

**Question:** Looking for a way to simulate that nerdy green-banded computer paper on screen?

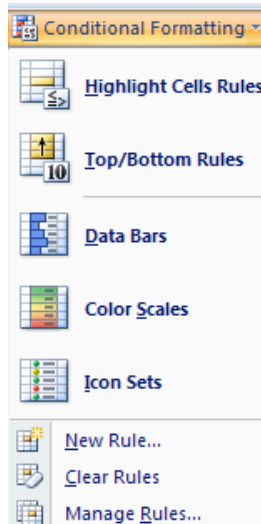
**Answer:** Look no further! Conditional Formatting makes it simple to apply cell shading (green or otherwise) to every other row in a worksheet range. For a lengthy list, shading alternative rows can improve legibility.

**Process (Excel 2007 and Excel 2003):**

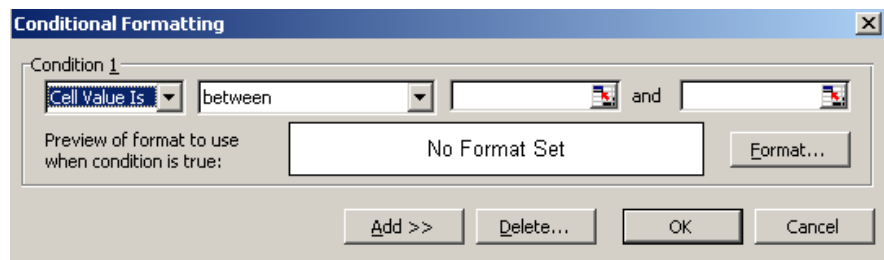
Here is how to do it:

1. Highlight the range of cells or rows or columns that you want to format.
2. Choose Home Tab, Styles Group, Conditional Formatting (Excel 2003 - Formats, Conditional Formatting) to display the Conditional Formatting dialog box.

2007 Conditional Formatting Dialog Box



2003 Conditional Formatting Dialog Box



3. Select New Rule, Use a formula to determine which cells to format - (Only select Formula Is in 2003) from the first drop-down list box, and enter `=MOD(ROW(),2)=0` in the second box.
4. Click the Format button to bring up the Format Cells dialog box.
5. Select the Fill tab, Pattern Colour (Patterns tab in 2003) and specify a colour for the shaded row. You'll probably want to choose a light colour, so that the default black text will still be legible. Or, you can go all out and change the text colour as well (do this in the Font tab of the Format Cells dialog box). For example, you might select a dark blue background, accompanied by a mellow yellow text colour.

6. Click OK twice to return to your worksheet.

	A	B	C	D	E	F
	Category Name	Product Name	Date	Quantity	Unit Price	Product
	Condiments	Aniseed Syrup	2009/01/06	50	8.82	
	Dairy Products	Camembert Pierrot	2009/01/20	60	29.99	1
	Condiments	Chef Anton's Cajun Seasoning	2009/03/04	16	19.40	
	Confections	Chocolate	2009/01/03	70	11.25	
	Beverages	Ipoh Coffee	2009/02/26	20	40.57	
	Beverages	Laughing Lumberjack Lager	2009/04/10	30	15.44	
	Dairy Products	Mozzarella di Giovanni	2009/11/14	35	38.37	1
	Beverages	Outback Lager	2009/05/15	7	16.54	
	Confections	Teatime Chocolate Biscuits	2009/05/28	10	10.14	
	Condiments	Vegie-spread	2009/01/02	65	38.70	2

The best part is that the row shading is dynamic: The alternative row shading persists even if you insert or delete rows within the original range. By the way, if you get tired of this new look and want to get things back to normal, just select the range, choose Format, Conditional Formatting, and click the Delete button in the Conditional Formatting, and click the Delete button in the Conditional Formatting dialog box.

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