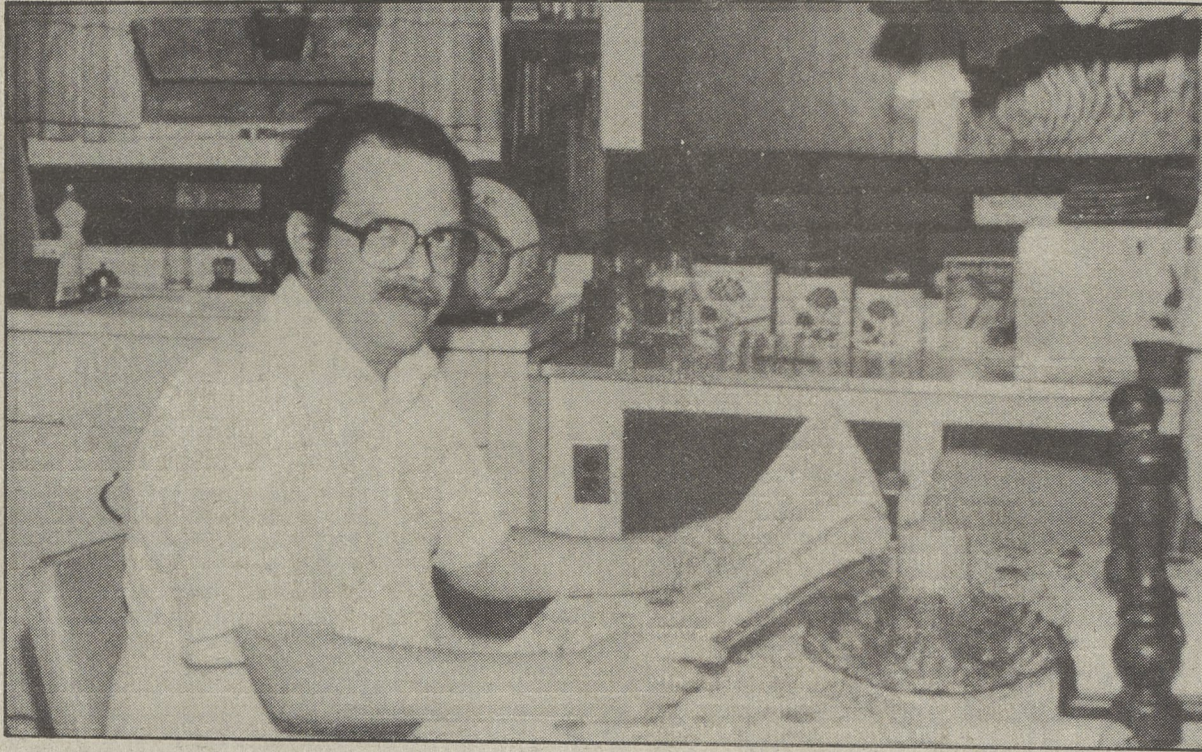


Cookbook



Weekend cook

Robert Fletcher relaxes for a moment in the family kitchen. After working all week, Fletcher asks his wife and his mother to leave the kitchen as he assumes the role of chief cook and bottle washer on weekends.

Dallas Post/Charlot M. Denmon

Robert Fletcher

He's a manager during the week, but on weekends, he's a chef

By CHARLOT M. DENMON
Staff Correspondent

Robert Fletcher of Dallas is affiliated with the Valley Auto Club as manager of Emergency Services, but on weekends he takes over as chef for his family.

"I enjoy cooking and trying new recipes, so when the weekend comes I chase my wife and mother out of the kitchen and I take over," Fletcher said. "I have at least 27 cookbooks, one of them including recipes from the 1800's. Like some persons collect souvenirs, I collect recipes."

A resident of Dallas for the past 30 years, Bob is married to the former Charlotte Gould of Western Pennsylvania. They have two sons, Jonathan, a second grade student, and Robbie, age four. Fletcher has been with the American Automobile Association for the past 20 years, having first worked for that company in Hartford, Connecticut.

In his former position, he did a lot of traveling which he enjoyed immensely. He visited all of the states East of the Mississippi, nine states west of the Mississippi and many of the Canadian provinces. Bob also likes fresh water fishing for bass, a sport he finds very relaxing.

Since Bob's mother lives with them, the entire family gets together on holidays and Bob does the cooking. Last year, they had their first family reunion in about 15 years and he did all the barbecuing and cooking for 50 to 60 people.

Bob does everything from canning and freezing to barbecuing to making cakes, pies or other desserts, but his favorite is preparing holiday entrees such as large roasts, turkeys and such.

This week, he shares three of his family's favorite recipes with Dallas Post readers, Seven Layer Casserole, Aunt Marion's Applesauce Cake and 24-Hour Pickles, all of them equally delicious but easy to prepare.

SEVEN LAYER CASSEROLE

1 c. uncooked rice
1 c. drained whole kernel corn
2 6-oz. cans tomato sauce
1/2 c. chopped onions and peppers, mixed
3/4-1 lb. ground beef
Bacon strips (optional)

In regular size casserole layer rice in bottom, layer corn evenly over rice. Spread one can of tomato sauce over corn, then add onions and peppers. Spread ground beef evenly over ingredients and add other can of tomato sauce. If desired place bacon strips across top.

Cover and bake in 350 degree oven for 1 1/2 hours. After an hour, remove lid and continue baking for 30 minutes. Serves 5-6 persons.

AUNT MARION'S APPLESAUCE CAKE

1 1/2 c. applesauce
1 c. sugar
1/2 c. shortening
2 c. flour
1 t. baking soda
1 t. ground cinnamon
1/2 t. ground cloves
Pinch of salt

Cream shortening and sugar. Fold in remaining ingredients until well mixed. Pour into greased and floured 9 inch square pan. Bake at 350 degrees for one hour. If recipe is doubled bake about 15 minutes more.

Half cups raisins or nuts or both may be added if desired.

24-HOUR PICKLES

Medium size pickles or small green

tomatoes
2 qts. water
1 c. cider vinegar
1/2 c. sugar
1/4 c. salt
Fresh garlic
Fresh dill

Cut cucumbers in spears or if using tomatoes, cut them in halves. Fill quart jars with pickles or tomatoes, add dill and garlic cloves to taste.

Combine vinegar, water, sugar and salt. Bring to a rolling boil, then pour into filled jars completely covering pickles or tomatoes. Put on screw lids and let stand at room temperature for 24 hours, then chill in refrigerator until ready to use.

NOTE: Pickles must be stored in refrigerator to prevent spoiling.



Volunteers honored

A luncheon honoring the volunteer workers at the Meadows Nursing Center, Dallas, was held recently. The affair, which also marked the observance of National Volunteer Week, was sponsored by the Center in gratitude for the efforts the volunteers have given over the past nine months. Those attending the luncheon are shown above. From left, first row, Ruth Hagen, Gleene Wilson, Marian Young, Helen Mondulick, Kathy Downs, Sally Daylida, Alice Finks, Paul Menapace and Judy Harding, D.O.N. Second row, Bill Hagen, Louise Lamoreaux, Louise Frantz, Eleanor Cragle, Myrtle Coolbaugh, Tom Sweeney, Administrator; Nancy Kozemchak, Diane Tabaka, Marian Slutzker, Vera Kopicki, Tom Thorne, and Jack Liput, Admissions Director. The Nursing Center has 42 individual volunteers in addition to several groups that perform various services. Thomas J. Sweeney, Nursing Center Administrator, noted that the facility is seeking more volunteers to expand and improve upon its programs. Some areas where volunteers are needed are for friendly visiting, assisting in dining rooms, ferrying residents to the beauty shop and physical therapy, and operating the bookcart. Persons interested in the volunteer programs are asked to contact Mrs. Marian Slutzker at 675-8600.

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