



World of Words

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Over the Labor Day weekend I invented a new recipe. Since this makes a little meat go a long way I thought I would share it with you. One half of a pound of round steak will serve three people generously so double the amounts according to your needs.

Take one half pound of round steak and cut into pencil sized strips, cutting against the grain.

Place the meat in an iron frying pan with one tablespoon of melted butter and brown thoroughly. While the meat is browning, slice a green pepper into strips, quarter a large tomato and a medium sized onion and slice a handful of fresh mushrooms. When the meat is brown and all the liquid is gone from the bottom of the pan add one tablespoon of soy sauce and one third cup of sherry. Add the onion, brown and then add the other vegetables. Add course ground pepper. You decide how much because my mother thinks I am far too generous where ground pepper is concerned. Add enough water to keep from burning, turn the heat down to simmer and cover with foil. Cook until the green pepper is slightly tender. This is a low calorie dish and very good. I serve it with cottage cheese but if you aren't afraid of carbohydrates it is good with pasta or rice.

You can make this while your guests are watching and serve it right from the frying pan if you like to show off a little. They will be impressed.

I'll tell you about just one book today and with good reason. This book is called "What to Do About Bites and Stings of Venomous Animals". This is a reliable guide to the proper treatment of bites and stings of fish, bugs, caterpillars, ticks and snakes. Monday morning, Mrs. Janota, opened the night depository and found a snake in it. Unfortunately this book doesn't tell what to do for heart failure when you find a snake in the night depository.

Don't forget story hour.