Express Jar
PRESERVING
OF
VEGETABLES AND FRUITS,
SUBSTANTIALS AND DAINTIES
IN THE
Express Jar
FROM PURE FOOD RECIPES
OF
Dr. Jean Pacrette,
OF PARIS.

It is so quick and so simple—the first attempt was
a success! It is so easy and satisfactory—I have no
right to boast of the results.—Rose Alexander.
WE APPRECIATE well served dinners prepared under a chef of repute.

We can buy the carefully packed canned goods every day.

But the home products, the vegetables and fruits put up and prepared for us by dainty hands, we can get nowhere but at home.
THE **Express** METHOD

We use the **Express Jar**!

It is simple to work with. The goods have to be prepared just as the recipe states. The jars filled to the very top, and the rubber ring stretched around the neck; it does not matter whether it twists or not.

![Express Jar diagram]

The cover is then put on and the spring clamp over it, to hold the cover in place.

After the jars are sealed they are put in a wash kettle, one next to the other, and boiled just as long as the recipe says. It is better to put a piece of old wire mosquito netting on the bottom of the
kettle or boiler, so that the jars will not be in direct contact with the heated metal.

When recipe says boil the jar for fifteen minutes, it actually and really means the jar filled with the goods, sealed with its cover and clamp, is to be boiled. There must be enough water in the kettle to fully cover the jar tops. Count the time from when the water starts boiling in the kettle. After it has boiled for the length of time stated in
the recipe, remove the kettle from the fire, take off the cover from the kettle and allow the water to cool for a little while, in order to be able to take the jars out. The hot jars ought to be placed on a board or table until cold; if placed on a tiled floor, or on cold iron, they may crack.

When the jars are cold the spring clamps are to be removed; the covers hold by themselves after proper boiling.
The goods, if prepared and boiled as the recipe directs, will keep in all climates and for a number of years. Their condition will still be just the same as the day they were packed.

To open the jars, take the point of a knife, or the sharp corner of the spring clamp, force it under the edge of the cover and pry upward; this will let a little air into the jar, which will release the cover.

Save the rubber and save the cover—they can be used again and again; and so, of course, can the spring clamp. The rubber ring retains its elasticity because it is of the very highest grade.
The jars must be boiled for the length of time given in the recipe; start counting the time from when the water actually begins to boil and keep the required time. It may take ten or twenty minutes or more for the water in the kettle to start boiling; it all depends how lively the fire is. The time to begin counting is when the water starts to boil.

VEGETABLES

Preserving of vegetables in glass jars at home has been a source of annoyance to everyone who has ever tried it.

Time and money spent in this direction in every home has been considerable and when the jars were opened the vegetables were spoiled, sour and unfit for use.

These absolute failures were not caused by lack of skill by the operator, but by not using the proper jars for the purpose.

The Express method of vegetable preserving requiring the use of the Express Jar will enable you to put up any kind of vegetables; the result of your work, if you follow the directions of the Express method, will demonstrate conclusively that the Express Jar is the only practical jar for preserving purposes.
To preserve vegetables by the Express method, you must give the vegetable a first cooking which we call "blanching."

There are two particular points in the recipes given that you must not overlook.

First—Blanch the different vegetables the length of time given in the recipes.

Second—Boil the jars of vegetables the length of time given in the recipes, counting the time from when the water starts to boil and not from the time you place the jars in the kettle.

**BLANCHING**

Place the vegetables in a kettle of boiling water containing a little salt; let boil until the vegetables are softened so that a fork can pierce them, then remove from the fire, drain all the boiling water off and let cold water run in, so as to thoroughly cool off the vegetables; this will make them firm again. This first boiling removes all the acids that would prevent the vegetables from keeping.

The length of time required for "blanching" as explained above varies in the length of time of boiling to be given to the various vegetables; some require a little longer boiling than the others.

I give here the average. Of course, if the goods are tender and fresh it can be shortened; if they are
goods late in the season a little longer time in boiling water is required.

**Blanching**

- Peas: 8 minutes
- Carrots: 15 minutes
- String beans: 6 minutes
- Turnips: 15 minutes
- Cauliflower: 4 minutes
- Beets: 15 minutes
- Sprouts: 4 minutes
- Spinach: 6 minutes
- Lima beans: 15 minutes
- Sorrel: 6 minutes

**Packing**

After "blanching" the vegetables are then ready to pack in the jars. Cover with hot water, slightly salty, filling to the very top of the jars; if the salt is omitted the contents will not taste good and will be liable to spoil. Then place the rubber ring, the cover and the spring clamp.

**Boiling of the Jars**

The jars are placed side by side in a wash boiler, preferably having a piece of wire at the bottom to keep the jars from direct contact with the heated metal. The jars in the kettle must be entirely submerged in the water. Boil the jars for the length of time given in the recipe, take them out of the water while still hot and allow them to cool off on a wooden table or a wooden floor. The
spring clamps are to be removed when the jars are cold. The jars, sealed, must be boiled.

Quarts .................. 1 hour 20 minutes.
Pints ...................... 1 hour 10 minutes.

This applies to all vegetables except Tomatoes, Corn, Asparagus, and Pumpkin, for which special recipes are given for each.

**ASPARAGUS**

Asparagus is handled according to the recipe for vegetables in general; the blanching, however, requires a little more care if you wish to avoid breaking the tips.

If you do not mind breaking a few tips, just blanch them eight minutes in the boiling water; if you want to avoid breaking the tender tips, cut the asparagus of exact length to fit the jar, bundle all the tips up and tie with a string.

Have in the kettle enough boiling water to come to one-half the total height of the standing bunch of asparagus, and when it is boiling put in the bundle, tips up; boil the bunch five minutes, then add water to reach up to one inch from the tops and boil two minutes more, then add water to fully cover the tips and boil not more than half minute. Drain off the hot water, cool in running water, pack in the jars and boil.

Quarts .................. 1 hour, 20 minutes.
Pints ...................... 1 hour, 10 minutes.
**ASPARAGUS TIPS**

Boil the asparagus and remove all of the outer skin, cut them in pieces one inch long, setting the tips aside. Blanch the stalks and boil in water (containing a little salt) 5 minutes, then throw in the tips and remove from the fire at once. Drain off the hot water and cool with cold running water, pack in jars, fill with the regular salted water, seal and boil the jars.

Quarts..............1 hour, 20 minutes
Pints................1 hour, 10 minutes

**CORN**

The ears of corn are blanched; that is to say boiled, just the same as if they are to be eaten; cool them off in running water, scrape the corn from the cobs with a knife, pack in the jars, cover with hot salt water as required for all other vegetables, then seal and boil

Quarts.............................2 hours.
Pints................................1 hour 40 minutes.

**TOMATOES**

Tomatoes are not blanched, but just scalded so as to be able to peel off the skin. Pack in the jars, adding a pinch of salt. Boil the jars.

Quarts..............1 hour, 20 minutes.
Pints................1 hour, 10 minutes.
SPINACH, SORREL, ETC.

are chopped after being blanched. Pack and add a pinch of salt. Boil as follows:

- Chopped spinach.... Quarts.....2 hours.
- Chopped sorrel..... Pints .....1 hour.
- Dandelion .............

these products are very compact and the heat does not penetrate easily.

PUMPKINS

Boil a few minutes in water, remove the rind, grate and mash in a kettle, where you boil it for ten minutes, stirring continually; a little salt or sugar may be added. Pack hot, seal the jars and boil.

- Quarts..................1 hour, 20 minutes.
- Pints.....................1 hour, 10 minutes.

FANCY PACKING

All fully cooked, prepared and seasoned vegetables can be preserved. Pack in the jars when hot, seal and boil the jars according to the general recipe. I will give here a few examples of fancy packing.

PEAS A LA FRANCAISE

Cook in a kettle enough peas to fill six pints, one half pound of butter, two heads of lettuce, four
ounces of sugar, two onions cut in four pieces, salt and pepper.

Cook one hour, remove the pieces of onions, pack hot in jars, the juice being divided equally among them, seal and boil the sealed jars according to the general recipe; that is to say

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**MACEDOINE**

Cut the carrots and turnips in small squares, the string beans in about one inch lengths. Blanch each vegetable separately. Pack the vegetables in layers, one of each kind; fill the jars with salt water to taste and boil

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**TOMATO SAUCE**

Boil the tomatoës slowly for one hour, adding salt to taste, a few onions, two or three bay leaves and a few cloves. Pass through a sieve or strainer to separate the skins, onions and spices. Pack in the jars and boil.

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This sauce is very tasty and can be used with meats and vegetables.
BOUILLON AND SOUPS

Both Bouillon and Soups are to be packed hot in the jars, sealed, and the sealed jars boiled
Quarts or Pints.............. 1 hour.

MEATS

Any kind of prepared meats, hash, pot pies, chops, etc., can be packed and they will keep perfectly; it is advisable however, to remove the large bones.

Prepare and cook the meat as if it was to be served on the table. Pack hot, seal and boil the sealed jars
Pints........................... 2 hours.

PLUM PUDDING

Plum Pudding cooked in glass is superior to any other. Your own recipe for this product is, no doubt, satisfactory. It should be mixed and kneaded in the usual manner and packed raw in the jars. Seal and boil the jars:
Quarts.......................... 3 hours;
Pints.......................... 2 hours, 30 minutes

To serve, put the clamp on the jars and boil jars one hour. The pudding is then ready to serve.
FRUITS
SYRUP

In many of the following recipes, I speak of using a hot syrup.

A good syrup is prepared as follows:—
Take a pint jar, put in a half pound of crystalized sugar and fill with water up to the neck only; when dissolved the syrup will be ready for use.

PEARS

Peel, leaving them whole if they are of small size; if large, slice them in halves or quarters and remove the core; fill the jars and cover with hot syrup, seal with the rubber ring, cover and clamp. Boil

Quarts..............................25 minutes.
Pints...............................20 minutes.

APPLES

Same as pears, but be sure that the apples are not overripe. Pack in jars and boil:

Quarts..............................25 minutes.
Pints...............................15 minutes.

PINEAPPLE

Pare, cut in slices or squares, put them in hot boiling water and boil two minutes, then drain; fill the jars, cover up to the top with hot syrup. Seal the jars and boil:

Quarts..............................20 minutes.
Pints...............................15 minutes.
QUINCES

Peel, slice and core them; put them in boiling water and allow them to boil eight minutes; drain the hot water, and cool the quinces by letting cold water run into the kettle until cold; then drain and pack in jars, fill with hot syrup; seal. Boil:
   Quarts.................................20 minutes.
   Pints.................................15 minutes.

CHERRIES

Apricots — Peaches — Plums

Fill the jars with the fruit, either whole or sliced, cover to the top with hot syrup; seal the jars and boil:
   Quarts.................................20 minutes.
   Pints.................................15 minutes.

The cherries are most attractive if the stem is left on about one-half inch long.

BANANAS

Take green bananas, peel, fill the jars and cover with hot syrup; seal and boil:
   Quarts.................................6 minutes.
   Pints.................................5 minutes.

Remove the jars from the boiling water without delay.

BLACKBERRIES — HUCKLEBERRIES

And all other berries except raspberries and straw-
berries: Fill the jars tight with fruit, cover with hot syrup. Seal the jars and boil:

Quarts ..................... 20 minutes.
Pints ........................ 15 minutes.

**RED CURRANTS**

**Green Gooseberries — Rhubarb**

Pack the fruit tight in the jars, cover with hot syrup. Seal and boil the jars

Quarts ..................... 15 minutes.
Pints ........................ 10 minutes.

**STRAWBERRIES — RASPBERRIES**

Fill the jars with the berries, cover with strong, warm syrup. Seal the jars and boil:

Quarts ..................... 7 minutes.
Pints ........................ 5 minutes.

This will make good dessert preserves, but these berries are very watery, and they will float in the jar, leaving a large amount of liquid.

The art of making the finest berry preserves is as follows: fill the jars with the berries and pour over hot heavy syrup; three or four hours afterward drain the syrup. The syrup is now lighter, as the berries have absorbed sugar. Reboil this syrup to make it heavy again and pour it back on the berries.

This syrup must be drained and reboiled twice more, once the next day and once the third day. The fourth day the berries are put in the jars, the
syrup reboiled and poured in filling to the top.
The jars are sealed and then boiled

Quarts.................................10 minutes.
Pints.................................8 minutes.

HEAVY SYRUP
For Raspberries and Strawberries
Take a pint jar, put in one pound of sugar and
fill with water to the top, this is only for measur-
ing; pour sugar and water mixed into a kettle and
melt on slow fire; as soon as dissolved the syrup is
ready for use.

GENERAL RECIPE
Other varieties of fruits for which no special
recipe is given here, may be treated as follows:—
If ripe fruit, pack raw, fill with hot syrup; seal
and boil jars
Quarts.................................20 minutes.
Pints.................................15 minutes.
If green fruit, boil in water 5 minutes, then
cool off in cold running water. Drain, fill the jars
with the fruit, cover with hot syrup; seal and boil
the jars same as above.
It will be noticed that all of the recipes are ex-
ceedingly simple. They consist only in putting the
raw fruits in the jars, covering with syrup and boil-
ing the jars after they are sealed. Remember in the
case of quince and pineapple that we advise boiling
in water first; this is done in order to save time.
Both of these fruits can be put raw into the jars filled with syrup, but in this case they must be boiled:
- Quarts: 35 minutes.
- Pints: 25 minutes.

**LIGHT JAMS**

Or Ordinary Preserves

Light jams or ordinary preserves are made as follows: Melt three pounds of sugar in just enough water to dissolve; add six pounds of the fruit, bring to a boil and maintain boiling five minutes; pour in the jars. Seal and boil the jars.
- Quarts: 20 minutes.
- Pints: 15 minutes.

This applies to any kind of fruit. These preserves taste good, but the fruit being crushed have not by any means the appearance of those put up raw, and boiled in the jars.

**JAMS AND JELLIES**

Boil the jam or jelly in the usual way, pour into the jars boiling hot and seal immediately with the rubber, the cover and the spring clamp. No boiling of the jars is necessary for jams or jellies.

**CRACKED JARS**

In pouring hot syrup, jam or jelly into jars, they often crack; this can be very easily avoided. Place the jars to be filled in a pan containing one inch of cold water; you can then safely pour hot boiling preserves into the jars.
The **Express Jar** is the cheapest of all jars; not only because it can be used time and again, with its rubber and cover, but also because the goods put up in the **Express Jar** keep, and always keep well.

The **Express Jar** is economical and satisfactory.

**DR. JEAN PACRETTE.**
Express Jar Co.

NEW YORK, U. S. A.