

LORAIN OVEN CANNING



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These Time and Temperature Recipes are Prepared
and Tested in the Research Kitchen of
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Lorain Oven Canning

Advantages of Canning by the Lorain Oven Method

IT IS an advantage to use an oven equipped with a Lorain Oven Heat Regulator for home canning. Such a piece of equipment requires no special storage space when not in use as do some pieces of equipment which are sometimes used for canning for it will be in daily use. Canning by the Lorain Oven Method requires no extra expenditure of time. Set the Lorain Oven Heat Regulator at the temperature desired for canning; light the gas; then with no further effort or watching, this temperature will be maintained as long as desired. It is possible to do other work while the processing is going on because it is not necessary to watch the foods.

No heavy lifting of water is necessary, and the house is not filled with steam during the time the canning is being done. It is the practical, modern, and up-to-date method of home canning.

GENERAL DIRECTIONS *for* LORAIN OVEN CANNING Fresh Products

The fresher the products to be canned the more nearly perfect the results will be. The flavor of fresh firm and ripe products is superior to that of those which have been allowed to stand for some time after they have been marketed. Foods which are overripe, bruised, decayed, or blemished, are more difficult to can successfully as they contain more bacteria which must be destroyed. The fewer organisms there are present and the fewer there are to destroy the easier it is to can successfully by any method.

Bacteria and Spoilage

Foods spoil because in them or on them there are tiny minute organisms called bacteria. These bacteria, when given the conditions best suited for their growth and food on which to live, will develop and grow. During the process of growth and reproduction they change our foods from substances which are

useful to the body into substances which sometimes contain poisons to the body. The principle of the preservation of food is to start with foods in which there are as few of these organisms as possible so that there will be fewer to destroy, and to destroy all that are left in the food so that they will not have an opportunity to grow, spoiling the food. Then it will be possible to serve delicious canned products during seasons of the year when fresh products are not grown or in localities where they cannot be obtained.

Cleanliness

One of the most important factors in food preservation is the element of cleanliness. Foods should be clean to start with and then should be handled carefully in order that they will be kept clean. In this way there are fewer bacteria present. When they are present in great numbers it is easy for them to grow and produce more bacteria or spores. Spores are highly resistant cells of bacteria which are very difficult to destroy because they can withstand higher temperatures and less favorable conditions than the other cells. Their presence makes food more difficult to can. Therefore, the cleaner it is possible to obtain foods; the cleaner it is possible to make them before canning; and the cleaner it is possible to make and keep the jars, rubbers, and all the cooking utensils with which the foods will come in contact, the more certain we are of these foods keeping an indefinite period of time after canning.

Containers

There are many types of jars and cans which are useful for home canning. Lorain Oven Canning can be carried on successfully in any container which you know will make a perfect seal and which will stand boiling temperatures without breaking. Any kind of jar which is to be used should be tested for perfect sealing. It sometimes happens that jars have slight imperfections either on the top of the jar, or the jar top may not be quite perfect. This means that even when the cover is placed on properly and with the greatest care the imperfection may be sufficient to allow air to gain entrance into the jar. If the air gets in the jar the bacteria which are present in it will also get in and attack the food, spoiling it for our use.

To test the jars for leaks, fill them with water and place a rubber on each jar, put the top on and tighten it. Then invert the jar and turn it around over a clean towel to see whether any of the water leaks from it. If it does not it is likely that the jar is perfect.

All jars must be clean before using. They should be scalded in boiling water for several minutes. Remove them from this boiling water just before filling. Do this by lifting them from the water with some utensil which has been scalded or something which will touch only the outside of the jar.

Some jars come with rubbers in the top. If you have used

these with success for other methods of canning you will be just as successful if the oven is used.

Fill the jars to within one inch of the top for oven canning to prevent the liquid in the jars from running over into the oven. Foods will keep just as well whether the jars are completely filled or not, and it is easier for the jar to form a perfect seal if there is a small space between the contents and the top of the jar.

NEVER REMOVE THE TOP TO FILL A JAR IF PART OF THE LIQUID HAS EVAPORATED. TO DO SO WILL CAUSE CONTAMINATED AIR TO ENTER THE JAR AND WILL DOUBTLESS CAUSE SPOILAGE.

Rubbers

It pays to select rubbers of good quality. If it pays to can foods for home consumption it pays to use the best rubbers to form a perfect seal. A new rubber should be used for each jar of food which is to be canned. Just because it has been used once and seems to be good is no reason that it will stand another period of processing (subjecting to heat) or the pressure of the lid on the jar another time. Using a rubber ring a second time is a risk which is costly, for the food may spoil because of the lack of a new rubber. A good rubber will not crack when it is bent or folded or when it is stretched or pulled. It will be elastic and very firm. Rubbers, like jars, should be always cleaned in hot water just before using.

Filling the Jars

It is unnecessary to fill jars to the very top. When they are filled too full the liquid is apt to overflow into the oven. Starchy foods will expand during processing and if the jars have been filled too full they may not seal properly. Some foods shrink during the period of processing due to their softening and a space may be left at the top of the jar above the surface of the food. This air space becomes sterilized by the heat of the oven and will not prevent the contents of the jar from keeping if the jar has been completely sealed.

Processing

Set the RED WHEEL at the temperature desired so that when the jars have been filled and partly sealed they may be placed at once in the heated oven. Put them far enough apart to allow for heat circulation (about 2 inches). They are then processed, or left in the heated oven at the temperature called for under the directions given for each food, for the required length of time. In this way heat is carried to the content of the jar cooking the food contained within and destroying the organisms which may be present. Increase the length of the processing period 20% when canning at high altitudes.

Sealing

Just as soon as each jar has been removed from the oven complete the seal. Different types of jars require different ways for making the seal perfect.

Perfect sealing is very important because if the jars are not entirely sealed air will eventually gain entrance into them and this in time will cause the food to spoil.

Storing

Be sure the jars are wiped off before storing.

Label each jar with the name of its contents and the date of canning.

Store in a clean, well aired, dark, dry, and cool place (50°F.-60°F.). Light, heat, or freezing temperatures may spoil the most carefully canned fruits and vegetables.

Look over the "preserve closet" occasionally and if any jars of food have the appearance of not keeping well remove them.

Do not use any jars of canned food which have any signs of spoilage. Discard any food which has a peculiar odor or look. Occasionally a jar of food will spoil even though it has been canned at the same time and according to the same directions as used for other jars which have kept perfectly.

Boil all canned vegetables for five minutes before using, and reheat all canned meat thoroughly.

Steps in Oven Canning

1. Select perfect, fresh foods.
2. Clean them by the best method for the particular foods being canned.
3. Prepare according to specific directions given for each kind of food.
4. Test jars and rubbers.
5. Clean jars and rubbers.
6. Put clean rubbers on jars. Pack the food into the jars. Salt is added to vegetables. Fill to within one inch of the top with boiling water, for vegetables, or syrup for fruits. No water is added for meats.
7. Place top in position and partly seal. The method of partly sealing will depend on the kind of jar being used. It is presumed that each person will be familiar with the proper manipulation of the jars being used.
8. As soon as the jars are filled place them in the heated oven. If the oven requires preheating set the RED WHEEL at the temperature desired long enough in advance to have the oven ready when the jars are ready to go in.
9. If the oven does not require preheating light it just when the first jars of food are ready to be processed.
10. Place the jars in the oven far enough apart to allow for circulation of heat between them (about two inches). The oven may be filled to capacity. If quarts are used place them on the lower rack. If pints are used both racks may be filled.
11. Process the length of time given in the table for each food.
12. Remove from the oven at the end of the processing period.
13. Completely seal the jars. Invert for a few minutes to be sure the seal is perfect. Do not allow them to cool in this position, as this works against the forming of the seal. Let stand until cool. If an automatic-seal jar is used, let the jar become cold and then invert it. Do not tighten screw tops after the jars have become cool. This may break the seal.
14. Label and date.
15. Store jars in a clean, well aired, cool, dry, and dark place.

FRUITS

Canning in seasons and localities when fruits are plentiful is an advantage from the standpoint of economy. In this way it is possible to have the finest products during the time of the year when fresh fruits are not available. The delicious flavor will enhance the appeal of Lorain Oven Home Canned Fruits. They are appetizing when served just as opened from the can or when made into one of many kinds of baked desserts. Short-cakes, fruit cobblers, or fruit pies made of canned fruits add a distinction to the meal.

SYRUP

There are three grades of syrup ordinarily used in canning fruits, namely: Thin, Medium and Thick. A thin syrup is made by boiling one part of sugar, by measure, to two parts of water. For medium syrup boil one part of sugar to one part of water, or three parts of sugar to two of water. For a heavy syrup use two, three, or four measures of sugar to one of water. The thin syrups are used usually on the mild sweet fruits; the medium syrups on the tart fruits; and the heavy syrups for very acid fruits, or for fruits that are desired to be in the nature of a conserve or preserve.

Before starting to can any product read the General Directions for Lorain Oven Canning.

Cherries

Temperature, 275 degrees; Time, 30 minutes

Wash the cherries, pick them over to be sure the imperfect ones have been removed. Remove the seeds if desired. Cook them in a syrup made of three parts of sugar to two parts of water for 7 minutes. Allow the fruit to stand in this syrup over night. Pack the cherries into hot clean jars on which new clean rubbers have been adjusted. Pour syrup over them to within one inch of the top of the jar. Partly seal, then process in a Lorain controlled oven for 30 minutes at 275 degrees. Complete the seal immediately upon removal from the oven. Canning by this method keeps the cherries distributed throughout the jars. If this is not an important factor they can be canned by packing them immediately into jars after they have been washed and seeded. A syrup can be poured over them, filling the jar to within one inch of the top; then process for the proper length of time and remove from the oven and complete the seal immediately. Test for leaks.

Gooseberries

Temperature, 275 degrees; Time, 30 minutes

Wash the berries, pick them over to be sure the imperfect ones have been removed. Remove the seeds if desired. Cook the berries in a syrup made of three parts of sugar to two parts of water for 7 minutes. Allow the gooseberries to stand in this syrup over night. Pack them into hot clean jars on which new clean rubbers have been adjusted. Pour the syrup over them to within one inch of the top. Partly seal and process in the oven for 30 minutes with the Lorain Regulator set at 275 degrees. Complete the seal and test for leaks as soon as removed from the oven. Canning by this method keeps the gooseberries evenly distributed throughout the jars.

*Peaches

Temperature, 275 degrees; Time, 35 minutes

Place the peaches in boiling water for from 1 to 3 minutes to scald. This loosens the skin and they can then be peeled much more easily. Peaches can be canned whole or cut in halves or sliced, if desired. After they have been prepared place the peaches in the jars, pour a syrup over them to fill the jar to within one inch of the top. Have clean new rubbers on the clean hot jars. Make a syrup of three parts of sugar to two of water if a medium syrup is desired, or three parts of sugar to one of water if a heavy syrup is desired. Partly seal and process in the oven with the Lorain Regulator set at 275 degrees for 35 minutes. Remove from the oven; complete the seal, and test for leaks.

*Pears

Temperature, 275 degrees; Time, 35 minutes

Pare the pears. They may be left whole or cut in halves and the seeds and core removed. Pack them quickly in the clean hot jars on which clean new rubbers have been adjusted. Pour a syrup made by using three parts of sugar to two parts of water over the pears to fill the jars to within one inch of the top. If the pears are of a very hard variety put them in the boiling syrup on the surface-burner, letting them boil for 5 minutes in this syrup. Then pack them in the jars and pour the hot syrup over them. Partly seal and process in the oven at 275 degrees for 35 minutes. Remove from the oven; complete the seal, and test for leaks.

*Note: As these fruits discolor very easily when they come in contact with the air they should be packed into the jars very quickly after they are pared and the syrup poured over them to exclude the air. If it is not practical to do this put the fruits into water to cover, in which 1 tablespoon of salt has been added for each quart of water.

Pineapple

Temperature, 275 degrees; Time, 35 minutes

Peel the pineapple. Cut it in pieces or cut in rounds and remove the core afterward. Pack into clean hot jars on which clean new rubbers have been adjusted. Cover with a syrup made of equal parts of sugar and water. Partly seal and process in the oven for 35 minutes with the Lorain Regulator set at 275 degrees. Remove from the oven; complete the seal immediately; and test for leaks.

Plums

Temperature, 275 degrees; Time, 45 minutes

Wash fresh firm fruit. Prick the skin of each plum in several places. This sometimes prevents the skins from bursting. It is not necessary to remove the skins. Pack in hot, scalded jars which have had clean new rubbers adjusted on them. Fill to within one inch of the top with boiling hot syrup. Adjust the lid loosely. Place in the Lorain controlled oven for 45 minutes with the regulator set at 275 degrees. At the end of this period remove from the oven; complete the seal; and test for leaks.

Raspberries

Temperature, 275 degrees; Time, 35 minutes

Wash the berries and select only the perfect ones. Cook them in a syrup made of three parts of sugar to two parts of water for 7 minutes. Allow the berries to stand in this syrup over night. Pack them into clean hot jars on which clean new rubbers have been adjusted. Cover with syrup to within one inch of the top. Partly seal and process in the oven with the Lorain Regulator set at 275 degrees for 35 minutes. Complete the seal, and test for leaks.

Strawberries

Temperature, 275 degrees; Time, 35 minutes

Wash the berries, stem them and select only the firm perfect berries. Cook them in a syrup made of three parts of sugar to two parts of water for 7 minutes. Allow the berries to stand in this syrup over night. Pack them loosely into clean hot jars on which clean new rubbers have been adjusted. Fill with syrup to within one inch of the top. Partly seal; and process in the oven for 35 minutes with the Lorain Regulator set at 275 degrees. Remove from the oven; complete the seal, and test for leaks.

VEGETABLES

Only people who have used home canned vegetables canned fresh from the gardens can appreciate the fine flavor of these products. A well stocked cupboard of canned goods provides every family with an emergency shelf for winter use. The Lorain Oven Method of canning vegetables is so practical and easy, so modern and up-to-date,

that wherever it is possible to obtain very fresh vegetables there should be an adequate supply of them, Lorain Oven Canned.

Asparagus

Temperature, 275 degrees; Time, 2½ hours

For each quart use:

1¼ pounds asparagus
1 teaspoon salt
1¾ cups boiling water

Wash well, scrape stalks. Remove scales. Cut off tough ends. Tie same lengths together or cut into pieces of an inch in length. Put in boiling water. Boil (precook) for 5 minutes. Remove from the water and pack into clean hot jars on which new clean rubbers have been adjusted. Add the 1 teaspoon of salt and cover with boiling water to within one inch of the top. Place them in the oven with the regulator set at 275 degrees and allow them to remain there for 2½ hours. Remove from the oven at the end of this period and complete the seal. Test for leaks and place where they will cool as rapidly as possible. Label and store in a dry, cool, place.

Beans (Green)

Temperature, 275 degrees; Time, 2½ hours

For each quart use:

1 pound green beans
1 teaspoon salt
1¾ cups boiling water

Wash the beans and remove the ends and strings. Cut into inch pieces, or leave whole, and put into a pan of boiling water. Boil on the surface burner for 5 minutes. Pack loosely into clean hot jars on which new clean rubbers have been adjusted. Add the salt and fill to within one inch of the top with boiling water. Partly seal. Place in a Lorain controlled oven at 275 degrees. At the end of 2½ hours remove from the oven and complete the seal. Test for leaks. Cool as rapidly as possible. Label, and store in a cool, dry place.

Beans (Lima)

Temperature, 275 degrees; Time, 3 hours

For each quart use:

1¼ pounds lima beans
1 teaspoon salt
1½ cups boiling water

Wash the beans after they have been shelled. Use young and tender and very fresh beans if possible. Put them in boiling water and boil (precook) for 5 minutes. Drain off the water and pack into clean hot jars on which new and clean rubbers have been adjusted. Pack them loosely into the jar; add the salt and fill with boiling water to within one inch of the top. The water should come up to the top of the beans. Partly seal, place in the Lorain controlled oven at 275 degrees and at the end of 3 hours remove from the oven. Complete the seal; test for leaks; and place where they will cool as rapidly as possible. Store in a dry, cool place.

Beans (Yellow)

Temperature, 275 degrees; Time, 2½ hours

For each quart use:

- 1 pound yellow beans
- 1 teaspoon salt
- 1¾ cups boiling water

Wash the beans, remove the ends and strings. Cut into one inch pieces or leave whole. Place in a pan of boiling water and boil for 5 minutes. Put new and clean rubbers on the jars which are clean and scalding hot. Add the salt and fill to within one inch of the top with boiling water. Partly seal. Place in a Lorain controlled oven at 275 degrees and at the end of 2½ hours remove from the oven, complete the seal, and test for leaks. Cool as rapidly as possible; label, and store in a dry, cool place.

Beets

Temperature, 275 degrees; Time, 2½ hours

For each quart use:

- 10 or 12 whole beets (small)
- 1 pound to quart if sliced
- 1 teaspoon salt
- Boiling water

Wash the beets well, brushing with a vegetable brush. Put in a pan of boiling water and boil for 15 minutes. Dip in cold water to make the beets easier to handle. Remove the skins. Leave whole or slice and pack into clean hot jars on which clean new rubbers have been adjusted. Add the salt and boiling water to fill the jar to within one inch of the top. Partly seal. Place in an oven the temperature of which is 275 degrees and process for 2½ hours. At the end of this period remove them from the oven and complete the seal. Test for leaks and cool as rapidly as possible to preserve the color. Label, and store in a cool, dry place.

Carrots

Temperature, 275 degrees; Time, 2½ hours

For each quart use:

- 1 pound carrots
- 1 teaspoon salt
- 1½ cups boiling water

Wash young and tender carrots. Scrape if desired. It is not necessary to scrape the very young carrots although some people prefer to have the outside skin removed before canning. The carrots may be cut lengthwise into quarters, sliced, or packed whole. If desired cut they should be cut before they are put in the pan of water on the top of the stove to boil for 5 minutes. Pack the carrots loosely in the hot clean jars on which new clean rubbers have been adjusted. Add the salt and boiling water to within one inch of the top. Place in a Lorain controlled oven at 275 degrees for 2½ hours. At the end of this period remove from the oven, complete the seal, and test the jars for leaks. Cool as rapidly as possible. Label, and store in a dry, cool place.

Corn

Temperature, 275 degrees; Time, 3 hours

For each quart use:

- 3 cups corn
- 1 teaspoon salt
- $\frac{3}{4}$ cup boiling water

Place husked ears of young and tender corn in boiling water to cover. Let boil for 5 minutes. Remove from boiling water and cut from the cob. Pack loosely into hot clean jars on which new clean rubbers have been adjusted. Add the salt and fill the jars to within one inch of the top with boiling water. Partly seal and place in a Lorain controlled oven at 275 degrees and at the end of 3 hours remove from the oven, complete the seal and test for leaks. Cool as rapidly as possible. Label, and store in a dry, cool place.

Peas

Temperature, 275 degrees; Time, 3 hours

For each quart use:

- $1\frac{1}{4}$ pounds peas
- 1 teaspoon salt
- $1\frac{1}{2}$ cups boiling water

Shell tender and young green peas. Wash and boil on the surface burner for 5 minutes in enough boiling water to cover. Remove from the water and pack loosely into clean hot jars. Have new and clean rubbers adjusted on the jars. Add the salt and partly seal. Place in a Lorain controlled oven at 275 degrees and at the end of 3 hours remove from the oven, complete the seal, and test for leaks. Cool as rapidly as possible. Label, and store in a dry, cool place.

Spinach

Temperature, 275 degrees; Time, 3 hours

For each quart use:

- $1\frac{1}{2}$ pounds spinach
- 1 teaspoon salt
- 1 cup boiling water

Spinach requires especially thorough washing since the little veins of the leaves are apt to hold dirt. The stem ends and all discoloration from the edges of the leaves must be removed. When this has been done cook the spinach for 5 minutes in a covered pan on the surface burner using just enough boiling water to prevent burning. Remove from this water. Pack loosely into hot scalded jars on which the clean new rubbers have been adjusted. Add the 1 teaspoon of salt and the boiling water to within one inch of the top. Partly seal. Place in a Lorain controlled oven at 275 degrees and at the end of 3 hours remove from the oven, complete the seal, and test for leaks. Cool as rapidly as possible. Label, and store in a dry, cool place.

Squash

Temperature, 275 degrees; Time, 3 hours

For each quart use:

Squash

1 teaspoon salt

Use young and tender squash which has been thoroughly washed and cut it in halves. Bake at 400 degrees until soft. This will take from 1 hour to 1 hour and 20 minutes depending on the hardness of the squash. Remove from the shell and pack loosely into clean hot jars on which new clean rubbers have been adjusted. Add the salt and partly seal. Do not cover with boiling water. Put in the Lorain controlled oven at 275 degrees for 3 hours. At the end of this time remove from the oven and complete the seal. Cool as rapidly as possible. Label, and store in a dry, cool place.

Summer Squash

Temperature, 275 degrees; Time, 3 hours

For each quart use:

Squash

1 teaspoon salt

Boiling water

Slice summer squash and pack loosely into the jars after pre-cooking. This means to boil on a surface burner for 5 minutes. Have the clean new rubbers adjusted on the jars and add the salt to the squash. Fill the jars to within one inch of the top with boiling water. Partly seal and place in a Lorain controlled oven at 275 degrees for 3 hours. At the end of this period remove from the oven and complete the seal. Test for leaks and cool as rapidly as possible. Label, and store in a dry, cool place.

Tomatoes

Temperature, 275 degrees; Time, 45 minutes

For each quart use:

Tomatoes

1 teaspoon salt

Boiling water

Scald perfect tomatoes by dipping them in boiling water for several minutes. The length of time for this will depend on the ripeness of the tomato. Do not boil the water after the tomatoes have been placed in it and do not let them stay in more than 5 minutes, 3 minutes is better than five. Remove from the hot water and peel. They can be handled easier if they are dipped in cold water first. This serves to chill the tomato somewhat so takes a little longer to process in the oven. Pack them into clean jars on which new clean rubbers have been adjusted, using enough tomatoes to fill each jar. No amount can be given as it depends on whether the tomatoes are desired whole or quartered or whether just the pulp is wanted.

If tomatoes are canned whole, skin them and pack into clean jars on which new clean rubbers have been adjusted. Add the salt and fill with boiling water to within one inch of the top.

If it does not matter whether they remain whole or are broken fill the spaces between the tomatoes with tomato pulp. This is done by pressing the softer tomatoes into the jar. Do not fill the jar too full. Partly seal. Place in a Lorain controlled oven at 275 degrees for 45 minutes. At the end of this time remove and complete the seal. Test for leaks and cool as rapidly as possible. Label, and store in a cool, dry place.

Tomato Puree

Temperature, 275 degrees; Time, 45 minutes

For each quart use:

Tomatoes
1 teaspoon salt

Wash well ripened tomatoes. Cook the tomatoes on the surface burner until they are soft. Strain through a fine strainer. Place new clean rubbers on the jars and pack the tomato pulp loosely into the clean jars to within one inch of the top. Put in the oven with the RED WHEEL set at 275 degrees for 45 minutes. At the end of this time complete the seal and test for leaks. Cool as rapidly as possible. Label, and store away in a cool, dry place.

MEATS

Occasionally we find certain kinds of meat on the market at a very reasonable price. At a time of the year when chickens are plentiful the price of them is considerably lower than during the season when there are few of them on the markets. During periods of this kind it is an advantage to buy a supply of chicken or other meats and can them by the Lorain Oven Method to use at a time when the prices are considerably higher or the product scarce. It is an especial advantage to can chicken if young ones or culls can be obtained, for in this way it is possible to can them to use during the times when only the more mature and higher priced ones can be obtained.

No boiling water is added to meats.

Chicken

Temperature, 275 degrees; Time, 3½ hours

For each quart use:

1 chicken (giblets in smaller jar)
2 teaspoons salt

Clean the chicken very thoroughly. Draw it and cut into pieces. Pack these into clean hot jars on which new clean rubbers have been adjusted. A quart jar will hold the larger pieces, the drum sticks, wings, second joints, and white meat. Do not pack too solidly in the jar. The extra pieces, such as the liver and heart, can be packed into a separate jar. Add 2 teaspoons of salt to each quart. Partly seal, and place in a Lorain controlled oven at 275 degrees for 3½ hours. Remove from the oven and complete the seal. Label, and store in a cool, dry place.

Beef

(Round)

Temperature, 275 degrees; Time, 3½ hours

For each quart use:

- 2 pounds beef
- 2 teaspoons salt

Cut the beef into small pieces and pack into clean hot jars on which new clean rubbers have been adjusted. Add two teaspoons of salt. Partly seal and place in a Lorain controlled oven at 275 degrees for 3½ hours. At the end of this time remove from the oven and complete the seal. Label, and store in a dry, cool place.

Pork Loin

Temperature, 275 degrees; Time, 3½ hours

For each quart use:

- 2 pounds pork loin
- 2 teaspoons salt

Cut the pork loin into small pieces and pack into clean hot jars on which new clean rubbers have been adjusted. Add 2 teaspoons of salt. Partly seal and place in a Lorain controlled oven at 275 degrees for 3½ hours. At the end of this period remove from the oven and complete the seal. Label, and store in a dry, cool place.

Pork Sausage

Temperature, 275 degrees; Time, 3½ hours

For each quart use:

- 2 pounds sausage
- 2 teaspoons salt

Make the sausage into small cakes and pack into clean hot jars on which new clean rubbers have been adjusted. Add 2 teaspoons of salt. Partly seal and place in a Lorain controlled oven at 275 degrees for 3½ hours. At the end of this time remove from the oven and complete the seal. Label, and store in a cool, dry place.

SOUPS

Every well stocked emergency shelf should contain some cans of soup. They may be canned by the Lorain Oven Method with little trouble or expense.

Vegetable Soup

(Without Meat Stock)

Temperature, 275 degrees; Time, 3 hours

- 2 cups celery
- 3 cups beans
- 2 cups corn
- 2 cups carrots
- 3 cups tomatoes
- 1 onion
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 4 cups boiling water

Prepare the vegetables by washing and cutting them into small pieces. Add the seasonings and water. Heat over a surface burner to the boiling point. Pack into clean hot jars with new and clean rubbers adjusted on them. Partly seal and place in a Lorain controlled oven. At the end of 3 hours remove and complete the seal. Test for leaks. Label and store in a cool, clean, and dry place. Yield: About 5 pints.

Vegetable Soup

(With Meat Stock)

Temperature, 275 degrees; Time, 3 1/2 hours

- 1 pound beef round
- 1 cup celery.
- 3/4 cup carrots
- 1 cup tomato puree
- 1/2 cup tomato pulp
- 1 onion
- 1 pint boiling water
- 1 tablespoon salt
- 1/2 teaspoon pepper

Sear the meat on the surface burner. Add clean vegetables, cut fine, boiling water, and seasonings. Bring to the boiling point on a surface burner. Pack into clean hot jars on which clean new rubbers have been adjusted. Partly seal and place in a Lorain controlled oven. At the end of 3 1/2 hours remove and complete the seal. Test for leaks. Label and store in a cool, clean, and dry place. Yield: About 3 pints.

PICKLES, RELISHES AND FRUIT BUTTERS

Preserving by the Lorain Oven Method is an advantage especially if the product being preserved would otherwise require long cooking on the top of the stove and, therefore, would necessitate constant watching and stirring to prevent it from sticking and burning. Pickles, relishes, and fruit butters can be placed in the Lorain controlled oven and boiled slowly without watching or stirring and with no danger of the product's burning. This is a relief from the drudgery of preserving and pickling by the ordinary method and makes the work easier.

Apple Butter

Temperature, 350 degrees; Time, 4½ hours

- 1 peck apples
- 2 quarts boiled cider
- 1 ounce stick cinnamon
- 1½ pounds sugar
- 1 teaspoon salt

Core, pare and quarter the apples. Add the cider and cinnamon and bring to the boiling point on the surface burner. The cinnamon can be tied in a small piece of clean cheese cloth and removed just before the apple butter is placed in the jars. Place in a Lorain controlled oven at 350 degrees and process for 4 hours in an open pan. At the end of this time add the sugar and stir it in until it is thoroughly dissolved. Put into clean hot jars on which new and clean rubbers have been adjusted. Partly seal and return to the oven for 30 minutes. Remove and complete the seal. Label, and store in a cool, dry place.

Chili Sauce

Temperature, 350 degrees; Time, 5 hours
then

Temperature, 275 degrees; Time, 20 minutes

- 1 peck ripe tomatoes
- 10 medium onions
- 4 red peppers
- 3 bunches celery
- 1 quart vinegar
- 1 tablespoon whole allspice
- 1 tablespoon cloves
- 1 tablespoon whole cinnamon
- 3 cups sugar
- 2 tablespoons salt

Scald, peel, and chop tomatoes and put in colander to drain. Chop all the vegetables. Mix together and heat to the boiling point on the surface burner in an open kettle. Place in the oven with the Lorain regulator set at 350 degrees for 5 hours. Remove from the oven at the end of this period and pack into clean hot jars on which new clean rubbers have been adjusted. Partly seal and return to the oven at 275 degrees for 20 minutes. Remove from the oven and complete the seal. If bottles have been used instead of jars press corks firmly into bottle and dip the mouth of the bottle into melted paraffin several times. Label, and store in a cool, dry place.

Peaches (Spiced)

Temperature, 275 degrees; Time, 35 minutes

- 4 quarts peaches
- 2 pounds sugar
- 1 pint vinegar
- ¼ ounce whole cloves
- ½ ounce stick cinnamon, if desired

Pour a syrup made of the vinegar, sugar, and cinnamon over the peaches which have been peeled, stuck with cloves, and packed into clean hot jars on which new clean rubbers have been adjusted. Partly seal and place in a Lorain controlled oven with the RED WHEEL set at 275 degrees for 35 minutes. Remove from the oven and complete the seal. Label, and store in a cool, dry place.

Pepper Relish

Temperature, 275 degrees; Time, 1½ hours

- 1 dozen green peppers, chopped
- 1 dozen red peppers, chopped
- 1 dozen medium onions, chopped
- 1 bunch celery, chopped
- 2 quarts vinegar
- 3 pounds sugar
- 3 tablespoons salt

Chop or grind the peppers. Pour boiling water over them and drain. Make a syrup of the vinegar and sugar. Add the vegetables to the syrup and bring to the boiling point over a surface burner. Place at once in the Lorain controlled oven for 1 hour at 275 degrees. Then pour into hot clean jars on which new and clean rubbers have been adjusted. Partly seal and return to the oven for 30 minutes. Remove from the oven and complete the seal. Label, and store in a cool, dry place.

Watermelon Pickles

*Temperature, 350 degrees; Time, 1 hour
then*

Temperature, 275 degrees; Time, 1 hour

For each quart use:

- 3 pounds watermelon rind
- 3 tablespoons salt
- 1 quart water

Thoroughly wash the watermelon rind and cut it into small pieces. Soak over night in a solution made by adding 3 tablespoons of salt to one quart of water. In the morning remove from the brine, drain, and cook until tender in clean water. Add the rind to the hot syrup and bring to the boiling point.

Syrup

- 4 cups sugar
- 2 cups water
- 2 cups vinegar
- 1 lemon sliced thin
- 2 tablespoons stick cinnamon, broken
- 2 teaspoons whole cloves
- 2 teaspoons allspice berries

Tie the lemon and spices in a cheese cloth. Let the spice bag stay in the syrup while the pickles are boiling both on the top burner and in the oven. The spices can then be easily removed when the pickles are packed into the jars. Process in the open kettle in the oven at 350 degrees for 1 hour and pack into clean hot jars on which new and clean rubbers have been adjusted. Pour the syrup over the rind to within one inch of the top of the jar. Partly seal and process in the oven at 275 degrees for 1 hour. Remove from the oven and complete the seal. Label, and store in a cool, dry place.

TIME TABLE FOR LORAIN OVEN CANNING

Product	Temperature	Time
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Fruits

Cherries	275 degrees	30 minutes
Gooseberries	275 degrees	30 minutes
Peaches	275 degrees	35 minutes
Pears	275 degrees	35 minutes
Pineapple	275 degrees	35 minutes
Plums	275 degrees	45 minutes
Raspberries	275 degrees	35 minutes
Strawberries	275 degrees	35 minutes

Meats

Beef Round	275 degrees	3½ hours
Chicken	275 degrees	3½ hours
Pork Loin	275 degrees	3½ hours
Pork Sausage	275 degrees	3½ hours

Pickles, Relishes and Fruit Butters

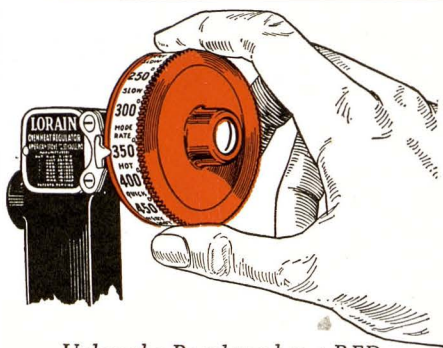
Apple Butter	350 degrees	4½ hours
Chili Sauce	350 degrees	5 hours
	then	
	275 degrees	20 minutes
Peaches, Spiced	275 degrees	35 minutes
Pepper Relish	275 degrees	1½ hours
Watermelon Pickles	350 degrees	1 hour
	then	
	275 degrees	1 hour

Soups

Vegetable Soup	275 degrees	3 hours
(Without meat stock)		
Vegetable Soup	275 degrees	3½ hours
(With meat stock)		

Vegetables

Asparagus	275 degrees	2½ hours
Beans, Green	275 degrees	2½ hours
Beans, Lima	275 degrees	3 hours
Beans, Yellow	275 degrees	2½ hours
Beets	275 degrees	2½ hours
Carrots	275 degrees	2½ hours
Corn	275 degrees	3 hours
Peas	275 degrees	3 hours
Spinach	275 degrees	3 hours
Squash	275 degrees	3 hours
Summer Squash	275 degrees	3 hours
Tomatoes	275 degrees	45 minutes
Tomato Puree	275 degrees	45 minutes



Unless the Regulator has a RED WHEEL, it is NOT a LORAIN

One easy turn of the Lorain Red Wheel gives you a choice of any measured and controlled oven heat for any kind of oven cooking or baking. In this magic oven you can roast meats and bake the most delicious desserts without ever a failure; can fruits and tomatoes perfectly; or cook Whole Meals at one time while you're miles away.

LORAIN FACTS

LORAIN is the original device for the automatic control of gas range oven heat. It was invented by American Stove Company. It is made only by American Stove Company. It is found only on the six famous makes of Red Wheel Gas Ranges of American Stove Company.

Some of the main and distinguishing features of the Lorain are:

1. Simplicity in design.
2. Ease of operation—wheel never binds.
3. Sensitive—quickly causes oven temperature to come to an agreement with wheel setting.
4. Steady—maintains the oven temperature constant, permitting no extreme fluctuations.
5. Dependable—does not have to be watched to see if it is functioning properly.
6. Properly located on range—never placed where wheel becomes hot from heat developed by cooking-top burners.
7. Parts are durable. Repairs are never necessary.
8. Functions with equal efficiency when either manufactured or natural gas is being burned.
9. Fluctuations in gas pressure, change of heating value or specific gravity of the gas affect in no way the operation of the device.
10. It is the only oven heat regulator in which the gas is controlled close to the orifice. It is a well-known fact in gas engineering that the gas control should be close to the orifice in order to eliminate burner "flash-back" troubles and to insure sufficient flow of gas under all conditions.

With each Lorain-equipped Gas Range comes a 165-page Cook Book that contains many tested Time and Temperature Recipes to start you on the road to cookery success. From these recipes you will find it easy to develop accurate measurements of Time and Temperature for your own favorite recipes, and from then on, with the aid of the Red Wheel you will be able to achieve perfect results with everything you cook in the oven—every time.

LORAIN

OVEN HEAT REGULATOR



One easy turn of the Lorain Red Wheel gives you a choice of any measured and controlled oven heat for any kind of oven cooking or baking.

Unless the Gas Range has a Red Wheel it is NOT A LORAIN

These famous Gas Stoves are equipped with the Lorain Oven Heat Regulator:

DIRECT ACTION

Direct Action Stove Company Division, Lorain, Ohio

NEW PROCESS

New Process Stove Company Div., Cleveland, Ohio

QUICK MEAL

Quick Meal Stove Company Division, St. Louis, Mo.

RELIABLE

Reliable Stove Company Div., Cleveland, Ohio

CLARK JEWEL

George M. Clark & Company Div., Chicago, Ill.

DANGLER

Dangler Stove Company Division, Cleveland, Ohio

AMERICAN STOVE COMPANY
ST. LOUIS, MO.