



Kerr
"SELF SEALING"

Instruction Guide to
Home Canning
and Freezing



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WIDE MOUTH Mason Jars
Easy to pack — easy to empty
— easy to clean — for all canning. Particularly convenient for whole fruits, vegetables and large pieces of meat.



JELLY & RELISH JARS
 DECORATED 8 & 12 oz. jelly or relish jars with Regular size Kerr "Self-Sealing" decorator lids.

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Clear, crystal flint glass, temper-treated for all methods of home canning. Show your home canned foods to best advantage. Easy to seal - test - open.

FREEZING? KERR JARS

- Protect against drying out
- Easy to pack
- Protect the flavor
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Jars, Caps & Lids

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 Brand



For
 Canning
 &
 Freezing



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CONSUMER PRODUCTS DIVISION

SAND SPRINGS, OKLAHOMA 74063

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CANNING FRUITS

THE BOILING WATER BATH IS RECOMMENDED FOR PROCESSING FRUITS AND TOMATOES.

FRUITS: Raw Pack — Fill jar $1\frac{1}{2}$ inches from top with syrup, fruit juice or water.

Hot Pack — Fill jar $\frac{1}{2}$ inch from top with syrup, fruit juice or water.

Make syrup according to sweetness desired in finished product. Boil sugar and water until sugar is dissolved (about 5 minutes).

<u>Syrup</u>	<u>Sugar</u>	<u>Water</u>
Thin	1 cup	3 cups
Medium	1 cup	2 cups
Heavy	1 cup	1 cup

Process fruits according to BOILING WATER BATH TIME TABLE on page 7.

CANNING FRUIT WITHOUT SUGAR — Page 12

CANNING VEGETABLES

ONLY A PRESSURE CANNER IS RECOMMENDED FOR PROCESSING LOW ACID FOODS AS IT GIVES A GREATER DEGREE OF SAFETY.

Pack vegetables to not more than $\frac{1}{2}$ inch from top of jar. DO NOT PACK **corn, peas** and **lima beans** any higher than 1 inch from top. Fill jars with boiling water to $\frac{1}{2}$ inch from top of jar. Process in the PRESSURE CANNER according to the PRESSURE CANNER TIME TABLE on page 6.

HOT PACK. Cover vegetables with boiling water and boil for time suggested in Time Table. Keep boiling hot while packing.

NOTE: All vegetables, as well as all meats, poultry and fish canned at home, must be boiled in an open vessel 10 to 15 minutes before tasting or using.

STEPS IN CANNING

RAW PACK OR HOT PACK

- No. 1 Examine jars — must be free of nicks, cracks, sharp edges, etc.
- No. 2 Wash jars in hot soapy water. Scald. Invert on clean folded cloth. Scald **KERR** Lids and keep in water until used.
- No. 3 Select fresh, firm (not overripe) foods.
- No. 4 Prepare according to recipe.
- No. 5 Fill jars, packing corn, peas, lima beans, meats and fish, **LOOSELY**, to 1 inch of top of jars — other foods to $\frac{1}{2}$ inch of top.
- No. 6 Add liquid.
- FRUITS:** Raw Pack — Fill jar $1\frac{1}{2}$ inches from top with syrup, fruit juice or water.
- Hot Pack — Fill jar $\frac{1}{2}$ inch from top with syrup, fruit juice or water.
- MEATS:** Pack loosely — $1\frac{1}{2}$ inch from top of jar.
- Raw Pack — Add no liquid. Natural meat juices will form.
- Hot Pack — Add 3 or 4 tablespoons of liquid (grease, broth or water).
- No. 7 Wipe sealing edge clean.
- No. 8 Place scalded **KERR** Lid on jar with sealing composition next to the glass. Screw bands **FIRMLY TIGHT**. **DO NOT USE SCREW BANDS THAT ARE RUSTY OR HAVE TOP EDGE PRIED UP — THEY WILL CAUSE SEALING FAILURES.**
- No. 9 Process required length of time. Remove from canner. Set jars apart on folded cloth, out of draft, to cool. Do not cover jars. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING OR TURN JARS UPSIDE DOWN.**
- No. 10 When jars are cold, **TEST FOR SEAL** (see page 3).
- No. 11 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed. Wash filled jars in soapy water before storing.

3-WAY TEST FOR SEAL

Hear the seal — Hear the Kerr-plink as lid snaps down while jar is cooling, or tap lid with spoon when jar is cold. A clear ringing sound means a seal. If food touches lid the sound will be dull, but not hollow or empty like unsealed jar.

See the seal — If the lid is curved down — the jar is sealed.

Feel the seal — Press the center of the lid — if it is down and will not move, the jar is sealed. If jar is not sealed, you have an opportunity to re-process contents and thus save your food.

OPEN KETTLE CAUTION

THE OPEN KETTLE METHOD MUST NOT BE USED FOR FRUITS, FRUIT JUICES, TOMATOES, TOMATO JUICE, VEGETABLES OR MEATS, AS IT WILL NOT ADEQUATELY PROCESS THESE FOODS. INADEQUATELY PROCESSED (STERILIZED) FOOD MAY RESULT IN BOTULISM. FOOD WHICH CONTAINS BOTULISM MUST NOT BE CONSUMED. OBTAINING A SEAL ON JARS WILL NOT PREVENT BOTULISM. FOOD MUST BE ADEQUATELY PROCESSED (STERILIZED) TO BE SAFE.

The open kettle method of canning may be used for jellies, jams and preserves if they are to be sealed with paraffin, rather than vacuum sealed with a lid and screw band.

Jars must be sterilized for jellies, jams, preserves and pickles — To sterilize — cover with water and boil for 15 minutes.

BOILING WATER BATH

THE BOILING WATER BATH IS RECOMMENDED FOR PROCESSING FRUITS, PICKLES AND TOMATOES. THEY ARE ACID FOODS AND CAN BE CANNED SAFELY AT BOILING TEMPERATURE.

A BOILING WATER BATH canner or any kettle with cover may be used. It must be deep enough for water to cover jars 1 to 2 inches over top and must be fitted with a rack. The rack must hold jars off bottom of canner.

- No. 1 Place canner on heat with correct amount of boiling water. Water should be boiling when jars of food are placed in it.
- No. 2 Prepare and pack food and tighten **KERR** Cap according to directions for Raw Pack or Hot Pack Method, on page 2. Pack only enough jars at one time to fill canner.
- No. 3 Place filled jars in canner of boiling water far enough apart to allow free circulation of water. Start counting processing time as soon as **water comes back to rolling boil**. Keep water **BOILING** entire processing time. If it boils down, add enough **BOILING WATER** to keep jars covered 1 inch.
- No. 4 Process required length of time (see Time Tables, pp. 6-7). Remove from canner. Set jars on folded cloth, out of draft, to cool. Do not cover jars. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING OR TURN JARS UPSIDE DOWN.**
- No. 5 When jars are cold, **TEST FOR SEAL** (see page 3).
- No. 6 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed. Wash jars before storing.

PRESSURE SAUCE PAN

If pressure sauce pans are equipped with gauge or weights for showing and controlling pressure at 10 pounds, they appear to be satisfactory for canning. Most authorities recommend adding 20 minutes to the pressure canner time for pint jars to make up for the quick climb in temperature at the beginning of the process and for the more rapid cooling to zero at the end.

When processing time is up, let pressure return to zero. Do not use cold water to reduce pressure. For best results, carefully follow manufacturer's instructions.

PRESSURE CANNER

ONLY A PRESSURE CANNER IS RECOMMENDED FOR PROCESSING VEGETABLES, MEATS AND LOW-ACID FOODS AS IT GIVES A GREATER DEGREE OF SAFETY.

THE PRESSURE CANNER must have a rack in the bottom, a steam-tight cover, a petcock and a safety valve, and an accurate pressure gauge, (tested each year), or a weight that measures definite pressure.

- No. 1 Prepare jars and food according to Raw Pack or Hot Pack method on page 2.
- No. 2 Place rack in bottom of canner, add 1 to 2 inches of boiling water.
- No. 3 As each jar is filled and cap **firmly tightened**, set it on rack in canner. Pack only enough jars at one time to fill canner.
- No. 4 Adjust the cover of canner and fasten securely.
- No. 5 Leave petcock open until steam has been flowing gently 10 minutes. Close petcock. Start counting processing time when required pressure is reached on pressure gauge. Keep pressure uniform throughout processing time.
- No. 6 Process required time (see Time Tables, pp. 6-7).
- No. 7 When processing time is up, remove canner from heat. Let canner set until gauge returns to zero. Then slowly open petcock and remove cover. If canner has weight control gauge, nudge it; if no steam escapes, open canner.
- No. 8 Food in jars may be boiling vigorously; if so, allow jars to remain in canner for a few minutes, then remove. Set jars on folded cloth, out of draft, to cool. Do not cover them. **DO NOT TIGHTEN SCREW BANDS AFTER PROCESSING OR TURN JARS UPSIDE DOWN.**
- No. 9 When jars are cold, **TEST FOR SEAL** (see page 3).
- No. 10 When jars are cold and sealed, remove screw bands. Wash and dry bands. Bands are unnecessary once jars are sealed. Wash jars before storing.

FOOD WILL SPOIL if not processed for the **CORRECT LENGTH OF TIME** and at the **CORRECT TEMPERATURE**. Use **KERR** Jars, Caps, and Lids for all methods of canning.

TIME TABLES

(Time in Minutes)

Only a pressure canner is recommended for processing vegetables and meats.

VEGETABLES	Pressure Canner		
	Pts.	Qts.	Lbs.
Asparagus	25	30	10
Beans (Green-Wax)	20	25	10
Beans, Lima	40	50	10
Beets	30	40	10
Broccoli	25	40	10
Brussels Sprouts	45	55	10
Cabbage	45	55	10
Carrots	25	30	10
Cauliflower	25	40	10
Corn (Cream Style) pts. only	85		10
Corn (Whole Grain)	55	85	10
Eggplant	30	40	10
Greens (All Kinds)	70	90	10
Hominy	60	70	10
Mushrooms	30	35	10
Okra	25	40	10
Onions	40	40	10
Peas, (All Shelled Peas)	40	40	10
Peppers, Bell	35	35	10
Peppers, Pimiento	35		10
Potatoes, Irish	40	40	10
Pumpkin	60	80	10
Rutabagas	35	35	10
Soybeans	80	80	10
Squash (Summer)	25	30	10
Squash (Winter)	60	80	10
Sweet Potatoes (wet pack)	55	90	10
Turnips	20	25	10
Tomatoes	(SEE UNDER FRUITS)		

IMPORTANT — All vegetables, all meats, poultry and fish canned at home must be boiled in an open vessel 10 to 15 minutes before tasting or using.

TIME TABLES

(Time in Minutes)

Boiling water bath is recommended for processing fruits, tomatoes and all high acid foods, as they can be safely canned at boiling temperature.

FRUITS	Boiling			
	Water Bath			
	Pts.	Qts.		
Apples	20	25		
Applesauce	25	25		
Apricots	20	25		
Berries	15	20		
Cherries	20	20		
Figs	90	90		
Fruit Juices	15	15		
Grapes	20	20		
Peaches	20	25		
Pears	25	30		
Pineapple	30	30		
Plums	20	25		
Rhubarb	15	15		
Tomatoes	35	45		
Tomato Juice	15	15		
MEATS	Pressure Canner			
	Precook	Minutes	Lbs.	
	Pts.	Qts.		
Lamb, Veal, Beef, Pork	*	75	90	10
Chicken	*	75	90	10
Fish — all kinds	*	100	—	10

*See recipe in Kerr Home Canning Book.

SPECIAL CAUTION: To prevent spoilage use the full processing time as given in the above time tables. (DO NOT shorten times.) Follow recommended method to insure destruction of spoilage organisms.

Do not add liquid in meats packed raw. PACK MEATS LOOSELY —ONE AND ONE HALF INCH FROM TOP OF JAR.

NOTE: Only a PRESSURE CANNER is recommended for processing meat.

DIFFERENT SIZE JARS — Time tables are for half pint, pint, and quart jars. For half gallon jars: FRUITS in Boiling Water Bath, add 10 minutes; VEGETABLES and MEATS in Pressure Canner, add 20% of time for quarts.

ALTITUDE — Time Tables are at sea level. Adjustment must be made if you live at an altitude of 1,000 ft. or more.

BOILING WATER BATH — Add 1 minute for each 1,000 ft. if time is 20 minutes or less; add 2 minutes for each 1,000 ft. if time is more than 20 minutes.

PRESSURE CANNER — Increase pressure 1 pound for each 2,000 ft. altitude (the time remains the same).

for better

HOME FREEZING

use **KERR JARS AND CAPS**
TO RETAIN FLAVOR
TO PREVENT DRYING OUT



KERR JARS AND CAPS protect frozen food **BEST** — all during freezer storage. They retain highest quality in frozen foods (a moisture, vapor-proof and leak-proof container), prevent drying out, mingling of odors, and preserve food value, flavor, color, and better texture.

KERR TAPERED JARS, (wide mouth pint and regular half pint) are especially convenient for freezing — easy to pack — easy to remove frozen food without thawing. All styles and sizes **KERR** Jars with **KERR** Caps are safe to use in freezer — the glass is tempered for freezing as well as for canning.

STEPS IN FREEZING

No. 1 Prepare jars and caps (see steps 1, 2, page 2).

No. 2 Prepare food (see Freezing Charts, pages 10-11).

No. 3 **HEAD SPACE** must be left at top of jar for food expansion during freezing: (see Chart page 10-11).

No. 4 Place small piece of crumpled wax paper, foil, etc., on top of fruit to hold fruit down in syrup or juice.

No. 5 Wipe top of jar clean. Place scalded **KERR** Lid on jar with sealing composition next to glass. Screw band tight. Put date on jar.

No. 6 Place filled jars in freezer as quickly as possible.

No. 7 Freeze 0° F. or below.

TO THAW: Leave food in jar to thaw — in refrigerator, or at room temperature or in pan of cool water.

Fruits: To eat raw — do not completely thaw — few ice crystals improve texture. To cook — thaw until loosened, then cook as a fresh fruit.

Vegetables: Run cool water over jar until food slides out. Then cook in boiling water ($\frac{1}{2}$ cup per pint).

SELECTION OF FOODS

Freeze only **recommended variety** of vegetables and fruits. Consult your County Extension Agents for best variety. Freeze only young, tender vegetables and well-ripened fruits.

PREPARATION OF FOODS

VEGETABLES

No. 1 Wash. Sort for size. Peel, trim and cut into size.

No. 2 All vegetables (except green peppers) **must be blanched**. See chart, page 10 for time. Use 1 gallon boiling water for each pound prepared food. Count time as soon as vegetable is put in boiling water — keep water boiling. Heat 1 minute longer if you live above 5,000 ft. altitude.

No. 3 **Cool immediately** in ice water.

No. 4 Pack in jars, leave head space (see Chart page 10). Put on cap, screw band tight. Freeze immediately. Store in freezer 0° F. or below.

FRUITS

No. 1 Wash, peel, trim, pit and slice if needed.

No. 2 Pack in syrup, sugar or unsweetened (see Chart, page 9). Syrup helps to develop flavor and hold color. Syrup is best for fruits that discolor badly.

Fruits for dessert use — best in sugar.

Fruits for cooking use—best in sugar or unsweetened.

Fruits for special diets or diabetic diets — unsweetened, or use artificial sweetener — follow manufacturer's instructions.

No. 3 **To prevent darkening** of light colored fruit during storage and thawing, use ascorbic or citric acid mixture by following manufacturer's instructions, or use crystalline ascorbic acid, ½ teaspoon to 1 quart of fruit.

No. 4 Pack, leave head space (see Chart page 11). Put on cap, screw band tight. Freeze immediately. Store in freezer 0° F. or below.

SYRUP CHART

To make syrup: Boil sugar and water until sugar dissolves, then **chill**.

Syrup	Sugar	Water	Yield
30% (Medium)	2 cups	4 cups	5 cups
40% (Medium-Heavy)	3 cups	4 cups	5½ cups
50% (Heavy)	4 cups	4 cups	6½ cups
60% (Extra-Heavy)	6 cups	4 cups	7¾ cups

FREEZING CHART

HEAD SPACE IN GLASS JARS IN INCHES

10

TYPE OF PACK	Wide Mouth Jar No Shoulder		Wide Mouth Jar With Shoulder		Regular Mouth Jar With Shoulder	
	Pint ¾	Quart 1	Pint 1	Quart 1½	Pint 2	Quart 2
LIQUID — Fruit packed in juice, syrup or water; Crushed or puree.						
Fruit Juices, Soups, Sauces	1	1½	1½	1½	2	2½
DRY — Fruit or vegetables packed without liquid, or fruit in sugar pack.	½	½	¾	1	1	1

VEGETABLES Young, tender, crisp	PREPARATION Wash, blanch, chill in ice water	BLANCH Boiling Water	PACK
ASPARAGUS	Cut in desired lengths.	2-4 min.	Without liquid
BEANS, string	Cut, slice, or leave whole.	3-4 min.	Without liquid
BEANS, lima	Shell, sort, wash.	2-3 min.	Without liquid
BROCCOLI	Peel stock, trim. Split lengthwise.	3-5 min.	Without liquid
CARROTS	Peel. Cut in slices or dice.	3 min.	Without liquid
CORN, whole grain	Husk, silk, blanch, cut from cob.	4 min.	Without liquid
GREENS, all kinds	Wash well. Discard tough leaves and stems.	2-3 min.	Without liquid
OKRA	Trim stem — do not break pod.	3-4 min.	Without liquid
PEAS, green, blackeye	Shell, sort, wash.	1-2 min.	Without liquid
PEPPERS, hot or sweet	Trim, cut out stem and seed. May be packed without blanching.	2-3 min.	Without liquid

FRUITS Well Ripened	PREPARATION Wash Well	Syrup	PACK Sugar (per qt.)	Without Sugar or Syrup
APPLES*	Peel, core, slice.	40%	1/2 cup	Yes
APPLE SAUCE*	Peel, core, slice. Cook tender. Strain.		1/4-3/4 cup	Yes
APRICOTS*	Cut in halves, pit.	40% — 50%	1/2 cup	Yes
BERRIES	Pick over, wash, drain well.	30% — 50%	3/4 cup	Yes
CHERRIES	Pick over, wash, pit, or leave whole.	40% — 60%	3/4-1 cup	Yes
CRANBERRIES	Pick over, wash, drain well.	50% — 60%	3/4 cup	Yes
FIGS	Remove stems, slice, or leave whole.	30% — 40%	2/3 cup	Yes
PEACHES*	Peel, pit, and slice.	30% — 40%	2/3 cup	Yes
PEARS*	Peel, core, slice. Blanch 2 minutes.	40%		No
PINEAPPLE	Peel, core, slice, or dice.	40% — 50%	2/3 cup	No
PLUMS or PRUNES	Halve and pit.	40% — 50%		Yes
RHUBARB	Trim, cut in 1 inch pieces.	50% — 60%		Yes

*Use ascorbic or citric acid mixture according to manufacturer's instructions, or use crystalline ascorbic acid, 1/2 teaspoon to 1 quart of fruit.

CANNING FRUIT WITHOUT SUGAR

All fruits and fruit juices can be successfully canned in KERR Jars without sugar, but canning in a sugar syrup helps to hold shape and flavor of the fruit. The syrup does not keep fruit from spoiling.

For fruits packed raw, use fruit juice in place of syrup. Obtain fruit juice by crushing some of the well ripened fruit and bring to boil over low heat. Strain. Fill jars 1½" from top with juice. Boiling water may be used but less desirable.

Fruits may be precooked over low heat in small amount of water. Pack hot fruit and hot juice to within ½ inch of top.

TO HELP PREVENT DARKENING of light colored fruits, use ascorbic or citric acid mixture according to the manufacturer's instructions, or use ½ teaspoon of crystalline ascorbic acid to each quart of fruit. Process at once according to BOILING WATER BATH TIME TABLE on page 7.

APPROXIMATE YIELDS

Legal weight of a bushel of fruits or vegetables varies in different states. These are average weights.

FOOD	FRESH	CANNED
Apples	1 bu. (48 lbs.)	16 to 20 qts.
Berries, except strawberries	24 qt. crate	12 to 18 qts.
Peaches	1 bu. (48 lbs.)	18 to 24 qts.
Pears	1 bu. (50 lbs.)	20 to 26 qts.
Tomatoes	1 bu. (53 lbs.)	15 to 20 qts.
Beans, lima, in pods	1 bu. (32 lbs.)	6 to 8 qts.
Beans, Green	1 bu. (30 lbs.)	15 to 20 qts.
Beets, without tops	1 bu. (52 lbs.)	17 to 20 qts.
Corn, sweet, in husks	1 bu. (36 lbs.)	8 to 9 qts.
Peas, green, in pods	1 bu. (30 lbs.)	12 to 15 qts.

CAN WE HELP YOU WITH CANNING?

KERR is glad to assist with your canning questions. Just drop a note to the **KERR RESEARCH & EDUCATIONAL DEPARTMENT** and complete information will be promptly given, free of charge. **KERR Glass Manufacturing Corporation**, Sand Springs, Oklahoma 74063.

SEND TODAY FOR THESE VALUABLE ITEMS



Kerr Home Canning Book \$2.00

- Canning fruits without sugar (make your own dietetic packs).
- Kitchen tested recipes.
- Complete canning and freezing instructions.
- How-to-do-it photos, full color illustrations.

"GRIP-TITE"® JAR LIFTER

- For lifting hot jars from canner.
- Holds tight without pressure.
- Jar can't slip or drop.
- Conforms easily to any size.

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Kerr

