Your Cooker

Warranty

We warrant each Cooker 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 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 Cookers.

This warranty shall not apply to any Cooker which shall have been repaired or altered outside of Montgomery Ward and Company 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 which has been subjected to misuse, negligence, or accidents.

Montgomery Ward and Co.

These Cookers Manufactured Under
U. S. Patents 2,218,188; 2,429,149; 2,638,867; other patents pending.

Modern Guide to
Pressure Canning and Cooking

A complete manual on the science of canning and cooking under steam pressure

Directions • Time Tables • Recipes

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 Cooker as being the only safe method for canning non-acid foods—vegetables, meat, fowl and fish.

Magic Seal Cooker-Canners are recommended by hundreds of thousands of housewives who use them throughout the United States.

©1937

Montgomery Ward

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Important . . . READ CAREFULLY

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

INSTRUCTIONS FOR THE USE AND CARE OF THE PRESSURE COOKER

(For additional canning instructions, see pictured demonstration on pages 11-16.)
(For further cooking instructions, see pages 49-65.)

Always observe the following instructions and warnings and avoid all chance of injury to yourself and damage to your Cooker or other property.

1. Place water and food into Cooker. 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 control weight from operating properly.

2. Place cover on Cooker and lock securely in place as directed on page 8. Place combination pressure control weight and petcock (see page 8) on vent pipe. Rotate the weight exerting a slight downward pressure at the same time until the weight clicks into a locked position. The weight is locked when it can no longer be turned more than 1/8 inch in either direction on the vent pipe. Open petcock by turning petcock knob counter-clockwise.

3. Turn heat on high.

4. When cooking, close the petcock when a continuous flow of steam issues from it. This will be about one to two minutes after the first wisps of steam begin to issue from the petcock. When canning, the steam is allowed to flow for seven to ten minutes before the petcock is closed.

5. When the required pressure is reached, lower heat so that the gauge continues to maintain desired pressure. Cooking time is counted from the moment the correct pressure is reached.

6. When the food has cooked the required time, open the petcock slowly and allow the steam to escape until the indicator on the gauge returns to zero and the automatic air vent plunger has dropped. (When canning in glass jars, remove Cooker from heat and allow pressure to return to zero of its own accord.) Then open petcock wide before removing cover.

7. If in doubt, let the steam be entirely exhausted, let the Cooker stand until cool before removing cover. Never remove cover until petcock is wide open, the gauge indicator is at zero and the automatic air vent has relaxed and metal plunger dropped.

8. When removing cover from Cooker, be sure to tilt it toward you so that the steam will escape away from you.

9. Do not pour cold water into a dry, over-heated Cooker as it may cause cracking. Never use a Cooker with the slightest sign of a crack. This would be dangerous.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
10. After the Cooker has been used, the petcock screw should be removed and the point cleaned. Then it will set into the vent pipe properly and hold pressure. A pipe cleaner or small brush should be drawn through the vent pipe occasionally. The Cooker should be carefully washed, thoroughly dried and stored in a dry place.

11. The steam gauge must never be immersed in water and water must never be poured on it. This could cause the inside mechanism to rust.

12. Do not store the Cooker with the cover locked on. Place cover upside down on the body to save space, to allow for circulation of air to prevent odors from forming.

13. Do not strike rim of Cooker with any hard instrument that would cause nicks. Nicks in the sealing seat or bowl allow steam to escape.

14. If the pressure gauge or any other part of the Cooker goes out of order, return it to the factory for adjustment or replacement. If Cooker has had considerable usage, a reasonable charge will be made for this service.

15. Never render lid under pressure! If it may be rendered in the open Cooker, lid contains glycerin which is unpredictable when subjected to high temperature. Cracklings may block vent pipe.

16. Be careful not to drop Cooker. This may cause Cooker to crack.

17. Never use the Cooker without having some liquid in the bottom to produce steam.

18. A little cooking fat or salad oil may be applied to the sealing ring occasionally, if cover becomes hard to close.

19. Never quick cool Cooker by placing under the water faucet, placing in cold water, or in any other manner. Too sudden chilling may crack the metal.

20. If cover seems to stick or is hard to turn, do not force it off. Sticking indicates that there is pressure inside the Cooker.

**To Open Cooker-Canner...**

Fig. 1

Grasp Cooker handles as shown in Fig. 1.

Fig. 2

Turn cover counter clockwise until cover hits stop and arrow points to "open" as in Fig. 2.

Fig. 3

Cover handles are beyond Cooker handle, shown in Fig. 3. Lift cover and remove.

**Warning:** Under no circumstances should cover be turned to open Cooker-Canner until steam gauge registers "zero"; the petcock is wide open, and the automatic air vent has relaxed and metal plug has dropped, and no steam remains in Cooker-Canner.

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: [https://www.pickyourown.org/allaboutcanning.htm](https://www.pickyourown.org/allaboutcanning.htm)

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested-safer recipes.

See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
INFORMATION TO PARTS

THE COMBINATION PRESSURE CONTROL WEIGHT AND PETCOCK

A  B  C  Parts Unassembled

(These illustrations show the inside construction)

Two functions are served by the combination pressure control weight and petcock: 1. If, through an oversight, pressure in the Cooker reaches more than 20 pounds, the weight lifts automatically and releases steam. 2. It is hand operated to release air or steam by turning the petcock knob.

"A." shows the weight complete as it appears when first placed on the Cooker. The weight is pressed down on the vent pipe and rotated until it locks into position. Note that the petcock valve is open. It has been opened by turning the petcock knob on the top counter-clockwise, raising the point of the petcock screw from the vent pipe to allow air to escape. When all the air has been exhausted through the vent pipe, the petcock is then closed as shown in "B." The knob is screwed down as far as possible. Thus, the cone-shaped tip of the screw closes the vent pipe opening and holds pressure in the Cooker.

When excess steam pressure is created, that is, more than 20 pounds — the weight will rise and allow excess steam to escape, as shown in "C." When, through oversight, pressure goes above that desired, lower heat or move the Cooker from stove and allow pressure to drop to the desired pressure. When canning in glass jars, do not open petcock or liquid will be lost from the jars. When cooking, excess steam may slowly be released by opening petcock slightly. If small particles, seeds or food should accumulate or coke in the vent pipe, pressure control weight will not operate properly. Therefore, it is essential that the vent pipe opening be kept thoroughly clean; run a pipe cleaner or small brush through the opening occasionally. Do not be concerned about a slight vapor or steam that may appear from the underneath part of this weight before the pressure reaches the required point. There will be some slight escape, but the weight is constructed in this manner to let gases or air escape from the Cooker during the cooking or processing period. There are two important things to remember — open petcock to release steam or air and close petcock to hold pressure in Cooker.

For convenience, leave weight on vent pipe and open or close petcock by turning knob.

If your Cooker-Canner leaks steam, follow these instructions.

1. Showing position of sealing ring after the Cooker has been in use for a period of time. Note that the ring has become bent upward from constant use. This does not harm the ring, and after it is turned over, it is as good as ever. If the sealing ring shrinks and does not fit all the way into the groove, remove it and GENTLY stretch it like a rubber band.

2. Remove sealing ring from cover.

3. Turn sealing ring upside down.

4. Reinsert sealing ring in upside down position in Cooker.

5. Appearance of sealing ring after turning and after it has been placed in cover.

6. After sealing ring has been placed in cover press sealing ring with fingers so that it is pliable and it is as near a horizontal position as possible.

7. Replace cover on body and press down with left hand when locking Cooker. By pressing down with hand, this will enable cover to work easily. This has to be done only the first time after sealing ring has been changed from its original position.

It is recommended that the automatic air vent be replaced when the sealing ring is replaced. It is wise to have an extra sealing ring and automatic air vent on hand at all times. Check page 71 and order sealing ring by number.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.

They have been replaced by improved, lab-tested-safer recipes.

See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
How to care for your Cooker-Canner

BEFORE USING YOUR COOKER

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

CLEANING YOUR COOKER

This Cooker is manufactured from the best material suitable for the manufacture of pressure cookers, and with ordinary care will give many years of satisfactory service. However, there are various alloys in the metal upon which the physical properties of water and certain foods will react causing the inside of the Cooker to darken. This discoloration will not affect the Cooker or the food cooked in it in any way. Any time you prefer to remove this discoloration, you can do so by following the instructions below:

TO REMOVE DISCOLORATION FROM THE INSIDE OF THE COOKER

Place a quantity of water in the bottom of the Cooker up to the line of discoloration. Add one tablespoonful of cream of tartar or water used. Place cover on Cooker and raise pressure to 15 pounds. Remove Cooker from heat but do not release pressure. Allow the Cooker to stand as is for several hours. Then open the petcock valve, empty contents and scour the inside of the Cooker with a steel wool cleaning pad. Do not use cleaners containing lye, alkali or potassium.

CARE AND CLEANING OF PARTS

Care must be exercised in cleaning the steam gauge. Never put it in water nor let water run on it. Clean it occasionally by using a toothpick from underneath. This must be done carefully in order to avoid plugging the channel.

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

STORING THE COOKER

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

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes.

See this page for current recipes to use instead, https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Provided by https://pickyourown.org/pressure-canner-manuals.htm

THEORY OF PRESSURE CANNING

The first step toward being successful in home canning is knowing what equipment is needed for the job. Next comes a knowledge of the basic functions of your equipment.

Most of the other equipment for home canning is used regularly in your kitchen and the functions remain the same, but your Pressure Cooker is a new item. Fundamentally, its purpose is to process foods by heating them above the boiling point of water. In most parts of the country, water boils at 212°F. (Exception: mountainous regions, where it boils at lower temperatures.) However, a temperature of 240°F is required for non-acid food processing, so that food will keep safely until used.

In order to provide this heat, your Cooker utilizes steam under pressure. First, some of the water in bottom of Cooker is converted into steam, and all the air is forced out through the peacock and automatic air vent in cover. When air is exhausted, this outlet is closed, and the expanding steam creates pressure. There is an accompanying rise in temperature. This higher temperature is essential in destroying spoilage organisms in food.

PRINCIPLES OF FOOD PRESERVATION

Behind the manufacture of your Pressure Cooker lies a long history of scientific research. While the operation of your Cooker itself is simple, it serves a highly technical purpose.

For in addition to storing up food, successful canning must arrest or destroy the action of spoilage organisms.

To assist your Cooker in this function, it is important that you follow certain rules. Select food for canning that is fresh, very sound and very clean. And make sure that every precaution is taken to keep both food and Cooker just as clean as possible during processing.

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 botulinum, 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) Fieri 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.

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

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested safer recipes.

See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
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.

FILLING, SEALING AND TESTING GLASS JARS

(For additional information, consult literature issued by manufacturers of jars used.)

A wide variety of glass jars is available for home canning. While there are many styles and shapes on the market, most jars come in half pints, pints, quarts or half gallons. Only the pint and quart Mason jars are recommended for most home canning.

Jars made for home canning divide into two types. The Mason jar has glass threads on which a closure may be screwed.

The second classification is the bail type jar, sometimes called a lighting jar, on which a wire bail, 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.

When filling both type of jars in canning, leave 1/2 inch head space from all fruits and all vegetables except peas, shell beans, and corn. These starchy vegetables and all meat require a 1 inch head space due to expansion.

CLOSURES

There are four separate types of closures or tops for jars used in home canning.

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 takes the place of a separate rubber ring. When the jar is filled, this type of 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, top lid gently with spoon. Clear, ringing sound indicates proper seal. Screw bands may then be removed. Dull sound indicates no seal has been made.

A steel wire clamp on the bail or lightning-type jar holds the cap in place. This type utilizes a 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.

The three-piece cap consists of a metal screw band glass lid and separate rubber ring. It must be carefully adjusted. Before the jar is filled, the rubber is placed on the underside of the lid in the groove especially provided for it. After the jar is filled, the lid is placed in position and the metal band is screwed down tightly, then turned back a scant quarter turn. After processing, screw bands down tight to complete seal. To test seal, 24 hours after processing, remove metal band and lift jar by glass lid.

Made of zinc with a porcelain lining and a separate rubber ring, the Mason jar cap has threads which fit over the glass threads on the top of the jar. The rubber ring goes on a ledge near the top of the jar before the jar is filled. When it is filled, the cap should be screwed down tightly, then turned back one-fourth inch. As soon as the food is processed, this type of cap should be screwed down tightly. When a proper seal has been made, the cap will be indented slightly on top after jar has cooled for 24 hours.
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 and most fruits and vegetables. These cans are called "plain" tin cans because they are not lined 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 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 enamel lining of "C" enamel cans 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. 2 ½ and No. 3 cans. No. 2 cans hold ½ cups of food, No. 2 ½ cans hold ¾ cups and No. 3 cans hold about 4 cups.

When buying tin cans, be sure to get the home canning type with a longer notch at the seam. Then it is possible to cut off the top of the can after one use and still have a sufficient amount of tin left to make another seal.

IF CANNING IN TIN
FOLLOW THESE IMPORTANT INSTRUCTIONS

FILLING

Many recipes which call for filling the container to within ½ 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 ¼ 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 Cooker. Have 3/4 quart of boiling water in Cooker. Place cover on Cooker and lock into place. Have petcock wide open and leave it open throughout exhausting period. Regulate heat so that a slow flow of steam issues from petcock. For raw fruits and tomatoes, exhaust steam for five minutes after a steady flow of steam has begun. For raw meats, exhaust steam for 30 minutes. Move Cooker from stove and allow to cool for a minute. Remove cover from Cooker.

OTHER CANNING EQUIPMENT

Remove cans from Cooker. 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 cans with liquid to within ¼ 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 Cooker at once.

PROCESSING

Be sure to have at least 2 quarts of water in Cooker before processing. Allow steam to flow from petcock 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, open petcock slowly at the end of processing time and release all steam until the indicator on pressure gauge returns to "zero" and automatic air vent relaxes. Remove tin cans from Cooker and immediately plunge cans into cold water for cooling. This prevents over cooking of the contents of cans.

READ THESE PAGES CAREFULLY BEFORE USING YOUR PRESSURE COOKER-CANNER

Do your canning according to instructions and follow the directions given in this book for the most successful operation of your Cooker-Canner.

1. Always have sufficient liquid in the bottom of the Cooker to prevent it from boiling dry.
2. Jars may break if set directly on bottom of Cooker. Always use canning basket.
3. Place only the recommended number of jars in the basket for canning.
4. The cover must be securely locked in place, see directions page 5, before raising pressure in the Cooker.
5. Exhaust all air from the Cooker by allowing steam to flow from the petcock before closing petcock and raising pressure.
6. Avoid fluctuations in pressure during the canning period. Abrupt changes in pressure tends to draw liquid from jars.
7. When canning in glass jars, the petcock must not be opened during the processing period.
8. When canning in glass jars, open petcock slowly when pressure drops to zero and automatic air vent has relaxed. When canning in tin cans, petcock should be opened at the end of the processing period.
9. Attempting to speed the cooling of the Cooker by laying wet cloths on the cover, placing Cooker in water or setting Cooker in a draft or on a cold surface is not recommended. This reduces pressure in the Cooker more rapidly than in the jars and may cause the jars to burst.
IMPORTANT INSTRUCTIONS

10. Do not render lard under pressure. Lard contains glycerin which is unpredictable when subjected to high temperature. Cracklings may block the vent pipe. The open Cooker may be used to render lard.

11. 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.

12. Striking the rim of the Cooker with anything that will cause nicks may injure the sealing seat and allow steam to escape.

13. Dropping the Cooker on a hard surface may cause it to crack.

14. It is not advisable to use a Cooker with the slightest sign of a crack or deep pits.

15. If liquid is withdrawn from jars during processing, jars should not be opened to refill. The loss of liquid will interfere with the keeping qualities of the food and opening of the jar will cause the food to spoil.

16. Before taking cover off the Cooker, be sure petcock is completely open, the gauge is at zero and the automatic air vent is released to be sure there is no pressure remaining in the Cooker.

17. Direct dry heat, such as a warm burner or top of oven, will deteriorate sealing band and automatic air vent.

18. Process food as soon after harvesting as possible.

19. Begin to count processing time as soon as required pressure is reached.

20. Sterilize jars in which food spoilage has occurred before next use. Under ordinary circumstances, it is not necessary to sterilize jars prior to packing when canning in a Pressure Canner. Processing of food and sterilizing is simultaneous.

21. Fill jars only to the recommended level. There should be at least one-half inch head space after filling with liquid. Some foods require more head space as expansion is greater. See page 18.

22. Discard defective jars and jar closures. Self-seal lids and rubber rings should be used only once.

23. If cover becomes hard to close, a little unsalted cooking fat or salted oil may be applied to the sealing ring occasionally.

24. Use only Mason jars that are specially heat-treated to withstand heat under pressure. Commercial product jars may not withstand pressure canning.

25. Pack peas, corn, spinach and meats loosely as these foods expand during processing and may break the jars.

26. If, after closing the petcock, 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 aperture may have delayed the plunger from sealing readily.

27. Read carefully and follow directions closely to obtain best canning results.

---

Canning Directions

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 a high enough concentration to act as a preservative. Jars should be filled to the shoulder with fruit, and then cover fruit 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 juice, 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.

**TABLE OF SYRUPS FOR CANNING FRUITS**

<table>
<thead>
<tr>
<th>Kind of Syrup</th>
<th>Liquid—Water</th>
<th>Sugar or Juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thin</td>
<td>1 cup</td>
<td>3 cups</td>
</tr>
<tr>
<td>Medium</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Heavy</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Heat sugar with liquid (water or juice) until sugar is dissolved. Bring to boiling. About three-fourths to one cup syrup is required to fill a quart jar, or No. 24 x 3 in jar; about one-half cup is needed for pints.

While 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. Never use saccharin as a substitute for sugar when canning.

Processing table for fruits page 27.

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 (1/4 teaspoonful 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 pre-cooked. Adjust lids. Process 8 minutes at 5 lbs.

APPLE SAUCE

Wind falls 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.

---

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
CANNING DIRECTIONS, FRUITS AND TOMATOES

CRABAPPLES
Wash thoroughly, making sure stems and blossom ends are well cleaned...as crabapples are usually canned whole. Precock 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. Precock 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 1/4 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 1/4 to 1/2 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.


CRANBERRIES
Use only sound cranberries. Wash and stem. Add 1/2 to 1 cup sugar to each cup of cranberries. 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
25% peaches—diced
15% melon balls
5% Maraschino cherries
Prepare fruit for canning. Drop into thin to medium syrup, mix carefully, and just heat through. Pack into hot jars. Cover with syrup. Adjust lids. Process 8 minutes at 5 lbs.

GRAPE
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 (1/2 teaspoons salt to each quart water) to prevent darkening until ready to use. Drain well. Simmer 2 or 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 (1/2 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

PINEAPPLE

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested-safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
CANNING DIRECTIONS, 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. Pre-cook in boiling medium syrup 1 or 2 minutes. Pack hot in clean, hot containers. Cover with boiling syrup. Adjust lids. Process 5 minutes at 5 lbs.

QUINCES

RED RASPBERRIES

RHUBARB
Select young, tender rhubarb—the strawberry variety, if possible. Wash thoroughly. Remove ends, and cut rhubarb into 1 inch lengths. Add ½ to ¾ 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

TOMATOES — Whole
Wash medium, smooth, firm, ripe tomatoes. Scald in boiling water for ¼ minute to loosen skins. Drain 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 in 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 into hot jars allowing ¼ inch head space. Adjust lids. Process 5 minutes at 5 lbs.

CANNING DIRECTIONS, FRUITS AND TOMATOES

GRAPEFRUIT JUICE
Wash grapefruit. Cut in half and extract juice so that rag, cell tissue and all is 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 ¼ inch head space. Adjust lids. Process 5 minutes at 5 lbs. Orange juice and 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 ¼ teaspoon salt per pint. Reheat at once just to boiling. Pour into hot jars, leaving ¼ inch head space. Adjust lids. Process 5 minutes at 5 lbs.

Processing Time Table

<table>
<thead>
<tr>
<th>FRUITS AND TOMATOES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount of Pressure</strong></td>
</tr>
<tr>
<td><strong>Jars (Pints and Quarts) and Tin Cans</strong></td>
</tr>
<tr>
<td><strong>Pounds</strong></td>
</tr>
<tr>
<td><strong>Minutes</strong></td>
</tr>
<tr>
<td><strong>Apples</strong></td>
</tr>
<tr>
<td><strong>Applesauce</strong></td>
</tr>
<tr>
<td><strong>Crabapples</strong></td>
</tr>
<tr>
<td><strong>Apricots</strong></td>
</tr>
<tr>
<td><strong>Berries (Except Strawberries)</strong></td>
</tr>
<tr>
<td><strong>Cherries</strong></td>
</tr>
<tr>
<td><strong>Crabapples</strong></td>
</tr>
<tr>
<td><strong>Pigs</strong></td>
</tr>
<tr>
<td><strong>Peaches</strong></td>
</tr>
<tr>
<td><strong>Pears</strong></td>
</tr>
<tr>
<td><strong>Persimmons</strong></td>
</tr>
<tr>
<td><strong>Pineapple</strong></td>
</tr>
<tr>
<td><strong>Plums</strong></td>
</tr>
<tr>
<td><strong>Prunes</strong></td>
</tr>
<tr>
<td><strong>Quinces</strong></td>
</tr>
<tr>
<td><strong>Red Raspberries</strong></td>
</tr>
<tr>
<td><strong>Rhubarb</strong></td>
</tr>
<tr>
<td><strong>Strawberries</strong></td>
</tr>
<tr>
<td><strong>Tomatoes — Whole</strong></td>
</tr>
<tr>
<td><strong>Tomato Juice</strong></td>
</tr>
<tr>
<td><strong>Tomato Juice (Orange)</strong></td>
</tr>
<tr>
<td><strong>Tomato Juice (Red)</strong></td>
</tr>
</tbody>
</table>

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

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested, safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm
In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Provided by https://pickyourown.org/pressure-canner-manuals.htm

CANNING DIRECTIONS, VEGETABLES

VEGETABLES

Young, tender, fresh vegetables, slightly immature, are better for canning than those which are oversize. 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 33 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. It is best not to use free running liquid containing starch, since it may make the liquid cloudy and produce unattractive

Processing times given in individual recipes are for pint and quart Mason jars. If canning in tin cans, refer to processing time table on page 32.

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 - 90 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.
CANNING DIRECTIONS, VEGETABLES

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

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 - 30 minutes; quarts - 25 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.

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.

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.

CANNING DIRECTIONS, VEGETABLES

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

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 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 - 55 minutes.

SUCCHOTASH
Remove husks and silk from young, freshly-picked corn. Precook 5 minutes in water to cover. Cut kernels from cob. Combine with ⅛ 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

VEGETABLE MIXTURE
Select two or more of the following vegetables and prepare them according to directions for each in above recipes: tomato pulps, 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 Cooker, using processing time for vegetable that requires longest period, according to table on page 32.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.

## Processing Time Table

### VEGETABLES — HOT PACK METHOD

**EXHAUSTING TIME — 7 to 10 MINUTES**

<table>
<thead>
<tr>
<th>Amount of Pressure Pounds</th>
<th>No. 2 Tin Cars Minutes</th>
<th>No. 2½ or No. 3 Tin Cans Minutes</th>
<th>Glass Jars (Pints) Minutes</th>
<th>Glass Jars (Quarts) Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td>40</td>
</tr>
<tr>
<td>Beans, Baked</td>
<td>10</td>
<td>95</td>
<td>115</td>
<td>80</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>10</td>
<td>40</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Beans, Snap or Wax</td>
<td>10</td>
<td>25</td>
<td>30</td>
<td>20</td>
</tr>
<tr>
<td>Beets, Baby, Whole or Sliced</td>
<td>10</td>
<td>30</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>Carrots, Young</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Corn, Whole Kernel</td>
<td>10</td>
<td>60</td>
<td>60</td>
<td>55</td>
</tr>
<tr>
<td>Corn, Cream Style</td>
<td>10</td>
<td>105</td>
<td></td>
<td>85</td>
</tr>
<tr>
<td>Greens, All Kinds</td>
<td>10</td>
<td>60</td>
<td>75</td>
<td>45</td>
</tr>
<tr>
<td>Haminy</td>
<td>10</td>
<td>60</td>
<td>70</td>
<td>60</td>
</tr>
<tr>
<td>Kefiraki</td>
<td>10</td>
<td>30</td>
<td>33</td>
<td>33</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>10</td>
<td>30</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td>Okra</td>
<td>10</td>
<td>25</td>
<td>35</td>
<td>25</td>
</tr>
<tr>
<td>Okra and Tomatoes</td>
<td>10</td>
<td>25</td>
<td>35</td>
<td>25</td>
</tr>
<tr>
<td>Parsnips</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td>20</td>
</tr>
<tr>
<td>Peas, Green</td>
<td>10</td>
<td>30</td>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td>Peas, Black-eye</td>
<td>10</td>
<td>30</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Peppers, Pimiento</td>
<td>10</td>
<td>10</td>
<td>16</td>
<td>10</td>
</tr>
<tr>
<td>Potatoes, New - Whole</td>
<td>10</td>
<td>35</td>
<td>40</td>
<td>30</td>
</tr>
<tr>
<td>Pumpkin, Strained</td>
<td>10</td>
<td>75</td>
<td>90</td>
<td>60</td>
</tr>
<tr>
<td>Rutabagas, Sliced or Diced</td>
<td>10</td>
<td>30</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>Squash, Summer, Crookneck and Zucchini</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>30</td>
</tr>
<tr>
<td>Squash, Winter Hubbard, Cubed</td>
<td>10</td>
<td>50</td>
<td>75</td>
<td>55</td>
</tr>
<tr>
<td>Succotash</td>
<td>10</td>
<td>60</td>
<td>60</td>
<td>55</td>
</tr>
<tr>
<td>Sweet Potatoes, Wet Pack</td>
<td>10</td>
<td>70</td>
<td>90</td>
<td>55</td>
</tr>
<tr>
<td>Turnips, Cubed</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td>20</td>
</tr>
</tbody>
</table>

Use 2 quarts water in Canner for all processing.

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

---

## VEGETABLES, COLD PACK METHOD

**VEGETABLES — COLD PACK METHOD**

The United States Department of Agriculture, after research and experimentation, has issued a bulletin which supplements previous canning information. The Department suggests that certain vegetables may be canned by the cold pack method. To date, only five vegetables are suggested. It is not recommended that any vegetables other than those given below may be canned by the cold pack method. Following are the United States Department of Agriculture's directions for canning these vegetables by the cold pack method:

### 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 at 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. In glass jars: Pack raw beans tightly to ½ inch of top. Cover with boiling water, leaving ¼ 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.

### PEAS, Black-eye

Shell and wash black-eye peas. In glass jars: 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.

### 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.
Provided by https://pickyourown.org/pressure-canner-manuals.htm

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested, safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
CANNING DIRECTIONS, MEATS

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 roaster, add water to bones and let simmer for liquid. Add 1 teaspoon salt to each quart. Pack hot 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 to 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 hot in clean, hot 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
1/2 lb. chopped fat meat
1 large onion, chopped
1 cup crocker crumbs
1 tsp. salt
1 tsp. pepper

Water to cover

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 precoroked. 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 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. Steaks may be precoroked 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. Cover with liquid in which meat balls were precoroked. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.

BOILED TONGUE

Place cleaned tongue in Cooker with enough boiling water to cover. Exhaust Cooker and cook 20 minutes at 10 pounds pressure. Release steam slowly until indicator returns to zero. Cook 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.

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 jars. Preferably precorok 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 2 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.


JELLED PIGS' FEET

Scald and scrape pigs' feet. Clean thoroughly. Sprinkle with salt and let stand 3 to 5 hours. Wash thoroughly and place in Cooker with enough water to cover. Exhaust Cooker. Cook 30 minutes at 15 pounds pressure. Release steam slowly until indicator returns to zero. Remove large bones. Strain liquid, and add to it 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
6 lbs. chopped meat
Water to cover
3 tbsp. salt
4 tsp. pepper
1 clove garlic
1 tbsp. cloves
1 tbsp. red pepper
21/2 tsp. allspice
1 quart broth in which meat was precoroked

Trim ears, snout, eyes, brains, all skin and all fat off hog's head. Cut head in four pieces. Soak in salted water (1/4 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 Cooker and cover with water. Exhaust Cooker. Cook 20 minutes at 15 pounds pressure. Release steam slowly or allow indicator to return to zero. 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 jars or No. 2 cans. Adjust lids. Process at 10 lbs. Pints - 75 minutes; quarts - 90 minutes.
Provided by https://pickyourown.org/pressure-canner-manuals.htm

**Processing Time Table**

**MEATS**

**EXHAUSTING TIME — 7 to 10 MINUTES**

<table>
<thead>
<tr>
<th>Amount of Pressure Pounds</th>
<th>No. 2 Tin Cans</th>
<th>No. 2½ or No. 3 Tin Cans</th>
<th>Glass Jars (Pints)</th>
<th>Glass Jars (Quarts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Canned</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Beef, Pork, Lamb or Veal</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Beef Rolls</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Chili Con Carne</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Chopped Meat</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Goulash</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Head Cheese</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Heart</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Hot Tamales</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Liver (Beef, Calf, Lamb or Pork)</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Plain or Fried</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Meat Balls</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Pigs' Feet, Jellied</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Pork Tenderloin</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Roast Meat (Beef, Lamb, Pork, Veal or Mutton)</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Sausage, Bologna</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Sausage, Pork</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Steaks or Chops</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Stew (Beef, Veal, Mutton, Lamb or Venison)</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Tongue, Boiled</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Tongue, Spiced</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
</tbody>
</table>

Use 2 quarts water in Canner for all processing.

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

---

**CANNING DIRECTIONS, CHICKEN**

**CHICKEN**

In early autumn chickens are the lowest in price and in their best flesh condition. Spring roosters and hens have finer quality flesh. It is the best time to call poor layers. Two-year-old hens produce the best canned chicken. Time is saved if several chickens are canned at once. Use care in packing and accuracy in processing.

If bones are to be removed, lift off breast, remove skin and flesh in two large pieces.

Directions given for chicken also apply to other poultry, domestic rabbit and small game. Cut chicken into convenient pieces for packing and precocoon until medium done or until pieces, when cool, show almost no pink color at the bone. Precocoon 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 headspace in glass Mason jars and ½ inch in tin cans. Do not pack food too tightly. Add 1 teaspoon salt to each quart. Cover with precooking liquid leaving 1 inch headspace in glass 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 headspace 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**

**CHICKEN AND GAME**

**EXHAUSTING TIME — 7 to 10 MINUTES**

<table>
<thead>
<tr>
<th>Amount of Pressure Pounds</th>
<th>No. 2 Tin Cans</th>
<th>No. 2½ or No. 3 Tin Cans</th>
<th>Glass Jars (Pints)</th>
<th>Glass Jars (Quarts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Hot Pack, With Bones</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Hot Pack, Without Bones</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Raw Pack, With Bones</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Raw Pack, Without Bones</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Wild Duck, Quail and Other Game Birds</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Rabbit or Squirrel</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
<tr>
<td>Venison</td>
<td>10</td>
<td>65</td>
<td>90</td>
<td>75</td>
</tr>
</tbody>
</table>

Use 2 quarts water in Canner for all processing.

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

---

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutrcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
CANNING DIRECTIONS, SOUP

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 3/4 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 Cooker over 2/3 full. Let indicator return to zero. 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 Cooker over 2/3 full. Let indicator return to zero. Skim off fat, remove all pieces of bone, but do not strain out meat and sediment. Pour hot stock into clean, hot containers. Adjust lids. Process at 10 lbs. Pints - 20 minutes; quarts - 25 minutes.

SPLIT PEA SOUP
Prepare according to directions in recipe book. 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.
Canned purees are particularly convenient for infant feeding and for preparing quick cream soups and soufflés. To make puree: 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 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 see page 32.

CANNING DIRECTIONS, FISH AND SEA FOOD

PROCESSING TIME TABLE

SOUP
EXHAUSTING TIME — 7 to 10 MINUTES

<table>
<thead>
<tr>
<th>Amount (in Pounds)</th>
<th>No. 2 Tin Cans (Minutes)</th>
<th>No. 2½ or No. 3 Tin Cans (Minutes)</th>
<th>Glass Jars (Pints) (Minutes)</th>
<th>Glass Jars (Quarts) (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Soup Stock</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Chicken Soup Stock</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Scotch Broth</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Split Pea Soup</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>10</td>
<td>20</td>
<td>20</td>
<td>25</td>
</tr>
</tbody>
</table>

Use 2 quarts water in Cooker for all processing.
Time and pressure given in this chart apply to altitudes 2,000 feet or less. If altitude is over 2,000 feet, add 1 pound pressure for each additional 1,000 feet. Do not increase processing time.

FISH AND SEA FOOD
The home canning of fish should be considered only when a supply of suitable raw material may be obtained at low cost. Where fish is purchased for canning at average wholesale prices, the cost of the home canned fish is much higher than that of the commercially canned product. Only fresh fish should be canned and these should be killed and thoroughly cleaned of all viscera and membranes when caught, or as soon thereafter as practicable. Do not attempt to "save" a lot of fish from spoilage by canning some time after catching, as the canned product will be of inferior quality. Canning should be restricted to proven varieties where it is definitely known that a product of good quality may be obtained.
Since not all fish are not canned the same way, it is advisable to write the United States Department of Interior, Fish and Wildlife Service for their Conservation Bulletin No. 28, "Home Canning of Fishery Products," for detailed information on processing fish.

CLAMS, Whole
Scrub clams and soak over night in 10% brine. Sprinkle few tablespoons corncrake 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 has been added 1/4 teaspoon citric acid crystals 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 1/4 inch from top. Adjust lids. Process at 10 lbs. Pints - 70 minutes.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm
In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
CANNING DIRECTIONS, FISH AND SEA FOOD

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 Cooker, and cook 10 minutes at 8 lbs. pressure. Remove meat from shells. Wash thoroughly in salted water using 1/4 cup salt to 2 quarts water. Drain and dip in solution of 1/4 cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack loosely into clean, hot containers leaving 1 inch head space. Add 1/2 teaspoon salt and cover with boiling water. Adjust lids. Process at 15 lbs. 1/2 pints - 30 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 1/4 inch head space. Then submerge open container in a kettle containing hot brine, 1/4 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 1/4 cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack in clean, hot containers, fill containers to within 1/2 inch of top with hot brine, 1 1/2 tablespoons salt to 2 quarts water. Adjust lids. Process at 10 lbs. 1/2 pints - 70 minutes.

OSTERS

Wash oysters thoroughly in a weak brine solution. Place in canning basket with 2 cups water in Cooker and cook 5 minutes at 10 lbs. pressure. Shuck oysters and place in a weak brine to prevent discoloration. Wash meats carefully. Drain and pack loosely into clean, hot containers leaving 1 inch head space. Add 1/4 teaspoon salt. Cover with boiling water. Adjust lids. Process at 10 lbs. Pints - 100 minutes.

SALMON

Clean and wash fish thoroughly. Cut into container length pieces, leaving in backbone. Soak in brine, 1/4 lbs. salt to 1 gallon water, for 60 minutes. Drain well. Pack solidly into containers leaving 1/2 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, 1/4 cup salt to 1 quart water, for 20 to 30 minutes depending on size. Drain. Place in wire basket and cook 5 to 8 minutes in boiling brine, proportions as above. Dry and cool shrimp. Pack loosely into clean, hot containers leaving 1 inch head space. Fill containers with boiling brine, 1/4 tablespoons salt to 1 quart water. Adjust lids. Process at 10 lbs. Pints - 35 minutes.

PROCESSING TIME TABLE

FISH AND SEA FOOD

EXHAUSTING TIME - 7 to 10 MINUTES

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount of Pressure Pounds</th>
<th>No. 2 Tin Cans Minutes</th>
<th>Glass Flat Jars Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clams, Whole</td>
<td>10</td>
<td>60</td>
<td>70</td>
</tr>
<tr>
<td>Crab</td>
<td>80</td>
<td>(No. 1 cans only)</td>
<td>(3 pints only)</td>
</tr>
<tr>
<td>Fish - General</td>
<td>10</td>
<td>90</td>
<td>100</td>
</tr>
<tr>
<td>Lobster</td>
<td>10</td>
<td>60</td>
<td>70</td>
</tr>
<tr>
<td>Oysters</td>
<td>10</td>
<td>42</td>
<td>50</td>
</tr>
<tr>
<td>Salmon</td>
<td>10</td>
<td>90</td>
<td>100</td>
</tr>
<tr>
<td>Shrimp - Wet Pack</td>
<td>10</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>Tuna</td>
<td>15</td>
<td>70</td>
<td>80</td>
</tr>
</tbody>
</table>

Use 2 quarts water in Cooker for all processing.

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

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested, safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Questions and Answers

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) Pecking jars too solidly with food when processing.
(2) Filling jars too full. Allow 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 Cooker. When processing food in glass jars, patool should be removed and cover removed until indicator returns to zero of its own accord.
(5) Failure to adjust lids according to manufacturer's directions. See page 19.

Q. When should one start to count time of processing?
A. From minute the indicator on pressure 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 meats 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 tight pack should be made of all other products.

Q. If a jar does not seal and must be re-processed does it have to be processed the full length of time?
A. Just what shall be done with the unsealed jar will depend upon the cause.
If canner lid is at fault and product is a fruit, simply replace cap or lid with new one and process until product reaches boiling point. If it is a vegetable or meat, it should be reprocessed approximately one-fourth to one-third the regular processing period. If jar is defective, any product would require repacking. It is doubtful if this will be profitable since the reprocessing would need to be at approximately the same length as a normal period for that particular food. Few foods will stand up under such treatment.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested, safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm
In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
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) Food, seeds or grease lodged between lid and jar.
(4) If lightning or build-up 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 after 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 sterilization but all jars should be thoroughly cleansed and rinsed in boiling water.
Jars closures should also be dipped in boiling water. Follow manufacturer’s directions.

Q. Should bands be screwed as tightly as possible before being placed in Cooker before processing?
A. The bands on 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 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 meat 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 closures, what is meant by “firmly tight”?
A. By “firmly tight” we mean as tight as the hand can conveniently screw on, 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 every 2,000 feet. For instance: 10 pounds pressure is recommended up to 2,000 feet; for 4,000 feet altitude, increase pressure to 11 pounds; 6,000 feet altitude, increase pressure to 12 pounds, etc.
NOTES: When cooking in a Pressure Cooker, COOKING time may be increased 5% for every 1,000 feet increased over 2,000 feet altitude. Or, cooking time may be left unchanged and pressure increased as for canning, NEVER INCREASE PROCESSING TIME WHILE CANNING FOODS.

IN THE PRESSURE COOKER-CANNER

1. Prepare food according to directions in the specific recipe.
2. Quantities of 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 1/4 if desired, to serve 5 to 8 portions. See beginning paragraphs of each recipe for directions for increasing and decreasing quantities. NEVER FILL COOKER OVER 1/2 FULL. 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.
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.
4. Place cover on Cooker at once and close securely. 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.
5. To exhaust Cooker, leave petcock open until there is a steady flow of steam to expel all air. Then close petcock, unless otherwise stated in recipe. If, after closing the petcock, 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 aperture may have delayed the plunger from sealing readily.
6. When pressure gauge shows 15 pounds pressure, lower heat until pressure remains constant. When using a cool or wood range, move Cooker to cooking part of stove. When using kerosene or gas, turn flame down as low as possible. When using electricity, turn to low heat just before desired pressure is reached.
7. Food should be cooked for time recommended in recipe. Start to count time from the instant correct amount of pressure is reached. When cooking time is completed, turn off heat or remove Cooker from stove.
8. After required cooking time is completed, remove Cooker from heat and allow pressure to return to zero of its own accord, in all cases except when cooking meat and vegetable combinations. When cooking vegetable and meat combinations, open petcock valve slowly to reduce pressure gradually until pointer on gauge returns to zero and plunger in automatic air vent drops.
Open petcock completely, but do not remove knob from pressure control weight. Be sure all steam has escaped before removing cover.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested, safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm
In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
SOUPS

13. Remove cover from Cooker. Lift cover with gauge toward you so as to keep steam away from you.

14. 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 no evaporation from the Cooker. Add only the amount of liquid desired in the finished product.

15. The time and pressure given in recipes and time tables apply to altitudes of 2,000 feet or less. If altitude is over 2,000 feet, add 1 pound pressure for each additional 2,000 feet. Do not increase cooking time.

16. An excess of juices may be drawn from meat if it is not properly sealed before cooking. It must be remembered that Pressure Cooking is unlike oven cooking, as there is no evaporation through boiling. Meats therefore must be thoroughly sealed until deep brown and crisp on all sides.

17. Meats tend to burn if liquid is lost during cooking. Liquid may be lost due to: (1) Leakage from worn sealing ring; (2) Cooking with pointer beyond 23 pounds, the pressure control weight will rise and allow excess pressure and moisture to escape; (3) Failure to close cover immediately after adding water; (4) Failure to add sufficient water.

18. Meats may stick to the bottom of the Pressure Cooker during searing, if the Cooker is not hot enough when fat is added. First, the Cooker without the cover should be heated until the body half way between the bottom and top rim "sizzles" when touched with a moistened finger, before fat is added. If the Cooker is sufficiently heated and enough fat is added, meat will not stick.

SOUPS

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.

The high heat in the Cooker extracts the gelatins from the bone, making the soup richer in flavor and clearer in color. There is no cloudiness due to long, constant boiling used in old methods. Smaller amounts of meat may be used in soups prepared in your Cooker for it develops a fuller, richer flavor.

When cooking soups, do not fill the Cooker more than one-half full.

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. IN NO CASE SHOULD THE COOKER BE FILLED MORE THAN ONE-HALF FULL WHEN COOKING SOUP.

BROWN STOCK

1 tbsp. fat
1½ lbs. beef, cubed
1½ cups chopped celery leaves
1½ cups diced turnips
2 quarts water
2 sprigs parsley, minced
½ cup sliced onion
1 small bay leaf
1 tbsp. salt

CHICKEN SOUP

1 chicken
1 sprig parsley, minced
2 quarts water
1 tsp. salt
½ cup diced celery
1 small onion, minced
½ cup rice
Cut chicken into serving pieces. Wash. Place all ingredients in Cooker. Extrahc Cooker, Cook 20 minutes at 15 pounds pressure. Let indicator return to zero.

NAVY BEAN SOUP

2 cups navy beans
4 ribs celery, sliced
2 quarts water
½ cup minced green pepper
2 lb. ham bone or shank
1 cup tomato sauce
2 onions, chopped
2 cloves
4 carrots, sliced
Salt and pepper
Wash beans, cover with water and soak overnight. Drain. Place beans, water and all remaining ingredients in Cooker. Extrahc Cooker. Cook 30 minutes at 15 pounds pressure. Let indicator return to zero.

SOUP STOCK

3 lbs. soup bone
2 tsp. salt
3 quarts water
Cut meat into pieces. Large bones should be saved to fully extract gelatins and fat. Place all ingredients in Cooker. Extrahc Cooker. Cook 30 minutes at 15 pounds pressure. Let indicator return to zero; then open petcock slowly. Strain through fine sieve. Let cool. Remove fat from top end, if necessary, clarify with egg.

GREEN SPLIT PEA SOUP

2 cups dried split peas
3 bay leaves
2 quarts water
2 onions, chopped
2 lbs. ham shank
2 cups milk
2 tsp. salt
1½ tsp. pepper
Wash peas and soak overnight in water to cover. Place ham shank in Cooker. Add peas, water, and water in which they were soaked; salt, pepper, bay leaf and onion. Extrahc Cooker. Cook 15 minutes at 15 pounds pressure. Let indicator return to zero. Moisten flour with ¼ cup milk; add remaining milk. Heat soup to boiling and thicken with flour paste. Omit milk and flour if desired.

Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested safer recipes.
See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm
In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested, safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.

### SOUPS

#### VEGETABLE SOUP

- 2½ lb. soup bone or
- 2 lbs. soup meat
- 2 quarts water
- 6 carrots, diced
- 6 potatoes, diced
- 1 cup canned lima beans
- 2 cups canned or fresh tomatoes
- 1 small bunch celery, diced
- 2 onions, sliced
- 2 tbsp. barley
- ½ tsp. salt

Place all ingredients in bottom of Cooker. Exhaust Cooker. Cook 20 minutes at 15 pounds pressure. Let indicator return to zero.

#### COOKING TIME TABLE

<table>
<thead>
<tr>
<th>SOUPS</th>
<th>Cooking time at 15 pounds pressure minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Stock</td>
<td>30</td>
</tr>
<tr>
<td>Chicken Soup</td>
<td>20</td>
</tr>
<tr>
<td>Clam Chowder</td>
<td>5</td>
</tr>
<tr>
<td>Clear Consomme</td>
<td>25</td>
</tr>
<tr>
<td>Corn Chowder</td>
<td>5</td>
</tr>
<tr>
<td>Creole Gumbo</td>
<td>15</td>
</tr>
<tr>
<td>Fish Chowder</td>
<td>5</td>
</tr>
<tr>
<td>French Onion Soup</td>
<td>5</td>
</tr>
<tr>
<td>Hamburg Vegetable Soup</td>
<td>15</td>
</tr>
<tr>
<td>Julienne Soup</td>
<td>3</td>
</tr>
<tr>
<td>Lentil Soup</td>
<td>15</td>
</tr>
<tr>
<td>Lima Bean Soup</td>
<td>2</td>
</tr>
<tr>
<td>Navy Bean Soup</td>
<td>30</td>
</tr>
<tr>
<td>Okra Chowder</td>
<td>5</td>
</tr>
<tr>
<td>Oyster Chowder</td>
<td>10</td>
</tr>
<tr>
<td>Potato Soup</td>
<td>5</td>
</tr>
<tr>
<td>Ruby Consomme</td>
<td>3</td>
</tr>
<tr>
<td>Soup Stock</td>
<td>30</td>
</tr>
<tr>
<td>Split Pea Soup</td>
<td>15</td>
</tr>
<tr>
<td>Tomato Basil</td>
<td>5</td>
</tr>
<tr>
<td>Tomato-Fish Soup</td>
<td>10</td>
</tr>
<tr>
<td>Turkey Soup</td>
<td>15</td>
</tr>
<tr>
<td>Vegetable Soup</td>
<td>20</td>
</tr>
<tr>
<td>White Stock</td>
<td>30</td>
</tr>
</tbody>
</table>

Always make sure Cooker has water or some liquid in the bottom to form necessary steam.

### 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. Average cooking times are about as follows:

- **Beef:**
  - 8 to 10 minutes - rare (choice grade)
  - 10 to 12 minutes - medium (good grade)
  - 12 to 15 minutes - well done (utility grade)
  - 15 minutes - very tough

- **Pork:**
  - 15 minutes - very fat pork
  - 17 minutes - medium

For best results in cooking fresh meats, heat your Cooker well before adding the fat. Any kind of cooking fat may be used for browning meat, and about two tablespoons are sufficient. 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. THE COOKER MUST NEVER BE MORE THAN 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 55 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 lbs., roast cuts of meat, cooked at one time in the Pressure Cooker produce a more satisfactory product than one large, 5 to 8 lbs., roast cut of meat.
MEATS

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. Remember, there should always be water or some liquid or juice in the bottom of the Cooker to form the necessary steam.

BEEF

BEEF HEART—STUFFED

1 beef heart
Pepper
Dressing
Salt
2 tbsp. fat
2 cups boiling water

Remove veins and tissue from heart. Wash well. If desired, cut pocket in heart and stuff with bread dressing. Season, Heat Cooker. Add fat and brown heart. Add water. Exhaust Cooker. Cook 50 minutes at 15 pounds pressure. Let indicator return to zero.

BRAISED BEEF

3 slices fat salt pork
2 cups water
3 lbs. boned round or rump
½ cup diced turnips
Salt
½ cup diced carrots
Pepper
2 onions, chopped
Flour
¼ cup chopped celery


BEEF STEW

3 tbsp. fat
2 cups diced potatoes
3 lbs. beef, cubed
2 cups water
2 large onions, sliced
2½ cups diced carrots
1 tbsp. salt


CORNED BEEF AND CABBAGE

3 to 4 lbs. corned beef
1 quart water
1 large cabbage, quartered

Place meat with water in Cooker. Exhaust Cooker. Cook 45 to 55 minutes at 15 pounds pressure. Let indicator return to zero; then open petcock slowly. Add cabbage. Exhaust Cooker again, and cook 3 to 4 minutes at 15 pounds pressure. Let indicator return to zero.

CORNED BEEF

4 lbs. corned beef
1 quart water
1 bay leaf

Cover corned beef with cold water and let soak for one hour. Cut garlic clove in small pieces and insert in beef with a sharp knife. Place meat and water in Cooker. Add bay leaf. Exhaust Cooker and cook 40 to 50 minutes at 15 pounds pressure. Let indicator return to zero.

OXTAILS WITH HERBS

3 to 4 oxtails
½ tsp. basil
3 tbsp. fat
1 tsp. thyme
1 large onion, thinly sliced
1 cup tomato juice or
Salt and pepper
½ tsp. marjoram

Have oxtails cut into serving pieces. Heat Cooker and add fat. Brown oxtails on all sides, add onion and cook tightly. Combine salt, pepper, marjoram, basil, thyme and tomato juice and pour over oxtails. Exhaust Cooker and cook 40 minutes at 15 pounds pressure. Let indicator return to zero.

POT ROAST

3 to 4 lbs. beef shoulder or
4 tbsp. fat
Salt
Pepper
1 medium onion, sliced
1 cup water

Season meat with salt and pepper; dredge in flour. Heat Cooker; add fat and brown meat well in bottom of Cooker. Add onion and water. Exhaust Cooker. Cook 45 minutes at 15 pounds pressure. Let indicator return to zero.

SHORT RIBS OF BEEF

5 to 8 lbs. beef ribs
1 cup tomatoes
3 tbsp. fat
1 tbsp. salt
2 onions, chopped
½ tsp. pepper
1 cup chopped celery
1 cup chopped onion
½ cup water


SWISS STEAK

4 or 5 lbs. round steak.
2 tbsp. fat
1 inch thick
1 large onion, sliced
½ cup flour
Salt
Pepper
1½ cups tomato juice

Season flour with salt and pepper; pound flour into meat. Heat Cooker; add fat and brown meat in bottom of Cooker. Add remaining ingredients. Exhaust Cooker. Cook 15 minutes at 15 pounds pressure. Let indicator return to zero.

FRESH TONGUE

1 or 2 tongues
2 bay leaves
1 onion, quartered
1 tbsp. salt
6 whole cloves
¼ tsp. pepper
1 quart boiling water

Scrape tongue and wash well. Scallop in boiling water. Place tongue and other ingredients in Cooker. Exhaust Cooker. Cook 60 minutes at 15 pounds pressure. Let indicator return to zero. Remove skin and roots while tongue is hot.

 MEATS

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested-safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
### MEATS

#### VEAL

**ROAST OF VEAL**

<table>
<thead>
<tr>
<th>3 or 4 lbs. veal roast</th>
<th>2 tbsp. fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 cup water</td>
</tr>
<tr>
<td>Flour</td>
<td></td>
</tr>
</tbody>
</table>

Season meat; dredge with flour. Heat Cooker; add fat and brown meat well in bottom of Cooker. Add bay leaf and water. Exhaust Cooker. Cook 45 minutes at 15 pounds pressure. Let indicator return to zero.

#### BRAISED VEAL

<table>
<thead>
<tr>
<th>3 or 4 lbs. veal roast</th>
<th>½ onion, minced</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp. salt</td>
<td>Dash of savory, thyme or basil</td>
</tr>
<tr>
<td>3 tbsp. flour</td>
<td>1 cup water</td>
</tr>
<tr>
<td>2 slices salt pork, diced</td>
<td></td>
</tr>
</tbody>
</table>

Season meat with salt; dredge in flour. Heat Cooker; add salt pork and brown in bottom of Cooker. Add meat and brown on all sides. Add onion, seasonings and water. Exhaust Cooker. Cook 45 minutes at 15 pounds pressure. Let indicator return to zero.

#### PORK

**LOIN OF PORK**

<table>
<thead>
<tr>
<th>3 to 4 lbs. loin roast</th>
<th>1 medium onion, sliced</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp. fat</td>
<td>1 cup water</td>
</tr>
</tbody>
</table>

Heat Cooker and add fat. Brown meat well on all sides. Season with salt, pepper and sliced onion; add water. Exhaust Cooker and cook 50 to 60 minutes at 15 pounds pressure. Let indicator return to zero.

#### SPARERIBS—BARBECUED

<table>
<thead>
<tr>
<th>5 to 6 lbs. spareribs</th>
<th>1 cup catsup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt and pepper</td>
<td>⅛ cup vinegar</td>
</tr>
<tr>
<td>Paprika</td>
<td>1 tbsp. Worcestershire sauce</td>
</tr>
<tr>
<td>2 tbsp. shortening</td>
<td>⅛ tsp. chili powder</td>
</tr>
<tr>
<td>2 large onions, sliced</td>
<td>⅛ tsp. celery seed</td>
</tr>
</tbody>
</table>

Cut ribs into serving pieces. Season with salt, pepper and paprika. Heat Cooker and add fat. Brown ribs on all sides. Add onion, Combine catsup, vinegar, Worcestershire sauce, chili powder and celery seed; pour over meat in Cooker. Exhaust Cooker. Cook 15 minutes at 15 pounds pressure. Let indicator return to zero.

---

### HAM

**HAM—BOILED**

<table>
<thead>
<tr>
<th>10 lbs. ham</th>
<th>1 quart water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 clove garlic</td>
<td></td>
</tr>
</tbody>
</table>

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. Exhaust Cooker. Cook 60 minutes at 15 pounds pressure. Let indicator return to zero.

#### HAM SLICES

<table>
<thead>
<tr>
<th>2 tbsp. fat</th>
<th>Cloves</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices ham, ⅛ inches thick</td>
<td>1 cup water</td>
</tr>
</tbody>
</table>

Heat Cooker; add fat and brown ham in bottom of Cooker. Add cloves and water. Exhaust Cooker. Cook 15 minutes at 15 pounds pressure. Let indicator return to zero.

#### VIRGINIA HAM

<table>
<thead>
<tr>
<th>6 to 8 lbs. ham</th>
<th>¼ cup brown sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups water</td>
<td>Cloves</td>
</tr>
</tbody>
</table>

Sear ham if necessary. Place in Cooker with water, lean part under water. Exhaust Cooker. Cook 50 minutes at 15 pounds pressure. Let indicator return to zero. 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 OR MUTTON

#### LEG OF LAMB

| 5 to 6 lbs. leg of lamb | 1 to 2 tbsp. fat | 1 cup water |

Season meat. Heat Cooker; add fat and brown lamb on all sides. Add water. Exhaust Cooker. Cook 50 minutes at 15 pounds pressure. Let indicator return to zero.

#### LAMB STEW

<table>
<thead>
<tr>
<th>3 lbs. breast of lamb, cut in 1 inch cubes</th>
<th>3 large onions, diced</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tbsp. fat</td>
<td>2 tbsp. Worcestershire sauce</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>6 carrots, cut in half</td>
</tr>
<tr>
<td>2 medium green peppers.</td>
<td>2 cups hot water</td>
</tr>
</tbody>
</table>

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested, safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.

---

# COMBINATION DISHES

Try these suggested combination dishes first. Then you can experiment with combination dishes of your own. Always remember to select foods that cook in the same time.

Quantities given in the recipes on the following pages may be increased by doubling or tripling or decreased by one-half. IN NO CASE SHOULD THE COOKER BE FILLED MORE THAN TWO-THIRDS FULL WHEN COOKING COMBINATION DISHES.

**BOSTON BAKED BEANS**

- 4 cups dried beans
- 6 tbsp. molasses
- 1 lb. salt pork or bacon, diced
- ½ cup catsup
- 6 tbsp. brown sugar
- 2 onions, diced
- 2 tsp. salt
- Water to cover
- 1 tsp. mustard


**LIMA BEAN POT**

- 4 cups dried lima beans
- 1½ cups tomato juice
- ¾ cup brown sugar
- ½ inch pieces
- 2 onions, chopped
- 1 green pepper, diced
- 1 tsp. chili powder
- ½ tsp. cayenne pepper
- 1 cup chopped celery


**CHILI CON CARNE**

- 3 tbsp. fat
- 2 lbs. ground beef
- 2 No. 2 cans kidney beans, including liquid
- 1 green pepper, shredded
- 2 cloves garlic, minced
- 2 to 3 tbsp. chili powder
- 1 tbsp. salt
- Dash of cayenne pepper

Heat Cooker; add fat and brown beef, breaking it apart to assure even browning. Add onions, green pepper and garlic and brown lightly. Add remaining ingredients. Exhaust Cooker. Cook 15 minutes at 15 pounds pressure. Let indicator return to zero.
COMBINATION DISHES

CHOP SUEY
2 tbsp. fat
2 lbs. round steak, cubed
1 lb. lean pork, cubed
1 lb. lean veal, cubed
Salt
Pepper

HAM WITH ESCALLOPED POTATOES
2 1/2 tbsp. butter
2 tbsp. flour
3 cups milk
1 tsp. salt
Pepper
Make a white sauce of first six ingredients as follows. Melt butter, blend in flour, add milk stirring constantly. Cook until smooth. Add salt, pepper and onion. Heat Cooker and add fat. Brown ham until golden brown and remove from Cooker. Place potatoes and ham in layers in Cooker and cover with white sauce. Exhaust Cooker and cook 12 minutes at 15 pounds pressure. Open potcock slowly to reduce pressure gradually until indicator returns to zero.

NEW ENGLAND BOILED DINNER
3 to 3 1/2 lbs. ham shank
4 cups water
6 potatoes, halved
6 onions, halved
1 medium rutabaga
1 cup carrots, halved
1 cup cabbage, quartered
1/2 tsp. pepper
Place ham and water in Cooker. Exhaust Cooker and cook 20 minutes at 15 pounds pressure. Let indicator return to zero. Open Cooker, add vegetables and pepper. Do not fill Cooker over 1/2 full. Return Cooker to stove. Exhaust Cooker and cook 5 to 8 minutes, depending on size of vegetables, at 15 pounds pressure. Open potcock slowly to reduce pressure gradually until indicator returns to zero.

PORK HOOPS WITH SAUERKRAUT AND POTATOES
4 to 5 lbs. pork hocks
3 cups water
2 tsp. salt
1/4 tsp. pepper
1 No. 2 1/2 can sauerkraut
2 onions, chopped
6 medium potatoes, halved
Place hocks, water, salt and pepper in Cooker. Exhaust Cooker. Cook 45 minutes at 15 pounds pressure. Let indicator return to zero. Add sauerkraut, onion and potatoes. Exhaust Cooker and cook 10 minutes at 15 pounds pressure. Open potcock slowly to reduce pressure gradually until indicator returns to zero.

SPAGHETTI MEAT SAUCE
4 tbsp. salted oil
2 1/2 lbs. ground beef
2 lbs. ground pork
2 cloves garlic, minced
1 cup chopped celery
1 large green pepper, sliced
1 tbsp. salt
Cheese
Heat Cooker and add salted oil. Brown beef. Add onion, garlic, celery, pepper and salt. Add combined tomato paste, tomato juice, chili powder, cayenne pepper and curry powder. Exhaust Cooker and cook 10 minutes at 15 pounds pressure. Open potcock slowly to reduce pressure gradually until indicator returns to zero. Serve sauce over spaghetti. Sprinkle with Parmesan Cheese.

Cooking Time Table

<table>
<thead>
<tr>
<th>COMBINATION DISHES</th>
<th>Cooking time at 15 pounds pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans or Pinto Beans</td>
<td>35</td>
</tr>
<tr>
<td>Boston Baked Beans</td>
<td>45</td>
</tr>
<tr>
<td>Butter Beans</td>
<td>25</td>
</tr>
<tr>
<td>Dry Lima Beans with Bacon</td>
<td>25</td>
</tr>
<tr>
<td>Lima Bean Pot</td>
<td>25</td>
</tr>
<tr>
<td>Barley Stew with Vegetables</td>
<td>20</td>
</tr>
<tr>
<td>Chili Con Carne</td>
<td>10</td>
</tr>
<tr>
<td>Chop Suey, American</td>
<td>5 to 6</td>
</tr>
<tr>
<td>Chop Suey</td>
<td>10</td>
</tr>
<tr>
<td>Ham Loaf, Favorite</td>
<td>15</td>
</tr>
<tr>
<td>Ham and Escallopated Potatoes</td>
<td>12</td>
</tr>
<tr>
<td>Hungarian Goulash</td>
<td>15</td>
</tr>
<tr>
<td>New England Boiled Dinner</td>
<td>25 to 28</td>
</tr>
<tr>
<td>Pork Hocks with Sauerkraut and Potatoes</td>
<td>50</td>
</tr>
<tr>
<td>Pork Chops with Rice</td>
<td>12</td>
</tr>
<tr>
<td>Spaghetti Meat Sauce</td>
<td>10</td>
</tr>
</tbody>
</table>

Always make sure Cooker has water or some liquid in the bottom to form necessary steam.

POULTRY AND GAME

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

- Young birds, 1/2 to 2 pounds—20 to 25 minutes complete.
- Young birds, 2 1/2 to 4 pounds—30 to 35 minutes complete.
- Hens—45 minutes complete.

The large capacity of your Cooker provides ample space for cooking two whole chickens at one time, and two or more when cut in serving pieces. **DO NOT FILL COOKER OVER 1/2 FULL.**
Keep in mind, the recipes in this manual are out of date, and may be unsafe.
They have been replaced by improved, lab-tested-safer recipes.

See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.

---

### STEAMED BREADS AND DESSERTS

#### BROWN BREAD

| 1 cup graham flour | 1/4 cup light molasses |
| 1 cup corn meal | 2 cups milk, sweet or sour |
| 1 cup rye meal | 1 cup raisins |
| 1 tsp. salt | 2 quarts water in Cooker |
| 1 tsp. soda | with basket |

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. Steam 20 minutes with petcock open; then close petcock and cook 25 minutes at 10 pounds pressure. Let indicator return to zero.

#### BREAD PUDDING

| 2 cups cubed dry bread | 2 cups milk |
| 1/4 tsp. salt | 2 eggs |
| 1/2 cup brown sugar | 1/2 tsp. vanilla |
| 1 tbsp. cinnamon | 2 quarts water in Cooker |
| 1 tbsp. butter | with basket |


#### ENGLISH PLUM PUDDING

| 1 cup sifted all-purpose flour | 1/2 cup currents |
| 1 tsp. baking powder | 1/4 cup chopped nuts |
| 1/4 tsp. salt | 1 egg |
| 1/2 tsp. allspice | 1/2 cup sugar |
| 1/2 tsp. cinnamon | 1/2 cup ground nutmeg |
| 1/4 tsp. cloves | 1/4 cup milk |
| 1/2 cup raisins | 2 quarts water in Cooker |

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. Steam 20 minutes with petcock open; then close petcock and cook 30 minutes at 10 pounds pressure. Let indicator return to zero.

#### BROWN BETTY

| 1 cup dry bread crumbs | 3 medium apples, sliced |
| 1/4 cup sugar | 1/4 cup melted butter |
| 1/4 tsp. cinnamon | 2 quarts water in Cooker |
| Juice and grated rind of 1 lemon | with basket |

Combine crumbs, sugar, cinnamon, lemon juice and 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. Exhaust Cooker. Cook 15 minutes at 15 pounds pressure. Open petcock slowly to release pressure gradually.

---

### STEAMED BREADS AND DESSERTS

#### WHITE FRUIT CAKE

| 1 1/4 cups canned pineapple tidbits | 2 cups chopped walnuts |
| 2 cups chopped citron | 1/4 cup flour |
| 1/2 cup shredded lemon peel | 1 cup shortening |
| 1/2 cup chopped candied cherries | 1 cup sugar |
| 1 cup chopped dried apples | 5 eggs |
| 1 cup pineapple juice | 1 1/4 cups sifted all-purpose flour |
| 1/4 cup pineapple jam | 1 tsp. salt |
| 1 1/2 cups white raisins | 1 tsp. baking powder |
| 1/2 cup shredded coconut | 1 cup chopped figs |

Drain pineapple, saving juice. Dredge fruits and nuts with 1/2 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. Steam 20 minutes with petcock open; then close petcock and cook 80 minutes at 10 pounds pressure. Let indicator return to zero.

#### Cooking Time Table

<table>
<thead>
<tr>
<th>STEAMED BREADS</th>
<th>STEAMED BREADS</th>
<th>STEAMED BREADS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Bread</td>
<td>Date and Nut Bread</td>
<td>Molasses Nut Bread</td>
</tr>
<tr>
<td>20</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>25</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
</tbody>
</table>

#### DESSERTS

<table>
<thead>
<tr>
<th>Bread Pudding</th>
<th>Brown Betty</th>
<th>Dark Fruit Cake</th>
<th>White Fruit Cake</th>
<th>English Plum Pudding</th>
<th>Plum Pudding</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>15</td>
<td>15</td>
<td>10</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>50</td>
<td>50</td>
<td>50</td>
<td>50</td>
</tr>
</tbody>
</table>

Always make sure Cooker has water or some liquid in the bottom to form necessary steam.

---

64

65
Other Pressure Cooker Uses

FOR SCHOOL LUNCHES

If your children come home at noon for lunch, treat them with a hot meal from the Cooker. Wholesome, simple dishes like chicken with little effort and expense. Pressure Cooking cooks food to a digestible state and completely sterilizes it.

If the children stay at school for lunch, we suggest the school invest in a Cooker. Mothers can put up good lunches for the children but hot foods should accompany them. Hot soups, cocoa, cereals, or vegetables can be prepared at school with little time or effort. Other dishes that are very good are: chops, sukiyaki, beef stew, vegetable soup, beans, and most combination dishes.

CHURCH OR CLUB AFFAIRS

For luncheons, dinners, bazaars and spreads, use the Pressure Cooker. It makes your cooking easy and eliminates long days of work in a hot, steamy kitchen. Less expensive meats may be cooked with all the excellent flavor and tenderness of more expensive cuts, thus reducing food costs and increasing profit for the group or organization.

The Pressure Cooker soon pays for itself. Its ease of operation encourages more of these profit-making ventures. In addition to cooking meats, canning can be done by various members and the cans or jars of fruits, meats and vegetables sold for profit.

THE PRESSURE COOKER AS A STERILIZER

TO SAFEGUARD BABY’S HEALTH

Wash everything used in preparing or serving the baby’s food separate from other household utensils. Rinse well and completely sterilize in your Pressure Cooker. The Pressure Cooker is ideal for sterilizing bottles used daily for baby’s milk, water, orange or tomato juice. Use one quart of water in Cooker for sterilizing. Place canning basket in bottom of Cooker. Place in basket baby bottles, closed Mason jar containing nipples or rubber caps; jar containing applicator swab; funnel for filling bottles and spoons used to stir milk. Place cover on Cooker. Allow pot to remain open until steam flows freely, about 5 to 7 minutes. Close pot. When pressure reaches 15 pounds, reduce heat and sterilize for 15 minutes. Remove Pressure Cooker from heat and gradually release pressure by opening pot cover SLOWLY. When indicator returns to zero, open pot cover completely and let Pressure Cooker cool 2 to 3 minutes. Remove cover. Pour prepared hot milk into the sterilized bottles. Cap both filled and unfilled bottles. When cool, place bottles in refrigerator for use during the day. Store extra nipples in closed jar until ready for use.

FOR FIRST AID AT HOME

In order to sterilize instruments to be used in case of accident or emergency, use the same method given above. To sterilize gauze dressings or roll bandages, place items in covered glass jar and increase processing time to 35 minutes. Fifteen pounds pressure is used for all sterilizing.

OTHER PRESSURE COOKER USES

ON THE FARM

Animals are as susceptible to infection as humans. Before you use instruments on them, follow the same procedure for sterilizing as above. Operate and care for flesh wounds only under sterile conditions. To sterilize rubber gloves, wash and dry gloves thoroughly. Powder well on both sides. Place gloves in closed glass jar and process for 15 minutes. Sterilize milk tubes each time before using. Orphan animals should be fed with sterilized bottles and nipples.

TERMINAL STEERILIZATION OF BABIES’ FORMULA

It is practical to cook babies’ formula and sterilize nursing bottle in one operation. Use bottles which allow the nipple to be placed downward into the neck of the bottle, with a cap covering the top.

All formulas are not adaptable to this procedure and, not knowing your baby’s formula, we suggest consulting the baby’s pediatrician on this matter, since he is familiar with the baby’s and the prescribed formula.

Method: Fill bottles with required number of ounces of formula. Screw cap down firmly, then loosen by giving one-half turn back. Place upright in canning basket (if bottles tend to tip, place a flat metal cover into the canning basket) with 2 quarts water in Cooker. Cover close securely. Allow pot to remain open until steam flows freely, then close pot. Cook 10 minutes at 5 lbs. pressure.

Reduce pressure normally 5 minutes; then complete cooling process by opening pot cover very gradually until pressure is completely reduced. Remove bottles and run tepid water over them, gradually allowing water to become cooler until all bottles are cooled. Tighten caps snugly on each bottle and store in refrigerator.

RECIPE INDEX

CANNING

FRUITS AND TOMATOES

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Time</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>23</td>
<td>66</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>23</td>
<td>66</td>
</tr>
<tr>
<td>Apricots</td>
<td>24</td>
<td>66</td>
</tr>
<tr>
<td>Berries</td>
<td>24</td>
<td>66</td>
</tr>
<tr>
<td>Cherries</td>
<td>24</td>
<td>66</td>
</tr>
<tr>
<td>Cranberries</td>
<td>24</td>
<td>66</td>
</tr>
<tr>
<td>Strawberries</td>
<td>24</td>
<td>66</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>26</td>
<td>66</td>
</tr>
<tr>
<td>Tomatoes, Whole</td>
<td>26</td>
<td>66</td>
</tr>
<tr>
<td>Tomatoes, Quartered</td>
<td>26</td>
<td>66</td>
</tr>
</tbody>
</table>

JUICE

<table>
<thead>
<tr>
<th>Juice</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Juice</td>
<td>26</td>
</tr>
<tr>
<td>Grapefruit Juice (orange)</td>
<td>27</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>27</td>
</tr>
</tbody>
</table>

VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>18</td>
</tr>
<tr>
<td>Beans, Baked</td>
<td>18</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>18</td>
</tr>
<tr>
<td>Beans, Snap</td>
<td>18</td>
</tr>
<tr>
<td>Beets</td>
<td>19</td>
</tr>
<tr>
<td>Carrots</td>
<td>29</td>
</tr>
<tr>
<td>Corn, Cream Style</td>
<td>29</td>
</tr>
<tr>
<td>Corn, Whole Kernel</td>
<td>29</td>
</tr>
<tr>
<td>Greens</td>
<td>29</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>30</td>
</tr>
<tr>
<td>Okra</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>67</td>
</tr>
<tr>
<td>Vegetables - Cold Pack Method</td>
</tr>
<tr>
<td>-----------------------------</td>
</tr>
<tr>
<td>Okra and Tomatoes 30</td>
</tr>
<tr>
<td>Parsnips 30</td>
</tr>
<tr>
<td>Peas, Barley-knee 30</td>
</tr>
<tr>
<td>Peas, Green 30</td>
</tr>
<tr>
<td>Pepper, Pimientos 30</td>
</tr>
<tr>
<td>Potatoes, New-White 31</td>
</tr>
<tr>
<td>Pumpkin, Strained 31</td>
</tr>
<tr>
<td>Squash, Summer 31</td>
</tr>
<tr>
<td>Squash, Winter 31</td>
</tr>
<tr>
<td>Sweetcorn 31</td>
</tr>
<tr>
<td>Sweet Potatoes, Wet Pack 31</td>
</tr>
</tbody>
</table>

| Vegetable Mixture 31 |

<table>
<thead>
<tr>
<th>MEATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef 56</td>
</tr>
<tr>
<td>Chicken 59</td>
</tr>
<tr>
<td>Chilled Canned 59</td>
</tr>
<tr>
<td>Chopped Meat 55</td>
</tr>
<tr>
<td>Chops or Steaks 56</td>
</tr>
<tr>
<td>Corned Beef 30</td>
</tr>
<tr>
<td>Head Cheese 37</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COOKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUPS</td>
</tr>
<tr>
<td>Brown Stock 61</td>
</tr>
<tr>
<td>Chicken Soup Stock 61</td>
</tr>
<tr>
<td>Green Split Pea 51</td>
</tr>
<tr>
<td>Navy Bean 61</td>
</tr>
<tr>
<td>Navy Bean Soup Stock 81</td>
</tr>
<tr>
<td>Vegetable Stock 52</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Braised 54</td>
</tr>
<tr>
<td>Chilled Canned 59</td>
</tr>
<tr>
<td>Chow Suey 55</td>
</tr>
<tr>
<td>Corned 54</td>
</tr>
<tr>
<td>Corned and Cabbage 34</td>
</tr>
<tr>
<td>Corned and Potatoes 34</td>
</tr>
<tr>
<td>Heart, Stuffed 54</td>
</tr>
<tr>
<td>Oxtails with Herbs 56</td>
</tr>
<tr>
<td>Pot Roast 55</td>
</tr>
<tr>
<td>Short Ribs 55</td>
</tr>
<tr>
<td>Spaghetti Meat Sauce 55</td>
</tr>
<tr>
<td>Stew 54</td>
</tr>
<tr>
<td>Swiss Steak 55</td>
</tr>
<tr>
<td>Tongue, Fresh 55</td>
</tr>
<tr>
<td>Lamb Leg of 37</td>
</tr>
<tr>
<td>Stew 37</td>
</tr>
<tr>
<td>Pork 57</td>
</tr>
<tr>
<td>Boston Baked Beans 59</td>
</tr>
<tr>
<td>Hocks with Sauerkraut and Potatoes 60</td>
</tr>
<tr>
<td>Lima Beans 59</td>
</tr>
<tr>
<td>Loin 56</td>
</tr>
</tbody>
</table>

| Heart 36 |
| Lamb 56 |
| Liver (Beef, Calf, Lamb or Pork) 36 |
| Meat Balls 36 |
| Pigs Feet, Jellied 37 |
| Pork 56 |
| Roast Meals 56 |
| Steaks or Chops 56 |
| Stew 37 |
| Tongue, Boiled 36 |
| Veal 36 |

<table>
<thead>
<tr>
<th>FISH AND SEA FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clams, Whole 41</td>
</tr>
<tr>
<td>Crab 42</td>
</tr>
<tr>
<td>Fish 42</td>
</tr>
<tr>
<td>Lobster 42</td>
</tr>
<tr>
<td>Oysters 42</td>
</tr>
<tr>
<td>Salmon 42</td>
</tr>
<tr>
<td>Shrimp 42</td>
</tr>
<tr>
<td>Tuna 42</td>
</tr>
</tbody>
</table>

| VEGETABLE PURÉE 40 |

| SUGGESTIONS THAT WILL HELP YOU TO OBTAIN THE BEST SERVICE FROM YOUR COOKER |

Many times Cookers are sent to our Service Department when there is actually no need for returning them. Some of the minor operational disturbances 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 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 aperture in which it fits with a soft cloth and warm soaps. To replace the Automatic Air Vent, push it into the aperture from the underside of the cover. The slightly rounded side of the plug must face upward in the cover aperture. It is recommended that the Automatic Air Vent be replaced whenever it becomes hard or deformed.

If there is excessive leakage under the pressure control weight, it may be due to the fact that the mouth of the vent pipe has become damaged in some manner, thus preventing the control weight from seating on it snugly. If the mouth of the vent pipe is nicked or scratched, the vent pipe should be replaced. This can be done with a crescent wrench. Care should be exercised not to damage the vent pipe or the threads in the cover.

If, during cooking, there is a continuous escape of steam around the cover, it would indicate that the sealing ring should be turned or replaced. See page 9 for full instructions.

CAUTION: Always remove the Cooker from the heat, if excessive leakage develops. Allow it to cool until the pressure has receded and then examine the part or place at which the steam is escaping so that steps can be taken to correct the trouble.

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.
How to Obtain Prompt Repair Service for Your Cooker-Canner

Montgomery Ward and Company retail stores stock service parts such as sealing rings, automatic air vents, steam gauges and other standard items for the purpose of providing quick service on replacement parts.

If any part on your Cooker needs replacement and you cannot obtain it from one of our retail stores, you may order the part direct from the Montgomery Ward mail order plant nearest to you. Order the part you want by number, as listed on Page 71. BE SURE TO PRINT YOUR NAME AND ADDRESS CLEARLY, and to enclose proper remittance.

In the few cases when it is necessary to return a part for repair, or to return a complete Cooker, be sure to pack, wrap, and tie securely. Paste a letter on the outside of the package, telling our Service Department of the difficulty you have experienced. (Check Illustration) Shipping costs must be prepaid by you, and the Cooker or repaired part will be returned to you, shipping charges C.O.D. Please refer to page 71 for the repair parts price list.

WARD'S MAGIC SEAL PRESSURE COOKER-CANNERS

PARTS FOR MODELS NO. NP5148 (No. 7AV-16) AND NO. NP519B (21AV)

When ordering parts, please be sure to specify part number, name of part and size of cooker. See page 70 for instructions on ordering.

Keep in mind, the recipes in this manual are out of date, and may be unsafe. They have been replaced by improved, lab-tested-safer recipes. See this page for current recipes to use instead: https://www.pickyourown.org/allaboutcanning.htm

In some cases (like jam) you do not pressurize the canner, using it as a water bath instead.

Printed in U.S.A.