NOW—It's Really Fun to Cook!

WITH THE
Flex-Seal COOKER

INSTRUCTIONS AND
RECIPE BOOK
YOU, and hundreds of thousands of others have long wished for a cooking utensil that would perform the same kind of miracles in modern-day cookery that Aladdin's Lamp performed in its day.

No doubt you’ve often dreamed of owning a cooker that would be as comfortable and easy to use as your familiar top-of-the-stove saucepan; and yet that would enable you to speed up your cooking, save fuel, and best of all, have every kind of food taste better, look more inviting, and contain more nourishment than ever before.

It wasn’t easy to develop such a cooker. It has taken years, and many thousands of dollars put into painstaking experimental effort. But finally the job has been completed. And what a thrill and surprise you’ll get when you see the result!

Imagine being able to save actually hours of cooking time each day, not to mention saving many, many dollars each year on fuel costs. And just imagine having meats that appeared tough and unappetizing come out as juicy and tender as expensive cuts ordinarily do.

And vegetables! Yes, in a few minutes, in most instances, they are ready to serve with all of their garden fresh appearance and nutritious goodness and flavor that will delight you and your guests.

All these wonderful advantages—and a great many more—are now offered you in the Flex-Seal Cooker. But, to fully appreciate all of the amazing things it is capable of doing, you must try it for yourself. When you do, you’ll agree that, not for any amount of money would you ever again be without a Flex-Seal Cooker in your kitchen.

President
Vischer Products Co.
A Word from the Woman
Who Compiled Flex-Seal Recipes

You’ll be delighted with Flex-Seal cooking, I’m sure, right from the beginning. And you’ll have some real surprises at the many fascinating things you can do with this very unusual cooking utensil. First of all, you’ll probably be surprised to find how easy and simple it is to use the Flex-Seal.

You see, you don’t have to “learn” to cook in a Flex-Seal. You just put in your food, the same as you have been accustomed to doing with ordinary saucepans, add a tiny amount of water, snap the lid into place and, almost before you can say the proverbial “Jack Robinson” you’ve turned out a dish that will make any man willing to “sing for his supper.”

Yes, cooking in a Flex-Seal is simplicity itself, but the results you secure will soon convince you that here at last is the kind of cooker you’ve always dreamed of having, but never really expected to find. Because the Flex-Seal accomplishes with ease all of the things that make cooking a real pleasure, instead of an onerous task.

With the Flex-Seal you cook everything in about one-fifth the time ordinarily needed. Yet all foods are perfectly done and have a delicious taste and appetizing aroma that cannot be equalled, or even approached, by any other known method of cooking.

Your vegetables retain their natural green or yellow and white colors without addition of chemicals, so that when you serve them at table they make a beautiful and tempting display that you will be proud of. And meats! It’s almost unbelievable the way even tough chuck roasts come out, tender and appetizing in thirty to forty-five minutes. And, of course, we mustn’t overlook the fact that, with Flex-Seal cooking, foods offer the greatest amounts in health-giving and body-building mineral salts and the vitamins so necessary to insure their proper utilization. As one man has put it so aptly: “Flex-Seal has located our lost appetites.”
Since Flex-Seal cooks so fast, it goes without saying that you have hours of time for leisure that you would ordinarily have to spend in the kitchen. And then, fuel bills! You save an awful lot on them, too. In fact, your original purchase price of the cooker will be returned to you several times each year in direct cash savings.

There is almost no limit to the fascinating dishes you can turn out with a Flex-Seal. For your guidance in getting acquainted with the Flex-Seal and for the enjoyment of your family, some of the most popular recipes in the Flex-Seal repertoire are given on following pages.

However, I warn you that if you are like myself and thousands of other women who are Flex-Seal enthusiasts, you will find it a great and continuous pleasure to experiment and concoct your own recipes.

By taking what might be described as the basic Flex-Seal recipes given later in this booklet and elaborating on their make-up to suit your individual ideas, you will soon have a collection of unusual recipes of your own that will be the envy of your friends.

Feel free to write me about your experiences with Flex-Seal, what new or unusual dishes you have prepared, how it has saved you time and money. Let's exchange ideas and I'm sure that it will be very helpful to me—and I'll try to make it helpful and interesting for you, too.

Faithfully yours

Flex-Seal Home Economist
From your very first experience you will not only be charmed with the ease and simplicity of Flex-Seal cooking, but you will be amazed at the unusual results you secure. You will be able to do speed cooking that you never dreamed possible, yet your foods will come out perfectly done, with a flavor, taste and aroma that will be a source of genuine pride for you. Even beyond this, however, you will have the satisfaction of knowing that you are now serving foods cooked scientifically, the way doctors and dentists recommend to make available in their maximum amounts the vitamins and mineral salts so necessary in building good teeth and strong, healthy bodies to resist disease.

Flex-Seal results are truly amazing, but Flex-Seal operation, as already pointed out, is simplicity itself. With a simple twist of the wrist you slip the cover into place, thus creating a steam-tight vessel automatically, that permits cooking by the waterless method at high temperature with very little, or low heat. And what magic results are forthcoming!

First of all, the Flex-Seal saves you hours of cooking time. So naturally it gives you much time for rest and recreation that you would ordinarily have to spend in the kitchen.

Engineers have calculated that the Flex-Seal saves more time than all other modern household appliances combined.

Since it enables you to cook much faster (in about a fifth of the time usually consumed) Flex-Seal automatically saves you many dollars on your fuel bills.

But, after all, those are little things compared to the way Flex-Seal cooks your foods for you, and preserves their flavor, aroma, and inherent deliciousness. You
see, foods cooked in a Flex-Seal retain more of their natural mineral and vitamin content than is possible with any other method of cooking. This is true for the following reason: Leading authorities state that vitamins are not seriously affected by heat except when air is present, as is the case when you use the ordinary cooking utensil. In the Flex-Seal, air is excluded, thereby reducing the loss of vitamin to a minimum. Then again, vitamins B and G, like most mineral salts, readily dissolve in water. So when cooking foods in water, by the usual method, it is easy to see how valuable vitamin elements are lost when the water is drained away.

Doctors and dentists will tell you that foods cooked the Flex-Seal way are essential to building strong bodies and sound teeth.

**MAKING TOUGH MEATS TENDER**

The fact that air is excluded from the Flex-Seal during the cooking process naturally tends to make meats more flavorful, and more nourishing; and due to the higher temperature used by this method, the tough gelatinous fibres are made soft and palatable. To illustrate, you know of course that the bones contained in a can of salmon are very soft, and quite edible. You can cook fresh fish in a Flex-Seal with the same result, for the reason that the Flex-Seal method of cooking is exactly the same as that used by canners for preparing the finest canned foods that grace your pantry shelf.

After only thirty minutes' cooking in a Flex-Seal the knuckle of a chicken's "drumstick" may be eaten right off of the bone.

A beef soup containing an average joint, cooked the usual length of time for a rich soup stock in a Flex-Seal will permit you
to mash the bones to powder with an ordinary wooden spoon. This, incidentally, is the regulation hospital soup prepared to revitalize run-down patients.

Strange as the thought may be to you, it does not necessarily follow that tough meat is lacking in nourishment or palatability. To the contrary, what appears to be the toughest meat may in reality be capable of providing the most nourishment, provided the fibres can be broken down to release this nourishment, as witness the illustration of the soup bone. The Flex-Seal Cooker provides you with the means, therefore, for literally making “tough” meat tender.

COOKS VEGETABLES PERFECTLY

Now, for the first time, it is possible to pressure cook properly green and leafy vegetables, such as cauliflower, cabbage, spinach, broccoli, and asparagus. Until the Flex-Seal came into being it was true that vegetables could not be pressure cooked without making them soggy, destroying color, flavor and quality. This was due to the excess weight of cookers, which stored too much heat and caused over-cooking, without the user being able to do anything about it.

But now, with the Flex-Seal, in unbelievably short periods of time—usually only one to two minutes after the pressure is reached—these so-called “difficult-to-cook” vegetables come out exquisitely natural in color, delicately flavored and perfectly tender, yet not soft nor mushy. Only in the Flex-Seal is such vegetable cooking possible because it, alone, can cook at high temperature that can be quickly reduced. Thus there is no danger of overcooking, and disrupting the cells, releasing the acid which destroys the carotene and chlorophyll.
ORIGINAL WATERLESS METHOD

Flex-Seal cooking is the original waterless method of cooking. To make it possible to use this method, the prime necessity is a perfectly fitting, steam-tight cover, which prevents what moisture is in the food from escaping. This cover not only excludes air, but also permits cooking at high temperature. Naturally some method had to be devised to make the cover of the cooker hug the rim of the cooking vessel absolutely steam-tight.

Until the advent of the Flex-Seal Cooker this result was sought by the use of cumbersome and annoying clamps, lock rings or equally complicated locking gadgets, which made it difficult to obtain a steam-tight cooker and the device unduly heavy to handle.

Then came the Flex-Seal principle, which revolutionized the method of making cookers steam-tight. In the Flex-Seal there are no clamps nor bolts to bother with. By using the new principle above mentioned, the Flex-Seal cover is easily put into place in the manner indicated by the directions. It only takes a moment and the cooker becomes steam-tight automatically.

MAY BE USED WITH ANY FUEL

The Flex-Seal may be used over any type of fuel. After the pressure has been reached, use the lowest flame possible to maintain it at this point. In the case of an electric range, use the lowest heat unit and set the cooker partly off the unit if necessary. With a coal or wood stove, move the cooker to the coolest part of the top surface. Pressure should be maintained evenly, without fluctuation.
The importance of vitamins in diet is being given more and more attention in national magazines and other periodicals with each passing month. And this is as it should be, because the more we learn about vitamins, the more importance they assume.

Naturally we are all aware that nearly every kind of food contains vitamins in varying amounts, without which life could not exist. Their purpose is to control the utilization of other food-stuffs, namely: proteins, carbohydrates, fats, minerals and water. In many nutritional diseases it has been shown that not one, but several or all of the vitamins are involved. A good supply of minerals is of no avail unless vitamin is present in the body to foster their proper functioning.

It follows, then, that every effort should be made to make available from the foods we eat as much of the original vitamin content as possible. Cooking foods the wrong way can defeat the attainment of this all-important objective. To bring to light just what method of procedure is best to supply a vitamin rich diet a few questions and answers about vitamins may be in order here:

- How can we best obtain the greatest amounts of these precious substances known as vitamins, stored in the food we purchase? Are they best made available by eating the food raw?

No, because scientists have proved that much of the vitamin content remains "frozen" in the food and is not released by the normal body processes, and may result in a vitamin deficiency.
When food is cooked, what happens to the vitamins?

It has been proved that vitamins in greater amounts are released for proper use by the human body but that air causes destruction in ordinary cooking processes. The important vitamins A and C are readily destroyed by oxidation.

Are these vitamins destroyed by the cooking heat?

No, provided air is not present in the cooking utensil, and can be kept out. From the Flex-Seal, all air is driven out, and kept out, during the entire cooking process. No other method of cooking can accomplish this result.

Does water dissolve vitamins?

Yes, vitamins B and G are water-soluble. Foods cooked in water readily lose their water-soluble vitamin content. For the sake of minerals and other vitamins, especially B and G, cook foods quickly, in as little water as possible.

How can this be done?

The Flex-Seal Cooker was designed to satisfy a group of doctors and dentists, interested primarily in maintaining health and preserving teeth, through proper diet. In the Flex-Seal, cooking is accomplished in extremely short periods of time. No other known method can cook so quickly.

Laboratory tests have shown by comparison that the vitamins contained in Flex-Seal-cooked foods are more abundant than obtainable by any other known method of cooking.
An explanation of the functions of vitamins A, B, G, C, and D follows:

- **Vitamin A is anti-infective:**
  Increases the resistance of the body to infections of the respiratory and urinary tracts; maintains appetite and normal digestion. It is essential for reproduction and lactation, and is necessary for growth of the young.

- **Vitamin B is anti-neuritic:**
  Stimulates appetite and aids digestion. It is essential for the normal condition and functioning of nerve tissue.

- **Vitamin G is anti-pellagra:**
  Aids proper functioning of the gastrointestinal tract. Helps to maintain the sight at normal efficiency and generally tends to prolong the life span. It is a pellagra-preventative.

- **Vitamin C is anti-scorbutic:**
  Favors good bone and tooth formation and maintains the health of the blood vessels.

- **Vitamin D is anti-rachitic (Sunshine Vitamin):**
  Maintains the proper level of calcium in the blood and thus regulates muscular action. Essential to normal glandular function.

Remember, not only vitamin, but color as well, is destroyed when food is cooked in contact with air. This process is known as oxidation, and is a destructive process, that can be avoided only by the use of Flex-Seal.
In order to assure you of complete success from your very first effort, we present a typical Flex-Seal cooking operation from beginning to end. For the purpose of telling our story we have chosen to cook lima beans, but any other vegetable, or meat, can be cooked just as easily by following the simple instructions contained in this booklet.

Pour lima beans into cooker. Add \( \frac{1}{4} \) to \( \frac{1}{2} \) cup of water as instructed in time table and season. (Usually a little less seasoning is required when you cook the Flex-Seal way.)

Tilt cover sidewise; slip first the lowered edge under rim of cooker, then the other side. (Never try to "force" cover in.) A little practice will convince you how easy it is to slide cover into place. Note: Hook should be over to the left.

Next see that PRONG on handle of cover rests on adjustment screw in the little HOLE on the rim of the cooker. (If necessary, adjust screw up or down in HOLE to permit hook to hold cover properly.)

With the HOOK on the COVER HANDLE over to the left, squeeze both handles firmly together and the cover will immediately straighten out. Continuing to squeeze handles firmly together, flip HOOK over to right so that it falls under and clamps LOWER HANDLE to upper, thus enabling you to remove your hand.

Next set cooker over fire (full flame) and watch until steam starts to issue from VENT PIPE.

Judge cooking pressure by the jiggling of vent weight, not by position of pointer on indicator.
As soon as a steady flow of steam emerges from VENT PIPE (indicating the complete elimination of air), immediately place VENT WEIGHT over VENT PIPE.

* In about 2 to 2½ minutes you will note that POINTER on the INDICATOR has moved towards CENTER NOTCH when VENT WEIGHT begins to jiggle and “hiss.” This means 15 lbs. pressure has been reached. Turn flame way down (simmering burner is usually sufficient to keep pressure steady. The fact that VENT WEIGHT will stop jiggling does not mean pressure is insufficient). START COUNTING COOKING TIME FROM THIS POINT. In the case of lima beans only one minute’s time is required from this point.

* After cooking time has elapsed, remove cooker from hot part of stove, permitting the pressure to drop, requiring about three minutes. During this time cooking continues on heat retained in both vessel and food, unless chilled as directed. When carrying cooker, hold VENT WEIGHT in operating position as illustrated to prevent its jarring off before pressure has been reduced.

* Pressure will be down in about 3 minutes (as indicated by POINTER on INDICATOR returning to extreme side of gauge). Now lift off VENT WEIGHT and disengage HOOK from under lower handle, flipping it upwards to the left. Cover will then flex down ready for removal.

* Now tilt off cover in same manner in which you put it on—and your lima beans are ready for serving.

But don’t cook with vent weight continuing to jiggle. Reduce heat so it just stops.
**FRESH VEGETABLES**

To retain full natural color in vegetables be sure air is displaced from cooker before putting on vent weight.

In the following time-tables, cooking-time means the time food is to be cooked after full pressure (15 pounds) has been reached. Where this is given as “0,” remove the cooker from the heat as soon as cooking pressure has been reached, as shown on the pressure indicator, and as shown by the oscillating or “jiggling” of the vent weight.

Pressure is usually allowed to drop normally by removing from heat. However, in a few instances better cooking results are obtained by speeding up this process. To do this, set the cooker in a pan of water, just as it is drawn from the faucet. This reduces the pressure in about 12 seconds.

Care should be taken not to over-season, as much less seasoning is required when so little water is used. Preferably, use hot water.

Treat frozen foods same as fresh foods, except that it is better to let them partially defrost or else cut frozen mass into small chunks before placing in Flex-Seal.

Add approximately 1 minute to time given if vegetables are tough or out of season.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Am’t of Water</th>
<th>Min. at 15 pounds</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td></td>
<td>½</td>
<td>Break off tough ends. Lay stalks criss-cross.</td>
</tr>
<tr>
<td>Artichoke</td>
<td></td>
<td>10</td>
<td>Remove tops only. Peel after cooking. Time depends on size and age.</td>
</tr>
<tr>
<td>Beans, wax and green</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Beans, Lima</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td>*1½</td>
<td>Break into flowerets. Set cooker in cold water to reduce pressure quickly.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td></td>
<td>*1½</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Carrots, Whole</td>
<td></td>
<td>*2</td>
<td></td>
</tr>
<tr>
<td>Carrots, Sliced</td>
<td></td>
<td>*1½</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Corn on cob</td>
<td></td>
<td>*5</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td></td>
<td>*6</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td>8</td>
<td>Whole, medium sized. Peeled, cut in half lengthwise. Add a few pods for flavor.</td>
</tr>
<tr>
<td>Parsnips</td>
<td></td>
<td>10</td>
<td>Depending on size and age. Cut in small pieces.</td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Potatoes, Sw’t halved</td>
<td></td>
<td>*8</td>
<td></td>
</tr>
<tr>
<td>Potatoes, halved</td>
<td></td>
<td>*8</td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Rutabaga</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td>*1½</td>
<td></td>
</tr>
<tr>
<td>Squash, Summer</td>
<td>Use ¾ cup of water for 1 qt. and 2 qt. Flex-Seal</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Squash, Winter</td>
<td>Use ¾ cup of water for 3 qt. and 4 qt. Flex-Seal</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Turnips, White, Q’td</td>
<td></td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>

**SET COOKER IN COLD WATER TO REDUCE PRESSURE QUICKLY FOR VEGETABLES MARKED *.”**

Remember the Flex-Seal is especially designed to permit chilling in cold water without danger of warping the utensil.

Page 12
DRIED VEGETABLES

Cook covered with water

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Minutes to cook at 15 lbs.</th>
<th>Unsoaked</th>
<th>Soak 1 hr.</th>
<th>Soak overnight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney Beans</td>
<td>60</td>
<td>45</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
<td>30</td>
<td>20</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Lima Beans (large)</td>
<td>35</td>
<td>30</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Lima Beans (small)</td>
<td>30</td>
<td>25</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Navy Beans (large)</td>
<td>60</td>
<td>50</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Navy Beans (small)</td>
<td>50</td>
<td>45</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Peas, Split</td>
<td>10</td>
<td>5</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Peas, Black Eye</td>
<td>45</td>
<td>40</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>60</td>
<td>50</td>
<td>45</td>
<td></td>
</tr>
</tbody>
</table>

DRIED FRUITS

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Am’t. of Water</th>
<th>Minutes at 15 lbs.</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td>Soak overnight</td>
</tr>
<tr>
<td>Apricots (Unsulphured)</td>
<td></td>
<td>5</td>
<td>No soaking</td>
</tr>
<tr>
<td>Figs (Sun Dried)</td>
<td></td>
<td>5</td>
<td>No soaking</td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td>8</td>
<td>No soaking</td>
</tr>
<tr>
<td>Prunes (Small)</td>
<td></td>
<td>8</td>
<td>No soaking</td>
</tr>
</tbody>
</table>

BEFORE COOKING CEREALS BE SURE TO READ “IMPORTANT NOTE” AT TOP OF NEXT PAGE.

CEREALS

<table>
<thead>
<tr>
<th>CEREAL</th>
<th>Cups of Cereal</th>
<th>Cups of Water</th>
<th>Teaspoon of Salt</th>
<th>Minutes Time at 15 Lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornmeal</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Cracked Wheat</td>
<td>1</td>
<td>3½</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>Hominy grits</td>
<td>¾</td>
<td>¼</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Macaroni</td>
<td>4 oz.</td>
<td>3½</td>
<td>½</td>
<td>10</td>
</tr>
<tr>
<td>Barley (for soups)</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Scotch Style Oatmeal</td>
<td>1</td>
<td>¾</td>
<td>½</td>
<td>5</td>
</tr>
<tr>
<td>Quick Cooking</td>
<td>2½</td>
<td>½</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>1</td>
<td>1</td>
<td>½</td>
<td>5</td>
</tr>
<tr>
<td>Rice</td>
<td>1</td>
<td>3½</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>4 oz.</td>
<td>3½</td>
<td>1</td>
<td>8</td>
</tr>
</tbody>
</table>

METHOD OF COOKING CEREALS

Bring the water and salt to a vigorous boil in the body of the cooker. Sprinkle the cereal gradually into the water so that boiling is not interrupted, stirring constantly. Fine granular cereals such as finely ground cornmeal, may first be mixed with part of the cooking water, cold, to make a smooth paste and avoid lumping. Bring the pressure to 15 lbs. on a low heat, to prevent the cereal sticking to the bottom of the cooker.

When cooking is completed and the cover has been removed, stir the cereal well to give it a smooth texture.

The proportion of cereal to water may vary according to the individual’s idea of desirable thickness. The amounts of water given make a cereal of a medium thick consistency. Likewise, the amount of salt is a matter of taste.
IMPORTANT NOTE

It is important that cooker be placed level on your stove so that vent weight is free to oscillate, or jiggle, to release excess pressure. But when full pressure has been reached do not allow vent weight to continue to oscillate, or jiggle, especially when cooking soup, cereals or any foods that ordinarily froth during the cooking process.

SOUPS

<table>
<thead>
<tr>
<th>Soup</th>
<th>Min. at 15 lbs.</th>
<th>Min. at 15 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>Corn Chowder</td>
<td>10</td>
<td>45</td>
</tr>
<tr>
<td>Navy Bean</td>
<td>50</td>
<td>3</td>
</tr>
<tr>
<td>Vegetable</td>
<td>(First make soup stock)</td>
<td></td>
</tr>
</tbody>
</table>

FISH

<table>
<thead>
<tr>
<th>Fish</th>
<th>Min. at 15 lbs.</th>
<th>Min. at 15 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Fish</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Fillet of Fish, stuffed</td>
<td>7</td>
<td>(see recipe)</td>
</tr>
<tr>
<td>Finnan Haddie Savory</td>
<td>6</td>
<td>5</td>
</tr>
</tbody>
</table>

MEATS

Meats should first be well browned in the bottom of the Flex-Seal or in a skillet. To do this, pre-heat the utensil with a small amount of fat or drippings. Then brown the meat well on all sides, add V2 cup of water for roasts. (Cover with water for stews.) Corrections in cooking time may be necessary to allow for varying thicknesses of meat, and personal preference as to medium or well-done. Tomato or other vegetable juice may be used instead of water. Add the remaining liquid to gravy. Use wire rack under large pieces of meat.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Min. at 15 lbs.</th>
<th>Min. at 15 lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Braised Ribs</td>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>Beef, Corned, (Brisket)</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Beef, Hamburg Cakes, Brown</td>
<td>5</td>
<td>30</td>
</tr>
<tr>
<td>Beef Heart</td>
<td>50</td>
<td>20</td>
</tr>
<tr>
<td>Beef Loaf</td>
<td>45</td>
<td>(see recipe)</td>
</tr>
<tr>
<td>Beef, Pot or Rump Roast</td>
<td>16</td>
<td>15</td>
</tr>
<tr>
<td>Beef Rib Roast (Rolled)</td>
<td>16</td>
<td>14</td>
</tr>
<tr>
<td>Well done</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Rare</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Beef, Swiss Steak (cut 3/4-inch thick)</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Beef Tongue</td>
<td>60</td>
<td>(see recipe)</td>
</tr>
<tr>
<td>Lamb, Roast, boned shoulder</td>
<td>15</td>
<td>14</td>
</tr>
<tr>
<td>Pork, Roast</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Pork, Shoulder</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Veal Roast</td>
<td>15</td>
<td>12</td>
</tr>
</tbody>
</table>

Approx. Minutes per lb.

Lamb, Chops: 8
Lamb, Roast, breast, with dressing: 30
Lamb Stew: 20
Meat Loaf: 45
Pork, Chops: 8
Pork, Spareribs: 20
Pork, Ham shank or butt: 40
Pork, Ham slices (3/4-inch thick): 15
Veal Birds: 10
Veal Cutlets: 10
Veal Fricasse: 7
Chicken, Fricasse: 25
Chicken, Fried: 12
Chicken, Stew: 25
Some Valuable Pointers on Use and Care of Flex-Seal

GRAVY
Don't waste a drop of the cooking water! This precious fluid contains important mineral salts and vitamins. Use it in gravies or cream sauces, or in soup stock.

To make delicious gravies, thicken with flour. Then cook for three minutes at full pressure.

FOR EXTRACTING FRUIT JUICE FOR JELLY
When fruit for jelly-making is cooked in the Flex-Seal instead of in an open kettle, anywhere from a fifth to a fourth more juice is extracted. As jelly should always be made in small quantities for best results, the Flex-Seal is ideally suited to this purpose. Wash and prepare the fruit according to your usual recipe. Add the desired amount of water, remembering that the less water used, the more concentrated a fruit flavor will be obtained. Then close the Flex-Seal and quickly bring the pressure up to its highest point. Remove at once from the heat and let pressure recede of its own accord. Strain the juice through a jelly bag without squeezing and proceed as usual.

CARE OF THE FLEX-SEAL
Holding the cover up to the light, with the inside towards you, see that the opening in the vent pipe is clear. Keep the cooker open for ventilation when not in use. The Flex-Seal is constructed to give years and years of faithful, dependable service. To retain its fine appearance, give it the care you would any polished article. To polish outside of cooker use Bon Ami. Use steel wool and scouring powder on inside. Wash cover with soap and water. Rinse and wipe dry. Immersion in water will not affect any of the working parts.

MAKING EVERY MINUTE COUNT
When the menu calls for whipped potatoes and a green or leafy vegetable, cook the potatoes in the Flex-Seal first. Then remove them and have the green vegetable ready to put at once into the hot cooker. This second vegetable will then cook in even less time than it takes to whip the potatoes.

COOKING VEGETABLES TOGETHER
Vegetables requiring approximately the same cooking time may be cooked in the Flex-Seal together. Parchment wrapping paper may be used, if desired, to separate them.
SPANISH RICE  
Serves 5 - 6

- 1/2 medium onion, chopped
- 1/2 green pepper, chopped
- 2 tablespoons fat
- 1 cup rice

1 1/2 teaspoons salt
2 1/2 cups water
1 1/4 cups tomato soup (10 1/2 oz. can)
1/4 teaspoon paprika

Brown onion and green pepper in bottom of FLEX-SEAL Cooker. Wash rice in 4 waters, place in cooker adding all other ingredients. Stir well, bring to boil; place cover on cooker. Cook 5 minutes at full pressure. Remove from heat, allow to stand 15 minutes. Serve.

STEAMED RICE

- 2 1/2 cups hot water
- 1 cup rice

1 teaspoon salt

Wash rice in four waters to remove starch. Place water in cooker, bring to boiling. Add salt and rice slowly, so as not to stop boiling. Cook 5 minutes at full pressure. Remove from heat. Allow pressure to go down. Remove rice, place in sieve and wash with hot water. Place over boiling water and steam about 5 minutes.

RICE CREOLE

- 1 cup rice
- 1 large onion, diced
- 1 chopped green pepper
- 1 teaspoon salt

Pepper
3 tablespoons butter
1/2 cup tomatoes
3 cups water or stock


RICE CURRY

- 2 tablespoons butter
- 3 tablespoons finely chopped onion
- 1 sour apple in small pieces
- 1 cup rice
- 1 teaspoon vinegar

1 #2 1/2 can tomatoes (3 1/2 cups)
1 tablespoon curry powder
3 1/2 cups liquid (juice from tomatoes and water to make 3 1/2 cups)

Wash rice well in 4 waters. Add onion and apple to hot fat in FLEX-SEAL Cooker and brown. Add the remaining ingredients. Cook at full pressure 5 minutes. Remove from heat, let stand 15 minutes. Serve.
SOUPS

3 MINUTE FRESH VEGETABLE SOUP

Place 6 cups of water in Flex-Seal Cooker, add ½ cup each diced carrot, celery, potato, cut green beans, coarsely shredded cabbage, 1 cup stewed tomatoes, ¼ tsp. salt, ¼ cup diced onion, dash of sterilized white pepper. Cook 3 min. Add 2 bouillon cubes and ¼ tsp. beef extract. Season to taste.

VEGETABLE SOUP

1 small soup bone (1½ pounds)  
½ cup dried lima beans  
2 stalks celery, diced  
1 medium potato, diced
2 tablespoons salt  
½ large onion, diced  
2 quarts water  
1 large carrot, diced  
1 medium tomato, cut

Add soup bone and dried lima beans to cold water and cook in FLEX-SEAL cooker 20 minutes at full pressure. Drop pressure, open cooker and add seasoning and balance of ingredients. Cook 5 minutes more at full pressure. Remove from heat and reduce the pressure by setting the cooker in cold water after 5 minutes.

VEGETABLES

VEGETABLES en CASSEROLE

1 cup peas (1 pound fresh peas)  
1 cup tomatoes  
1 thinly sliced onion  
3 medium sliced potatoes  
1 small green pepper, sliced  
2 large carrots, sliced  
½ teaspoon allspice  
½ teaspoon pepper  
1 tablespoon salt  
4 tablespoons hot water  
1 cup cooked rice  
½ cup stock or water

Cook peas in Flex-Seal in usual manner. Allow pressure to go down normally. Remove peas. Place remaining vegetables in Flex-Seal with seasonings. Add water as indicated on chart for size of cooker. Cook 5 minutes at full pressure. Remove vegetables to casserole, placing in layers, including rice, retaining a few peas to place on top. Add stock or water and bake at 375 degrees F. (moderate oven) 20 minutes. Sprinkle paprika on top and serve.

½ cup rice cooked in Flex-Seal cooker makes approximately 1 cup of cooked rice.
ITALIAN SPAGHETTI

½ pound spaghetti  
7 cups water  
3 tablespoons fat  
¼ cup diced onion  
½ pound ground beef  
1 small green pepper  
1 stalk chopped celery  
No. 2 can tomatoes  
1/2 cup grated cheese


CANDIED SWEET POTATOES

Peel, cut in half, cook in 8 minutes. Serve with a syrup and marshmallows. (For best results use yams.)

SPINACH RING AND CAULIFLOWER DELIGHT

Add a dash of Worcestershire sauce to a thin cheese sauce. Serve over cauliflower in center and around edge of spinach ring. Both vegetables are cooked in 1½ minutes. See time table for cooking vegetables.

BUTTERED BEANS

Brilliant green beans, unsurpassed in flavor, cooked by bringing up to pressure (if cooker is almost full), and allowing pressure to go down, or by cooking 2½ minutes at 15 pounds, then chilling cooker to reduce pressure quickly.

BAKED BEANS

½ cup navy beans  
3 cups water  
¼ cup brown sugar  
2 slices salt pork  
2 tablespoons molasses  
¼ teaspoon dry mustard  
½ teaspoon salt

Soak beans an hour. Cook in water 45 minutes at full pressure. Remove from heat, allow pressure to go down. Remove cover. Pour off water. Add browned pork, sugar, molasses, mustard, ¼ cup water, and salt. Cook 10 minutes at full pressure. Serve.

HONEY GLAZED CARROT BALLS

Cook 2 bunches, scraped, large sized carrots, 5 min. in Flex-Seal with ½ cup water. Cool, cut with melon scoop into balls. Cook slowly in ½ cup butter and ½ cup honey 10 min.
**BROCCOLI, VINAIGRETTE SAUCE**
Cook broccoli in Flex-Seal in usual manner. Cover with hot Vinaigrette Sauce, made as follows: Combine 1 tbsp. Tarragon vinegar, 2 tbsp. cider vinegar, 6 tbsp. salad oil, ¾ tsp. paprika, 1 tsp. salt, dash white pepper, and 1 tbsp. each of chopped chives, capers and cucumber pickle.

**CAULIFLOWER POLONAISE**
Cook cauliflower in Flex-Seal in usual manner. Sprinkle with salt and buttered and browned soft bread crumbs.

**FRENCH PEAS**
Shred firm head of lettuce, cook with fresh green peas by bringing pressure to 15 lbs. and allowing it to go down normally with 1/3 to 1/2 cups of water. Toss with soft butter, dash of salt and a teaspoon of powdered sugar.

**MEATS—FISH—FOWL**

**SWISS STEAK**

<table>
<thead>
<tr>
<th>1½ pounds beef, round</th>
<th>1/2 cup flour</th>
<th>2 teaspoons salt</th>
<th>1/4 teaspoon pepper</th>
</tr>
</thead>
</table>

Combine salt, pepper, and flour. Pound into steak on both sides. Add fat to hot Flex-Seal cooker, brown steak on both sides. Add water, chili sauce and “A-1” sauce. Stir well. Cook 20 minutes at full pressure.

**FISH STEAKS**

<table>
<thead>
<tr>
<th>3 small halibut steaks</th>
<th>Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon salt</td>
<td>2 tablespoons water</td>
</tr>
<tr>
<td>⅛ teaspoon pepper</td>
<td>1 tablespoon chopped parsley</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
</tbody>
</table>

Add butter to Flex-Seal Cooker, brown seasoned steaks on both sides. Add the water, place steaks on rack. Cook 5 minutes at full pressure for ¼” thick steaks. Serve sprinkled with parsley.

**FISH STEAKS WITH TOMATO SAUCE**
After browning the steaks as indicated above, place on the rack. Add 1 1/2 cups tomato sauce; cook 5 minutes at full pressure. Serve.
SPARERIBS AND KRAUT

2 pounds spareribs  1 No. 2 can kraut
1 tablespoon salt  (2½ cups)
¼ teaspoon pepper  ½ cup water

Season spareribs. Place in cooker with water. Cook 10 minutes at full pressure. Remove from heat, allow pressure to go down. Remove lid, add kraut, cook 2 minutes longer at full pressure. Serves 5.

ITALIAN MEAT LOAF

1 pound ground beef  ½ cup tomato juice
½ pound ground pork  1 teaspoon salt
¼ cup diced bread crumbs  ¼ teaspoon pepper
1 finely diced onion  3 tablespoons fat
1 egg slightly beaten  ¼ cup water

Combine pork, beef, bread crumbs, onion, salt and pepper. Moisten with egg and tomato juice. Form into 2 small loaves. Brown on one side in hot fat in FLEX-SEAL Cooker. Turn, gently on other side. Add water. Cook full pressure for 45 minutes.

CASSEROLE OF VEAL AND RICE

1½ pounds veal rump, cut in pieces  ½ teaspoon celery salt
3 tablespoons fat  ¼ onion, minced
1 cup rice  Juice ¼ lemon
Salt, pepper  1 egg, slightly beaten
¼ cup hot water or stock

Brown veal in hot fat in FLEX-SEAL Cooker. Cook 8 minutes at full pressure. Cook rice in FLEX-SEAL Cooker, according to given direction. Chop meat in fine pieces, season, add remaining ingredients. Line a greased loaf pan with warm rice. Fill the center of the loaf with the meat mixture. Cover with rice. Cover rice with buttered paper; bake in a moderate oven (375 degrees F.) 20-25 minutes. Unmold, slice and serve with a tomato sauce.

VEAL BIRDS

1½ pounds thinly sliced veal steak  2 cups dry bread crumbs
½ teaspoon salt  2 tablespoons finely diced onion
3 tablespoons fat  2 tablespoons melted butter
Pepper  ¼ cup water

Combine crumbs, sage, onion, salt, pepper, melted fat and water. Cut veal steak in 4 pieces, lay the dressing on it. Roll up the steak and tie. Brown birds on all sides. Place on rack. Add 2 tablespoons water. Cook at full pressure 10 minutes.
**VEAL FRICASSEEE**

1½ lbs. veal rump cut into pieces about 1½ inch squares 3 tablespoons fat
1 teaspoon salt Pepper 1 onion, diced in large pieces 2 sliced carrots
1/4 cup flour 1/2 cup hot water


**CROF HEART CUTLETS**

Select a calf heart or a small beef heart. Place in FLEX-SEAL Cooker and add 1/2 cup water. Let cook for 50 minutes after pressure is reached. Remove cooker from fire and after pressure has been reduced remove heart. Save the liquid which remains in the cooker.

Cut heart into medium slices, dip in a salted beaten egg, and pepper, and then in bread crumbs. Place in a hot frying pan, and brown both sides over hot flame. Then add some of the liquid and place pan (covered) in a slow oven (300 degrees) for 45 minutes, adding liquid as the meat absorbs it.

Serve garnished with sprigs of parsley or parsley potatoes.

**FRIED CHICKEN**

1 frying chicken 1/2 teaspoon pepper
1 tablespoon salt 4 tablespoons fat
1/4 cup water 1/4 cup flour

Combine flour, salt and pepper. Dredge chicken in flour and brown on all sides in the butter on bottom of FLEX-SEAL Cooker. Place water in cooker and chicken on the rack. Cook at full pressure 8-10 minutes, depending on the size of the chicken.

**CHOP SUEYE**

1 pound veal steak 1 tablespoon salt
1/2 pound pork 3 large onions
3 tablespoons fat 1 large bunch celery
1 1/2 cups hot water 1/4 cup molasses
1 tablespoon chop suey sauce 1 cup bean sprouts (or a small can)

Dice meat in even-sized pieces. Add fat to hot FLEX-SEAL Cooker, brown meat. Add water, molasses, and chop suey sauce. Cook 2 minutes at full pressure. Allow pressure to go down. Remove cover, add browned onion and celery, cut in large pieces, and salt. Bring to pressure. Remove from heat, allow pressure to go down. Remove cover. Add bean sprouts, thicken if desired. Serve with steamed rice.
MOCK DUCK

1 1/2 to 2 pounds flank steak
2 teaspoons salt
Pepper
3 tablespoons fat

1 cup steamed rice
2 tablespoons chopped parsley
2 tablespoons minced onion
3 tablespoons water

Pound steak with steak hammer or saucer. Add seasoning. Brown the steak lightly on both sides. Combine rice, parsley and onion. Lay mixture on steak. Roll up and tie. Add water and put meat on rack, cooking 25 minutes at full pressure. Thicken gravy and serve with the roll.

PORK CHOPS

3 pork chops
1 1/2 teaspoons fat
1 tablespoon water

1 teaspoon salt
Pepper

Add seasoned chops to hot fat in bottom of Flex-Seal Cooker. Brown on one side, turn, add water. Cook 8 minutes at full pressure.

CHICKEN CURRY

Melt 1/4 cup of butter and put in hot frying pan, in which brown thoroughly about a 3-lb. chicken cut in pieces. Now put chicken in Flex-Seal, together with 2 onions chopped fine, 2 teaspoons salt, 1 teaspoon vinegar, 1 tablespoon sugar, 1 tablespoon curry powder. Next pour in 2 cups water. Cook 12 minutes. Remove chicken; strain liquid and thicken with two tablespoons flour which has been dissolved in cold water to make it pour easily. Pour this "gravy" over chicken, serving in "ring" or border of boiled rice which has been garnished with finely minced green and red peppers. Serve chopped peanuts, mango and chutney on the side.

CHILI CON CARNE

Cook 1 cup red kidney beans, soaked one hour, in 3 cups of water at full pressure for 45 minutes. While beans are cooking, brown together 1/2 pound of ground beef and 2 tablespoonsful of chopped onion. When cooked, add the beans, together with 1/2 teaspoon salt, a dash of pepper, 1 teaspoon chili powder, and 1 1/2 cups cream of tomato soup. Heat through thoroughly, top with 1/2 cup grated cheese and slip under the broiler to melt. Serves 5.
FRIED CHICKEN, MASHED POTATOES, CREAM GRAVY

Brown pieces of frying chicken seasoned with salt and pepper and dredged with flour, in the Flex-Seal Cooker with fat. Place chicken on trivet, add \( \frac{1}{2} \) cup of water and whole pared potatoes tied in parchment paper. Cook 12 min. Remove potatoes and mash. Place chicken on warm platter and make rich gravy using half milk and half cream and 2 tbsp. of flour for each cup of liquid. Season with salt and sterilized white pepper.

STEAMED HADDOCK OR SALMON

Place fish steaks—haddock or salmon—on rack. Have \( \frac{1}{4}-\frac{1}{2} \) cup of water in the bottom of the cooker. Cook at full pressure for 5-10 minutes, depending on the thickness of the fish. Serve with a parsley or hollandaise sauce. The salmon may be chilled and served with mayonnaise as a luncheon entree.

SALADS

STUFFED BEET SALAD

Select beets of uniform medium size. Cook whole 15 minutes at full pressure. Cut a slice from the top, and scoop out middle, taking care not to break outer walls. Cut a thin slice off the bottom, so they stand upright. Chill thoroughly. Fill with diced celery mixed with mayonnaise dressing.

STUFFED PRUNE SALAD

Medium-sized prunes cook in 8-10 minutes without soaking. Remove stones, chill, fill with cottage cheese. Serve on lettuce with salad dressing.

SALAD BOWL

Cook fresh lima beans with \( \frac{1}{2} \) cup water in Flex-Seal Cooker with \( \frac{1}{4} \) tsp. salt 1 or 2 min., depending on size. Cool. Toss together 1 head of shredded lettuce, 1 minced green pepper, 1 minced pimiento and serve with French Dressing to which has been added 1 tbsp. grated onion.

BEET AND CUCUMBER SALAD

Cook whole beets 15 min. These beets always have a delightful red color—really unsurpassed! Place slices of cold beets and fluted slices of cucumber on lettuce leaves and serve with French Dressing.
FIVE MINUTE CRANBERRY MOLD
Cook 1 qt. of cranberries with 1 cup of water 5 minutes in Flex-Seal. Put through food mill. Add 2 cups sugar, stirring until dissolved, pour into fancy mold. (Sugar must be added while hot, or reheat, stirring until boiling point is reached.)

APRICOT GLACE
Cook 1 cup of dried apricots with 1½ cups water 5 minutes in Flex-Seal. Chill cooker in cold water to reduce pressure quickly. Put apricots through a sieve. Add equal measure of sugar and cook slowly until thick and glazed. Brush top of cake with glace, arrange candied fruits and nuts on top of cake, in attractive design, and brush this over with glace.

BAKED APPLES
Remove the core; peel the top of the apple, then place a small portion of the core in the center of the apple. Fill with spices, sugar and raisins. Add water, cook 4 minutes at full pressure.

STEAMED CHOCOLATE PUDDING
Sift together 1 cup flour, 1½ teaspoons baking powder and ¼ teaspoon salt. Combine with half of one egg, beaten, ½ cup sugar, 1 square chocolate, melted over hot water, and ½ cup milk. Mix well together. Pour into 4 greased custard cups or small baking powder and teaspoon salt. Combine with half of one cooker. Put 1 cup of water in bottom of cooker and steam 1 hour, with vent weight off. Serve with a custard sauce, utilizing the remaining half of the beaten egg.

STEAMED PRUNES
Cook without soaking. Add as much water as usual, or even a little more. Although there is no loss of water by evaporation in the Flex-Seal, there is much greater absorption by the fruit. Half a stick of cinnamon or a couple of wedges of orange give a delightful flavor to the prunes. Cook at full pressure for 8-10 minutes, depending on their size and moistness.
**DRIED FIGS**

Cut in half with a pair of scissors 1 pound of dried, strung figs. Place in cooker with 4 cups of water. Sugar is not necessary. A wedge of lemon may be added. Cook at full pressure for 45 minutes. The figs will be dark, tender and full-flavored.

**APPLE SAUCE**

Cut unpeeled apples in quarters or eighths. Add \( \frac{1}{2} \) cup of water. Cook for 8 minutes at full pressure. Put through sieve and add sugar and cinnamon as desired. Only a very small amount of skin and core will be left.

**APRICOT WHIP**

Cook apricots 5 minutes without soaking. Chill cooker in cold water to reduce pressure. Put apricots through a sieve. Sweeten apricot pulp with powdered sugar. Fold in stiffly beaten cream.

**APPLE MARLOW**

Wash, core and quarter apples. Cook with \( \frac{1}{2} \) cup of water in Flex-Seal Cooker 8 minutes. Put through a sieve, add \( \frac{1}{4} \) cup sugar and 8 marshmallows; cut in quarters while sauce is still warm. Chill and serve.

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**OUR WARRANTY**

We warrant each Flex-Seal cooker manufactured by us to be fabricated of high-grade materials and workmanship, and to properly perform when used according to our directions; and, under this warranty will make good at our factory at our expense, except transportation charges, any defective part or parts of any FLEX-SEAL Cooker which shall, within one year after delivery of such cooker to the original purchaser, be returned to us; this warranty being expressly in lieu of all other warranties and representations, express or implied, and all other obligations or liabilities on our part, and we neither assume nor authorize any other person or company to assume any liability or obligation in connection with the sale or use of our cookers. This warranty does not apply to any cooker which shall have been repaired or altered outside of our factory in any way so as to affect its stability or reliability, or which has been subject to misuse, negligence or abuse.