meat Loaf
Chopped Meat:
Sandwiches
Meat Loaf
Hash
Boiling

10—Brisket
Stew
Pot Roasts
Corning
Soup

11—Shank
Stew
Soup
Braising
Lamb and mutton are delicious when canned alone or in combination with vegetables. A jar of lamb stew with vegetables is a meal in itself.

1—Leg
Roast
Steak

2—Loin
Chops
Roast

3—Flank
Stew
Ground

4—Rack
Chops
Crown Roast

5—Breast
Stew
Steamed
Roasted

6—Shoulder
(Chuck)
Stew
Pot Roast

7—Neck
Stew
Boiled
Soup
Ground

8—Shoulder
Boned, rolled roast
Stuffed, baked
Stews
Braised

9—Shanks
Soup
Stews
Jellied

It is easy, when handling a small carcass such as veal, to cut along the membranes of natural muscle division. This is a good rule to follow whenever the size and shape of the piece permit.

1—Shank
Soup
Stew

2—Leg
Roasts
Pot Roasts

3—Rump
Roasts
Pot Roasts

4—Loin
Chops
Steaks
Roasts

5—Flank
Ground
Stews

6—Breast
Boned, rolled roast
Stuffed, baked
Stews
Braised

7—Rib
Chops
Roasts

8—Shoulder
Roasts
Pot Roasts
Stews

9—Shanks
Soup
Stews
Jellied
THE PROPER WAY TO CAN . . . . .

Chicken . . .

Chicken should be kept entirely off feed for twenty-four hours before being killed for canning. However, a plentiful supply of drinking water should be provided. A very sharp knife is inserted in the mouth and forced through the roof into the brain. This is the approved sanitary method. Dry picking is very easy if done immediately. If you prefer wet picking, do not have the scald water hotter than 170 degrees Fahrenheit. Remove all feathers and then wash the chicken in slightly soapy, luke-warm water, using a coarse cloth to remove dust and dirt from the pores. Rinse thoroughly. In cutting, remove the head, feet, legs, thighs and wings at the joints. Cut carefully around the vent, then cut from vent along sides of body through rib joints to where the breast joins the back. Separate and remove the breast in one large piece. Strip the entrails, clean the heart and gizzard, and remove the gall bladder carefully from the liver. Cut balance of chicken into suitable sizes to fit your BALL Jars. Place pieces compactly together in your hand until built up to jar size. Slip in jar, and fill open spaces with smaller pieces. (See processing instructions on page 9, and instructions on page 8.)

Fish . . .

Use only absolutely fresh fish. As soon as fish are caught, it is well to kill them with a knife and let the blood run out. Remove skin, wash very clean, take out entrails and all dark membranes. To remove all blood for canning, place fish in brine made of one level teaspoon of salt to one quart of water. Let soak from ten minutes to one hour, according to the thickness of the fish. Remove fish from brine, drain well, and cut into pieces of convenient size for packing into jars. Pack closely to within one-fourth inch from the top of the jar and add one level teaspoon of salt to each quart—do not add water. Partly seal and process for three hours in a hot water bath, or for 90 minutes in a steam pressure cooker at 10 pounds pressure, or 15 pounds pressure for 60 minutes. Remove from canner and seal at once.

Wild Birds, Rabbits or Squirrels . . .

The general directions for canning chicken apply to game, except that perhaps more care must be used in selection and in cleaning because of the usual impossibility of preparing the game in regard to the pre-slaughtering diet. Care should be taken also to remove all shot. Otherwise the procedure is the same as for canned chicken.
SUCCESS IS ASSURED WHEN YOU FOLLOW THESE FEW SIMPLE

Directions

The BALL method of canning is one of the simplest and easiest of household tasks, but it must be followed carefully and exactly. By following the instructions in the BALL Blue Book, successful home canning is positively assured.

1. Use only fresh meat in perfect condition—never can if there is the slightest suspicion of taint.
2. Use only time-tested and proved BALL Jars and Caps—in good condition—and new rubbers.
3. Do not use flour or meal, because these make it harder to heat the center of the jar.
4. Avoid over-tight packing, as this also delays heat penetration.
5. Wipe the top of the jar free from all grease or meat particles, using a clean, damp cloth.
6. Place jars in canner immediately after packing.
7. Only partly seal jars.
9. When processing in the pressure cooker, keep heat and pressure uniform throughout the entire period; in hot water bath keeping at least one inch of water over the jars.
10. Process pre-cooked meat the same length of time as raw meat.
11. Remove jars after processing, one at a time and seal immediately.
12. Do not allow a cool draft to strike hot jars.
13. After twenty-four hours test for leaks by inverting jars.
14. Store jars in a cool, dry place.
THE THREE METHODS OF CANNING

Meat, Game and Poultry

NO. I - RAW (COLD PACK)
1. Cut meat into pieces suitable for serving, or to fit jar.
2. Pack loosely into genuine BALL Jars.
3. Add two level teaspoons of salt for each quart jar. Do not add water unless a stew is desired.
4. Partly seal.
5. Process—following time table exactly.

NO. II - FRIED (HOT PACK)
1. Prepare meat as you would for immediate use.
2. Do not use flour, meal, bread crumbs or starchy coatings, as these may obstruct the passage of heat to the center of the jar. They also may affect the flavor.
4. Season with salt and pepper.
5. Pack hot in genuine BALL Jars.

NO. III - ROASTED (HOT PACK)
1. Prepare meat in the usual manner.
2. Sear for about 5 minutes.
3. Season with salt and pepper.
4. Slice meat across grain.
5. Pack in clean, hot BALL Jars.
6. Add drippings from pan.
7. Partly seal.
Once you realize how much time, labor and money you will save, particularly at meat-canning time, with a BALL Steam Pressure Cooker — you will wonder how you ever got along without one.

The experience of thousands of women has demonstrated that the BALL Steam Pressure Cooker is the best that money can buy. Its use is not only economical — it's much more convenient, too, and it is by far the safest known method of canning!

Pressure canning of meat is the only method recommended by the United States Bureau of Home Economics. In an official bulletin, this bureau says: "Meats should be canned in a steam pressure cooker. The temperatures required for sterilizing, 240 to 250 degrees F. (corresponding to 10 and 15 pounds steam pressure) cannot be obtained inside the jar by any other means of canning."

Pressure of 15 pounds, 240 to 250 degrees F., can be obtained in the BALL Pressure Cooker. In addition to its big safety factor—the new BALL Pressure Cookers save two-thirds of the time and fuel your canning formerly required.

DIRECTIONS

Here are the simple directions for canning meats, game and poultry with the BALL Pressure Cooker:

1. Place one-half inch of water in bottom of cooker.
2. Place filled jars in canning basket.
3. Adjust cover on cooker according to directions.
4. Leave petcock open until a steady flow of steam has escaped for a minute or two.
5. Close petcock.
6. Begin to count time when required pressure is reached.
7. Keep pressure uniform by regulating heat. To do this, lower the fire or place the cooker on a cooler part of the stove. Do not reduce pressure by opening petcock, as variations in pressure draw liquid out of jars.
8. Process for the required length of time—60 minutes at 15 pounds pressure (or time specified in the time table).
9. At the end of processing period, remove cooker from fire.
10. Open petcock, allow all steam to escape, remove cover from cooker, remove jars from cooker and seal immediately.
11. When canning fruits, vegetables, soups or other products in which syrups or thin liquids are used in packing the product in the jar, ALLOW PRESSURE GAUGE TO RETURN TO ZERO before opening the petcock.
These simple, inexpensive and highly efficient pressure cookers are backed by the experience and resources of Ball Brothers—who, for more than fifty years, have been recognized by women everywhere as leaders in the field of home canning.

BALL Pressure Cookers are made in several models. All are built of new aluminum; light in weight, yet exceptionally strong. They are very simple to operate—the "Ideal" Model having only two pieces, the kettle and the lid. The "Ideal" cooker seals tightly by the simple turn of a single handle in the center of the lid. Cool Bakelite handles prevent burned hands and fingers. There are no complicated "gadgets" or unnecessary attachments.

The "Eclipse" is of conventional type, employing six locking lugs to fasten lid on cooker and has all the exclusive safety features embodied in the "Ideal".

There are no safer pressure cookers made. In addition to a thoroughly reliable safety valve to guard against excessive pressure, there is also a safety plug of soft metal which will melt before extreme temperatures are reached. Steam can be released, easily and safely, simply by gradually unscrewing a petcock.

The temperature and pressure gauges are of unusually high quality, so that cooking and canning tables can be followed with absolute accuracy.

These efficient BALL Pressure Cookers were primarily made for home canning, but you will find them also the finest all-
purpose cookers on the market today. They will cook an entire meal at one time and on one burner. Meat, potatoes, vegetables, cereals and desserts are all cooked at the same time without mixing flavors.

A BALL Pressure Cooker will prove one of the most economical investments you can make. You will find that in doing the same amount of canning or cooking, the savings you make will actually pay for the cooker in six months’ time!

When you buy a BALL Pressure Cooker, you are given a free BALL Utility Kitchen set. This valuable set consists of a convenient rubber wrench (for sealing fruit jars, and opening jars and bottles) and two rubber pads.

You simply cannot afford to be without one of these modern and efficient BALL Pressure Cookers. By all means—plan to get one before you can your next supply of meats, fruits or vegetables.

The Triple Savings of a BALL PRESSURE COOKER

SAVES TIME . . .

• Ten full minutes out of every fifteen are saved when you cook with a BALL Pressure Cooker. Think of it! A full meal . . . in one-third the time with one-third the trouble.

SAVES FUEL . . .

• Almost 75% savings in fuel are easily effected with a BALL Pressure Cooker. One burner does the work of several, and does it more quickly and much better.

SAVES FOOD . . .

• There is no food “shrinkage” when you cook with a BALL Pressure Cooker. All of the juices and flavors are cooked into the food; none escapes. Food dollars go farther—and the food tastes so much better!

For additional information on how to secure a Ball Pressure Cooker, use the coupon on the insert enclosed with this book and return it to Ball Brothers Company, Muncie, Indiana.
TIME TABLE for Canning Meats, Poultry, Fish and Game

<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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>Bleed well — thoroughly cool — sear or pack raw — include small bones — process . . . . . . . . .</td>
<td>1</td>
<td>3</td>
<td>3½</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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>Bleed well — thoroughly cool — sear or pack raw — include small bones — process . . . . . . . . .</td>
<td>1</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deer</td>
<td>Bleed well — thoroughly cool — soak in brine 30 minutes — sear or pack raw — process . . . . . . . . .</td>
<td>1</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Rabbit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wild Birds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grouse</td>
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</tr>
<tr>
<td>Duck</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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 . . . . . . . . . (For shell fish see individual recipes.)</td>
<td>1</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Fresh and Salt Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

USE OF THE 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 the 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 water 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>
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<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 AT SEA LEVEL
(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.