



### Stack-Up delicious snack

Psst... looking for a good sandwich tip? Place your bid with Fiesta Stack-Ups, a club sandwich variation. Open with salad dressing, on a triple deck of toast. It adds smooth flavor to a full house of luncheon meats, green pepper, cabbage and jalapeno cheese food slices. For easy serving, cut the decks into triangles and secure with picks. When friends call, deal them Fiesta Stack-Ups, a sure bet for lunch or party time.

#### FIESTA STACK-UP

1 cup salad dressing  
18 bread slices, toasted

6 ham slices  
12 tomato slices  
1½ cups shredded cabbage  
12 summer sausage slices  
6 green pepper rings  
6 jalapeno pepper singles pasteurized process cheese food

For each sandwich, spread one slice of toast with salad dressing; top with ham slice, 2 tomato slices, ¼ cup cabbage, second slice of toast, 2 summer sausage slices, green pepper ring, cheese food slice and third slice of toast spread with salad dressing. Cut into triangles; secure with picks. Makes 6 sandwiches.

### Needs no kneading!

What's the difference between a batter bread and a kneaded loaf? That's a logical question for many cooks who haven't ventured into baking yeast breads. A batter bread uses less flour, so it's a batter instead of a dough. Kneaded bread contains more flour, so it is easier to handle and gluten develops during kneading which gives it a more disciplined shape. It can be made entirely in an electric mixer or food processor, so it's quicker, too.

The accompanying recipe for Herb Batter Bread is a dandy for cooks who have never baked yeast bread. The Rapidmix method of yeast baking calls for mixing some of the dry ingredients, including active dry yeast in the mixer bowl. Then warm liquid ingredients are added and thoroughly mixed with the dry. The next step involves adding more flour, enough to make a stiff batter. The recipe calls for two risings before baking.

4 to 4½ cups unsifted flour  
3 tablespoons sugar  
1 tablespoon salt  
¼ teaspoon basil leaves  
¼ teaspoon oregano leaves

¼ teaspoon thyme leaves  
2 packages active dry yeast  
1 cup water  
2 tablespoons margarine

In a large bowl thoroughly mix 1½ cups flour, sugar, salt, basil, oregano, thyme and undissolved active dry yeast. Combine milk, water and margarine in a saucepan. Heat over low heat until liquids are very warm, (120°F.-130°F.), margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff batter. Beat until well blended. Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 minutes. Stir batter down. Beat vigorously, about ½ minute. Turn into a greased 9x5x3-inch loaf pan. Cover, let rise until doubled in bulk, about 30 minutes. Bake in moderate oven (375°F.) about 45 minutes, or until done. Remove from pan and cool on wire rack. Makes 1 large loaf.

### Teaching teenagers about sex

Talking to teenagers about sex can be a trying experience but knowing appropriate communication techniques and being armed with the facts can make the task easier, according to two Portland family counselors who will be teaching the course, "Talking With Your Teen About Sex," at Portland Community College's Sylvania Center this fall.

Marie Evans and Shirley Paetzhold, active in the field of sex education and counseling, have developed a style of presentation that reflects their own comfort in talking about sexuality, according to Comery Warrell, home economics department chairman at PCC.

Talking to their teenagers about sex "is one of the hardest things for some parents to do," Warrell said. "It has everything to do with the communication skills of the parent."

The goal of the class, according to the instructors, is to raise awareness and provide opportunities to practice communication techniques that can

ease hangups in talking with young people about responsible sexual behavior, relationships and sex and the choices available.

The class will be set in an informal atmosphere with group participation, Warrell noted. Role-playing, film texts and other resource materials will be used in the three credit course. The instructors have scheduled two class sessions when adults will be encouraged to bring their teenagers with them.

"If parents are uncomfortable or unresolved about their own sexuality, then chances are they aren't going to be comfortable in talking to their kids about sex," Evans said. "This is a subject many otherwise progressive-minded adults have a hard time dealing with."

"We want to help parents feel better equipped when approaching discussions of sex," she added.

The class will meet Wednesdays, September 26th through December 12th, from 7:00-10:00 p.m.

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