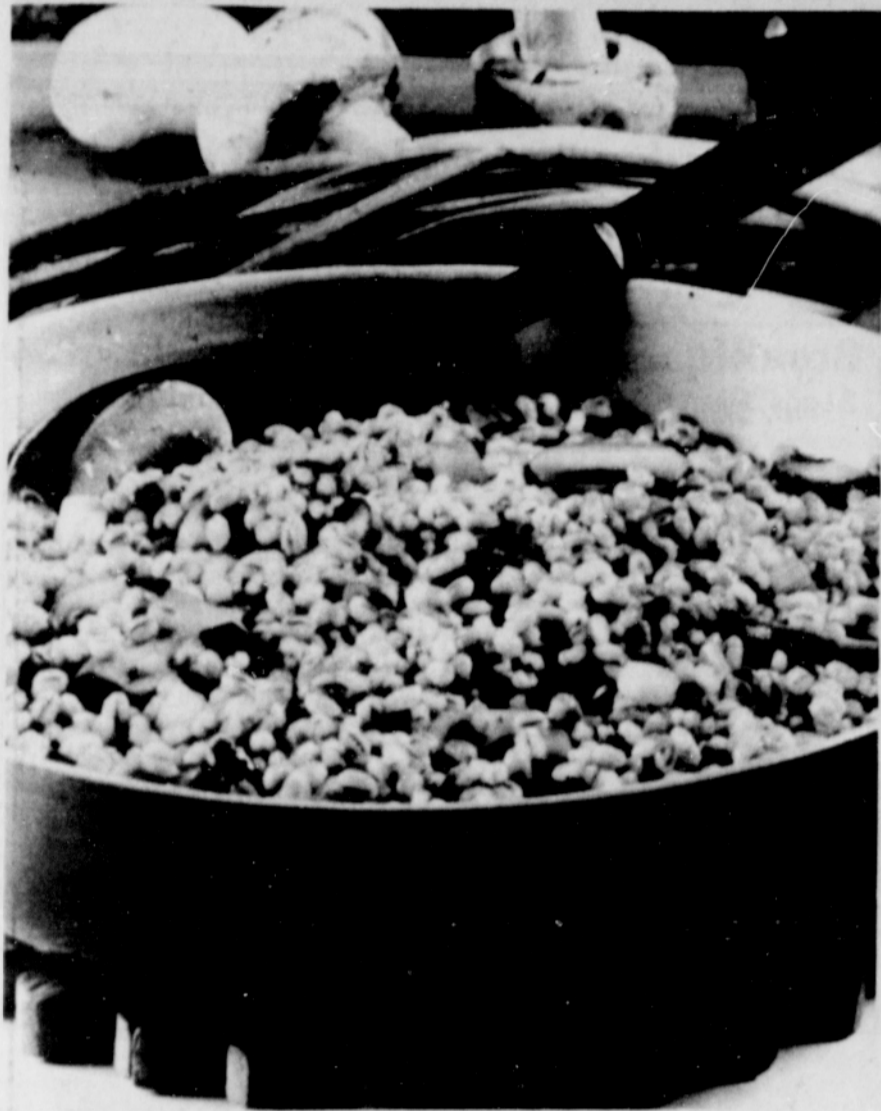


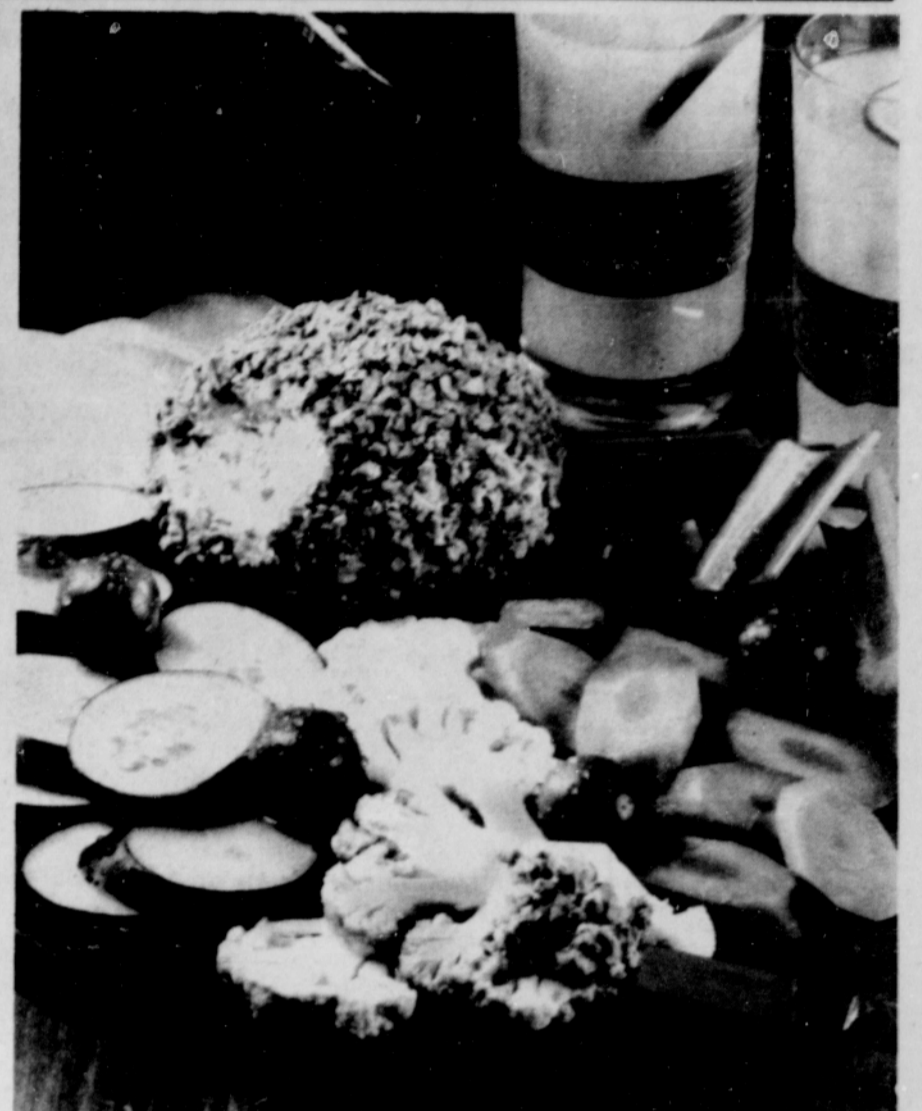
# FOOD SECTION



Toasted Barley Pilaf



On-The-Run Trail Mix



Cheese Ball

## Barley is basic

Barley is truly historically significant. Barley is not a passing fad, a food fancy of the moment. The first mention of this good, wholesome cereal grain dates back to 3,000 B.C. The Lake Dwellers of Switzerland, about 1,000 B.C., knew at least three kinds.

And because it is such a hardy grain (belonging to the family Gramineae), it has been a part of the history of countries as climatically varied as China, Turkey, and Scotland. Barley also figures prominently in Jewish history. Among the many Old Testament references is one in Ruth 1:22 which indicates that the ripening of barley was a sign of spring.

Barley is easy to use. If you're unfamiliar with this convenient food, you may not know the fun that awaits you. But once you've tried barley, you'll have a friend for life. Modern processing methods have improved to the point that quick barley takes only 10 minutes of preparation. Barley is a perfect base for one-dish meals!

It's easy to be creative with barley. You can let your imagination run wild. Use it in salads, soups and casseroles. Employ it as a thickener, substitute it for rice and potatoes. Through the years, two types of barley have been available commercially. And both quick and regular barley are made with highest manufacturing standards. Quick barley is the ideal choice for fast cooking meals. Regular barley, preferred for those rich, wonderful, long-simmered soups and stews, takes about an hour.

Barley is a bargain. This fact alone would be reason enough to turn to it in these inflationary times... when the dollar-stretching foods are sought out.

Barley is nutritious. In every bite of barley, there is protein, thiamine, niacin, phosphorus and iron. Barley is a whole-grain. It still contains its original bran, germ and endosperm. This means you get the best of what Mother Nature originally grew—the flavor, the goodness, the nutrients. The bare minimum of processing is done on barley. It is delicately grain-good. Chewy. Full-bodied. Flavorful.

Barley is versatile. It has nourished peasants and kings. It is equally "right" for family meals and elegant buffet dinners. It can be served confidently at any course—in soups, as a side dish or in casseroles.

Barley is basic. And many people are hopping on the barley bandwagon as no-nonsense foods are coming into their own—again. People are coming back to foods that are real and right for them. As in olden days, barley fits the times. It meets today's needs.

### TOASTED BARLEY PILAF

(Makes 2 1/4 cups pilaf.)

- 1 cup quick barley\*
- 3 cups boiling water

- 2 beef bouillon cubes
- 3 tablespoons butter or margarine
- 1 cup fresh mushroom slices
- 1/2 cup green onion slices
- 1 garlic clove, minced
- 1/4 teaspoon thyme leaves, crushed
- 1/4 teaspoon salt
- Dash of pepper

Heat oven to 350°F. Place barley in shallow baking pan. Bake at 350° for 20 minutes or until light golden brown. Stir toasted barley into boiling water; add bouillon cubes. Reduce heat. Cover; simmer for 10 to 12 minutes or until tender, stirring occasionally. Drain; set aside. In large skillet, melt butter; saute mushrooms, onion and garlic until tender. Add barley and seasonings; continue cooking over medium heat for 2 to 3 minutes or until heated through.

\*NOTE: Substitute 1/2 cup regular barley for quick barley, if desired. Increase boiling water to 4 cups. Increase simmering time to 1 hour or until tender, stirring occasionally.

### FRUIT CRISP

(Makes 6 to 8 servings.)

- One 20-oz. can chunk pineapple in pineapple juice, undrained
- One 16-oz. can juice packed sliced cling peaches, undrained
- 2 tablespoons cornstarch
- 1/2 teaspoon ginger
- 1/8 teaspoon ground cloves
- 1 medium-sized banana, sliced
- 1 1/2 cups 100% natural cereal
- 1/4 cup butter or margarine, melted.

Heat oven to 350°F. Drain pineapple and peaches, reserving a total of 1 cup juice. Combine juice, cornstarch and spices in 2-qt. saucepan. Bring to a boil over medium-high heat. Reduce heat; simmer until mixture is thickened and clear. Remove from heat. Add pineapple, peaches and banana; mix well. Spread fruit mixture into 8-inch square baking dish. Combine cereal and butter, mixing well; sprinkle evenly over fruit. Bake at 350°F. about 20 minutes. Serve warm for breakfast, brunch or dessert.

### NO-BAKE COOKIES

(Makes 8-inch square pan of cookies)

- 1/4 cup butter or margarine
- 1/2 cup peanut butter
- 1/4 cup maple flavored syrup
- 2 tablespoons firmly packed brown sugar
- 3 cups coarsely crushed 100% natural cereal, original (about 3 1/2 cups of cereal)

Combine all ingredients except cereal in 1-qt. saucepan; bring to a boil. Simmer over medium heat about 3 minutes, stirring constantly. Pour over cereal; mix well. Press into greased 8-inch square baking pan. Chill until firm; cut into bars. Store in refrigerator.

## Be creative with natural cereal

### ON-THE-RUN TRAIL MIX

(Makes about 6 cups)

- 3 cups 100% natural cereal
- 1/2 cup chopped walnuts
- 1/2 cup firmly packed brown sugar
- 1/4 cup butter or margarine
- 3 tablespoons honey
- 1 tablespoon grated orange peel

Heat oven to 325°F. Combine cereal and nuts in large bowl. Combine brown sugar, butter and honey in small saucepan; cook over low heat, stirring occasionally until smooth. Stir in orange peel. Pour over cereal mixture; mix well. Spread into lightly greased 13x9-inch baking pan. Bake at 325°F. for 20 to 22 minutes or until golden brown, stirring occasionally. Remove mixture to ungreased cookie sheet or aluminum foil; cool completely. Break into pieces. Store in tightly covered container.

### CHEESE BALL

(Makes about 12 servings.)

- 2 8-oz. pkg. cream cheese, softened
- 2 cups (8 oz.) shredded Swiss cheese
- 1 8-oz. can crushed pineapple, well drained
- 3 crisply cooked bacon slices, crumbled
- 1/4 cup finely chopped celery
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1 cup 100% natural cereal, coarsely crushed

Beat together cream cheese and Swiss cheese, mixing until well-blended. Stir in pineapple, bacon, celery, Worcestershire sauce and salt; mix well. Chill until firm. Shape to form 1 large or 2 small balls; chill. Just before serving, roll ball in cereal, coating well. Serve with crackers or raw vegetables, as desired.

## Picnics call for potato salad

Picnic anytime, anywhere—just get up some tall, thirst-quenching drinks and light food. A refreshing drink is easily made at a moment's notice when you have sugar-sweetened Kool-Aid on hand. Mixed with apple juice, you'll have a pleasing cherry punch.

Quick grilled dogs or burgers, tasty french fries and salads such as our Old Fashioned Potato Salad and the Butter Bean Salad will round out a meal nicely on a spring day. Enjoy!

### OLD-FASHIONED POTATO SALAD

(Makes 3 cups or 6 servings.)

- 6 medium potatoes (2 pounds) cooked, peeled and diced

- 1 cup mayonnaise
- 1 tablespoon vinegar
- 1 1/2 teaspoons salt
- 2 tablespoons prepared mustard
- 1/2 teaspoon celery seed
- dash pepper
- 4 hard-cooked eggs, chopped
- 1 1/2 cups sliced celery
- 1/2 cup sliced green onions
- 1/4 cup sliced radishes
- 2 tablespoons chopped parsley
- Lettuce leaves

Boil unpeeled potatoes, drain, peel and dice. In large bowl with wire whisk or fork, stir mayonnaise with vinegar, salt, mustard, celery seed and pepper until blended; add potatoes and eggs and remaining ingredients; toss gently to mix well. Cover and refrigerate. Serve on lettuce.

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