

The
**MODERN
GUIDE**

to
**PRESSURE CANNING
and COOKING**

**PRESTO[®]
COOKER-CANNER**

Instructions and Recipes

NATIONAL PRESTO INDUSTRIES, INC.

EAU CLAIRE, WISCONSIN

FACTORY WARRANTY

We warrant each Cooker-Canner sold by us to be free from defects in material and workmanship. Our obligation under this warranty is limited to replacement at our expense at our factory of any defective part or parts thereof, other than parts damaged in transit, which shall, within one year after delivery of such Cooker-Canner to the first purchaser for use, be returned to us, transportation charges prepaid. This warranty is in lieu of all other warranties and representations, expressed or implied, and all other obligations or liabilities on our part. We do not authorize any other person or company to assume for us any liability in connection with the sale or use of our Cooker-Canner.

This warranty shall not apply to any Cooker-Canner which shall have been repaired or altered outside of our factory in any way, other than the proper insertion of appropriate repair parts manufactured by us, or adjustments made in accordance with instructions hereinafter contained, nor shall it apply to any Cooker-Canner which has been subjected to misuse, negligence, or accidents.

FOR REPAIRS AND SERVICE SEE PAGE 71

NATIONAL PRESTO INDUSTRIES, INC.
EAU CLAIRE, WISCONSIN

Presto Cooker-Canners are manufactured under U.S. Patents 2,218,188; 2,429,149; 2,633,867; other Patents Pending.

PRESTO® COOKER-CANNER

INSTRUCTIONS RECIPES TIME TABLES

The PRESTO Pressure Cooker-Canner is a unique, yet simple, device for preparing and preserving a wide variety of nutritious foods. It will provide you with many years of satisfactory service, if used in accordance with the manufacturer's recommendations.

Therefore, before using your PRESTO Pressure Cooker-Canner, we urge you to read and follow the simple operating instructions in this booklet. Not only will this insure the most satisfying results but it will also make the manufacturer's warranty effective.

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TABLE OF CONTENTS

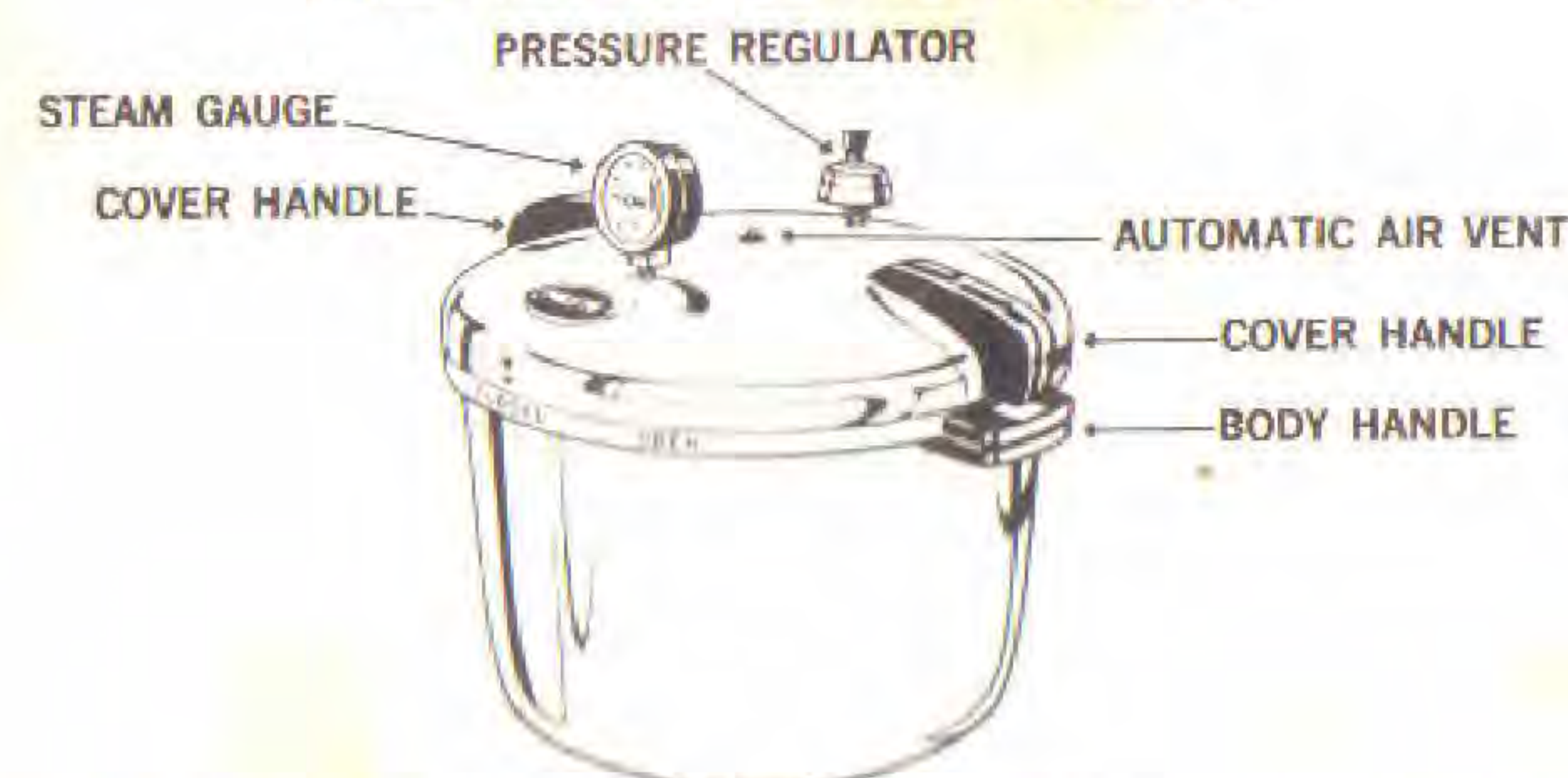
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	Page
Presto Cooker-Canner - - - - -	3
Information About the Steam Gauge - - - - -	3
Information About the Automatic Air Vent - - - - -	4
Information About the Pressure Regulator - - - - -	4
Information About the Sealing Ring - - - - -	5
How to Care for Your Cooker-Canner - - - - -	6
Pressure Canning - - - - -	7
Mason Jars - - - - -	8
How to Determine the Number of Mason Jars Needed	8
Caps for Mason Jars - - - - -	9
Tin Cans - - - - -	10
Presto Canner Canning Capacity - - - - -	10
How to Can in Your Presto Cooker-Canner - - - - -	11
How to Process Food in Tin Cans - - - - -	15
Use of Canner with Different Types of Fuel - - - - -	16
Food Selection - - - - -	16
CANNING RECIPES — Fruits - - - - -	17
— Vegetables - - - - -	22
— Meats - - - - -	29
— Poultry & Game - - - - -	34
— Soup - - - - -	35
— Fish & Seafood - - - - -	36
Questions and Answers About Canning - - - - -	39
How to Cook in Your PRESTO Cooker-Canner - - - - -	44
COOKING RECIPES — Meats - - - - -	47
— Combination - - - - -	53
— Poultry - - - - -	58
— Soup and Chowders - - - - -	61
— Desserts - - - - -	63
Questions and Answers About Cooking - - - - -	66
Recipes Index — Canning - - - - -	68
— Cooking - - - - -	69
How to Obtain Best Service from Your Cooker-Canner	70
How to Obtain Prompt Repair Service - - - - -	71
Parts List - - - - -	72

Important . . . READ CAREFULLY

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PRESTO COOKER-CANNER



The cast aluminum Cooker-Canner, featuring the patented, pressure-tight HOMECEAL, is available in two sizes, 16 quart and 21 quart. It may be used for home canning of foods and for quantity cooking.

INFORMATION ABOUT THE STEAM GAUGE



The Steam Gauge has an open face dial which registers both temperature and pressure. The pointer moves across the dial at the rate at which pressure is developed or reduced within the Cooker-Canner. Heat is increased or decreased to hold the pointer at the recommended canning or cooking pressure.

After each use, wipe the Steam Gauge clean and dry. The Gauge should not be placed in water nor should water be allowed to run on it. The inside mechanism will be damaged by rust and corrosion if it is allowed to come in contact with water.

Before each canning season, check the Steam Gauge to be sure it is working properly:

1. If the pointer moves forward and backward freely and steadily when pressure is built up and allowed to go down AND
2. If the pointer goes back to zero when the pressure is down AND
3. If the foods cooked or canned are thoroughly cooked or processed within the time periods which are reasonably close to the time limits prescribed in the instruction book.

THEN — you can be reasonably sure that the Steam Gauge is still in good calibration.

On the other hand, if the Steam Gauge is not functioning properly, it may be checked locally at one of these places: Office of the county agent or extension agent, city gas or electric company, vocational school or a PRESTO authorized Service Station. See page 71. A plus or minus variation of one pound will not have a harmful effect on food.

If you are unable to have your Steam Gauge checked locally, remove the Gauge carefully and send it to the Service Department, see page 71.

INFORMATION ABOUT THE AUTOMATIC AIR VENT

The Automatic Air Vent, located in the center of the Cooker-Canner cover, does the following:

- (1) Automatically vents or exhausts air from the Cooker-Canner;
- (2) Will automatically release excess steam in case the Vent Pipe becomes clogged and pressure cannot release normally;
- (3) Acts as an anti-vacuum valve, preventing the loss of juices from food after pressure is completely reduced. Place Pressure Regulator on Vent Pipe.



Fig. A



Fig. B

Pipe. When all the air is vented from the Cooker-Canner, the Automatic Air Vent and the metal plunger will rise as shown in Fig. A, left. Thus the Cooker-Canner is sealed, and desired pressure will be quickly reached. After the cooking or processing period, when pressure has been reduced to zero, the Automatic Air Vent relaxes and the metal plunger drops as in Fig. B. This is a visible indication that the Pressure Regulator may be removed and the Cooker-Canner opened. The Automatic Air Vent can be easily removed for cleaning by pushing it through the opening from top of cover.

After cleaning, insert by pushing Automatic Air Vent into the opening from the underside of cover. When in place, the slightly rounded face of the Automatic Air Vent will be exposed on the outside of the cover. After prolonged use, the Automatic Air Vent may become hard or deformed. Therefore, it will not operate properly and should be replaced. When replacing the Automatic Air Vent, replace the Sealing Ring.

INFORMATION ABOUT THE PRESSURE REGULATOR



The Pressure Regulator controls the amount of pressure that can be built up in the Cooker-Canner. Heat should be reduced to maintain 5 lbs. pressure for canning fruits and tomatoes; 10 lbs. for canning vegetables, meats, poultry and fish; 15 lbs. for all cooking. In case the heat is not reduced, the Pressure Regulator will rock to release excess pressure.

When canning in glass jars, do not remove, bump or jar the Pressure Regulator while pressure is in the Cooker-Canner because liquid will be lost from the jars.

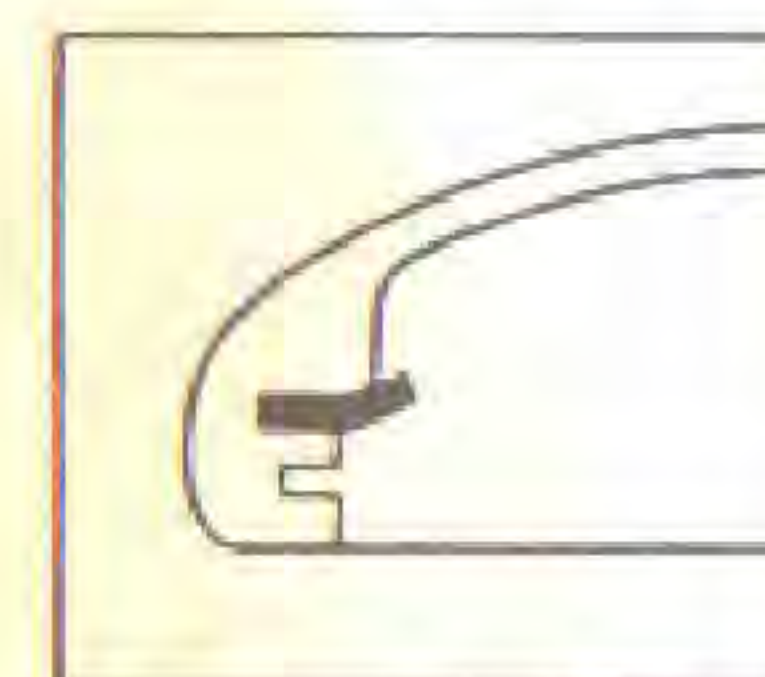
Do not be concerned about a slight vapor or steam that may appear from the underneath part of the Pressure Regulator before pressure reaches the required point. There will be some slight escape of vapor. The Pressure Regulator is constructed to let vapors or air escape from the Cooker-Canner during the processing or cooking period.

Do not remove Pressure Regulator from Vent Pipe until pointer on Steam Gauge returns to zero and plunger in Automatic Air Vent has dropped. Always remove Pressure Regulator before opening cover.

In canning, the Pressure Regulator must be left off the Vent Pipe for 7 to 10 minutes to exhaust air from the Canner and jars.

In cooking, the Pressure Regulator is placed on the Vent Pipe as soon as the cover is closed securely. Air is exhausted from the Cooker by the Automatic Air Vent.

INFORMATION ABOUT THE SEALING RING



Cross Section of Cover

The Sealing Ring fits into the Cooker-Canner cover and forms of pressure-tight seal during cooking or processing. After the Cooker-Canner has been in use for a considerable period, the Sealing Ring may shrink or tip slightly upward in the position shown in the drawing. If there is an escape of steam due to this condition, replace the Sealing Ring and the Automatic Air Vent. Please follow instructions below when replacing Sealing Ring.



Fig. A



Fig. B



Fig. C

1. Turn cover upside down and remove the old Sealing Ring. Scrub the groove thoroughly with a brush. Then lay the new Sealing Ring loosely on the inside of the cover and insert a small section into the groove (Fig. A).
2. As you pick up the next section of the Sealing Ring, push it toward the portion just inserted, while at the same time pressing it firmly into the groove. The Sealing Ring must be squeezed together section by section as you insert it because it is slightly oversized to compensate for normal shrinkage in use (Fig. B).
3. Work your fingers all the way around the inside edge of the Sealing Ring to be sure it is fully in place.

After the Sealing Ring has been inserted, apply a light coat of cooking oil to the bottom exposed surface of the Sealing Ring and the underside of the body lugs (Fig. C). This may be done with a pastry brush, a piece of cloth or the finger tips. Whenever the cover becomes hard to close or open, apply a light coat of cooking oil.

Exposure to high heat such as a warm burner or top of oven will deteriorate Sealing Ring and Automatic Air Vent, making replacement necessary.

Whenever the Sealing Ring is replaced, replace the Automatic Air Vent to insure that your Cooker-Canner will operate with maximum efficiency. Check page 72 and order the parts by number from your Dealer.

HOW TO CARE FOR YOUR COOKER-CANNER BEFORE USING YOUR COOKER-CANNER

Before using your Cooker-Canner for the first time, remove sealing ring. Wash sealing ring, groove and automatic air vent to remove manufacturing oils. Scour Cooker-Canner carefully with a good non-alkali, aluminum cleaner or a steel wool cleaning pad. After the Cooker-Canner and basket have been washed and rinsed with warm water, the Cooker-Canner is ready for use.

CLEANING YOUR COOKER-CANNER

The outside surface may be kept bright and shiny by cleaning with a good silver polish or simply washing with soap and water. Iron and various minerals in water and foods may darken the inside of the Cooker-Canner but this discoloration will in no way affect food cooked. These stains are harmless and may be removed by using a solution of water and cream of tartar. For each quart of water, use one tablespoon of cream of tartar. Pour enough of the solution into the Cooker-Canner to cover the discoloration (do not fill over $\frac{3}{4}$ full), then close cover securely. Place pressure regulator on vent pipe and heat until pressure regulator rocks gently. Remove Cooker-Canner from heat; allow Cooker-Canner to stand three to four hours. Remove pressure regulator, open Cooker-Canner and empty contents. Scour thoroughly with a steel wool cleaning pad containing soap; wash, rinse and dry.

Care must be exercised in cleaning the steam gauge. The inside mechanism of the gauge will be damaged by rust and corrosion if gauge is immersed in water during washing, or if water is allowed to run over it.

To clean the vent pipe, draw a clean piece of pipe cleaner or small brush through the opening.

Periodically remove sealing ring and scrub groove with a brush. Wash sealing ring and replace.

STORING THE COOKER-CANNER



Correct Storing Position

The proper way to store the Cooker-Canner when not in use is to place the cover carefully, upside down, on the body. This protects the valves and steam gauge from possible injury. This will also prevent odors from developing in the Cooker-Canner. Be sure Cooker-Canner is thoroughly dry before it is put away. Store in clean, dry place.

PRESSURE CANNING

Pressure Cookers are recommended by leading food authorities everywhere and are used as part of the standard equipment in Home Economics classes in colleges and universities throughout the United States. **The United States Department of Agriculture, Washington, D. C., recommends the Pressure Canner as being the only safe method for canning low-acid foods — vegetables, meat, fowl and fish.**

Water boils at 212° F. (except in mountainous regions) and this is sufficient to arrest or destroy some spoilage organisms — enzymes, molds and yeast. However, a temperature of 240° F. is needed to destroy harmful bacteria, especially botulinus. In pressure canning, some of the water in the Canner is converted to steam, and after all air is exhausted through the vent pipe and automatic air vent in cover, pressure regulator is placed on vent pipe. Expanding steam will automatically close air vent and will then create pressure. As pressure within the Canner increases, temperature increases — 5 pounds pressure — 228° F., 10 pounds pressure — 240° F., 15 pounds pressure — 250° F. (the latter when the Canner is used for quantity pressure cooking, rather than canning).

Four specific agents produce food spoilage. They are enzymes, molds, yeasts and bacteria.

Three of them . . . enzymes, molds and yeasts are easily destroyed by heat during the processing. Bacteria, especially botulinus, can be destroyed only with temperatures above boiling. And their destruction is of paramount importance.

If enzymes are not destroyed, the quality of food is lowered. Unchecked mold may spread through the entire contents of a container of food. Yeast causes fermentation. Bacteria spoilage falls into four groups: (1) Fermentation, recognized by the formation of gas and acid, causing souring of the food, (2) Flat Sour, in which acid is produced, but no gas is formed, (3) Putrefaction, characterized by gas, bad odor and sometimes by darkening of food, (4) Toxins or poisonous substances which may show no visible signs of spoilage unless other spoilage organisms are also present.

As a safeguard against using canned foods that may be affected with spoilage that is not readily detected, heat all low-acid foods (all meats and all vegetables except tomatoes) at boiling temperature 10 to 15 minutes before tasting or using. Many times odors that cannot be detected in the cold product will be evident in the boiling food. This boiling will destroy certain toxins if they are present in the food. If, after boiling, food does not smell or look right, discard it without tasting.

All in all, the destruction of these enemies of good eating gives you a mighty good incentive for closely following directions for using your Canner.

MASON JARS



Mason Jar

While there are many styles and shapes of glass jars on the market, only Mason jars are recommended for home canning. Mason jars are available in half pints, pints, quarts, and half gallons with threads on which a cap may be screwed.

Another type of Mason jar is the bail jar (sometimes called a lightning jar) on which a wire-clamp, for use in holding a glass top in position, is attached to the jar. The jar has a shoulder near the top and a rubber ring fits between it and the glass top.



Bail Type

Additional information may be obtained from the manufacturers' of Mason jars.

HOW TO DETERMINE THE NUMBER OF MASON JARS NEEDED

The actual number of jars needed in canning depends upon the size and condition of the food and the manner of preparing and packing it into jars. The following chart lists the approximate amounts of raw food needed to fill a 1-quart Mason jar.

FRUITS	POUNDS	VEGETABLES	POUNDS
Apples	2½ to 3	Asparagus	2½ to 4½
Berries (except strawberries)	1½ to 3 (1 to 2 qts.)	Beans, lima, in pods	3 to 5
Cherries (canned unpitted)	2 to 2½	Beans, snap	1½ to 2½
Peaches	2 to 3	Beets, without top	2 to 3½
Pears	2 to 3	Carrots, without top	2 to 3
Plums	1½ to 2½	Corn, sweet in husks	3 to 6
Tomatoes	2½ to 3½	Okra	1½
		Peas, green, in pods	3 to 6
		Sweet Potatoes	2 to 3

MEATS	POUNDS (untrimmed meat with bone)
Beef	
Round	3 to 3½
Rump	5 to 5½
Pork Loin	5 to 5½

CAPS FOR MASON JARS

There are four separate types of caps or tops for jars used in home canning. Refer to manufacturer's directions for additional information.



Two-piece Cap

The two-piece metal cap consists of a flat metal lid held in place with a screw band or screw cap. A rubber compound on the underside of the metal lid forms a seal during processing.

When the jar is filled, the metal lid is put on with the rubber side down on the jar. This type of closure should be turned down firmly tight before processing. To test seal, 24 hours after processing, tap lid gently with spoon. Clear, ringing sound indicates proper seal. Screw bands may then be removed. Dull sound indicates no seal has been made. Use food immediately or completely reprocess.



Mason Cap

The Mason cap is made of zinc with a porcelain lining and a separate rubber ring. Place rubber ring on a ledge near the top of the jar. Fill jar. Screw down tightly, then loosen by turning . . . back one-fourth inch. When food is processed, screw cap down tightly. When a proper seal has been made, the cap will be indented slightly on top after jar has cooled for 24 hours.



Three-piece Cap

The three-piece cap consists of a metal screw band, glass lid and separate rubber ring. It must be carefully adjusted. Place rubber ring in groove on underside of lid. Fill jar. Position lid on jar with rubber side down. Screw metal band down tightly, then loosen by turning back a scant quarter turn. When food is processed, screw band down tight to complete seal. Remove metal band 24 hours after processing. When a proper seal has been made, you will be able to lift jar by glass lid.



Bail or Lightning Type Cap

A steel wire clamp on the bail or lightning-type jar holds the cap in place. This type utilizes the separate rubber ring. The rubber ring is first placed on the shoulder of the jar, then the glass top is placed in position. During processing, the short wire is left up and loose. After processing, the short wire is snapped down to tighten clamp.

TIN CANS

The two types of tin cans used for home canning are plain tins and enameled tins. Plain tin cans are more generally used and are suitable for meats, fish, poultry, most fruits and vegetables. These cans are called "plain" tin cans because they are tinned on the inside just as they are on the outside.

When red-colored fruits and vegetables are heated in plain tin cans, there is a chemical reaction between the red coloring material and the tin which causes the food color to fade. While this color change does not affect the food value or wholesomeness of food, it does make it less attractive. To prevent this color loss, some cans are coated inside with a bright-finished deep gold enamel. These enamel cans, called "R" (standard or sanitary) enamel cans, are recommended for such foods as berries, cherries, plums, tomatoes, beets, squash and pumpkin.

Another type of enamel can called "C" enamel, is used primarily for canning corn. The light dull gold enamel lining of "C" enamel prevents corn from darkening as it does when canned in plain tin cans. Lima beans, red kidney beans and succotash are all successfully canned in "C" enamel cans.

The most suitable sizes of cans for home canning are the No. 2, No. 2½ and No. 3 cans. No. 2 cans hold 2½ cups of food, No. 2½ cans hold 3½ cups and No. 3 cans hold about 4 cups.

PRESTO CANNER CANNING CAPACITY

SIZE OF CANNER			MASON JARS			TIN CANS		
STOCK NO.	Inside Height Inches	Inside Diameter Inches	1 Pint	1 Quart	2 Quart	No. 2	No. 2½	No. 3
CA21	10½	12.540	18*	7	4	17	10	10
CA16	7½	12.540	9	7	0	13	8	5

*The CA21 has a capacity of 18 pint jars when they are double-decked inside the Canner. It is not necessary to use a rack to separate the two layers of jars. When using other size Mason jars be sure jars do not touch bottom of Canner. Single or double-decked jars must not extend up beyond rim of Canner body.

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HOW TO CAN IN YOUR PRESTO COOKER-CANNER FOR PROCESSING IN MASON JARS



1. First step in the actual job of canning is to assemble the equipment. Be sure your Canner is thoroughly clean and working properly. Before each canning season, check the steam gauge (see page 3), the sealing ring (see page 5), and the automatic air vent (see page 4).

2. Check Mason jars for nicks, cracks and sharp edges. Check caps for dents and rust. Use only jars and caps in perfect condition so that an air tight seal may be obtained.

Wash and rinse jars and caps. Pour hot water into jars and set aside until needed. Follow manufacturer's directions for caps.

3. Select fresh firm food (see pages 8 and 16). Sort food according to size. Clean food thoroughly. Prepare according to specific recipe. Fill hot Mason jars promptly with hot food and liquid to recommended level. Allow ½ inch head space for fruits and all vegetables except peas, shelled beans and corn. These starchy vegetables and ALL meat require 1 inch head space due to expansion during processing.

Work out air bubbles with a clean knife or spatula. Wipe sealing edge clean with a damp cloth.

Adjust caps on jars according to manufacturer's directions.



4. Pour two quarts of boiling water into Canner with basket in place. Set Canner on low heat.



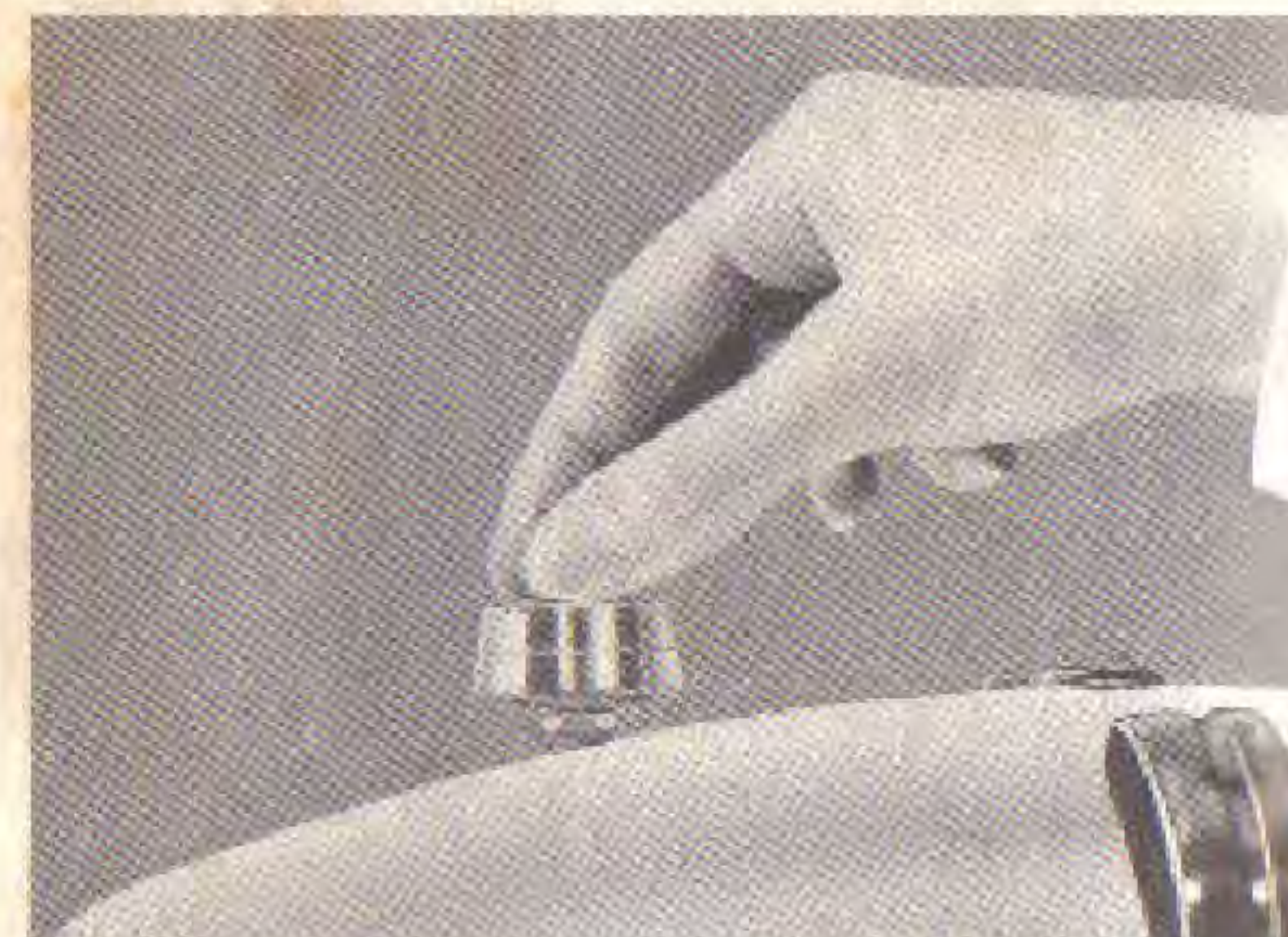
5. Place each hot jar upright into hot Canner. Always use canning basket. Jars may break if set directly on bottom of Canner.



6. Place cover on Canner and lock securely by turning clockwise. Arrow on cover must point to "closed". Cover handles must be centered between grooves of body handles. **DO NOT** build up pressure in Canner until cover is securely locked in closed position.



7. Adjust burner to maximum heat. When steam flows freely from the Vent Pipe, reduce heat to maintain a moderate steam flow. Allow steam to flow for seven to ten minutes to eliminate all air from Canner and jars.



8. Place Pressure Regulator on Vent Pipe.



9. In a few minutes the Automatic Air Vent will rise and seal the Canner. If the Automatic Air Vent does not rise, touch the metal plunger gently with a spoon or knife. It is possible that foreign material in the opening may have delayed the plunger from sealing readily.



10. Use maximum heat to raise pressure to required point — then lower heat to maintain desired pressure. (On electric range, it is necessary to turn heat to "low" just before pressure reaches required point. On coal or wood stoves, Canner must be moved to cooler place on stove when proper pressure is reached. **Start counting processing time the moment required pressure is reached.**

Pressure should be kept at required point by raising or lowering heat as necessary to prevent fluctuations in pressure. **DO NOT** touch or remove Pressure Regulator during the processing period.



11. At end of processing time, turn off gas burner or remove Canner from electric burner, coal stove or other constant heat unit.



12. Allow pressure to return to zero of its own accord. When pointer reaches zero and Automatic Air Vent has dropped, remove Pressure Regulator from Vent Pipe. Let Canner cool for 1 or 2 minutes. Attempting to speed the cooling of the Canner by laying wet cloths on the cover, placing Canner in water or setting Canner in a draft or on a cold surface is not recommended. This reduces pressure in the Canner more rapidly than the jars and may cause the jars to break.



13. To remove cover, turn counter clockwise until cover hits stop and arrow points to "open". Cover handles will be beyond body handles. If cover seems to stick or is hard to turn, do not force it off. Sticking indicates that there is pressure inside the Canner. If in doubt about the steam being entirely exhausted, let the Canner stand until cool before removing cover.



14. Lift Canner cover toward you so as to keep steam away from you.

15. Remove jars from Canner. If jar caps are not self-sealing, adjust caps according to manufacturer's directions. Set jars apart on board or cloth away from draft to cool. When jars are cold, test seals, wipe jars, label, date and store in cool dry place.

HOW TO PROCESS FOOD IN TIN CANS

FILLING

Many recipes which call for filling the container to within $\frac{1}{2}$ inch or one inch from the top, are meant for use with glass jars only. However, when canning in tin, fill cans with hot food and liquid to within $\frac{1}{4}$ inch from the top.

EXHAUSTING

If foods are precooked and packed piping hot in tin cans, the cans may be sealed immediately without further exhausting. However, if uncooked food is packed into tin cans, air in food must be removed before cans are sealed. Unless this is done, the food may discolor or lose its flavor. The method of exhausting air from raw packed food is as follows: After the raw food is packed in cans, these are put into the canning basket and placed in Canner with $3\frac{1}{2}$ quarts of boiling water. Place cover on Canner and lock into place. **Do not place pressure regulator on vent pipe throughout exhausting period.** Regulate heat so that a **mild** flow of steam issues from vent pipe. For raw fruits and tomatoes, exhaust steam for five minutes after a steady flow of steam has begun. For raw meats, exhaust steam for 50 minutes. Move Canner from stove and allow to cool for a minute. Remove cover from Canner.

Remove cans from Canner. The meat should be steaming hot, and its center should have lost practically all of the color of raw meat. Add boiling water, if needed, to fill can with liquid to within $\frac{1}{4}$ inch from the top. Seal cans at once.

SEALING

Be sure food is steaming hot when cans are sealed, in order to insure a proper vacuum. Be sure your can sealer is adjusted properly to give a perfect seal. Process in your Canner at once.

PROCESSING

Be sure to have at least 2 quarts of water in Canner before processing. Allow steam to flow from vent pipe for 7 to 10 minutes. Process according to time tables given for tin cans. When canning fruits, follow the same times given for glass jars.

COOLING

When canning in tin cans, remove pressure regulator at the end of processing time and release all steam until the pointer on steam gauge returns to "zero" and Automatic Air Vent relaxes. Remove tin cans from Canner and immediately plunge cans into cold water for cooling. This prevents over cooking of the contents of cans.

USE OF CANNER WITH DIFFERENT TYPES OF FUEL

A Pressure Canner may be used on any type of range or heating unit. It is desirable to have the heat high at the beginning of the processing or cooking period to form steam in the Canner as quickly as possible.

After the desired pressure has been reached, it is important that it be held constant throughout the processing period. Very little heat is required to hold this pressure once it has been reached.

With a gas cooking range, this regulation is comparatively simple. The heat is merely turned down when desired pressure is reached. The same applies to kerosene stoves.

With an electric range, the heat must be reduced BEFORE proper pressure is reached. On most electric ranges, the pressure may be maintained at the proper level with the heat turned on "low".

In using a Pressure Canner with constant heat stoves, heated by coal or wood, it is necessary to move the Canner itself to a cooler portion of the stove when desired pressure is reached.

Regardless of the type of range or fuel used, the important points to be considered are (1) Attain the desired pressure as quickly as possible, and (2) maintaining the pressure at a constant level throughout cooking or processing period.

FOOD SELECTION

In order to produce canned food of high quality, it is necessary to start with the best possible raw products. Whenever possible, foods should be obtained from your own garden... or arrangements made to purchase food from a market where fresh foods can be ordered in advance.

Vegetables that are young and tender — fruits unblemished, firm, yet fully ripe when picked — are the best. Unripe fruit lacks full flavor. Overripe fruit is too soft to make good canning material. Fruits and vegetables that stand too long are overripe or blemished, and are likely to deteriorate from both enzymatic action and bacterial growth. They are, therefore, difficult to can properly.

There are certain fruits and vegetables that are **not** well suited to home canning. These include the foods not ordinarily served cooked. Also, there are certain vegetables such as cabbage and cauliflower that are not entirely satisfactory when canned. The necessary processing may cause discoloration and develop strong flavors.

Meat should be canned soon after slaughtering. When this is not possible... can it within a few days... keeping it refrigerated in the meantime. Although frozen meat may be canned, the finished product is not entirely satisfactory.

CANNING RECIPES FRUITS AND TOMATOES

Although fruit has better color, shape and flavor when it is canned with sugar, it may be canned unsweetened if desired. Sugar is used for flavor. It is not used in high enough concentration to act as a preservative. Jars should be filled to the shoulder with fruit, and then covered with boiling liquid to within one-half inch of top of jar. The liquid may be syrup, fruit juice or plain water.

When no sugar is used, best results are obtained with varieties of fruits which yield enough juice to cover them in the container. Fruits that do not have sufficient juice must be covered with boiling water after they have been packed.

The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on family preferences for amount of sweetening. It should be remembered that fruit, when heated, releases some of its juices which will dilute the syrup in proportion to the juiciness of the fruit.

Note: If preferred, fruit, except apples, cranberries, figs and strawberries may be **packed raw into containers and covered with boiling hot syrup.** When this is done, processing time need not be increased. When fruit is packed cold, it shrinks during processing, and the container is less full than when fruit is preheated in boiling syrup before packing.

SYRUPS FOR CANNING FRUITS

Kind of Syrup	Sugar	Liquid—Water or Juice
Thin	1 cup	3 cups
Medium	1 cup	2 cups
Heavy	1 cup	1 cup

Heat sugar with liquid (water or juice) until sugar is dissolved. Bring to boiling. Pour three-fourths to one cup syrup over fruit to fill a quart jar, or No. 2½ can; use one-half cup syrup per pint jar.

White sugar is preferable to brown sugar for canning. Mild clover honey may be used to replace up to one-half the sugar called for in canning. Corn syrup may be used to replace up to one-third the amount of sugar in recipe.

If you wish to use sugar substitutes, follow manufacturers' instructions.

Processing time table for fruits is on page 21.

APPLES

Varieties of tart winter apples are best for canning. Wash, pare and cut in halves, quarters or slices. Place in a weak brine solution (1½ teaspoons salt to each quart water) until ready for use, to prevent darkening. Drain well. Precook by boiling apples in a thin syrup 1 to 2 minutes. Pack hot apples in clean, hot containers. Cover fruit with boiling syrup, in which it was precooked. Adjust lids. Process 8 minutes at 5 lbs.

APPLE SAUCE

Windfalls and green apples may be used. Wash. Remove spots and blemishes. Cut apples in quarters. To each 5 pounds of apples, add 2 cups water, and cook until tender. Press through food mill or sieve. Sweeten to taste. Reheat and pack hot in clean, hot containers. Adjust lids. Process 5 minutes at 5 lbs.

CRABAPPLES

Wash thoroughly, making sure stems and blossom ends are well cleaned . . . as crabapples are usually canned whole. Precook in boiling medium syrup for 5 minutes. Pack hot crabapples in clean, hot containers. Cover fruit with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

For pickled or spiced crabapples, use proportions for heavy syrup substituting vinegar for the liquid. To each cup of vinegar, add 1 teaspoon whole cloves, 1 teaspoon allspice and 1 teaspoon crushed stick cinnamon. Proceed as above.

APRICOTS

Select apricots that are well-ripened, yet firm. When soft they lose their shape; when green, they are bitter. Wash apricots. If peeled apricots are desired, dip them for a minute in boiling water; then plunge into cold water and peel. They may be halved or left whole. Precook 2 to 3 minutes in boiling medium syrup. Pack hot in clean, hot containers. Cover with boiling syrup, in which they were precooked. Adjust lids. Process 8 minutes at 5 lbs.

BERRIES (Except Red Raspberries and Strawberries)

Handle berries carefully to prevent crushing or bruising. Wash carefully and pick over; use only firm berries. (Soft berries may be crushed to help make syrup for those canned.) Remove caps and stems. For firm berries, add ½ cup sugar to each quart berries. Cover pan and heat. Shake pan to keep berries from sticking. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

CHERRIES

Use freshly picked cherries. Wash and stem. If canning whole, it is best to prick each cherry with a fork. If desired, cherries may be pitted. In both cases, save juice to use as liquid. When canning sour cherries, add from ¼ to ½ cup sugar to each quart of cherries. Bring to a boil. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

For sweet cherries, bring cherries to a boil in thin syrup. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process as above.

CRANBERRIES

Use only sound cranberries. Wash and stem. Cover fruit with heavy syrup and heat to boiling. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

FIGS

Select tree-ripened figs. (Avoid underripe or overripe products for canning.) Wash. Place in hot water and bring to a boil. Let stand 3 or 4 minutes; then drain. Pack hot in clean, hot containers. Add 1 tablespoon lemon juice to each quart. Cover figs with boiling thin syrup. Adjust lids. Process 10 minutes at 5 lbs.

FRUIT COCKTAIL

25% pears — diced	15% green grapes
25% peaches — sliced	15% green gage plums
15% melon balls	5% Maraschino cherries

Prepare fruit for canning. Drop into thin to medium syrup, mix carefully and heat through. Pack into hot jars. Cover with syrup. Adjust lids. Process 8 minutes at 5 lbs.

GRAPES

Select firm fruit. Wash and stem. Pack cold into clean containers. For juicy varieties, press until there is sufficient juice to cover grapes. For some varieties, no sugar or syrup is needed. For less juicy, sour varieties, use a boiling medium syrup to cover them. Adjust lids. Process 8 minutes at 5 lbs.

PEACHES

Select sound, fully-ripened but not soft fruit. Sort peaches according to size. Plunge them into boiling water for about one minute to loosen skins. Then dip in cold water. Remove skins. Clingstone peaches may be canned whole; freestone peaches may be halved or sliced as desired. It is best to place peeled peaches in a weak brine solution (1½ teaspoons salt to each quart water) to prevent darkening until ready to use. Drain well. Simmer 2 to 3 minutes in medium syrup. Some varieties may require less cooking, others more — but do not let the fruit become soft. Pack hot in clean, hot containers. Place cut side of peaches down to make a well-filled container. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

PEARS

Wash and pare. Cut large pears in half and core. Small pears may be canned whole, if desired. Place pears in a weak brine solution (1½ teaspoons salt to each quart water) to prevent darkening until ready to use. Drain well. Simmer 1 or 2 minutes in thin or medium syrup. Length of cooking time will depend on firmness of fruit. Pack hot in clean, hot containers. Place cut side down when pears are halved; if left whole, pack bottom layer with stem ends up, the next layer with stem ends down . . . and repeat until jar is filled. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

PERSIMMONS

Select ripe persimmons. Wash well. Dip into boiling water for several minutes, or until skins crack. Remove skins. Bring persimmons to a boil in thin syrup. Pack hot in clean, hot jars. Cover with boiling syrup. Adjust lids. Process 10 minutes at 5 lbs.

PINEAPPLE

Select sound, ripe, juicy fruit. Wash. Remove stem and base. Cut into ½ to ¾ inch slices. Remove peel, eyes and core from each slice. Pineapple may be canned in slices, halves or smaller pieces. Precook in boiling medium syrup 2 to 3 minutes. Pack hot in clean, hot containers. Cover fruit with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

CANNING RECIPES, FRUITS AND TOMATOES

PLUMS OR FRESH PRUNES

Select firm, ripe fruit. Wash and stem. If fruit is to be canned whole, prick each piece of fruit with a fork. Skins may be removed, although usually they help hold fruit together better. Precook in boiling medium syrup 1 or 2 minutes. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 8 minutes at 5 lbs.

QUINCES

Select ripe quinces. Wash, peel and core. Cut in halves or quarters. Precook 2 or 3 minutes in boiling heavy syrup. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 12 minutes at 5 lbs.

RED RASPBERRIES

Select ripe but firm berries. Handle berries carefully to prevent crushing. Wash and drain. Pack raw in clean, hot containers, shaking down for a full pack. Cover with boiling thin syrup. Adjust lids. Process 8 minutes at 5 lbs.

RHUBARB

Select young, tender rhubarb — the strawberry variety, if possible. Wash thoroughly. Remove ends, and cut rhubarb into 1 inch lengths. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar for each cup rhubarb and enough water to prevent sticking. Bring slowly to boiling point. Pack hot in clean, hot containers. Cover rhubarb with boiling syrup. Adjust lids. Process 5 minutes at 5 lbs.

STRAWBERRIES

Select ripe berries. Juicy varieties are best for canning. Wash, drain and hull. Add $\frac{1}{2}$ cup sugar to each quart of berries. Let stand overnight. Heat slowly until sugar dissolves and berries are hot. Pack in clean, hot containers. Cover with boiling syrup, if necessary. Adjust lids. Process 5 minutes at 5 lbs.

TOMATOES — Whole

Wash medium, smooth, firm, ripe tomatoes. Scald in boiling water about $\frac{1}{2}$ minute to loosen skins. Dip into cold water and drain. Peel and remove stem ends. Pack solidly into hot wide mouth jars, press down to release juice or cover with simmering tomato juice made of imperfect but sound, mashed strained tomatoes. Add 1 teaspoon salt to each quart if desired. Adjust lids. Process 10 minutes at 5 lbs.

TOMATOES — Quartered

Wash perfect, ripe tomatoes. Scald and remove stem ends, peel and quarter. Bring to boil or pack cold as above. Pack into hot jars. Adjust lids. Process 8 minutes at 5 lbs.

FRUIT JUICES

Any soft fruits such as grapes, plums, and berries or firm fruits as apricots and apples are excellent for juice. Wash fruit carefully. Crush or cut into small pieces. Heat to simmering for soft fruits or simmer until tender for firm fruits. Strain through a cloth bag. Add sugar if desired, about 1 to 2 tablespoons to each pint of juice. Heat again to simmering. Fill hot jars, allowing $\frac{1}{2}$ inch head space. Adjust lids. Process 5 minutes at 5 lbs.

CANNING RECIPES, FRUITS AND TOMATOES

GRAPEFRUIT JUICE

Wash grapefruit. Cut in half and extract juice so that rag, cell tissue and oil are not included. Strain out seeds and coarse pulp. Work rapidly to avoid exposure to air. Heat rapidly to simmering — do not boil. Pour into clean hot jars allowing $\frac{1}{2}$ inch head space. Adjust lids. Process 5 minutes at 5 lbs.

Orange juice or a combination of orange and grapefruit juice is canned by the same method.

TOMATO JUICE

Wash soft but perfect tomatoes. Remove stem ends; cut into pieces. Simmer until softened. Put through a fine sieve. Add $\frac{1}{2}$ teaspoon salt per pint. Reheat at once just to boiling. Pour into hot jars, leaving $\frac{1}{2}$ inch head space. Adjust lids. Process 5 minutes at 5 lbs.

PROCESSING TIME TABLE

FRUITS AND TOMATOES

EXHAUSTING TIME — 7 TO 10 MINUTES

	Amount of Pressure Pounds	Mason Jars and Tin Cans Minutes†
Apples	5	8
Applesauce	5	5
Crabapples	5	8
Apricots	5	8
Berries (Except Strawberries)	5	8
Cherries	5	8
Cranberries	5	8
Figs	5	10
Fruit Cocktail	5	8
Grapes	5	8
Peaches	5	8
Pears	5	8
Persimmons	5	10
Pineapple	5	8
Plums	5	8
Prunes	5	8
Quinces	5	12
Red Raspberries	5	8
Rhubarb	5	5
Strawberries	5	5
Tomatoes — Whole	5	10
Quartered	5	8
Fruit Juices	5	5
Grapefruit Juice (Orange)	5	5
Tomato Juice	5	5

†Processing times are for $\frac{1}{2}$ pints, pints, $1\frac{1}{2}$ pints and quarts. When canning fruit in half-gallon jars, add 5 minutes to the time given in above chart.

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

VEGETABLES

Young, tender, fresh vegetables, slightly immature, are better for canning than those which are overripe. As a rule, vegetables are best if canned immediately after picking, since flavor decreases upon standing and often unpleasant color changes take place. Avoid bruising vegetables because spoilage organisms grow more rapidly on bruised vegetables than on unblemished ones.

Most vegetables are precooked before they are canned. See page 27 for exceptions. When vegetables are precooked in boiling water, some of their nutrients dissolve in the water; so whenever possible, the precooking water should be used as liquid to cover the vegetables after packing in containers. However, there are a few vegetables, such as turnips, greens, kale and sometimes asparagus, which make the cooking water bitter. Do not use cooking water in these cases.

Leave one inch head space in Mason jars when canning starchy vegetables: peas, shelled beans, or corn and sweet potatoes. One-half inch head space is sufficient for all other vegetables.

Processing times given in individual recipes are for pint and quart Mason jars. When using ½ pint jars, process for the same length of time as pints. When using 1½ pint jars, process for the same length of time as quarts.

If canning in tin cans, refer to processing time table on page 26.

ASPARAGUS

Select young, tender asparagus. Sort according to size. Wash thoroughly giving special attention to scales which may hold grit or dirt from garden. Remove tough, lower end and large scales. Cut asparagus into 1 inch pieces. If desired, stalks of asparagus may be tied together with string and cooked standing upright with tips barely out of water. Precook 2 to 3 minutes in boiling water. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 40 minutes.

BAKED BEANS

Bake beans according to favorite recipe but make sure they are not quite done and that there is plenty of liquid on them. The length of baking time will depend on length of time beans have been precooked. Pack hot beans and liquid loosely and uniformly mixed in clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 80 minutes; quarts - 100 minutes.

LIMA BEANS

Use only young, tender lima beans. Shell and wash thoroughly. Cover with boiling water and bring to boiling point. Pack hot beans loosely in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling liquid in which beans have been cooked. Adjust lids. Process at 10 lbs. Pints - 40 minutes; quarts - 50 minutes.

SNAP BEANS

Select only young, tender snap beans. Wash thoroughly. Remove stem and blossom ends or any "strings". Cut beans into lengths of ½ or 1 inch. Precook 5 minutes in boiling water to cover. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling liquid in which beans have been cooked. Adjust lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

BEETS

Select young, tender, sweet beets. Trim off tops, leaving 1 inch of stem. Leave stem and top root to prevent bleeding and loss of color. Wash thoroughly. Cover with boiling water and cook 15 to 25 minutes, or until skins slip off easily. Remove skins, stems, and roots. Small beets may be left whole, while larger ones are best sliced. Pack in clean, hot containers. Add 1 teaspoon salt to each quart. Cover beets with boiling water. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 45 minutes.

CARROTS

Select young, tender carrots. Sort according to size and color. Wash thoroughly; scrape. Carrots may be left whole, sliced or cubed. Cover with boiling water and bring to boil. Pack hot in clean, hot containers. (Alternate top and stem ends of whole carrots in jar for firm pack.) Add 1 teaspoon salt to each quart. Cover with boiling liquid in which carrots were cooked. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 30 minutes.

CORN, Cream Style

Select sweet, tender, freshly picked corn. Husk and remove silk. Wash thoroughly. Cut corn from cob at about center of kernel. Scrape cobs to obtain all liquid but no part of cob. To each quart of corn add 1 pint boiling water. Heat to boiling. Pack hot in clean, hot containers. Add ½ teaspoon salt to each pint. Adjust lids. Process at 10 lbs. Pints - 85 minutes.

CORN, Whole Kernel

Young, tender corn, canned immediately after picking, makes the best canned product. Corn that has been standing overnight after picking is not recommended for canning. Husk and remove silk from corn. Cut corn from cob, but do not scrape cob. To each quart of corn, add 1 pint boiling water and ½ teaspoon salt. Heat to boiling. Pack hot corn loosely in containers. Cover with hot cooking liquid. Adjust lids. Process at 10 lbs. Pints - 55 minutes; quarts - 85 minutes.

GREENS

Select young, tender, freshly picked greens. Sort thoroughly, discarding wilted, tougher leaves, stems and roots. Wash well several times under running water or in several pans of cold water. Place about 2½ pounds of greens in a cheese cloth bag and steam about 8 to 10 minutes or until well wilted. Pack loosely in clean, hot containers. Add 1 teaspoon salt to each quart. Add boiling liquid (precooking water if not bitter, or fresh boiling water) to cover. Adjust lids. Process at 10 lbs. Pints - 45 minutes; quarts - 70 minutes.

MUSHROOMS

Trim stems and discolored parts of mushrooms. Soak in cold water for 10 minutes to remove adhering soil. Wash in clean water. Leave small mushrooms whole; cut larger ones in halves or quarters. Steam 4 minutes or heat gently for 15 minutes without added liquid in a covered saucepan. Pack hot in clean, hot containers. Add ½ teaspoon salt to each pint. For better color, add ¼ teaspoon ascorbic acid to pints; 1/16 teaspoon to half pints. Cover with boiling water. Adjust lids. Process at 10 lbs. Half pints - 30 minutes; pints - 30 minutes.

OKRA

Select young, tender pods. Wash well and remove stem, without cutting into pods if okra is to be canned whole. If desired, okra may be sliced. Cover with boiling water and precook 1 to 3 minutes. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling water. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 40 minutes.

OKRA AND TOMATOES

Select young, tender okra pods. Wash, remove stem and slice crosswise. Wash tomatoes and core. Cut into sections. Heat okra and tomatoes to boiling point. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 40 minutes.

PARSNIPS

Wash parsnips thoroughly. Scrape or pare to remove skins. Small, young parsnips may be canned whole; if larger, they should be sliced or cubed. Cover with boiling water and bring to a boil. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with hot liquid, in which they were precooked. Adjust lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

PEAS, Black-eye

Shell and wash peas. Cover with boiling water and bring to a rolling boil. Pack loosely into clean, hot containers. Add 1 teaspoon salt to each quart. Cover with hot water in which they were precooked. Adjust lids. Process at 10 lbs. Pints - 35 minutes; quarts - 40 minutes.

PEAS, Green

Select young, tender, green peas, freshly picked. Wash pods and shell. Wash peas. Cover with boiling water and bring to a boil. Pack loosely into clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling water in which they were cooked. Adjust lids. Process at 10 lbs. Pints - 40 minutes; quarts - 40 minutes.

PEPPER, Pimiento

Select ripe, unblemished pimientos. Place peppers into hot cooking oil for 2 or 3 minutes, or into boiling water for 12 to 15 minutes, or in a moderately hot oven (450° F.) 6 to 8 minutes. Remove skins, stems and seeds. Flatten peppers and pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. No additional liquid is needed. Adjust lids. Process at 10 lbs. Pints - 10 minutes; quarts - 15 minutes.

POTATOES, New - Whole

Use potatoes 1 to 2 inches in diameter. Wash, scrape and rinse freshly dug, new potatoes. Cover with boiling water and boil 10 minutes. Pack hot; add 1 teaspoon salt to each quart and cover with boiling water. Adjust lids. Process at 10 lbs. Pints - 30 minutes; quarts - 40 minutes.

PUMPKIN, Strained

Select firm, ripe pumpkin. Wash, peel and remove seeds. Cut into pieces suitable for cooking. Bake, steam or cook in boiling water until tender. Strain or mash to obtain right consistency. Pack hot in clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 60 minutes; quarts - 80 minutes.

SQUASH, Summer

Select young, tender squash. Wash well especially around stem ends. (Summer Squash is not peeled.) Cut into inch cubes. Add a small quantity of boiling water and bring to boiling point. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling liquid, in which squash was precooked. Adjust lids. Process at 10 lbs. Pints - 30 minutes; quarts - 40 minutes.

SQUASH, Winter

Select firm, ripe squash. Wash, peel and remove seeds. Cut squash into 1 inch cubes. Add enough boiling water to cover. Bring to a boil. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling water or water in which squash has been precooked. To can mashed, follow directions for Pumpkin. Adjust lids. Process at 10 lbs. Pints - 55 minutes; quarts - 90 minutes.

SUCCOTASH

Remove husks and silk from young, freshly-picked corn. Precook 5 minutes in water to cover. Cut kernels from cob. Combine with ½ to equal amount of washed green string or lima beans, which have been precooked 5 minutes in water to cover. Reheat to boiling. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with water in which vegetables have been precooked. Adjust lids. Process at 10 lbs. Pints - 55 minutes; quarts - 85 minutes.

SWEET POTATOES, Wet Pack

Wash sweet potatoes. Sort for size. Boil or steam just until skins slip easily. Skin and cut in pieces. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with boiling water. Adjust lids. Process at 10 lbs. Pints - 55 minutes; quarts - 90 minutes.

VEGETABLE MIXTURE

Select two or more of the following vegetables and prepare them according to directions for each in above recipe: tomato pulp, corn, lima beans, peas, okra, carrots, turnips, celery and onions. Cut vegetables in small and uniform pieces, usually cubes. If tomatoes are used, no water need be added. Otherwise heat vegetables in a small amount of hot water just to boiling point. Pack hot in clean, hot containers. Add 1 teaspoon salt to each quart. Cover with hot liquid. Adjust lids. Process in Canner, using processing time for vegetables that requires longest period, according to time table on page 26.

PROCESSING TIME TABLE VEGETABLES — HOT PACK METHOD

EXHAUSTING TIME — 7 TO 10 MINUTES

Amount of Pressure Pounds	TIN CANS		MASON JARS	
	No. 2 Minutes	No. 2½, No. 3 Minutes	½ Pints, Pints Minutes	1½ Pints, Quarts Minutes†
Asparagus	10	20	25	40
Beans, Baked	10	95	115	80
Beans, Lima	10	40	40	50
Beans, Snap or Wax	10	25	30	25
Beets, Baby, Whole or Sliced ...	10	30	30	25
Carrots, Young	10	20	25	30
Corn, Whole Kernel	10	60	60	55
Corn, Cream Style	10	105	85	85
Greens, All Kinds	10	60	75	45
Hominy	10	60	70	70
Kohlrabi	10	30	35	40
Mushrooms	10	30	30	40
Okra	10	25	35	25
Okra and Tomatoes	10	25	35	25
Parsnips	10	20	25	20
Peas, Green	10	30	30	40
Peas, Black-eye	10	30	35	40
Peppers, Pimiento	10	10	10	15
Potatoes, New - Whole	10	35	40	30
Pumpkin, Strained	10	75	90	60
Rutabagas, Sliced or Diced	10	30	30	35
Squash, Summer, Crookneck and Zucchini	10	20	20	30
Squash, Winter, Hubbard, Cubed	10	50	75	55
Succotash	10	60	60	55
Sweet Potatoes, Wet Pack	10	70	90	55
Turnips, Cubed	10	20	25	20

†When canning in half-gallon jars, increase time 20% over time given for quarts.

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

VEGETABLES, COLD PACK METHOD

VEGETABLES — COLD PACK METHOD

After research and experimentation, the United States Department of Agriculture has approved the cold pack method for preserving the following eight vegetables. It is not recommended that any vegetables other than those given below be canned by the cold pack method.

ASPARAGUS

Wash asparagus thoroughly and drain. Remove tough end and scales. Rinse. Cut into jar length or short pieces. Pack into clean containers. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. Pints - 25 minutes; quarts - 30 minutes.

BEANS, Fresh Lima

Can only young tender beans. Shell and wash. Pack raw beans into clean jars. For the small bean type, fill to 1 inch of top of jar for pints and 1½ inches for quarts; for large beans of the "baby potato" type, fill to ¾ inch of top for pints and 1¼ inches for quarts. Beans should be leveled before measuring head space, but should not be pressed or shaken down. Add ½ teaspoon salt to pints, 1 teaspoon to quarts. Fill jar to top with boiling water. Adjust jar lids. Process at 10 lbs. Pints - 40 minutes; quarts - 50 minutes.

BEANS, Snap

Wash beans. Trim ends; cut into 1 inch pieces. Pack raw beans tightly to ½ inch of jar top. Cover with boiling water, leaving ½ inch space at top of jar. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

CARROTS

Wash and scrape carrots. Slice or dice. Pack raw carrots tightly into clean jars to 1 inch of top of jar. Add ½ teaspoon salt to pints and 1 teaspoon to quarts. Fill jar to top with boiling water. Do not work out bubbles because that would loosen pack and carrots would be more likely to float. Adjust jar lids. Process at 10 lbs. Pints - 25 minutes; quarts - 30 minutes.

CORN, Whole Kernel

Select young, tender corn and can immediately after picking. Remove husks and silk. Cut corn from cob but do not scrape. Pack loosely in clean containers. Add ½ teaspoon salt to each pint. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. Pints - 55 minutes; quarts - 85 minutes.

PEAS, Black-eye

Shell and wash black-eye peas. Pack raw peas to 1½ inch of top of pint jars and 2 inches of top of quart jars; do not shake or press peas down. Cover with boiling water, leaving ½ inch space at top of jars. Add ½ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process at 10 lbs. Pints - 35 minutes; quarts - 40 minutes.

PEAS, Green

Wash, drain and shell young, tender peas. Rinse. Pack loosely into clean containers. Add 1 teaspoon salt to each quart. Cover with fresh boiling water. Adjust lids. Process at 10 lbs. Pints - 40 minutes; quarts - 40 minutes.

SQUASH, Summer

Wash but do not peel. Trim ends. Cut squash into ½ inch slices; halve or quarter to make pieces of uniform size. Pack raw squash tightly into clean jars to 1 inch of top of jar. Add ½ teaspoon salt to pints, 1 teaspoon to quarts. Fill jar to top with boiling water. Adjust jar lids. Process at 10 lbs. Pints - 25 minutes; quarts - 30 minutes.

PROCESSING TIME TABLE VEGETABLES — COLD PACK EXHAUSTING TIME — 7 TO 10 MINUTES

	Amount of Pressure Pounds	MASON JARS	
		½ Pints, Pints Minutes	1½ Pints, Quarts Minutes†
Asparagus	10	25	30
Beans, Fresh Lima	10	40	50
Beans, Snap	10	20	25
Carrots	10	25	30
Corn, Whole Kernel	10	55	85
Peas, Black-eye	10	35	40
Peas, Green	10	40	40
Squash, Summer	10	25	30

†When canning in half-gallon jars, increase time 20% over time given for quarts.

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

MEATS

When canning in tin cans, see specific directions on page 15.

Many farm families are able to can considerable quantities of meat at butchering time. Those who are near enough to the source of supply are able to buy meat at reasonable prices during seasons of plenty, and are able to can for seasons when supply is scarce or prices are high. Only meat from healthy animals should be used.

All meat should be handled carefully to avoid contamination from the time of slaughtering until the products are canned. Animals should be correctly slaughtered, canned promptly or kept under refrigeration until processed. All body heat should be out of the animal carcass before meat is canned.

If meat must be held longer, it should be frozen and kept at temperatures of 10° F. or lower until canning time. Then cut or saw the frozen meat into strips 1 or 2 inches thick. Or, if necessary to defrost, thaw the meat at temperatures of 45° F. or lower. Keep meat as cool as possible during preparation for canning, handle rapidly, and process as soon as packed.

Most meats need only be wiped with a damp cloth. Use lean meat for canning; remove most of the fat. Cut off gristle and remove large bones.

Cut into pieces convenient for canning, not more than 2 to 3 inches in diameter. Steaks can be cut about 1 inch thick. Other meats may be cut into cubes.

Precook meat until red color changes to light brown. It can be either boiled, fried or roasted.

To precook by boiling, make a concentrated broth from bones and meat scraps. Heat to boiling and precook meat in broth.

Meat should not be browned with flour nor should flour be used in the gravy of meat used for canning. It is desirable to use a little gravy or broth with hot packed meats. Make the broth from bones and scraps not used for canning. Use 1 teaspoon salt to each quart of meat. More may be used to suit individual taste or may be added at serving time.

Pack hot meat into containers, leaving 1 INCH HEAD SPACE at the top in glass Mason jars. Fill tin cans to top. Do not pack food too tightly.

An alternate to the above hot pack method is raw packing and precooking in the container. Place 1 teaspoon salt into clean empty quart containers. Pack containers with raw, lean meat leaving 1 inch head space in Mason jars, pack tin cans to top. Set open containers in basket in Canner or large kettle with warm water about 2 inches below rim of containers. Heat at slow boil until meat is steaming hot and medium done — about 50 minutes in tin cans; 75 minutes in glass jars. Press meat down in tin cans ½ inch below rims. Add boiling broth or water to fill to top. Remove containers and adjust lids. Process at once according to time table on page 33.

Processing times given in individual recipes are for pint and quart Mason jars. When using ½ pint jars, process for the same length of time as pints. When using 1½ pint jars, process for the same length of time as quarts.

If canning in tin cans, refer to time table on page 33.

CHILI CON CARNE

10 lbs. ground beef	¼ cup shortening
Water to cover	2 tablespoons salt
2 tablespoons chili powder	Small clove garlic
1 cup chopped onion	

Simmer beef in water to cover for 15 minutes. Add all other ingredients and mix well. Heat thoroughly. Pack hot in clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

Kidney beans are omitted in the above recipe because they are usually dried or canned and can be easily stored in that state. Add cooked beans before serving.

CHOPPED MEAT

Add 1 teaspoon salt to each pound of meat. Mix well. Bake or fry meat until brown. Pack hot in clean, hot containers. Cover with pan gravy or broth. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

CORNEB BEEF

Remove beef from brine. Soak 2 hours in fresh water, changing water once. Cover corneb beef with cold water. Slowly bring to a boil. Simmer slowly 1 hour. Remove meat, cut into smaller pieces, and pack hot in clean, hot containers. Reheat liquid. Bay leaves and cloves may be added to liquid if desired. Cover meat with hot liquid. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

GOULASH

6 lbs. lean meat, cubed	1½ quarts tomato juice
½ cup shortening	1 tablespoon paprika
6 onions, chopped	½ teaspoon pepper
2 carrots, chopped	¼ teaspoon thyme
½ cup chopped celery	Salt

Brown cubed meat in hot fat. Add onions and simmer until a golden color. Add remaining ingredients and cook thoroughly for 10 minutes. Pack hot in clean, hot containers to within 1 inch of top. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

SPARERIBS

Cut spareribs into pieces that will fit easily in containers. Use wide mouth Mason jars. Brown ribs in hot fat, thoroughly heating each piece. Pack hot in clean, hot containers to within 1 inch of top. Cover with hot liquid; broth, barbecue sauce or stock. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

BEEF, PORK, LAMB and VEAL

Remove bones and gristle and most of the fat from meat. Cut meat into convenient sizes for packing. Precook in oven or boil until red or pink in meat disappears. If meat is roasted, add water to bones and let simmer for liquid. Add 1 teaspoon salt to each quart. Pack hot meat in clean, hot containers. Cover with pan gravy, broth or meat juice. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

HEART

Remove membrane. Simmer slowly in water for 45 minutes. Slice as desired. Pack hot in clean, hot containers. Add 1 teaspoon salt for each quart. Add boiling meat broth to within 1 inch from top. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

LIVER (Beef, Calf, Lamb or Pork)

Remove tough membrane. Slice or cube. Simmer 5 minutes in boiling water to cover or brown liver in hot fat. Pack in hot, clean containers. Add 1 teaspoon salt to each quart. Cover with cooking liquid. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

MEAT BALLS

6 lbs. chopped lean meat	1 teaspoon pepper
½ lb. chopped fat meat	1 cup cracker crumbs
1 large onion, chopped	Water to cover
1 tablespoon salt	

Mix all ingredients well and shape into balls of uniform size. Precook in boiling water 5 minutes. Pack hot in clean, hot containers. Cover with liquid in which meat balls were precooked. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

STEAKS OR CHOPS

(Beef, Lamb, Pork, Veal, Mutton and Venison)

Pork shoulder, ham or loin, beef loin, leg and rump, veal, mutton and lamb legs or loin may be cut into steaks or chops. If steaks and chops are cut thicker, they will be juicier than thinner cuts. Cut into pieces that will roll and fit into containers rather firmly. Steak may be precooked by arranging on large flat pans and browned in hot oven at 475° F., or by searing slowly to a golden brown. Pack hot in clean, hot containers. Add hot pan gravy to fill containers to within 1 inch from top. Add 1 teaspoon salt to each quart. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

BOILED TONGUE

Place cleaned tongue in Canner with enough boiling water to cover. Exhaust Canner and cook 20 minutes at 10 pounds pressure. Allow pressure to return to zero of its own accord. Cool tongue and remove skin. Slice as desired. Pack in clean, hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water in which tongue was cooked. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

CANNING RECIPES, MEATS

ROAST MEATS (Beef, Lamb, Pork, Veal, Mutton and Venison)

Pork loins, shoulders and hams, beef loins, rumps, rounds, lamb, mutton and veal loins are especially adapted to roasting. Cut roasts into convenient pieces which will fit into jar. Preferably precook in hot oven until a light brown. Pack hot in clean, hot containers. Add salt. Cover with hot meat broth made by adding water to drippings. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

STEW (Beef, Veal, Mutton, Lamb or Venison)

Cut meat into uniform size cubes. (If venison is used, soak for two hours in salted water to remove strong flavor.) Brown quickly in small amount of fat. Cover with boiling water and cook 5 minutes. Add seasonings.

OR: Cube raw meat and cover with boiling water. Precook 8 to 10 minutes. Pack hot meat in clean, hot containers. Cover with hot cooking liquid. Season. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes

JELLIED PIGS' FEET

Scald and scrape pigs' feet. Clean thoroughly. Sprinkle with salt and let stand 3 to 5 hours. Wash thoroughly and place in Canner with enough water to cover. Exhaust Canner. Cook 30 minutes at 15 pounds pressure. Allow pressure to return to zero of its own accord. Remove large bones. Strain liquid, and add meat, salt, pepper and a small quantity of whole mixed spices. Reheat to boiling point and pack hot in clean, hot containers. Cover with boiling liquid. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

HEAD CHEESE

1 hog's head	1 tablespoon cloves
6 lbs. chopped meat	1 tablespoon red pepper
Water to cover	2½ teaspoons allspice
3 tablespoons salt	1 quart broth
1 tablespoon pepper	in which meat
1 clove garlic	was precooked

Trim ears, snout, eyes, brains, all skin and all fat off hog's head. Cut head in four pieces. Soak in salted water (½ cup salt to gallon water) for 3 to 5 hours. Drain and wash in fresh water. Tongues, hearts and other meat trimmings may be used in head cheese also. Place head with meat in Canner and cover with water. Exhaust Canner. Cook 20 minutes at 15 pounds pressure. Allow pressure to return to zero of its own accord. Remove meat from bones and chop fine. Strain liquid. Add salt, pepper, other seasonings and broth. Mix well. Simmer for 10 minutes. Pack hot in clean pint jar or No. 2 cans. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

PROCESSING TIME TABLE

MEATS EXHAUSTING TIME — 7 TO 10 MINUTES

	Amount of Pressure Pounds	TIN CANS		MASON JARS	
		No. 2 Minutes	No. 2½, No. 3 Minutes	½ Pints, Pints Minutes	1½ Pints, Quarts Minutes†
Beef, Corned	10	65	90	75	90
Beef, Pork, Lamb or Veal	10	65	90	75	90
Beef Rolls	10	65	90	75	90
Chili Con Carne	10	65	90	75	90
Chopped Meat	10	65	90	75	90
Goulash	10	65	90	75	90
Head Cheese	10	65	---	75	---
Heart	10	65	90	75	90
Liver (Beef, Calf, Lamb or Pork)					
Plain or Fried	10	65	90	75	90
Meat Balls	10	65	90	75	90
Meat Loaf	10	65	90	75	90
Pigs' Feet, Jellied	10	65	90	75	90
Pork Tenderloin	10	65	90	75	90
Roast Meat (Beef, Lamb, Pork, Veal or Mutton)	10	65	90	75	90
Sausage, Bologna	10	65	90	75	90
Sausage, Pork	10	65	90	75	90
Spareribs	10	65	90	75	90
Steaks or Chops	10	65	90	75	90
Stew (Beef, Veal, Mutton, Lamb or Venison)	10	65	90	75	90
Tongue, Boiled	10	65	90	75	90
Tongue, Spiced	10	65	90	75	90

†When canning in half-gallon jars, increase time 20% over time given for quarts.

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 1,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 1,000 feet. Do not increase processing time.

POULTRY AND GAME

Directions given for **chicken** also apply to other poultry, domestic rabbit and small game. Cut chicken into convenient pieces for packing and precook until medium done or until pieces, when cut, show almost no pink color at the bone. Precook by boiling in water or in a concentrated broth for more flavor. Make broth from bones and bony pieces, neck, back, and wing tips. Pack hot meat into clean, hot containers leaving 1 inch head space in Mason jars and $\frac{1}{2}$ inch in tin cans. Do not pack food too tightly. Add 1 teaspoon salt to each quart. Cover with precooking liquid leaving 1 inch head space in Mason jars; fill tin cans to top.

An alternate to the above hot pack method is raw packing and precooking in the container. Young chicken especially should be packed raw to retain better shape. Place 1 teaspoon salt into clean empty quart containers. Pack containers tightly with raw chicken leaving 1 inch head space in Mason jars; pack tin cans to top. Set open containers in basket in Canner or large kettle with warm water about 2 inches below rim of containers. Cover Canner or kettle and heat at slow boil until meat is steaming hot and medium done, about 75 minutes in Mason jars; 50 minutes in tin cans. Remove containers and adjust lids. Process at once according to time table for raw pack method.

PROCESSING TIME TABLE
POULTRY AND GAME
EXHAUSTING TIME — 7 to 10 MINUTES

Amount of Pressure Pounds	TIN CANS		MASON JARS	
	No. 2 Minutes	No. 2½, No. 3 Minutes	½ Pints, Pints Minutes	1½ Pints, Quarts Minutes†
Chicken —				
Hot Pack, With Bones	10	55	75	65
Hot Pack, Without Bones	10	65	90	75
Raw Pack, With Bones	10	55	75	65
Raw Pack, Without Bones	10	65	90	75
Wild Duck, Quail and Other				
Game Birds	10	65	90	75
Rabbit or Squirrel	10	65	90	75
Venison	10	65	90	75

†When canning in half-gallon jars, increase time 20% over time given for quarts.

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

SOUP

Soup or soup stock is quickly and easily canned with maximum safe keeping qualities. Soup should always be cooked ready for serving, then poured hot into clean, hot containers, allowing $\frac{1}{2}$ inch head space. Generally, vegetable soups are more satisfactory if the stock and vegetable mixture is canned separately and combined at the time of serving. Add desired cereals, rice, noodles, spaghetti, and cook in stock before serving.

BEEF SOUP STOCK

Make a fairly concentrated stock by covering bones and scraps of beef or other meat with slightly salted, cold water. Cook 15 to 20 minutes at 15 pounds pressure or simmer until meat is tender. Do not fill Canner over $\frac{3}{4}$ full. Allow pressure to return to zero of its own accord. Skim off fat, remove all pieces of bone. Retain bits of meat and sediment. Pour hot stock into clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

CHICKEN SOUP STOCK

Make a concentrated stock by covering bony pieces of chicken with lightly salted, cold water. Cook 10 to 15 minutes at 15 lbs. pressure or simmer until meat is tender. Do not fill Canner over $\frac{3}{4}$ full. Allow pressure to return to zero of its own accord. Skim off fat, remove all pieces of bone, but do not strain out meat and sediment. Pour hot stock in clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

SPLIT PEA SOUP

Prepare according to favorite recipe. Pour hot soup into clean hot containers. Adjust lids. Process at 10 lbs. Pints - 60 minutes; quarts - 90 minutes.

VEGETABLE PUREE

Asparagus, Carrot, Green Pea, Lima Bean, Spinach, etc.

Select fresh vegetables, wash and prepare for cooking. Cook until tender in small amount of water. Put through a food mill or press through a fine sieve. Add boiling water, if necessary, to make the puree about the consistency of thick cream. Add 1 teaspoon salt to each quart unless intended for infant feeding. Reheat at once to simmering. Pour into clean, hot containers. Adjust lids. Process at 10 lbs. for the length of time required for vegetable. See page 26.

PROCESSING TIME TABLE

SOUP

EXHAUSTING TIME — 7 to 10 MINUTES

Amount of Pressure Pounds	TIN CANS		MASON JARS		
	No. 2 Minutes	No. 2½, No. 3 Minutes	½ Pints, Pints Minutes	1½ Pints, Quarts Minutes	
Beef Soup Stock	10	20	25	20	25
Chicken Soup Stock	10	20	25	20	25
Scotch Broth	10	35	50	40	50
Split Pea Soup	10	50	90	60	90
Tomato Soup	5	10	15	10	15

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

FISH AND SEAFOOD

Only fresh fish should be canned and these should be bled and thoroughly cleaned of all viscera and membranes when caught, or as soon as possible. Canning should be restricted to proven varieties where it is definitely known that a product of good quality may be obtained.

Since all fish are not canned the same way, it is advisable to write for Conservation Bulletin No. 28, "Home Canning of Fishery Products," United States Department of Interior, Fish and Wildlife Service, Washington, D. C. 20240.

CLAMS, Whole

Scrub clams and soak over night in 10% brine. Sprinkle a few tablespoons corn meal in brine, if desired. Open clams and wash in salted water using 1 tablespoon salt for each quart of water. Cover clam meat with boiling water, to which ½ teaspoon citric acid crystals have been added to each quart of water. Allow to stand 1 minute. Pack loosely into clean, hot containers, leaving 1 inch head space. Cover with hot concentrated clam juice to ¼ inch from top. Adjust lids. Process at 10 lbs. Pints - 70 minutes.

CANNING RECIPES, FISH AND SEAFOOD

CRAB

Place crabs in ice water 1 to 2 minutes. Separate claws from body, remove waste portions and wash thoroughly. Place bodies and claws in canning basket with 2 cups water in Canner, and cook 10 minutes at 8 lbs. pressure. Cool Canner at once. (See page 46.) Remove meat from shells. Wash thoroughly in salted water using ½ cup salt to 2 quarts water. Drain and dip in solution of ½ cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack loosely into clean, hot containers leaving 1 inch head space. Add ½ teaspoon salt and cover with boiling water. Adjust lids. Process at 5 lbs. ½ pints only - 90 minutes.

FISH - General Method

Mackerel, Herring, Lake Trout, Whitefish, Mullet. Clean fish thoroughly, fillet large fish or leave small pan fish whole. Cut into container length pieces and soak in brine, 1 cup salt to 1 gallon water, for 60 minutes. Drain. Pack with skin side of fish to the outside of the container. Leave ½ inch head space. Then submerge open container in a kettle containing hot brine, ½ cup salt to 1 gallon of water, and boil 20 minutes. Remove containers, whether cans or jars, invert and drain thoroughly. Add a bay leaf and a slice of onion to each jar, if desired. Adjust lids. Process at 10 lbs. Pints - 100 minutes.

LOBSTER

Plunge live lobsters in boiling, salted water, 2 tablespoons salt to 1 gallon water. Cook 15 to 30 minutes depending on size. Remove and dip in cold lightly salted water. Remove meat and wash quickly. Drain. Dip meat in solution of ½ cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack in clean, hot containers, fill containers to within ½ inch of top with hot brine, 1½ tablespoons salt to 2 quarts water. Adjust lids. Process at 10 lbs. ½ pints only - 70 minutes.

OYSTERS

Wash oysters thoroughly in a weak brine solution. Place in canning basket with 2 cups water in Canner and cook 5 minutes at 10 lbs. pressure. Cool Canner at once. (See page 46.) Shuck oysters and place in a weak brine to prevent discoloration. Wash meat carefully. Drain and pack loosely into clean, hot containers leaving 1 inch head space. Add ½ teaspoon salt. Cover with boiling water. Adjust lids. Process at 10 lbs. Pints - 50 minutes.

SALMON

Clean and wash fish thoroughly. Cut into container length pieces, leaving in backbone. Soak in brine. ½ lb. salt to 1 gallon water, for 60 minutes. Drain well. Pack solidly into containers leaving ½ inch head space. Adjust lids. Process at 10 lbs. Pints - 100 minutes.

SHRIMP - Wet Pack

Shrimp should be canned when absolutely fresh as they deteriorate quickly. Wash shrimp thoroughly, peel and wash again. Cover with cold brine, ½ cup salt to 1 quart water, for 20 to 30 minutes depending on size. Drain. Place in wire basket and cook 6 to 8 minutes in boiling brine, proportions as above. Dry and cool shrimp. Pack loosely in clean, hot containers leaving 1 inch head space. Fill containers with boiling brine, 1½ tablespoons salt to 1 quart water. Adjust lids. Process at 10 lbs. Pints - 35 minutes.

TUNA - STYLE PACK

Albacore, Tuna and Mackerel. Clean fish and wash thoroughly. Place in pans with perforated bottoms, stack in Canner with 2 cups water. Cook 2 hours at 10 lbs. pressure. Cool Canner at once. (See page 46.) Cool fish 4 to 8 hours. Remove skin and backbone. Cut meat in pieces $\frac{3}{8}$ inch shorter than containers and pack solidly. Add $\frac{1}{2}$ teaspoon salt and fill containers with hot salad oil. Adjust lids. Process at 15 lbs. $\frac{1}{2}$ pints only - 80 minutes.

PROCESSING TIME TABLE FISH AND SEAFOOD

EXHAUSTING TIME — 7 to 10 MINUTES

	Amount of Pressure Pounds	TIN CANS	MASON JARS
		No. 2 Minutes	$\frac{1}{2}$ Pints, Pints Minutes
Clams, Whole	10	60	70
Crab	5	80	90
		(No. 1 cans only)	($\frac{1}{2}$ pints only)
Fish — General	10	90	100
Lobster	10	60	70
		(No. 1 cans only)	($\frac{1}{2}$ pints only)
Oysters	10	42	50
Salmon	10	90	100
Shrimp — Wet Pack	10	30	35
Tuna	15	70	80
		(Half flat cans only)	($\frac{1}{2}$ pints only)

Use 2 quarts water in Canner for all processing.

Time and pressure given in this chart apply only to altitudes of less than 2,000 feet. If altitude is 2,000 feet or over, add 1 pound pressure for each 2,000 feet. Do not increase processing time.

QUESTION AND ANSWERS ABOUT CANNING

Q. If liquid is lost from a jar during processing, should the jar be opened when processing is complete to add more liquid?

A. No, this should never be done. The loss of liquid will not interfere with keeping qualities and to open the jar at the end of the processing will result in later spoilage of the food.

Q. Does soil affect the keeping qualities of food?

A. Since most bacteria found on products come from the soil, and during some seasons there are occasional outbreaks where fields are infested with an unusual type or a larger number of bacteria than ordinarily exists, it is inevitable that more bacteria would be present on the product than in normal seasons and would make the product harder to sterilize.

Q. What causes liquid to boil out of jars during processing?

- A.** (1) Packing jars too solidly with food when processing.
 (2) Filling jars too full. Allow $\frac{1}{2}$ inch head space for all fruits and vegetables except shelled beans, corn, peas, and sweet potatoes, which require a 1 inch head space. Meat also requires a 1 inch head space.
 (3) Too high a temperature or too high pressure.
 (4) Variation or sudden lowering of temperature in using the Pressure Canner. When processing food in glass jars, pressure regulator should not be taken off the vent pipe and cover removed until pointer returns to zero of its own accord.
 (5) Failure to adjust lids according to manufacturer's directions.

Q. If a jar does not seal and must be re-processed, does it have to be processed the full length of time?

A. If a jar does not seal use the food at once or repack using different containers and caps. Reprocess for the full recommended processing time.

Q. When should one start to count time of processing?

A. From minute the pointer on steam gauge reaches required pressure.

Q. Should chemicals or preserving powders be used in canning?

A. Artificial preservatives should not be used.

Q. What products should be packed loosely and what products should be packed firmly? Why?

A. Such products as corn, peas, lima beans, greens and meat should be packed loosely because heat penetration in these products is difficult. Fruits, berries and tomatoes should be firmly and solidly packed because of shrinkage which takes place during processing and their texture does not retard heat penetration. A solid but not a tight pack should be made of all other products.

CANNING QUESTIONS AND ANSWERS

- Q. Should bubbles appear in the jar after it is taken out of Canner to cool?**
A. Bubbles often appear in the jar after it is removed from Canner because food is still boiling in jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool, unless the jar is shaken. A very tight pack of food may show air bubbles.
- Q. Why is a shorter period of processing used when canning in a Pressure Canner?**
A. Because a higher degree of temperature is obtained under pressure.
- Q. Does the black deposit sometimes found on the underside of the lid indicate spoilage or make foods unwholesome?**
A. No, if the jar is sealed, and if this deposit is caused by tannins in the food or hydrogen sulphide which is liberated from the food by the heat of processing. This does not make the food unwholesome.
- Q. What causes peaches and pears to turn dark brown after they have been canned? How can this be prevented?**
A. (1) Discoloration of fruits on the top of the jar is often due to enzyme activity or oxidation which means that the heat of cooking or processing was not applied long enough or the temperature used was not high enough to render the enzyme inactive or expel the air from the jar. The remedy is to exhaust jars thoroughly. Increase processing time one or two minutes.
(2) Fruit exposed to air too long after being peeled and before being canned. This can be overcome by dropping peeled fruit into slightly salted or plain water until ready to put in jars.
Pears canned by cold pack method will retain original color better if a tablespoon of lemon juice is added to each quart jar.
(3) Fruits canned without sugar, after being opened and exposed to air, sometimes turn brown just as fresh fruit does when exposed to air.
- Q. How may strawberries be canned to prevent floating and to retain their original color?**
A. By precooking in syrup, then allowing the berries to stand in the syrup overnight before packing in jars and processing. After canning, store jars in a dark place to retain color of berries.
- Q. Why do berries, other fruits and tomatoes float from bottom of jar?**
A. This may be caused by using foods that are overripe, processing too long, using too high temperature for processing, using too heavy syrup or packing too loosely. Fruits and tomatoes shrink when heated and should be packed firmly.
- Q. Why should fruits be graded according to size and ripeness?**
A. (1) Fruits should be uniform in size and firmness so that heat penetration will be equal, which would not be the case if large and small fruits were all canned in one jar.
(2) Partly ripe and fully ripe fruits should never be canned in the same jar. All partly ripe fruits should be canned together and all fully ripe fruits should be canned together.
(3) Overripe fruits should never be used for canning unless used in jams or butters.

CANNING QUESTIONS AND ANSWERS

- Q. How high should fruit be packed in jar for hot or cold pack canning?**
A. Jars should be filled within $\frac{1}{2}$ inch of top with fruit and $1\frac{1}{2}$ inches of top with syrup when fruit is packed cold, or $\frac{1}{2}$ inch of top with syrup when fruit is packed hot.
- Q. What causes jar breakage during processing?**
A. (1) Packing jars too solidly or overfilling.
(2) Weakened, cracked jars.
(3) Jars touching bottom of Canner.
(4) Lids improperly tightened.
(5) Use of jars other than Mason jars.
- Q. What causes corn to turn brown during processing?**
A. This most often occurs when too high a temperature is used. The high temperature causes a caramelization of the sugar in the corn. It may also be caused by some chemical, such as iron, in the water used in canning.
- Q. Why do beets turn white?**
A. The loss of color from beets is usually due to the variety of beets used or to canning beets that are too old or that have been gathered too long. Some varieties are more susceptible to loss of color than others. If possible, get the very dark red variety and make sure they are young, tender and as freshly gathered as possible. Precook beets with 2 inches of the stem and all of the root left on, as this helps to retain the juices.
- Q. Should salt be used to season jars of vegetables before canning or added when served?**
A. Salt may be added at the time of canning or omitted entirely and if desired added when served.
- Q. Should canned vegetables be recooked before tasting or using?**
A. As a safety precaution, before tasting, heat vegetables for 10 minutes at a boiling temperature. If food looks or smells spoiled, destroy without tasting.
- Q. What causes cloudiness in canned peas? How can it be prevented?**
A. This may be caused by insufficient precooking, by some mineral in water that is used, by using peas that are too old for canning, or by peas bursting during processing. Proper precooking, use of soft or distilled water, and careful handling ordinarily eliminate cloudiness.
- Q. How high should vegetables be packed in jar when using hot pack method?**
A. Pack vegetables to not more than $\frac{1}{2}$ inch from top of jar. Allow 1 inch head space for lima beans, corn, peas and sweet potatoes.
- Q. What vegetables expand instead of shrink during processing?**
A. Corn, peas and lima beans.
- Q. Can any vegetables or vegetable and meat mixture be canned safely by the Open Kettle method?**
A. No, all meats and vegetables except tomatoes must be processed by the pressure canning method.

CANNING QUESTIONS AND ANSWERS

Q. Should all vegetables be blanched before canning?

A. All vegetables should be blanched or precooked according to recipe when using hot pack method.

Q. Does it injure vegetables to over-process them?

A. It is better to overprocess than underprocess, as overprocessing will do little harm, but underprocessing may result in spoilage.

Q. How long should vegetables stand after gathering before being canned?

A. No longer than is necessary to prepare them for canning. "Two hours from garden to can."

Q. Why is it more difficult to can vegetables than it is to can fruit?

A. Because vegetables are non-acid products, in which heat-resisting bacteria are difficult to kill.

Q. How high should meat be packed in jars?

A. Jars should be packed loosely and filled to not more than one inch from top with meat.

Q. Must the liquid on canned meats be jellied?

A. No. The liquid on canned meats will not congeal unless it contains a good amount of gelatin from cartilage or connective tissue.

Q. Should canned meats be recooked before tasting or using?

A. As a safety precaution, before tasting, boil meat 10 to 15 minutes before adding any other ingredients. If any meat looks or smells spoiled after this, destroy without tasting.

Q. Is it necessary to process poultry longer when bones are removed?

A. Yes — 10 to 15 minutes longer.

Q. Should giblets and liver of fowl be canned in same jar with rest of chicken?

A. No. The flavor of liver or giblets will permeate other pieces of chicken in the jar.

Q. How should meat be processed to prevent liquid from boiling out of jars, adhering to sealing composition and preventing a seal?

A. By following directions for filling and processing as given in recipes, care being taken that jars are never too full and are not processed at a higher temperature than called for in recipes.

Q. What causes flat sour? How can it be prevented?

A. Flat sour is usually caused by canning overripe food or allowing precooked foods to stand in jar too long before processing. It may be prevented by using fresh products and properly processing, cooling and storing.

Q. Do all types of spoilage cause the seal on the jar to release?

A. No. Flat sour is an exception and ordinarily shows no indication of spoilage until jar is opened.

Q. What causes fruit to mold when jars are apparently sealed?

A. When fruit molds, the jars are not sealed, as mold can form only in the presence of air.

CANNING QUESTIONS AND ANSWERS

Q. What are the reasons for spoilage or jars not sealing?

A. (1) Incomplete sterilization. Failure to follow exact time tables and recipes.

(2) Failure to wipe sealing edge of jar clean before placing lid on jar.

(3) Foods, seeds or grease lodged between lid and jar.

(4) If lightning or bail-type jar — clamps not properly adjusted.

(5) Jars which are nicked or cracked or have sharp sealing edges.

(6) If Mason jar and two-piece metal lid — band screwed down too loosely before processing.

(7) Turning jars upside down while jars are cooling and sealing.

Q. Is it necessary to sterilize jars and lids before canning?

A. No — when food is processed in the jar the jar does not require sterilizing but all jars should be thoroughly cleansed and rinsed in boiling water. Jar caps should also be dipped in boiling water. Follow manufacturer's directions.

Q. Should screw bands be screwed as tightly as possible before jar is placed in Canner for processing?

A. The bands on two-piece metal caps should be screwed down tightly. The bands on three-piece glass caps are turned down, then loosened one-quarter turn. Zinc jar lids are loosened one-quarter inch.

Q. Should screw bands be removed from jar?

A. It is a good idea to remove the screw bands from the jars when the food is cold so the bands do not stick later on and so they may be reused. By doing so it can be determined whether the top is loose. If the cap has not sealed, reprocess the food before it has had a chance to spoil.

Q. Why are most foods packed hot?

A. Food that is packed hot and processed promptly is heated to the processing temperature more rapidly than when packed cold. Food also shrinks less when preheated.

Q. In adjusting caps, what is meant by "firmly tight"?

A. By "firmly tight" we mean as tight as the hand can conveniently screw the band without using any undue exertion or wrenches.

Q. Why is it safe to tighten two-piece metal caps before processing?

A. Two-piece metal caps seal by the cooling of the contents of the jar, not through pressure of the screw band on the lid. Therefore, although screw band is firmly tight, the jar is not sealed until cooled; during processing the flexible metal lid permits the jar to exhaust.

Q. In localities of high altitude, how much should processing time be increased?

A. Processing time in canning should **never** be increased; pressure is increased instead. In regions of 2,000 feet or more altitude, increase pressure 1 pound for each 2,000 feet. Example: 10 pounds pressure is recommended up to 2,000 feet, 11 pounds pressure between 2,000 and 4,000 feet altitude, 12 pounds pressure — between 4,000 feet and 6,000 feet altitude, 13 pounds pressure — between 6,000 feet and 8,000 feet altitude.

Important . . . READ CAREFULLY

PLEASE DO NOT ATTEMPT TO USE A PRESSURE COOKER-CANNER BEFORE READING THESE INSTRUCTIONS!

HOW TO COOK IN YOUR PRESTO COOKER-CANNER

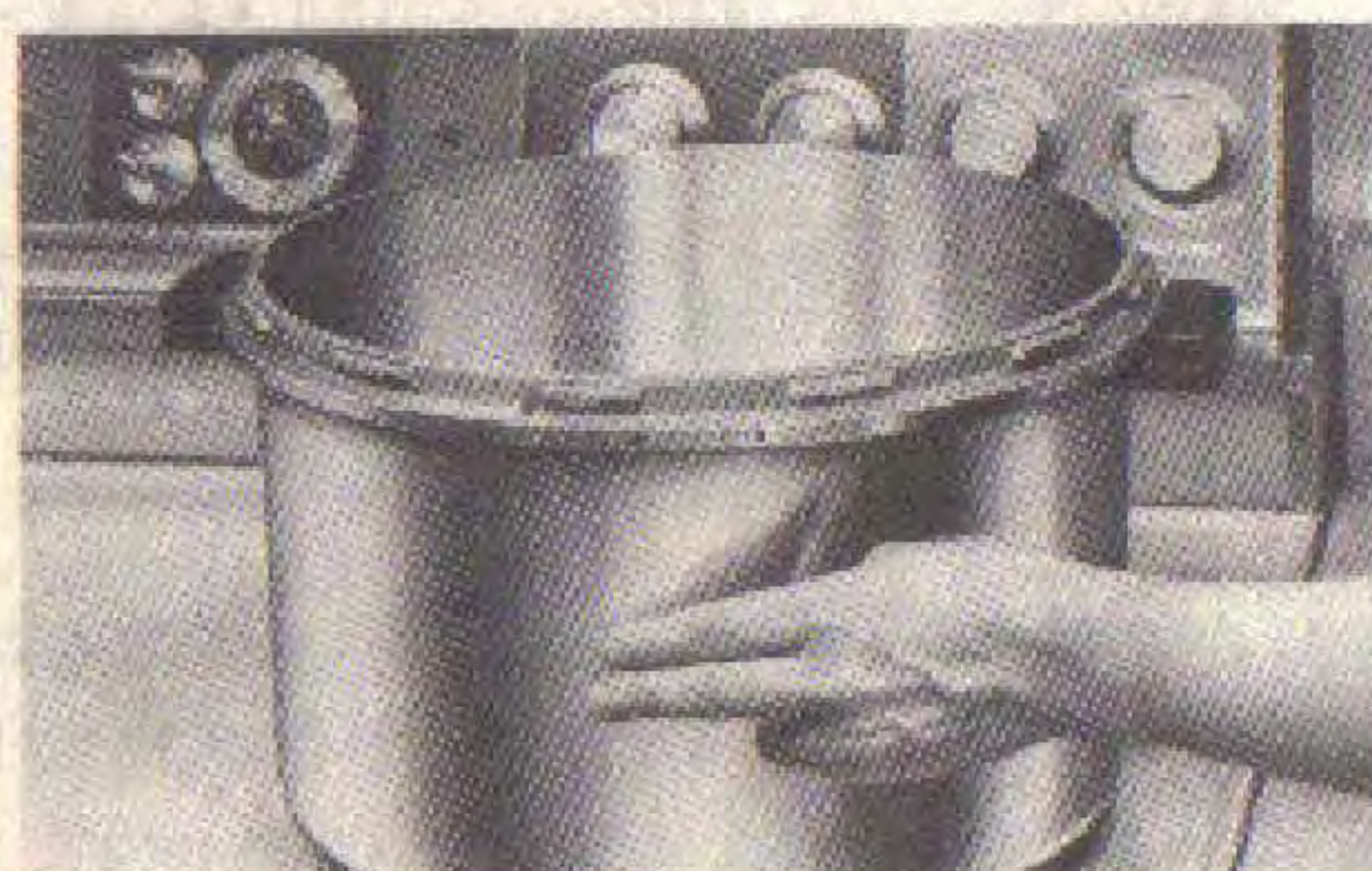
A Pot Roast is used for the following picture demonstrations.

1. Prepare food according to directions in the specific recipe. **Cooking of Apple Sauce, Cranberries, Rhubarb, Pearl Barley, Split Peas or Pea Soup is not recommended.** These foods tend to foam, froth and sputter and may sometimes clog the Vent Pipe.

2. Quantities in individual recipes are designed to serve 10 to 12 average portions. However, recipe ingredients may be doubled and in some cases tripled to increase the number of servings; or recipe ingredients may be decreased by $\frac{1}{2}$, to serve 5 to 6 portions. See beginning paragraphs of each recipe section for directions for increasing and decreasing quantities.

DO NOT FILL COOKER OVER TWO-THIRDS FULL!

When cooking a solid mass of food, such as soups, etc., do not fill the Cooker more than half full. If Cooker is too full, the food may clog the Vent Pipe opening and prevent Pressure Regulator from operating properly.



3. When cooking meat, heat Cooker without cover on high heat until the body half way between bottom and top rim "sizzles" to the touch of the moistened finger. Place 2 to 3 tablespoons shortening or salad oil in bottom of Cooker according to recipe. If the Cooker is not hot enough when shortening is added, meats may stick to the bottom during searing.



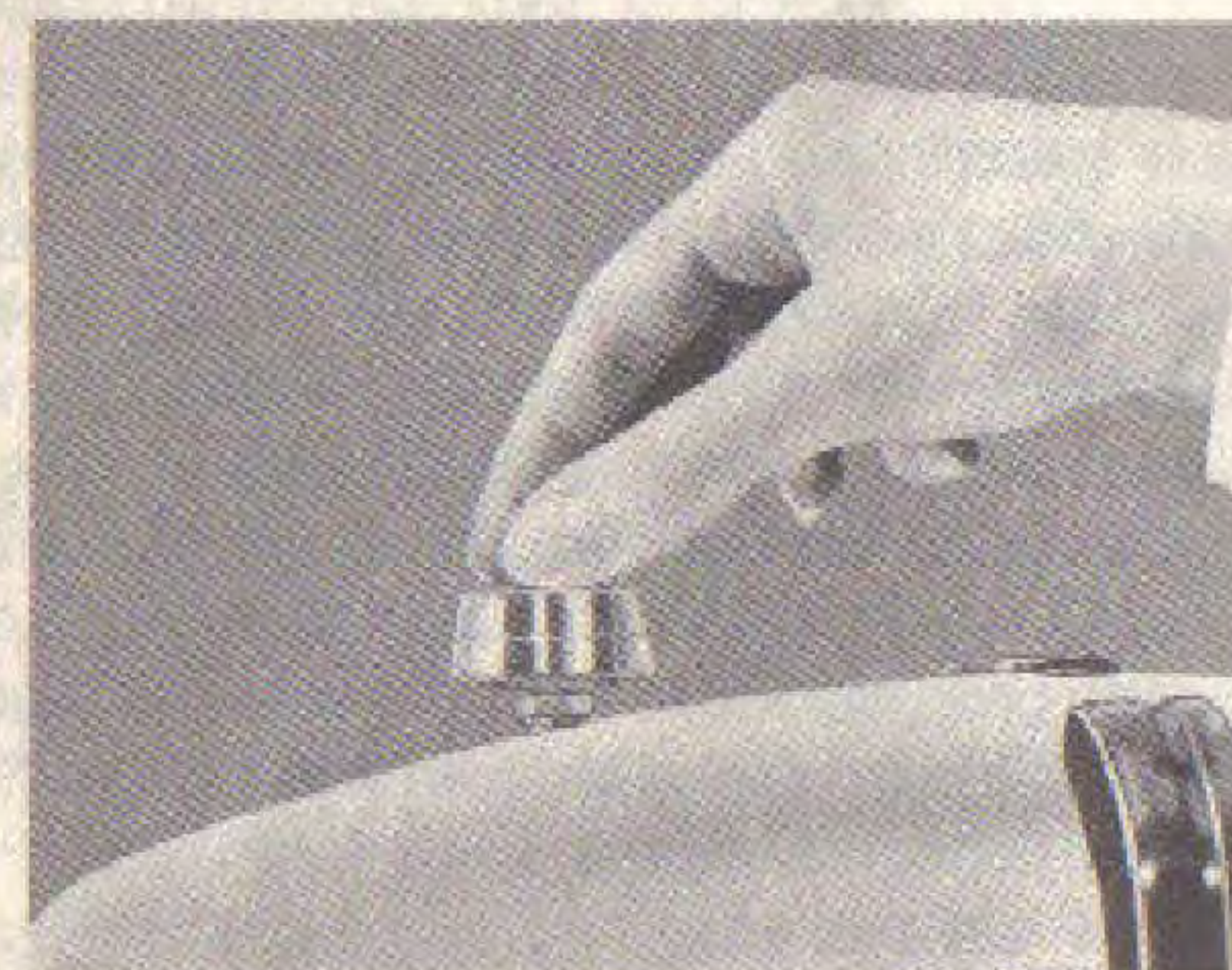
4. Place meat in bottom of Cooker and sear until deep brown and crisp on all sides. An excess of juices may be drawn from meat if it is not properly seared before cooking. It must be remembered that pressure cooking is unlike oven roasting, as there is no evaporation through boiling. Season to taste.



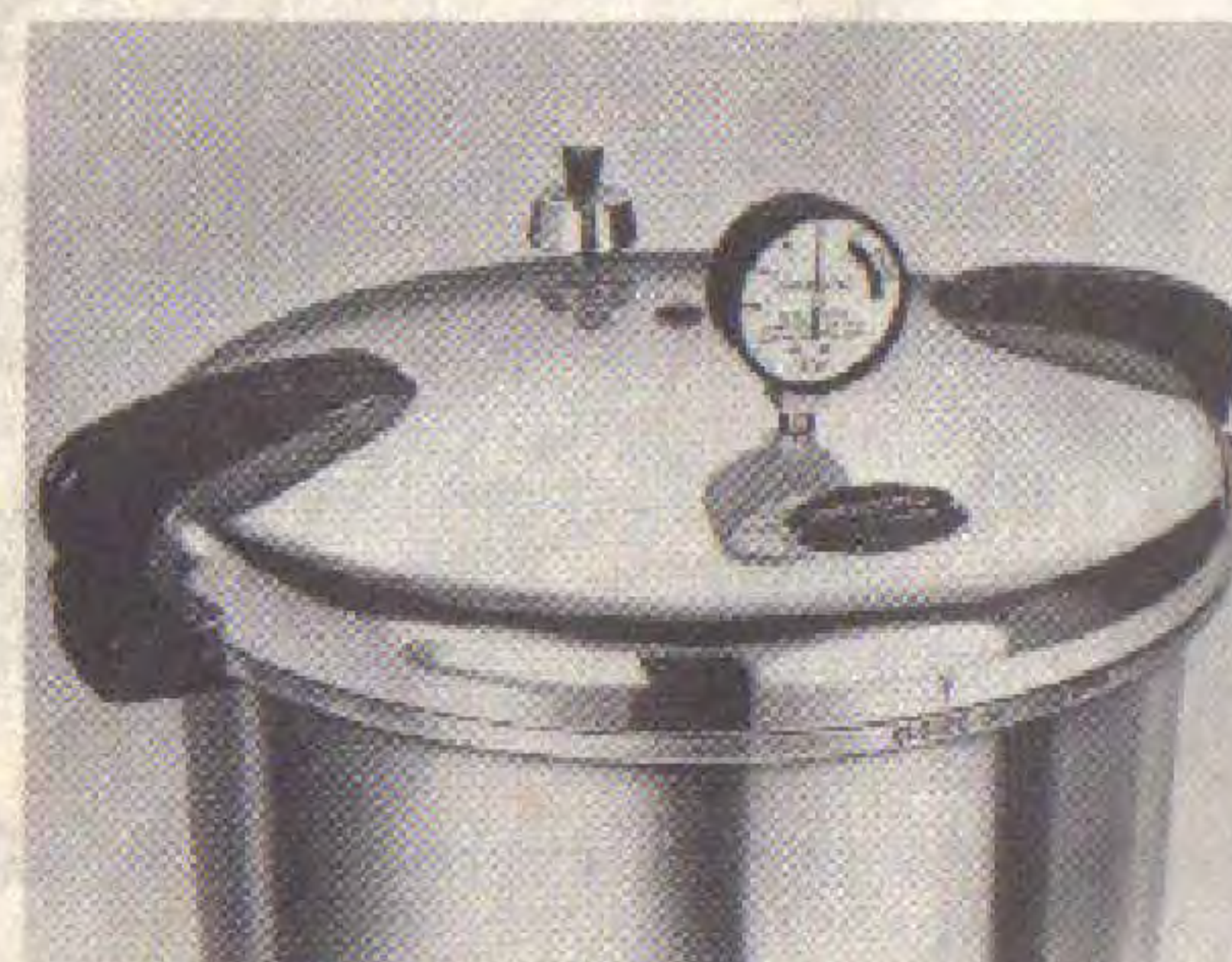
5. Move Cooker from heat and allow to cool slightly before adding water to prevent loss of moisture by evaporation. Add liquid and other ingredients according to recipe.



6. Place cover on Cooker and lock securely by turning clockwise. Arrow on cover must point to "closed". Cover handles must be centered between grooves of body handles. If cover is difficult to lock on at this point, it is due to the expansion of the Cooker from heating. Let cover rest on body a minute or two until it will lock on with ease. **DO NOT build up pressure in Cooker until cover is securely locked in closed position.**



7. Use large burner and turn heat to high. Place Pressure Regulator on Vent Pipe as soon as cover is closed securely, unless otherwise stated in recipe. Air will be exhausted from the Cooker by the Automatic Air Vent. If the Automatic Air Vent does not close in a few minutes, touch the metal plunger gently with a spoon or knife. It is possible that foreign material in the opening may have delayed the plunger from sealing readily.



8. Cooking time starts when steam gauge registers 15 pounds pressure. Reduce heat to maintain this pressure. However, if the Pressure Regulator rocks before 15 pounds pressure is reached on the steam gauge, lower heat until Pressure Regulator stops rocking. Adjust heat to maintain **this** steam pressure, thus avoiding excessive steam loss. Cook at this pressure for specified time as directed in recipe.



9. When cooking time is completed, turn off gas burner or remove Cooker from electric burner, coal stove or other constant heat unit.



10. When recipe states, let pressure drop of its own accord, set Cooker aside to cool. Pressure is down when pointer reaches zero, plunger in Automatic Air Vent has dropped and no steam escapes when Pressure Regulator is tilted.



11. When directed to "cool Cooker at once", place Cooker immediately in a large pan of water or under the water faucet. (Do not run water over Automatic Air Vent as water may be drawn into the Cooker when pressure is reduced.) Cool Cooker until Automatic Air Vent plunger has dropped, pointer reaches zero and no steam escapes when Pressure Regulator is tilted.



12. After Automatic Air Vent plunger has dropped and pointer reaches zero, remove the Pressure Regulator. Do not remove Pressure Regulator until pressure is completely reduced. **Always Remove** the Pressure Regulator before opening cover.



13. Remove cover from Canner. Lift cover toward you so as to keep steam away from you. Remove food and serve.

MEATS

In most meals, meat forms the basic item around which other foods are planned to make up the day's menu. Meat also contributes largely to our daily requirement of protein. For these two reasons alone, meat cookery is considered to be important as well as essential to good cooking.

Many factors help to determine the length of cooking time for meats. It depends on the amount and distribution of fat on the bone, toughness, size and thickness of cut, grade and cut of meat and the manner in which the meat fits into the Cooker. Rolled roasts require a longer cooking time per pound than roasts with the bone in them. Short, chunky roasts take longer to cook than long, flat roasts. Because of the difference in thickness, a small, thick roast requires a longer cooking time per pound than a heavier, flat roast. Consequently, it is possible to give only general rules for required cooking time of meats. Approximate cooking times are as follows:

Cooking Time per Pound for Roast Cuts of Meat

Beef: 8 to 10 minutes - rare (choice grade)
 10 to 12 minutes - medium (good grade)
 12 to 15 minutes - well done (utility grade)
 Pork: 15 minutes - well done (Pork should always be well done)
 17 minutes for very fat pork
 Veal: 17 minutes - well done

Any kind of cooking fat or salad oil may be used for browning meat. For best results, heat the Cooker without cover, on high heat until the body half way between the bottom and top rim "sizzles" to the touch of the moistened finger. Then add fat or oil and brown meat well on all sides. Cool Cooker slightly and add water or liquid as directed. Close cover securely. If the cover does not lock on the Cooker easily, leave it in position on the Cooker for a minute or two and it will then lock on without difficulty. This is due to the expansion of the metal from the heat.

Quantities given in the meat recipes on the following pages may be increased by doubling or tripling or decreased by one-half. Generally the amount of water is decreased proportionately when the liquid affects the consistency or flavor of the food. However, when a small amount of water is used to only furnish moisture for steam, use the amount specified, even though a smaller amount of meat is cooked.

DO NOT FILL COOKER OVER TWO-THIRDS FULL!

It is not necessary to completely thaw frozen meat before cooking in the Pressure Cooker. It is advisable, however, to leave frozen meat at room temperature for an hour or two before cooking so that the meat will have complete contact with the Cooker for adequate browning. Beef and veal which is solidly frozen will require approximately 25 minutes cooking time per pound. Pork which is solidly frozen will require about 30 minutes cooking time per pound. Frozen meat which has been completely thawed is cooked as fresh (unfrozen) meat.

Usually two small, 3 to 4 lb., roast cuts of meat, cooked at one time in the Pressure Cooker produce a more satisfactory product than one large, 6 to 8 lb., roast cut of meat.

Cured meats, such as tongue and corned beef require more water than fresh meats—at least 1 quart of water should be used. These meats are cooked with the lean side down and in the water.

BEEF**ITALIAN POTTED BEEF**

- | | |
|---------------------------|-----------------------------|
| 6 lb. rump or chuck roast | 1 tablespoon salt |
| 3 tablespoons olive oil | 1 cup sliced mushrooms |
| 2 onions, chopped | 2 6-ounce cans tomato paste |
| 1 cup diced celery | 1 10½-ounce can beef broth |
| 2 carrots, chopped | 1 cup red wine |
| 2 bay leaves | |

METHOD: Heat Cooker and add oil. Brown roast. Add prepared vegetables and seasonings. Blend tomato paste with broth and wine. Pour over meat. Close cover securely and place Pressure Regulator on vent pipe. Cook 35 minutes. Let pressure drop of its own accord. Serve with gravy.

BRAISED BEEF

- | | |
|--|----------------------|
| 3 slices salt pork | 2 cups water |
| 4 lbs. boneless beef,
round or rump | ½ cup diced turnips |
| Salt | ½ cup diced carrots |
| Pepper | 2 onions, chopped |
| Flour | ½ cup chopped celery |

METHOD: Heat Cooker and fry out pork. Season beef with salt and pepper; dredge in flour. Brown beef. Add water and vegetables. Close cover securely and place Pressure Regulator on vent pipe. Cook 40 minutes. Let pressure drop of its own accord.

BEEF HEART — STUFFED

- | | |
|--------------|--------------------------|
| 1 beef heart | Pepper |
| Dressing | 2 tablespoons shortening |
| Salt | 2 cups boiling water |

METHOD: Remove veins and tissue from heart. Wash well. If desired, cut pocket in heart and stuff with bread dressing. Season. Heat Cooker. Add shortening and brown heart. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 50 minutes. Let pressure drop of its own accord.

CORNERD BEEF

- | | |
|---------------------|----------------|
| 4 lbs. cornerd beef | 1 clove garlic |
| 1 quart water | 1 bay leaf |

METHOD: Cover cornerd beef with cold water and soak for one hour. Drain and discard water. Cut garlic clove in small pieces and insert in beef with a sharp knife. Place meat and water in Cooker. Add bay leaf. Close cover securely and place Pressure Regulator on vent pipe. Cook 40 to 50 minutes. Let pressure drop of its own accord.

OXTAILS WITH HERBS

- | | |
|--|---------------------|
| 6 to 8 oxtails, cut into
serving pieces | 1 teaspoon marjoram |
| 3 tablespoons shortening | 1 teaspoon basil |
| 2 large onions, thinly sliced | 2 teaspoons thyme |
| Salt and Pepper | 1 cup tomato juice |

METHOD: Heat Cooker. Add shortening and brown oxtails. Add onion and saute. Add remaining ingredients. Close cover securely and place Pressure Regulator on vent pipe. Cook 40 minutes. Let pressure drop of its own accord.

POT ROAST

- | | |
|------------------------------|--------------------------|
| 6 lbs. beef shoulder or rump | 4 tablespoons shortening |
| Salt | 1 medium onion, sliced |
| Pepper | 1 cup water |
| Flour | |

METHOD: Season meat with salt and pepper. Dredge with flour. Heat Cooker. Add shortening and brown meat well. Add onion and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 45 minutes. Let pressure drop of its own accord.

SHORT RIBS OF BEEF

- | | |
|--------------------------|-------------------|
| 8 lbs. beef ribs | 1 cup tomatoes |
| 3 tablespoons shortening | 1 tablespoon salt |
| 2 onions, chopped | ½ teaspoon pepper |
| 1 cup chopped celery | 1 cup water |
| ½ green pepper, chopped | |

METHOD: Heat Cooker. Add shortening and brown ribs. Add remaining ingredients. Close cover securely and place Pressure Regulator on vent pipe. Cook 40 minutes. Let pressure drop of its own accord.

SWISS STEAK

- | | |
|-------------------------------------|--------------------------|
| 5 lbs. round steak,
1 inch thick | 2 tablespoons shortening |
| ½ cup flour | 1 large onion, chopped |
| Salt and pepper | ½ green pepper, chopped |
| | 1½ cups tomato juice |

METHOD: Season flour with salt and pepper; pound flour into meat. Heat Cooker. Add shortening and brown meat. Add remaining ingredients. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

FRESH TONGUE

- | | |
|-----------------------|-------------------|
| 2 tongues | ¾ teaspoon pepper |
| 1 quart boiling water | 2 bay leaves |
| 1 onion, quartered | 6 whole cloves |
| 1 tablespoon salt | 2 cups water |

METHOD: Scrape tongue and wash well. Scald in boiling water. Place tongue and other ingredients in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 60 minutes. Let pressure drop of its own accord. Remove skin and roots while tongue is hot.

VEAL

ROAST OF VEAL

4 lbs. veal roast	2 tablespoons shortening
Salt and pepper	1 bay leaf
Flour	1 cup water

METHOD: Season meat and dredge with flour. Heat Cooker. Add shortening and brown meat. Add bay leaf and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 45 minutes. Let pressure drop of its own accord.

BRAISED VEAL

4 lbs. veal roast	1/2 onion, minced
1 tablespoon salt	1/8 teaspoon thyme
3 tablespoons flour	1 cup water
2 slices salt pork, diced	

METHOD: Season meat with salt; dredge in flour. Heat Cooker. Add salt pork and brown. Add meat and brown on all sides. Add onion, seasonings and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 45 minutes. Let pressure drop of its own accord.

TANGY VEAL CHOPS

12 veal chops, 3/4 inch thick	2 tablespoons lemon juice
2 tablespoons shortening	1 onion, chopped
Salt and pepper	1 cup water
1 teaspoon paprika	10 stuffed olives, sliced
1/3 cup brown sugar	

METHOD: Heat Cooker. Add shortening and brown chops. Combine seasonings, brown sugar, lemon juice, onion and water. Pour over meat. Sprinkle olives over top. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord. Remove meat, thicken gravy, if desired.

GOURMET VEAL STEAK

6 lbs. veal round steak, cut into serving pieces	2 lemons, thinly sliced
2 tablespoons shortening	2 chicken bouillon cubes
1 tablespoon salt	1 cup boiling water
1/2 teaspoon pepper	1 cup sherry wine

METHOD: Heat Cooker. Add shortening and brown meat. Sprinkle with salt and pepper. Place lemon slices on meat. Add bouillon cubes dissolved in boiling water and wine. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Cool Cooker at once.

HAM

HAM — BOILED

10 lbs. ham	1 quart water
1 clove garlic	

METHOD: If ham has hard skin, soak at least 1 hour in water to cover. Tenderized ham does not require soaking. Place ham with garlic and water in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 60 minutes. Let pressure drop of its own accord.

HAM SLICES

2 tablespoons shortening	Cloves
2 slices ham, 1 1/2 inches thick	1 cup water

METHOD: Heat Cooker. Add shortening and brown ham. Add cloves and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

VIRGINIA HAM

6 lbs. ham	3/4 cup brown sugar
2 cups water	Cloves

METHOD: Soak ham if necessary. Place in Cooker with lean part down. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 50 minutes. Let pressure drop of its own accord. Remove ham. Sprinkle with sugar and dot with cloves. Brown in a hot oven. If it is to be served cold, allow to cool in cooking liquid in a large bowl.

LAMB

LEG OF LAMB

5 to 6 lbs. leg of lamb	2 tablespoons shortening
Salt	1 cup water

METHOD: Season meat. Heat Cooker. Add shortening and brown lamb. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 50 minutes. Let pressure drop of its own accord.

CHINESE PINEAPPLE LAMB

4 lbs. boneless lamb, cut into 1 1/2 inch cubes	2 cups beef stock
3 tablespoons shortening	1 No. 2 can bean sprouts, drained
1 cup chopped onion	2 No. 2 cans pineapple chunks, drained
3 cups sliced celery	2 tablespoons cornstarch
3 3-ounce cans mushrooms	1/3 cup soy sauce
Salt and pepper	

METHOD: Heat Cooker. Add shortening and brown meat. Add onion and celery and brown lightly. Add mushroom liquid, seasoning and beef stock. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Cool Cooker at once. Add bean sprouts, pineapple and mushrooms. Blend cornstarch and soy sauce and stir into mixture. Cook until thickened, stirring carefully. Serve over chow mein noodles or steamed rice.

PORK

LOIN OF PORK

6 lbs. loin roast	2 onions, sliced
2 tablespoons shortening	2 cups water
Salt and pepper	

METHOD: Heat Cooker. Add shortening and brown meat. Season with salt, pepper and sliced onion. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 50 to 60 minutes. Let pressure drop of its own accord.

SPARERIBS — BARBECUED

10 lbs. spareribs, cut into serving pieces	2 cups catsup
Salt and pepper	1 cup vinegar
Paprika	2 tablespoons Worcestershire sauce
3 tablespoons shortening	1 teaspoon chili powder
4 large onions, sliced	1 teaspoon celery seed

METHOD: Season spareribs with salt, pepper and paprika. Heat Cooker. Add shortening and brown ribs on all sides. Add onion. Combine catsup, vinegar, Worcestershire sauce, chili powder and celery seed; pour over meat in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

LEMON PORK CHOPS

10 pork chops, ½ inch thick	1 teaspoon salt
3 tablespoons shortening	¼ teaspoon pepper
10 lemon slices	1 cup catsup
2 onions, cut into rings	1 cup water

METHOD: Heat Cooker. Add shortening and brown chops. Top each chop with a lemon slice. Add onion, salt and pepper. Combine catsup and water and pour over chops. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Cool Cooker at once. Serve chops with the sauce.

BREADED PORK CHOPS

10 pork chops, ¾ inch thick	2 tablespoons milk
Salt and pepper	3 tablespoons shortening
2 cups corn flake crumbs	1 cup water
2 eggs, beaten	

METHOD: Season pork chops with salt and pepper. Dredge with corn flake crumbs, then dip in combined egg and milk and again in crumbs. Heat Cooker. Add shortening and brown chops on both sides. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 12 minutes. Let pressure drop of its own accord.

COMBINATION DISHES

Try these suggested combination dishes. Then experiment with combination dishes of your own. Always remember to select foods that cook in the same length of time. Favorite recipes may be adjusted to Pressure Cooking by following the general directions for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since Pressure Cooking requires only one-third as much time as ordinary methods of cooking. Decrease the amount of liquid as there is but little evaporation from the Cooker. Add about 1 cup more liquid than desired in the finished product.

Quantities in individual recipes are designed to serve 10 to 12 average portions. However, recipe ingredients may be doubled and in some cases tripled to increase the number of servings; or recipe ingredients may be decreased by ½ to serve 5 to 6 portions. The length of cooking time is not increased when larger quantities than stated in the recipe are cooked, provided foods such as stew, swiss steak, etc., are in serving size pieces.

DO NOT FILL COOKER
OVER TWO-THIRDS FULL!

BOSTON BAKED BEANS

4 cups dried beans	2 teaspoons salt
½ cup vegetable oil	1 teaspoon mustard
2 tablespoons salt	6 tablespoons molasses
Water	½ cup catsup
1 lb. salt pork or bacon, diced	2 onions, diced
6 tablespoons brown sugar	Water

METHOD: Soak beans overnight in vegetable oil, salt and enough water to cover completely. Drain and discard liquid. Heat Cooker and sear salt pork or bacon. Add beans, remaining ingredients and enough water to cover. Close cover securely and place Pressure Regulator on vent pipe. Cook 45 minutes. Let pressure drop of its own accord.

LIMA BEAN POT

4 cups dried lima beans	1 green pepper, diced
½ cup vegetable oil	1 cup chopped celery
2 tablespoons salt	4 cups tomato juice
Water	¼ cup brown sugar
1 lb. pork sausages, cut into ½ inch pieces	2 teaspoons salt
2 onions, chopped	2 teaspoons chili powder
	½ teaspoon cayenne pepper

METHOD: Soak beans overnight in vegetable oil, salt and enough water to cover completely. Drain and discard liquid. Heat Cooker and brown sausage. Remove. Pour off all drippings in excess of two tablespoons. Sauté onions, green pepper and celery. Add lima beans and sausage. Add combined tomato juice, brown sugar, salt, chili powder and cayenne pepper. Mix well. Close cover securely and place Pressure Regulator on vent pipe. Cook 25 minutes. Let pressure drop of its own accord.

NEW ENGLAND BOILED DINNER

- | | |
|--------------------|------------------------------|
| 4 lbs. ham shank | 1 rutabaga or turnip, sliced |
| 4 cups water | 6 carrots, halved |
| 6 potatoes, halved | 1 cabbage, quartered |
| 6 onions, halved | 1/8 teaspoon pepper |

METHOD: Place ham and water in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 minutes. Let pressure drop of its own accord. Add vegetables and pepper. Do not fill Cooker over 3/4 full. Close cover securely and place Pressure Regulator on vent pipe. Cook 5 to 8 minutes, depending on size of vegetables. Let pressure drop of its own accord.

PORK HOCKS WITH SAUERKRAUT AND POTATOES

- | | |
|---------------------|----------------------------|
| 6 lbs. pork hocks | 1 No. 2 1/2 can sauerkraut |
| 3 cups water | 2 onions, chopped |
| 2 teaspoons salt | 6 potatoes, halved |
| 1/4 teaspoon pepper | |

METHOD: Place hocks, water, salt and pepper in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 45 minutes. Let pressure drop of its own accord. Add sauerkraut, onions and potatoes. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord.

CHOP SUEY

- | | |
|---------------------------|---------------------------------|
| 2 tablespoons shortening | 2 to 3 large onions, minced |
| 2 lbs. round steak, cubed | 1/4 cup chop suey sauce |
| 1 lb. lean pork, cubed | 1 small bunch celery, diced |
| 1 lb. lean veal, cubed | 2 No. 2 cans Chinese vegetables |
| Salt | 2 No. 2 cans bean sprouts |
| Pepper | |

METHOD: Heat Cooker. Add shortening and brown meat. Season with salt and pepper. Add onions, chop suey sauce, celery and liquid drained from vegetables. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord. Add vegetables to meat. Heat in open Cooker. Serve with steamed rice.

CHILI CON CARNE

- | | |
|--------------------------|----------------------------|
| 3 tablespoons shortening | 3 No. 2 cans tomatoes |
| 3 lbs. ground beef | 3 No. 2 cans kidney beans, |
| 4 onions, minced | with liquid |
| 1 large green pepper, | 2 tablespoons salt |
| shredded | Dash of cayenne pepper |
| 2 cloves garlic, minced | 3 teaspoons chili powder |

METHOD: Heat Cooker. Add shortening and brown beef, breaking it apart to assure even browning. Add onions, green pepper, garlic and brown lightly. Add remaining ingredients. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

SPAGHETTI MEAT SAUCE

- | | |
|-----------------------------|-------------------------------|
| 4 tablespoons salad oil | 2 6-ounce cans tomato paste |
| 3 lbs. ground beef | 2 cups tomato juice |
| 2 large onions, chopped | 2 to 3 teaspoons chili powder |
| 2 cloves garlic, minced | 1/4 teaspoon cayenne pepper |
| 1 cup chopped celery | 1/2 teaspoon curry powder |
| 1 large green pepper, diced | 1 3-ounce package |
| 1 tablespoon salt | Parmesan cheese |

METHOD: Heat Cooker. Add salad oil and brown beef. Add onion, garlic, celery, pepper and salt. Add combined tomato paste, tomato juice, chili powder, cayenne pepper and curry powder. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord. Serve sauce over spaghetti. Sprinkle with Parmesan cheese.

BEEF STEW

- | | |
|--------------------------|---------------------|
| 3 tablespoons shortening | 12 small potatoes |
| 3 lbs. beef, | 3 cups green beans |
| cut into 1 inch cubes | 12 small carrots |
| 3 large onions, sliced | 3 cups tomatoes |
| Salt and pepper | 3 tablespoons flour |
| 1 1/2 cups water | 3/4 cups water |

METHOD: Heat Cooker. Add shortening and brown meat. Add onion, salt, pepper and water. Place potatoes, green beans, carrots and tomatoes over meat. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 to 12 minutes. Cool Cooker at once. Make a paste of the flour and 3/4 cup water and stir into stew to thicken. Another method of preparing stew is to cook the meat separately 8-10 minutes. Cool Cooker at once. Add vegetables and cook 5 minutes. Cool Cooker at once.

SHRIMP JAMBALAYA

- | | |
|----------------------------|----------------------------------|
| 3 tablespoons shortening | Pinch each, cayenne, chili |
| 2 cloves garlic | powder and basil |
| 1 cup chopped onion | 1 cup water |
| 1 lb. precooked ham, diced | 2 1-lb. cans tomatoes |
| 2 cups uncooked rice | 2 6-ounce cans sliced mushrooms, |
| 1 tablespoon salt | with liquid |
| 1/4 teaspoon pepper | 2 lbs. peeled and cleaned shrimp |
| 1/4 teaspoon allspice | 1 green pepper, cut into strips |

METHOD: Heat Cooker. Add shortening. Saute garlic and onion until golden. Stir in ham and rice. Cook until rice is golden. Remove garlic. Add seasonings, water, tomatoes and mushrooms with liquid; mix well. Add shrimp and sprinkle green pepper strips over all. Close cover securely and place Pressure Regulator on vent pipe. Cook 5 minutes. Cool Cooker at once. Remove cover and stir. Let stand 5 minutes before serving.

LIMA BEANS WITH BACON

4 cups dried lima beans	6 strips bacon, diced
½ cup vegetable oil	1 teaspoon salt
2 tablespoons salt	Water

METHOD: Soak beans overnight in vegetable oil, salt and enough water to cover completely. Drain and discard liquid. Heat Cooker and brown bacon. Add beans, salt and enough water to cover. Close cover securely and place Pressure Regulator on vent pipe. Cook 25 minutes. Let pressure drop of its own accord.

"BAKED" HAM WITH POTATO SALAD
"BAKED" Ham

6 lbs. ready-to-eat ham	½ cup brown sugar
2 tablespoons whole cloves	2 onions, sliced
2 cups water	

METHOD: Score ham fat and stud with cloves; place on rack in Cooker. Combine water and sugar, pour over ham. Add onions. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 minutes. Let pressure drop of its own accord. Serve hot or cold.

POTATO SALAD

8 slices thick bacon, diced	1 teaspoon celery seed
¼ cup sugar	⅔ cup vinegar
2 tablespoons salt	2 large onions, chopped
½ teaspoon seasoned pepper	12 large potatoes,
2 teaspoons prepared mustard	peeled and diced

METHOD: Heat Cooker and brown bacon. Drain off most of the drippings. Combine remaining ingredients, except potatoes and stir into drippings. Add potatoes and mix well. Close cover securely and place Pressure Regulator on vent pipe. Cook 5 minutes. Cool Cooker at once. Serve hot or cold.

LAMB STEW

3 tablespoons shortening	8 onions, diced
4 lbs. breast of lamb,	2 tablespoons Worcestershire sauce
cut into 1 inch cubes	8 carrots, cut in half
Salt and pepper	1½ cups hot water
2 green peppers, diced	

METHOD: Heat Cooker. Add shortening and brown lamb. Season with salt and pepper. Add green pepper, onion, Worcestershire sauce, carrots and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 8 minutes. Let pressure drop of its own accord.

SPARERIBS AND SAUERKRAUT

6 lbs. spareribs,	3 quarts sauerkraut
cut into serving pieces	3 tablespoons brown sugar
3 tablespoons shortening	2 cups water
Salt and pepper	

METHOD: Heat Cooker. Add shortening and brown ribs. Season with salt and pepper. Place sauerkraut over ribs and sprinkle with brown sugar. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Cool Cooker at once.

BEEF GOULASH

4 lbs. chuck roast,	4 garlic cloves, minced
cut into 2 inch cubes	8 onions, chopped
3 tablespoons shortening	16 allspice corns
Salt and pepper	2 6-ounce cans tomato paste
1½ teaspoons paprika	8 potatoes
2 cups water	

METHOD: Heat Cooker. Add shortening and brown meat. Season with salt, pepper and paprika. Add water, garlic, onions, allspice corns and tomato paste. Place potatoes around meat. Do not fill Cooker over two-thirds full! Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

PORK CHOPS WITH VEGETABLES

2 tablespoons shortening	1½ cups water
12 pork chops, 1 inch thick	12 small potatoes
Salt and pepper	12 carrots

METHOD: Heat Cooker. Add shortening. Season pork chops and brown. Add water. Place potatoes and carrots on top. Do not fill Cooker over two-thirds full! Close cover securely and place Pressure Regulator on vent pipe. Cook 10 to 12 minutes. Let pressure drop of its own accord.

MEAT CABBAGE ROLLS

2 large heads cabbage	3 cups cooked rice
Hot water	3 cups milk
3 lbs. ground beef	⅓ cup shortening
2 tablespoons salt	⅓ cup brown sugar
¾ teaspoon pepper	1½ cups water

METHOD: Dip cabbage leaves in hot water. Dry leaves on clean towel. Combine meat, salt, pepper, cooked rice, milk and mix well. Place a tablespoon of meat mixture into each leaf; roll leaf around meat and fasten with toothpick. Heat Cooker. Add shortening and brown rolls lightly. Sprinkle with brown sugar, add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord.

POULTRY

The word Poultry includes all domesticated birds used as foods such as chicken, turkey, duck, goose, cornish hen, etc. The age of the bird will help to determine the length of cooking time.

The best way to determine cooking times for chicken in your Pressure Cooker is to use this simple weight time table as a guide:

Young birds, 3 to 4 pounds	15 to 20 minutes
Young birds, 5 to 7 pounds	25 to 30 minutes
Older birds, hens	35 minutes

The large capacity of your Cooker provides ample space for cooking two whole chickens at one time, and two or more when cut into serving pieces.

DO NOT FILL COOKER
OVER TWO-THIRDS FULL!

BRAISED WHOLE CHICKEN

2 chickens	Salt and pepper
3 tablespoons shortening	1 cup water

METHOD: Clean chicken in usual manner. Stuff, if desired. Remove neck bone, folding down skin neatly on breast and skewer in position. Fasten legs and wings close to side of body. Heat Cooker. Add shortening and brown on all sides. Add seasonings and water. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 to 25 minutes. Let pressure drop of its own accord.

CHICKEN AND DUMPLINGS

8 lbs. chicken,	8 cups water
cut into serving pieces	Dumplings (see recipe below)
2 tablespoons salt	

METHOD: Place chicken, salt and water in bottom of Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 to 25 minutes. Let pressure drop of its own accord. With teaspoon, drop dumplings into Cooker. Cover Cooker but do not seal. Steam 15 minutes with vent pipe open. Thicken broth and serve.

DUMPLINGS

2 cups flour	2 eggs
1 teaspoon salt	2 1/3 cups milk
2 tablespoons baking powder	1/4 cup melted shortening

METHOD: Sift flour, salt and baking powder. Beat eggs; add milk and shortening. Combine liquid and dry ingredients. Drop from teaspoon into hot chicken broth. Steam 15 minutes with vent pipe open. Reduce heat for moderate flow of steam.

CHICKEN IMPERIAL

6 lbs. frying chicken,	1/2 cup slivered almonds
cut into serving pieces	2 4-ounce cans mushrooms
1/4 cup shortening	2 chicken bouillon cubes
2 teaspoons salt	1 cup hot water
1/4 cup minced onion	1 cup white wine or vinegar
1/4 teaspoon pepper	Toasted slivered almonds (optional)

METHOD: Heat Cooker. Add shortening and brown chicken. Season with salt and pepper. Add onions, almonds, mushrooms with liquid, bouillon cubes dissolved in hot water and vinegar. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord. Remove chicken from Cooker, thicken gravy, if desired. Place chicken on bed of hot rice, top with gravy and toasted almonds.

CHICKEN MARENGO

6 lbs. chicken, quartered	2 3-ounce cans sliced mushrooms,
2 teaspoons	drained (or 1/2 lb. mushrooms,
coarse black pepper	sliced)
2/3 cup seasoned flour	2 1 lb. cans tomatoes
1/3 cup shortening	2 cups dry white wine
2 cloves garlic	

METHOD: Rub chicken with pepper, dredge in flour. Heat Cooker. Add shortening and garlic. Brown chicken. Remove garlic and chicken. Add mushrooms. Stir in tomatoes and 1 cup wine; replace chicken. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord. Place chicken on a heated platter. Add remaining wine and simmer. Thicken if desired.

HUNTER'S TURKEY

6 lbs. turkey, cut into	2 8-ounce cans tomato sauce
serving pieces	2 bay leaves
Flour, salt and pepper	1/2 teaspoon thyme
1/3 cup shortening	1 teaspoon marjoram
2 onions, chopped	2 teaspoons Worcestershire sauce

METHOD: Heat Cooker. Dredge turkey in seasoned flour. Melt shortening and brown turkey. Add combined onion, tomato sauce, bay leaf, thyme, marjoram and Worcestershire sauce. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord.

SQUAB

6 squab	Salt and pepper
3 tablespoons shortening	1 1/2 cups water

METHOD: Heat Cooker. Add shortening and brown squab. Remove from Cooker and sprinkle with salt and pepper. Add water. Place squab on rack in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes. Let pressure drop of its own accord. Place squab under broiler if crispness is desired.

CORNISH HENS IN WHITE WINE

3 tablespoons shortening	1½ cups white cooking wine
6 cornish hens	1½ teaspoons instant chicken bouillon
1½ teaspoons salt	¼ teaspoon thyme
¾ teaspoon pepper	1 tablespoon chopped parsley

METHOD: Heat Cooker. Add shortening and brown hens. Season with salt and pepper. Combine remaining ingredients and pour over hens. Close cover securely and place Pressure Regulator on vent pipe. Cook 8 minutes. Let pressure drop of its own accord.

FLORIDA DUCK

6 lbs. duck,	2 tablespoons shortening
cut into serving pieces	1½ cups white cooking wine
Salt and pepper	2 teaspoons grated orange rind

METHOD: Remove as much fat as possible from the duck. Season with salt and pepper. Heat Cooker. Add shortening and brown the duck. Pour off excess fat. Combine cooking wine and orange rind. Pour over duck. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord. Remove duck and thicken gravy, if desired.

DUCK WITH BLACK CHERRY SAUCE

6 lbs. duck,	2 bay leaves
cut into serving pieces	¼ teaspoon marjoram
Paprika	2 No. 2 cans black cherries
2 tablespoons shortening	1½ cups liquid
¼ cup minced onion	(from black cherries and water)
2 teaspoons salt	

METHOD: Heat Cooker. Sprinkle duck with paprika. Add shortening and brown duck. Add onion, salt, bay leaf, marjoram and liquid. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord. Remove cover. Place duck on platter. Add black cherries to sauce and heat thoroughly. Thicken sauce with cornstarch, if desired. Pour over duck.

SMOTHERED PHEASANT

6 lbs. pheasant, cut into	2 tablespoons shortening
serving pieces	1½ cups water
Flour, salt and pepper	1 cup sour or sweet cream

METHOD: Soak pheasant in salt water 15 minutes. Wipe dry. Heat Cooker. Dredge pheasant in seasoned flour. Add shortening and brown pheasant. Add water. Close cover securely and place Pressure Regulator on vent pipe. Cook 15 minutes. Let pressure drop of its own accord. Remove cover. Place pheasant on platter. Add cream to drippings and heat thoroughly. Thicken sauce, if desired. Pour over pheasant.

SOUPS AND CHOWDERS

Soups are not expensive, but nourishing and wholesome and with your Cooker you have an efficient, economical method of preparing the very finest of soups. If you wish to prepare your family's favorite soup, use the following recipes as guides.

Rice and dried vegetables expand during cooking. When preparing soups using these ingredients, DO NOT FILL COOKER OVER ONE-HALF FULL!

Do not cook Pea Soup in your PRESTO Cooker, as it has a tendency to foam, froth and sputter and may clog the Vent Pipe.

Quantities given in the soup recipes on the following pages, may be increased by doubling or tripling or decreased by one-half. If you wish, the quantity of water alone may be decreased and boiling water added after cooking.

DO NOT FILL COOKER
OVER TWO-THIRDS FULL!

SOUP STOCK

3 lbs. soup bone	2 teaspoons salt
3 quarts water	

METHOD: Cut meat into pieces. Large bones should be sawed to fully extract gelatin and fat. Place all ingredients in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 30 minutes. Let pressure drop of its own accord. Strain through fine sieve. Let cool. Remove fat from top and, if necessary, clarify with egg.

VEGETABLE SOUP

2½ lbs. soup bone or	2 cups canned or fresh tomatoes
2 lbs. soup meat	1 small bunch celery, diced
2 quarts water	2 onions, sliced
3 carrots, diced	2 tablespoons rice
3 potatoes, diced	1½ teaspoons salt
1 cup canned lima beans	

METHOD: Place all ingredients in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 minutes. Let pressure drop of its own accord.

CORN CHOWDER

2 slices fat salt pork, minced	Pepper
2 small onions, sliced	2 No. 2 cans corn
8 cups diced potatoes	8 cups hot milk
3 cups water	⅓ cup butter
2 tablespoons salt	

METHOD: Heat Cooker and brown salt pork. Add onion and cook slightly. Add potatoes, water, salt and pepper. Close cover securely, place Pressure Regulator on vent pipe. Cook 5 minutes. Let pressure drop of its own accord. Add corn, milk and butter. Reheat. Thicken chowder if desired.

BROWN STOCK

- | | |
|-------------------------|-----------------------------|
| 1 tablespoon shortening | ½ cup chopped celery leaves |
| 1½ lbs. beef, cubed | ½ cup diced turnips |
| 3 quarts water | 2 sprigs parsley, minced |
| ½ cup sliced onion | 1 small bay leaf |
| ½ cup diced carrots | 1 tablespoon salt |

METHOD: Heat Cooker. Add shortening and brown beef. Add remaining ingredients. Close cover securely and place Pressure Regulator on vent pipe. Cook 30 minutes. Let pressure drop of its own accord. Strain stock. Store in refrigerator.

CHICKEN SOUP

- | | |
|-------------------------|-----------------------|
| 1 chicken, | 1 small onion, minced |
| cut into serving pieces | 1 teaspoon salt |
| 3 quarts water | ½ cup rice |
| ½ cup diced celery | |

METHOD: Place all ingredients in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 20 minutes. Let pressure drop of its own accord.

NAVY BEAN SOUP

- | | |
|--------------------------|---------------------------|
| 2 cups dried navy beans | 4 ribs celery, sliced |
| ¼ cup vegetable oil | ¼ cup minced green pepper |
| 1 tablespoon salt | 1 cup tomato sauce |
| Water | 2 cloves |
| 2 lbs. ham bone or shank | Salt and pepper |
| 2 onions, chopped | 3 quarts water |
| 4 carrots, sliced | |

METHOD: Soak beans overnight in vegetable oil, salt and water to cover completely. Drain and discard liquid. Place beans and all remaining ingredients in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 30 minutes. Let pressure drop of its own accord.

CLAM CHOWDER

- | | |
|------------------------|------------------------|
| ½ lb. salt pork, cubed | 2 tablespoons salt |
| 3 cups water | Pepper |
| 2 small onions, minced | 2 quarts clams, minced |
| 8 cups diced potatoes | 2 quarts hot milk |
| 2 cups corn | ¼ cup butter |

METHOD: Heat Cooker. Slightly brown salt pork. Add vegetables, water, salt and pepper. Close cover securely and place Pressure Regulator on vent pipe. Cook 5 minutes. Let pressure drop of its own accord. Add clams and boil, without cover, for 2 minutes. (Additional cooking will toughen clams.) Add milk and butter.

STEAMED BREADS AND DESSERTS

Your Pressure Cooker offers a shortened method for preparing steamed breads and desserts. Actually the cooking time can be counted in minutes instead of hours. You will find, too, that your Pressure Cooker is easier to handle than the ordinary steamer because its gauge acts as a means of heat measurement to assure constant heat to produce uniform even textured products.

Best results are obtained when 1 to 1½ quart molds are used. Any type of mold is satisfactory (metal, glass, earthenware). However, baking powder, coffee cans or No. 2 tin cans may be used. Be sure to remember to never fill molds over two-thirds full; this extra top-space is to allow ample space for rising. If molds used do not have a cover, aluminum foil or several thicknesses of wax paper should be tied securely over the top to prevent condensed moisture from falling into mold. Because the first part of the cooking period is steaming time, which permits foods to rise, at least two quarts boiling water should be poured into the bottom of Pressure Cooker to allow for evaporation.

Adjust heat to allow a moderate flow of steam from the vent pipe.

Quantities given in the recipes on the following pages may be increased by doubling, if desired.

WHITE FRUIT CAKE

- | | |
|----------------------------------|--------------------------------------|
| 1¼ cups canned pineapple tidbits | 2 cups chopped walnuts |
| ⅔ cup chopped citron | ½ cup flour |
| ⅔ cup shredded lemon peel | 1 cup shortening |
| ½ cup chopped candied cherries | 1 cup sugar |
| ¾ cup chopped dates | 5 eggs |
| ⅔ cup shredded orange peel | 1½ cups sifted all purpose flour |
| 1 cup chopped dried apricots | 1 teaspoon salt |
| ½ cup chopped figs | 1½ teaspoons baking powder |
| 1½ cups white raisins | ¼ cup pineapple juice |
| ½ cup shredded coconut | 2 quarts water in Cooker with basket |

METHOD: Drain pineapple, saving juice. Dredge fruits and nuts with ½ cup flour. Cream shortening and sugar. Add eggs, one at a time, beating mixture well after each addition. Sift flour, salt and baking powder. Add alternately with pineapple juice. Pour over floured fruit and nuts; mix until well blended. Grease 5 No. 2 tin cans. Pour batter in cans and cover with wax paper; tie securely. Place in basket with water in Cooker. Close cover securely. Allow steam to flow from vent pipe 20 minutes. Place Pressure Regulator on vent pipe. Cook 60 minutes at 10 pounds pressure. Let pressure drop of its own accord.

BROWN BREAD

- | | |
|--------------------|----------------------------|
| 1 cup graham flour | ¾ cup light molasses |
| 1 cup corn meal | 2 cups milk, sweet or sour |
| 1 cup rye meal | 1 cup raisins |
| 1 teaspoon salt | 2 quarts water in Cooker |
| 1 teaspoon soda | with basket |

METHOD: Mix all dry ingredients. Add molasses, milk and raisins. Beat well. Pour into 2 buttered molds (pint size). Cover with wax paper; tie securely. Place in basket with water in Cooker. Close cover securely. Allow steam to flow from vent pipe 20 minutes. Place Pressure Regulator on vent pipe. Cook 25 minutes at 10 pounds pressure. Let pressure drop of its own accord.

BREAD PUDDING

- | | |
|---------------------|--------------------------|
| 2 cups milk | 2 eggs |
| ¼ teaspoon salt | ½ teaspoon vanilla |
| ½ cup brown sugar | 2 cups cubed dry bread |
| ½ teaspoon cinnamon | 2 quarts water in Cooker |
| 1 tablespoon butter | with basket |

METHOD: Scald milk. Add salt, brown sugar, cinnamon and butter. Pour milk mixture over slightly beaten eggs. Add vanilla. Combine with bread and mix well. Place in buttered bowl. Cover with wax paper; tie securely. Place in basket with water in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 8 minutes at steam pressure. Let pressure drop of its own accord.

ENGLISH PLUM PUDDING

- | | |
|--------------------------------|--------------------------|
| 1 cup sifted all purpose flour | ½ cup currants |
| 1 teaspoon baking powder | ½ cup chopped nuts |
| ½ teaspoon salt | 1 egg |
| ½ teaspoon allspice | ½ cup sugar |
| ½ teaspoon cinnamon | ½ cup ground suet |
| ½ teaspoon nutmeg | ⅓ cup milk |
| ¼ teaspoon cloves | 2 quarts water in Cooker |
| ½ cup raisins | with basket |

METHOD: Sift flour with baking powder, salt and all spices. Add fruits and nuts. Beat egg; add sugar, suet and milk. Combine liquid and dry ingredients, and mix well. Pour into buttered 1 quart mold. Cover with wax paper; tie securely. Place in basket with water in Cooker. Close cover securely. Allow steam to flow from vent pipe 20 minutes. Place Pressure Regulator on vent pipe. Cook 50 minutes at 10 pounds pressure. Let pressure drop of its own accord.

BROWN BETTY

- | | |
|---------------------------|--------------------------|
| 1 cup dry bread crumbs | 3 medium apples, sliced |
| ¼ cup sugar | ¼ cup melted butter |
| ½ teaspoon cinnamon | 2 quarts water in Cooker |
| Juice and rind of 1 lemon | with basket |

METHOD: Combine crumbs, sugar, cinnamon, lemon juice and grated rind. Place alternate layers of apples and crumb mixture in buttered bowl. Pour butter over top. Cover with wax paper; tie securely. Place in basket with water in Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 10 minutes at steam pressure. Let pressure drop of its own accord.

VANILLA CUSTARD

- | | |
|-----------------|------------------------|
| 1 quart milk | 1 teaspoon vanilla |
| 4 eggs | 2 cups water in Cooker |
| ⅔ cup sugar | with basket |
| ½ teaspoon salt | |

METHOD: Scald milk and cool slightly. Combine slightly beaten eggs, sugar and salt. Add milk slowly, stirring constantly. Add vanilla. Pour into individual custard cups. Cover each cup with several layers of waxed paper, securely tied, or aluminum foil. Place cups in basket with water in Cooker. Do not allow cups to touch bottom of Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 3 minutes at steam pressure. Cool Cooker at once. Chill.

CUSTARD VARIATIONS

Chocolate Custard: Scald milk with 2 squares chocolate, grated. Follow vanilla custard directions.

Cocoanut Custard: Sprinkle 1 tablespoon cocoanut over top of each vanilla custard before cooking.

Coffee Custard: Scald ½ cup ground coffee with milk and strain through cloth. Proceed as in vanilla custard.

Peppermint Candy Custard: Substitute 1 cup ground peppermint stick candy for the sugar in the vanilla custard recipe. Dissolve candy in scalded milk. Serve with chilled chocolate sauce.

Tapioca Custard: Scald milk with 3 tablespoons quick cooking tapioca. Follow vanilla custard directions.

RICE PUDDING

- | | |
|-------------------------|------------------------|
| 1 quart milk | 1 ⅓ cups cooked rice |
| 4 eggs, slightly beaten | 1 teaspoon vanilla |
| ⅔ cup sugar | 2 cups water in Cooker |
| 1 teaspoon salt | with basket |

METHOD: Scald milk and cool slightly. Combine eggs, sugar and salt. Add milk slowly, stirring constantly. Add rice and vanilla. Pour into individual custard cups and cover with several thicknesses of waxed paper, securely tied, or aluminum foil. Place cups in basket with water in Cooker. Do not allow cups to touch bottom of Cooker. Close cover securely and place Pressure Regulator on vent pipe. Cook 3 minutes at steam pressure. Cool Cooker at once. Stir gently before chilling.

Fruit and Nut Rice Pudding: Substitute brown sugar for white and add 1 cup raisins or dates and 1 cup walnuts to above recipe.

QUESTIONS AND ANSWERS ABOUT COOKING

Q. How can I adjust my favorite recipes to Pressure Cooking?

A. Favorite recipes may be adjusted to pressure cooking by following the general directions for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since pressure cooking requires only one-third as much time as ordinary methods of cooking. Decrease the amount of liquid as there is but little evaporation from the Cooker. Add about 1 cup more liquid than desired in the finished product.

Q. In localities of high altitude, how much should cooking time be increased?

A. Cooking time should be increased 5% for every 1000 feet above the first 2000 feet. Following this rule, the time would be increased as follows:

3000	5%	5000	15%	7000	25%
4000	10%	6000	20%	8000	30%

Q. Why must some foods be cooled at once after cooking while with others pressure is allowed to drop of its own accord?

A. Some foods cook very rapidly and to avoid over-cooking, the Cooker must be cooled immediately. Others can take a longer cooking period.

Q. Why do I get so much gravy in the Cooker when preparing a roast?

A. An excess of juices may be drawn from the meat if it is not properly seared before cooking. It must be remembered that pressure cooking is unlike oven roasting, as there is no evaporation through boiling. Meats should be thoroughly seared on all sides. Juices may also be drawn from the meat when there is an escape of steam.

Q. What causes meats to stick to the bottom of the Cooker?

A. If the Cooker is not hot enough when shortening is added, meat may stick. First, the Cooker without the cover should be heated thoroughly before the suet or shortening is added. If the Cooker is sufficiently hot and enough shortening is added, meat will not stick.

Q. What causes meats to stick and burn during the cooking period?

A. Meats will burn if liquid is lost during cooking. Liquid may be lost due to: (1) Leakage from worn sealing ring (2) Cooking with Pressure Regulator rocking violently (3) Failure to close cover immediately after adding water (4) Failure to add sufficient water.

Q. How often should the Sealing Ring and the Automatic Air Vent in the cover be changed?

A. Sealing ring should be replaced when it no longer holds steam. Consult parts page and order a new sealing ring. If the Automatic Air Vent becomes hard and rigid, it should be replaced. A good rule to follow is to replace the Automatic Air Vent when the sealing ring is replaced.

COOKING, QUESTIONS AND ANSWERS

Q. Can frozen meat be prepared in the Cooker?

A. To prepare frozen meat in the Cooker follow recipe and increase cooking time. Cook beef and veal approximately 25 minutes per pound; pork — 30 minutes per pound. It is advisable to partially thaw meat before cooking so that meat will have complete contact with the bottom of the Cooker for adequate browning.

Q. Is it necessary to season foods before cooking?

A. No, they may be seasoned after cooking if preferred. Inasmuch as pressure cooked foods retain more of the natural mineral salts and flavor than foods cooked in any other manner, most persons do not use as much seasoning as they do with ordinary cooking.

Q. May the Pressure Regulator be washed?

A. If you wish, the Pressure Regulator may be washed in warm soapy water.

Q. How soon after the cover is closed should the Pressure Regulator be placed on the vent pipe?

A. As soon as the cover is closed securely, except when cooking some steamed breads and puddings, all of which require a preliminary steaming period.

Q. When cooling the Cooker, why must I be careful not to run water over the Automatic Air Vent?

A. When pressure is completely reduced, the Automatic Air Vent draws in air to prevent a vacuum forming in the Cooker. If water is run over the Automatic Air Vent, some may be drawn into the Cooker and thus be added to the cooked food.

Q. Should the cover be removed from the Cooker while the Pressure Regulator is on the vent pipe?

A. Absolutely not. The Pressure Regulator should always be removed before the cover is taken off the Cooker. As long as the Pressure Regulator is on the vent pipe, there is a possibility that some pressure remains in the Cooker.

Q. Why does one roast require longer cooking time than other roasts weighing the same?

A. (1.) The cooking time required for meats depends upon the thickness of the meats as well as the weight.
(2.) All types of meat do not require the same cooking time. For example, pork and mutton require a considerably longer cooking time than beef.
(3.) Young, tender meat or properly aged meat will require less cooking time than old, tough meat. Also, top grades and choice cuts of meat require less cooking time than economy cuts.
(4.) Meat from properly cared for and fed animals requires less cooking time than meat from animals that are allowed to run in pasture before they are slaughtered. However, the toughest of meats can be cooked to delicious tenderness in your Cooker.

Apples	17
Apple Sauce	17
Apricots	18
Berries	18
Cherries	18
Crabapples	18
Cranberries	18
Figs	18
Fruit Cocktail	19
Grapes	19
Peaches	19
Pears	19
Persimmons	19
Pineapple	19
Plums or Fresh Prunes	20
Quinces	20
Red Raspberries	20
Rhubarb	20
Strawberries	20
Tomatoes - Whole	20
Tomaotes - Quartered	20

Fruit Juices	20
Grapefruit Juice (orange)	21
Tomato Juice	21

Asparagus	22
Beans, Baked	22
Beans, Lima	22
Beans, Snap	23
Beets	23
Carrots	23
Corn, Cream Style	23
Corn, Whole Kernel	23
Greens	23
Mushrooms	24
Okra	24
Okra and Tomatoes	24
Parsnips	24
Peas, Black-eye	24
Peas, Green	24
Pepper, Pimiento	24
Potatoes, New-Whole	25
Pumpkin, Strained	25
Squash, Summer	25
Squash, Winter	25
Succotash	25
Sweet Potatoes, Wet Pack	25
Vegetable Mixture	25

Asparagus	27
Beans, Fresh Lima	27
Beans, Snap	27
Carrots	27
Corn, Whole Kernel	27
Peas, Black-eye	28
Peas, Green	28
Squash, Summer	28

Beef	31
Chili Con Carne	30
Chopped Meat	30
Chops	31
Corned Beef	30
Goulash	30
Head Cheese	32
Heart	31
Lamb	31
Liver (Beef, Calf, Lamb or Pork)	31
Meat Balls	31
Pigs' Feet, Jellied	32
Pork	31
Roast Meats	32
Spareribs	30
Steaks	31
Stew	32
Tongue, Boiled	31
Veal	31

Beef Soup Stock	35
Chicken Soup Stock	35
Split Pea Soup	35
Vegetable Puree	35

Clams, Whole	36
Crab	37
Fish	37
Lobster	37
Oysters	37
Salmon	37
Shrimp	37
Tuna	38

Beef	
Beef Goulash	57
Braised	48
Chili Con Carne	54
Chop Suey	54
Corned	48
Heart, Stuffed	48
Italian Potted Beef	48
Meat Cabbage Rolls	57
Oxtails with Herbs	49
Pot Roast	49
Short Ribs	49
Spaghetti Meat Sauce	55
Stew	55
Swiss Steak	49
Tongue, Fresh	49

Chinese Pineapple Lamb	51
Leg of Lamb	51
Stew	56

Boston Baked Beans	53
Breaded Pork Chops	52
Hocks with Sauerkraut and Potatoes	54
Lemon Pork Chops	52
Lima Bean Pot	53
Loin	52
Pork Chops with Vegetables	57
Spareribs, Barbecued	52
Spareribs and Sauerkraut	57

Baked Ham	56
Boiled	51
New England Boiled Dinner	54
Slices	51
Virginia	51

Braised	50
Gourmet Veal Steak	50
Roast	50
Tangy Veal Chops	50

Chicken, Braised, Whole	58
Chicken and Dumplings	58
Chicken Imperial	59
Chicken Marengo	59
Cornish Hens in White Wine	60
Duck with Black Cherry Sauce	60
Florida Duck	60
Hunter's Turkey	59
Smothered Pheasant	60
Squab	59

Baked Ham with Potato Salad	56
Beef Goulash	57
Beef Stew	55
Boston Baked Beans	53
Chili Con Carne	54
Chop Suey	54
Lamb Stew	56
Lima Bean Pot	53
Lima Beans with Bacon	56
Meat Cabbage Rolls	57
New England Boiled Dinner	54
Pork Chops with Vegetables	57
Pork Hocks with Sauerkraut and Potatoes	54
Shrimp Jambalaya	55
Spaghetti Meat Sauce	55
Spareribs and Sauerkraut	57

Brown Stock	62
Chicken	62
Clam Chowder	62
Corn Chowder	61
Navy Bean	62
Soup Stock	61
Vegetable	61

Bread Pudding	64
Brown Betty	64
Brown Bread	64
Custard	65
Custard, Variations	65
English Plum Pudding	64
Rice Pudding	65
White Fruit Cake	63

HOW TO OBTAIN THE BEST SERVICE FROM YOUR COOKER-CANNER

Many times Cooker-Canners are sent to our Service Department when there is actually no need for returning the. Some of the minor operational problems which may develop and which can be easily corrected by the customer are given below.

A slight amount of steam escaping around the automatic air vent when cooking first begins is a normal operating condition, since the plug acts as a valve and is designed to seal completely only after the pressure within the Cooker-Canner has reached a certain point. Continued leakage, however, may mean that foreign matter has collected around the edges of the automatic air vent. This condition may be corrected by removing the plug, and carefully cleaning it and the opening in which it fits with a soft cloth and warm suds. To replace the automatic air vent, push it into the opening from the underside of the cover. The slightly rounded side of the plug must face upward in the cover opening. It is recommended that the automatic air vent be replaced whenever it becomes hard or deformed.

If there is excessive leakage under the pressure regulator, it is usually a sign that there is too much pressure in the cooker. However, it may also be due to the fact that the mouth of the vent pipe has become nicked, or that the vent pipe is loose. If the mouth of the vent pipe is nicked, the vent pipe should be replaced. This can be done with a crescent wrench. Care should be exercised not to damage the threads in the vent pipe hole.

If, during processing or cooking, there is a continuous escape of steam around the cover, it would indicate that the sealing ring should be replaced.

CAUTION: If there is excessive leakage, always remove the Cooker-Canner from the heat. Allow it to cool until the pressure has gone down and the gauge registers zero. Then examine the part or place at which the steam is escaping so that steps can be taken to correct the problem.

HOW TO OBTAIN PROMPT REPAIR SERVICE FOR YOUR PRESTO COOKER-CANNER

When replacement parts for your Cooker-Canner are needed, first check with the dealer from whom you purchased it. It is quite probable that there are several PRESTO dealers in your city or town. PRESTO products and parts are usually sold by better department and hardware stores and appliance dealers.

Most dealers stock service parts such as sealing rings, pressure regulators, automatic air vents and other popular parts in order to serve you promptly. Thus, there is no need to be deprived of the use of your Cooker-Canner for a considerable period of time, as might be the case if you sent it to the Factory Service Department for parts or minor repairs.

If your dealer does not have the part you need and it is necessary for you to order direct from one of our Factory Service Departments, order the part desired **by number**, as listed on the parts page. Also, specify the **complete model number** of the Cooker-Canner. **BE SURE TO PRINT YOUR NAME AND ADDRESS CLEARLY** and enclose the correct remittance in coin or currency. We do not ship parts C.O.D.

If it becomes necessary to return a Cooker-Canner for repair, please follow these four simple steps:

1. Send only the portion of the Cooker-Canner that is giving trouble. In most cases, this will be the gauge or the complete cover. However, if there is persistent leakage between the cover and body which a new sealing ring does not stop, you should send in both the cover and body so that they can be checked.
2. Be sure to pack the part securely so that your merchandise does not become lost or damaged in transit.
3. Paste a letter to the outside of the package telling our Service Department of the trouble you have experienced. Or, you may enclose the letter **inside the package, provided you write "Letter Enclosed" on the outside of the carton and add first class postage to the regular parcel post.**
4. Ship the part or the Cooker-Canner by insured parcel post.

To keep shipping charges at a minimum and to obtain the fastest service, send the part or Cooker-Canner to the **Factory Service Department nearest to you:**

FACTORY SERVICE DEPARTMENT.

NATIONAL PRESTO INDUSTRIES, INC., Eau Claire, Wisconsin 54701

PRESTO Parts & Service Corp.	PRESTO Parts & Service Co.	PRESTO Parts & Service, Inc.
96-35 43rd Ave.	3719 Warren Ave.	2312 So. Main Street
Corona (Queens), N. Y. 11368	Bellwood, Ill. 60104	Los Angeles, Calif. 90007

Do not send merchandise requiring repair to Jackson, Mississippi.

Presto 21-B Model 21-B

SERVICE PARTS PRICE LIST



82057 Steam Gauge



82060 Automatic Air Vent



37378 Cover Handle



37206 Knob

50362 Pressure Regulator



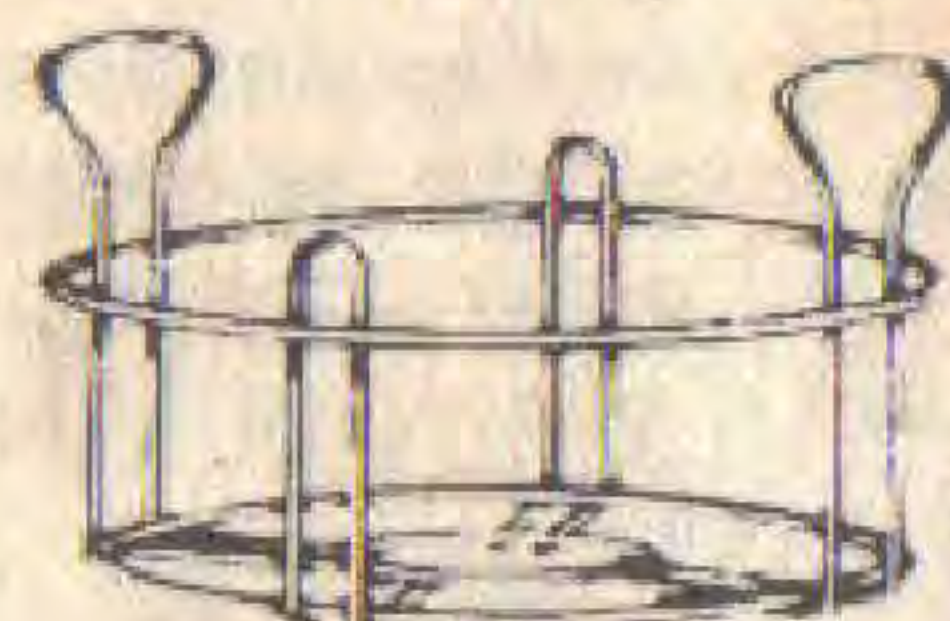
1075 Sealing Ring



176 Body handle



1058 Vent Pipe



1500 Wire Basket
For No. 21-B
1490 Wire Basket
For No. 7-B



24513 Handle Screw

176 Body handle	\$.75	37206 Pressure regulator knob	\$.25
1058 Vent pipe	.75	37378 Cover handle	.75
1075 Sealing ring for No. 7-B & 21-B	1.50	49563 Recipe and instruction book	.50
1490 Wire basket for No. 7-B	2.00	50362 Pressure regulator	2.25
1500 Wire basket for No. 21-B	2.25	82057 Steam gauge	3.50
24513 Handle screw	.10	82060 Automatic air vent	.75

PRESTO Cooker-Canner parts are available at most hardware, appliance and department stores. However, if you are unable to obtain parts locally you may order from the **Regional Factory Service Branch nearest to you:**

SERVICE PARTS DEPARTMENT, PRESTO MANUFACTURING CO.

P.O. Box 10057, Northside Station, Jackson, Mississippi 39206

PRESTO Parts & Service Corp.	PRESTO Parts & Service Co.	PRESTO Parts & Service, Inc.
96-35 43rd Ave.	3719 Warren Ave.	2312 So. Main Street
Corona (Queens), N. Y. 11368	Bellwood, Ill. 60104	Los Angeles, Calif. 90007

Please be sure to specify PART NUMBER and complete model of the cooker and enclose the correct remittance to cover the cost of the part, plus 15% to cover postage and handling. Also include sales tax if you order parts from a factory branch in the state in which you live. Parts are not shipped C.O.D.



PRESTO STAINLESS STEEL COOKERS
Steel core for even heat distribution... cooks food in uniform "cradle" of heat. All of the exclusive Presto features combined with lifetime Stainless Steel.



NEW, LIGHTER PRESTO CAST COOKER... Modern Design... fitted with the latest Presto Cooker features... Automatic Air Vent, Cooking Guide on Handle and New Pressure Regulator. Available in Avocado and Harvest, as well as Standard Polished Aluminum.



PRESTO COOKER-CANNERS... 16 and 21 quart capacity fit the needs of every family. Comes complete with wire canning basket and instruction book. Cast from finest quality aluminum alloy.



PRESTO STAMPED ALUMINUM COOKERS... Light, graceful stream-lined for modern kitchens. Stamped from finest quality, extra heavy aluminum. Available in 4 and 6 quart sizes.



NEW PRESTO Load Ring MINUTE TIMER
... Accurate timing of a thousand and one things. Clear, loud bell signals when time has elapsed.

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