



This main dish, make-ahead Layered Mexican Salad, is perfect for patio parties in spring and summer.

Layered Mexican Salad is beautiful and nutritious

Plan your next patio party around a Layered Mexican Salad. This beautiful barley salad is so festive that it will inspire you to carry out a South-of-the-Border motif with decorations and accompanying food.

What are the colorful layers in the salad that say "Ole?" They are, from the bottom up: lettuce, green pepper, barley, tomato, chopped cooked chicken, green onion and green chilies. Taco sauce is poured over the chilies; then the salad is sealed with mayonnaise and sprinkled with shredded sharp Cheddar cheese. To showcase all the beautiful layers, be sure to make it in a glass bowl!

By the way, barley contributes more than good grain flavor and pleasantly chewy texture. It contains protein, phosphorus and iron; nothing artificial is added to it. Quick barley is recommended for

this recipe, because it cooks in 10-12 minutes; regular barley requires an hour of cooking time.

Toss Layered Mexican Salad just before you serve it, and pass extra taco sauce. To complete your meal, serve with a basket of warmed tortillas and, for dessert, ice cream sundaes with a topping of hot fudge spiced with cinnamon. M-m-Mexican!

LAYERED MEXICAN SALAD (6-8 servings)

- 1 1/2 cups water
- 1/2 cup quick pearled barley*
- 1/2 teaspoon salt
- 4 cups torn lettuce
- 1 cup diced green pepper
- 1 cup chopped tomato
- 2 cups chopped cooked chicken
- 1/4 cup green onion slices
- 1 tablespoon diced green chilies

- 3 tablespoons taco sauce
- 1 1/2 cups mayonnaise
- 1 cup (4 oz.) shredded sharp Cheddar cheese

In medium saucepan, bring water to a boil. Stir in barley and salt. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain; cool.

In 3-qt. glass bowl, layer lettuce, green pepper, barley, tomato, chicken, green onion and green chilies. Pour taco sauce over chilies. Spread mayonnaise over salad, spreading to edges of bowl to seal. Sprinkle with cheese. Cover with plastic wrap. Refrigerate several hours or overnight. Garnish with parsley, if desired. Toss salad just before serving.

*NOTE: Substitute 1/2 cup regular barley for quick barley, if desired. Increase water to 2 cups. Increase cooking time to 1 hour.

Meat loaf provides endless variety

MEAT LOAF MEDITERRANEAN

- (1 can (11 oz.) Condensed Cheddar Cheese Soup
- 1 1/2 pounds ground beef
- 1/2 pound pork sausage
- 1/2 cup Italian flavored fine dry bread crumbs
- 1 egg, slightly beaten
- 1/2 cup finely chopped onion
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- 1/2 cup grated Parmesan cheese
- 1/2 cup water
- 1 tablespoon prepared horseradish

Mix thoroughly 1/2 cup soup, beef, sausage, bread crumbs, egg and onion. On waxed paper, pat meat into rectangle (12x9"). Combine spinach and cheese; spread over and press into meat to within 1-inch of edges. With aid of waxed paper, roll meat tightly jelly-roll fashion, starting at long edge. Seal ends and seam; use waxed paper to transfer loaf to 3-quart shallow baking dish (13x9x2"). Place seam-side down. Bake at 350°F. for 1 hour or until done. Let stand 10 minutes before slicing. Meanwhile, in saucepan, blend remaining soup, water and horseradish. Heat; stir occasionally. Serve with loaf. Makes 6 servings.

BEST EVER MEAT LOAF

- 1 can (10 1/2 oz.) condensed cream of mushroom or golden mushroom soup
- 2 pounds ground beef
- 1/2 cup fine dry bread crumbs
- 1 egg, slightly beaten
- 1/2 cup finely chopped onion
- 1 teaspoon salt
- 1/2 cup water

Mix thoroughly 1/2 cup soup, beef, bread crumbs, egg, onion and salt. Shape firmly into loaf (8x4"); place in shallow baking pan. Bake at 375°F. for 1 hour 15 minutes. In saucepan, blend remaining soup, water and 2 to 3 tablespoons drippings. Heat; stir occasionally. Serve with loaf. Makes 6 to 8 servings.

Frosted Meat Loaf: Prepare loaf as above; bake for 1 hour. Frost loaf with 4 cups mashed potatoes; sprinkle with shredded Cheddar cheese. Bake 15 minutes more.

Meat Loaf Wellington—Crescent Rolls (Refrigerated): Prepare loaf as above. Bake at 375°F. for 1 hour. Spoon off fat. Separate 1 package (8 oz.) refrigerated crescent dinner rolls; place crosswise over top and down sides of meat loaf, overlapping slightly. Bake 15 minutes more.

School Menu

March 29: Beef onion Pizza, celery chunks, pineapple rings, granola cookie, milk.

March 30: Pork 'n' gravy, mashed potato, vegetable relish, french bread, orange half, milk.

March 31: Hot dog on a bun, potato salad, green beans, applesauce, milk.

MOTHER GOOSE DOT PUZZLE

When can monkey be spelled with one letter?

Answer: When it is.



Put your support where your Heart is.



1030 S.E. 10TH AVE.
PORTLAND, OR 97214
231-2992

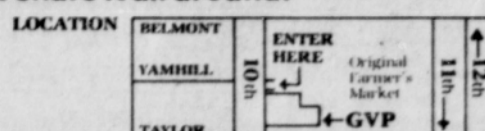
Good Clean Food
Just In Cases

No pesticides, fungicides, herbicides
Malathion, Parathion, or any other "ion."
No waxes, dyes or sprout-nip either.

Just God's own food.

Get it fresher, cheaper, better,
And share it all around.

HOURS
6 a.m. to 2 p.m.
weekdays Sat.
by appointment



K's Place

We have a large selection of Sandwiches to go.

Order your sandwich today!

A LARGE SOFT DRINK WITH THIS AD.

**5008 N. Interstate
Portland, Oregon
281-7478**

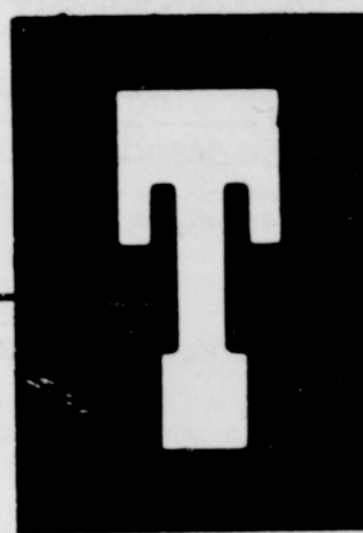
Hours: 10:00 am - 12:00 am, Mon. thru Thurs.
10:00 am - 2:00 am, Fri.; 3:00 pm - 12:00 am Sat.

Kool-Aid...On A Stick

BRAND SOFT DRINK MIX

Frozen Suckers

- 1 envelope KOOL-AID[®] Unsweetened Soft Drink Mix, any flavor
 - 2/3 cup sugar
 - 1 quart water
- Dissolve soft drink mix and sugar in water. Pour into plastic ice-cube trays or small paper cups. Freeze until almost firm. Insert wooden stick or spoon into each. Freeze until firm. Makes about 20.



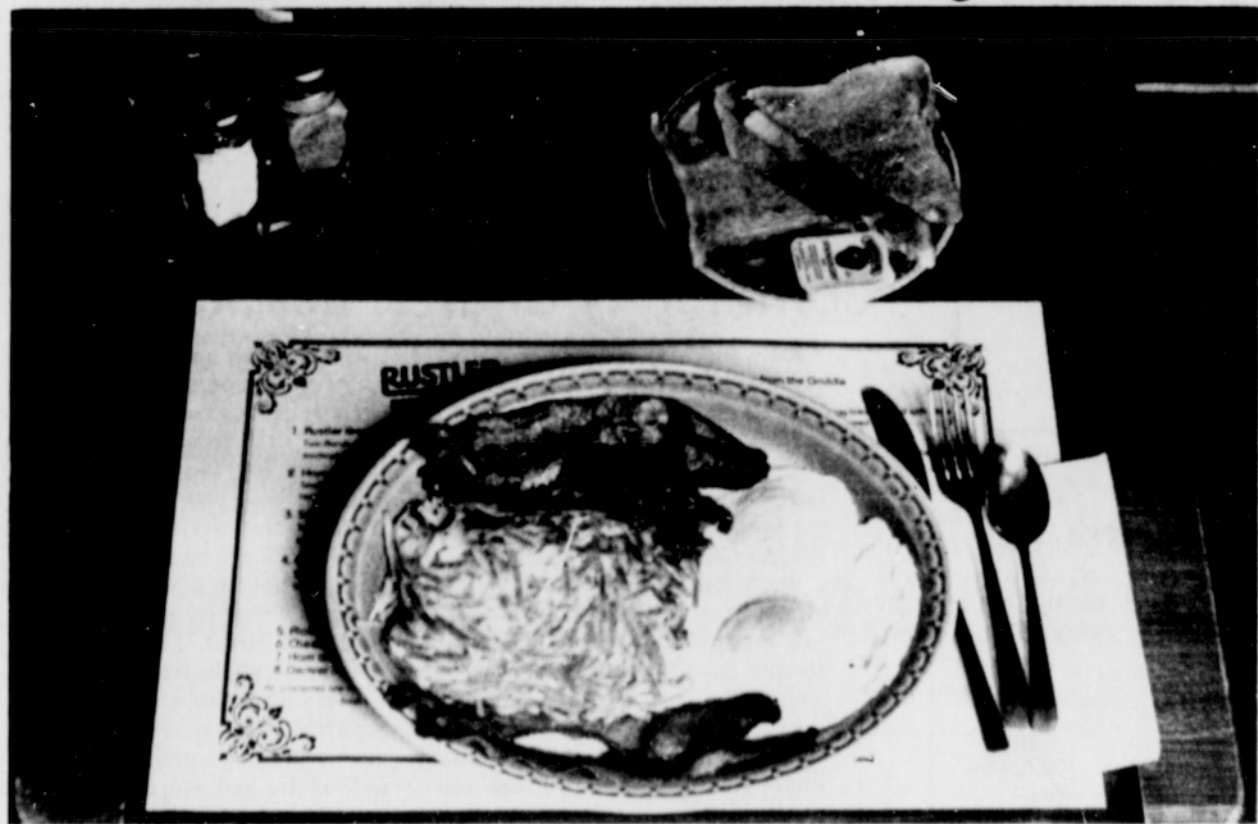
LOOK FOR THE BIG "T"
"A Sure Sign of Good Taste"

What do you look for in choosing a food store? Wide selection? Competitive prices? Confidence in the quality of the items you buy? We provide all of these ingredients at every TRADEWELL Store. And, because we really value you as a Customer, we add another ingredient that we think is the most important of all: Friendly, personal service every time you shop! Remember, look for the Big "T" — it's a sure sign of good taste!

- S.E. 20th & Division
- S.E. 72nd & Flavel
- N.E. 15th & Fremont
- W. BURNSIDE at 21st
- SAN RAFAEL-1910 N.E. 122nd
- 14410 S.E. Division
- 3966 S.E. Powell
- N.E. 74th & Gilsan
- Hillsboro-980 S.E. OAK
- Forest Grove-2329 PACIFIC
- Oregon City-878 MOLALLA
- Canby-1061 S.W. 1st
- LLOYD CENTER



Start with Breakfast



at Rustler's

We agree that your day starts better with breakfast. Why? While we sleep our bodies break from food and activities. So, we awaken hungry and sluggish. Eating breakfast changes this; it

breaks the fast—as a result, we feel much stronger and more alert. So start your day with breakfast at RUSTLER'S. You'll find good food and friendly country service all at a reasonable price.



Now Serving Breakfasts

Mon.-Fri. 6 am to 11 am • Sat.-Sun. 7 am to noon

PORTLAND

425 Northeast Oregon Street
(Between Union and Grand)