

Kerr jars for home Freezing

Kerr JARS AND CAPS PREVENT VAPOR LOSS, FREEZER BURNS AND PROTECT AGAINST ODORS

Have you thought of using your Kerr jars in the freezer as well as for canning? They are equally adapted to both and as a container for your frozen foods, they have many advantages. The glass in Kerr jars is as durable for freezing as for canning — well tempered and just as strong at lower temperature as at high temperature. The usual care in handling the jars is all that is required.

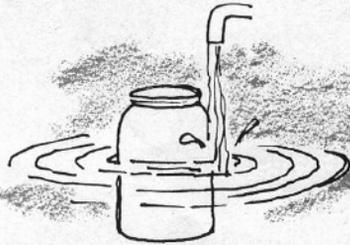
As you know, one of the important steps in freezing is selecting a container that will protect the food all during storage. It must protect the food against drying out, loss of flavor and keep odors from mingling. The Kerr fruit jars, with the Kerr mason (two-piece metal) caps are also leak-proof — no dripping of syrup or liquid. The clear glass makes labeling unnecessary. Only the date of freezing on each container is all that is needed. A china pencil is ideal for this. Write the date on the lid or on the jar.

All styles and sizes of Kerr jars can be used. The **tapered half pint** is especially nice for small quantities of food. Its shape permits immediate removal of the frozen food. When larger sizes are used, the Kerr wide mouth mason jars are especially convenient. The **wide mouth mason pint is tapered** and thawing of the frozen food is not necessary. In the quart size the frozen food can be removed soon after it begins to thaw. Just these few simple steps for handling the jars:

1. Examine Kerr jars to make sure there are no nicks or cracks in them. Wash jars well in hot soapy water, rinse and scald them. Invert the jars on a clean cloth to drain and cool.
2. The charts on page 63 will give you information on preparing the food and filling the jar.
3. Place the Kerr mason cap on the jar with the sealing composition next to the glass and screw the band tight. This is the same two-piece Kerr mason cap used for canning. No special cap is needed for freezing. The jars are now ready for the freezer.

THAWING FOOD

If the product in the jar is a fruit, it is best to permit it to thaw at room temperature until the fruit can be removed from the jar or until it is sufficiently thawed to serve. Or the jar of fruit can be thawed by the same method suggested for vegetables and meats. To thaw jars of vegetables or meats, set the jar under the **COLD WATER** tap and turn a small stream of water on the cap. Food can then be removed immediately from



Kerr tapered jars. For larger size jars, as water runs down the sides of the jar it will hasten the thawing. After a few minutes under the cold water, the jar of food can be set into a pan containing luke-warm water — let this water come up to the neck of the jar. Only a short time is needed for sufficient thawing to permit the removal of the frozen food.

Kerr jars and caps which have been used in the freezer may serve again and again in the same capacity or these jars and caps may be used for home canning. The freezing to which they have been subjected does not harm them.

SELECT PROPER VARIETY AND GOOD QUALITY IN FOODS

Just as in canning, there are certain steps which must be carefully followed if the frozen foods are to be satisfactory. One of the first steps is selecting the proper foods at the right stage of maturity — just at the stage when they would be best eaten fresh. Over-ripe foods produce a frozen food that is lacking in flavor and color. Some varieties freeze more successfully than others — retain their color, flavor and texture better. Your Agricultural College or your County Extension Agent can suggest the best freezing varieties that are available in your locality.

— FREEZING FRUITS — PREPARING FRUITS

Work with a small amount of fruit at a time to allow for quick handling and prompt freezing. Wash the fruit in cold water, and if necessary, wash a second time, but always handle it gently. Never allow fruit to stand in water. Lift from the water and drain. When fruit is drained well, remove stems from berries; pits from cherries, plums, apricots, peaches and prunes, and peel from apples, peaches and pears. Peaches and apples can be sliced or cut into halves or quarters. Strawberries are sometimes sliced or crushed. To prevent discoloration after peeling, place apples, apricots, peaches and pears in cold water and lemon juice — 1 gallon water and 3 tablespoons lemon juice or use Ascorbic Acid mixture following manufacturers directions. Do not allow them to stand in the solution any longer than necessary. Drain well before packing into jars or rolling in sugar.

MOST FRUITS NEED SUGAR OR SYRUP

Sweetening fruits before freezing helps develop flavor and hold color.

SYRUP PACK: The syrup pack is most satisfactory if fruit is to be used as a sauce. It is also best for apples, apricots, peaches and pears that discolor quickly. Mix sugar and water and boil until sugar is dissolved. Make syrup well in ad-

vance of the preparation of the fruit. It must be cold before pouring over the fruit. Any of the following syrups may be used with fruits of any kind. Selection of the syrup will depend upon how sweet you want the fruit, and to some extent upon how you plan to use the fruit.

Syrup	Cups of sugar	Cups of water	Kind of syrup
30%	2	4	Medium
40%	3	4	Medium Heavy
50%	4	4	Heavy
60%	6	4	Extra Heavy

Allow 1 cup of syrup for each quart of fruit.

Pack prepared and drained fruit firmly into Kerr jars, filling to within 1 inch of the top. Add the cold syrup according to chart on page 63, being sure syrup covers the fruit. Place a small piece of crumpled wax paper on top of the fruit to keep it under the syrup. Put Kerr cap on jar and screw the band tight. Freeze immediately.

DRY SUGAR PACK: A dry sugar pack works well with juicy fruits. It draws juice from fruit and when packed there is usually enough syrup to cover the fruit. It also works well with fruits cut into small pieces, such as sliced strawberries. To the prepared and drained fruit add dry sugar. Most fruits need about 1 cup of sugar to 4-6 cups of fruit. Turn fruit over and over until each piece is completely coated. Put sugar coated fruit and syrup which forms, in jars, packing firmly, filling jars according to chart on page 63. Put Kerr caps on jars and screw bands tight. Freeze immediately.

UNSWEETENED PACK: (for berries only if desired instead of syrup or sugar pack.) Put the prepared, washed, and drained berries into clean Kerr jars, packing them firmly. Do not add liquid or sweetening of any kind. Put Kerr cap on jar and screw band tight. Freeze immediately.

KEEPING COLOR

Such fruits as apples, apricots, peaches and pears need special treatment to prevent discoloration. This is done by adding Ascorbic Acid (Vitamin C). Commercial Ascorbic and Citric acid mixtures may be used, follow manufacturer's directions.

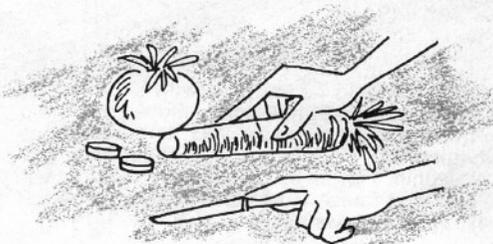
Ascorbic Acid can be bought at drug or grocery stores. It can be obtained in tablet or crystalline form.

The ascorbic acid is added to syrup or sugar just before combining it with the fruit. Add $\frac{3}{4}$ teaspoon ascorbic acid to each quart of chilled syrup. Stir ONLY enough to dissolve. If the crystalline form is not available, use 10 tablets of 200 milligrams each. Dissolve these in $\frac{1}{2}$ cup of warm water and add to each quart of the syrup.

For dry sugar packs, mix about $\frac{1}{4}$ teaspoon of ascorbic acid with the amount of sugar that you will use for each quart of the fruit. Or dissolve $\frac{1}{4}$ teaspoon of ascorbic acid in 2 tablespoons water. Sprinkle this over a quart of the fruit. Turn fruit over and over to cover all parts, then add sugar and turn until fruit is completely coated. Add ascorbic acid to the sugar or syrup just before using it.

— FREEZING VEGETABLES —

All vegetables for freezing should be garden fresh, young and tender. If vegetables must be held several hours between gathering and freezing, put them in the refrigerator. Work rapidly and with small quantities of vegetables at a time.



PREPARING THE VEGETABLES

Wash the vegetables in cool water to remove all soil. Do not let the vegetables stand in water. As they are being washed, sort for size and stage of maturity, discarding any inferior vegetables. Prepare as for table use by cutting into size and removing peel or husks.

BLANCHING (SCALDING)

All vegetables, except bell peppers, MUST be blanched before freezing. This scalding prevents changes in flavor or color. Blanching is done in either boiling water or steam. The boiling water method is usually more convenient for home use.

Time for blanching varies with each vegetable. Use a large kettle with a lid. Put at least one gallon of water in the kettle and blanch only one pound (about 1 quart) of prepared vegetables at a time. Put the vegetables in a perforated metal basket or cheesecloth bag. When water in kettle is at a GOOD ROLLING BOIL, immerse the vegetables in it. Put lid on kettle and begin to count time immediately. Keep heat high and kettle covered until blanching time is up. The same water can be used again but BE SURE to bring it back to a good rolling boil before putting in other vegetables.

To blanch in steam, use a large kettle with a rack on the bottom. Put about 2 or 3 inches of water in the kettle and when this comes to a good, rolling boil, lower the wire basket or cheese cloth containing the vegetables — not more than one pound — onto the rack. Place the lid on the kettle. Begin counting time when the steam issues freely from under the lid. Steam blanching requires one or two minutes longer than water blanching.

CHILL, DRAIN, PACK

Cool all vegetables immediately in cold running water or ice water. When thoroughly cold, drain and pack.

Pack vegetables firm but **not tight**. Fill jars according to chart on page 63. Do not add salt or other seasoning. Put on Kerr caps, screw band tight. Freeze at once.

CHICKEN

Wide Mouth Jars make ideal containers for chicken. Pieces of chicken can be removed from the jar with little thawing.

Cut up chicken. Chill. Do not add salt. Pack chicken firm but **not tight**. Wrap giblets in wax paper and put on top in the jar. Pack to within 1 inch of top. **Do not add brine or water**. Put Kerr cap on jar, screw band tight. Freeze.