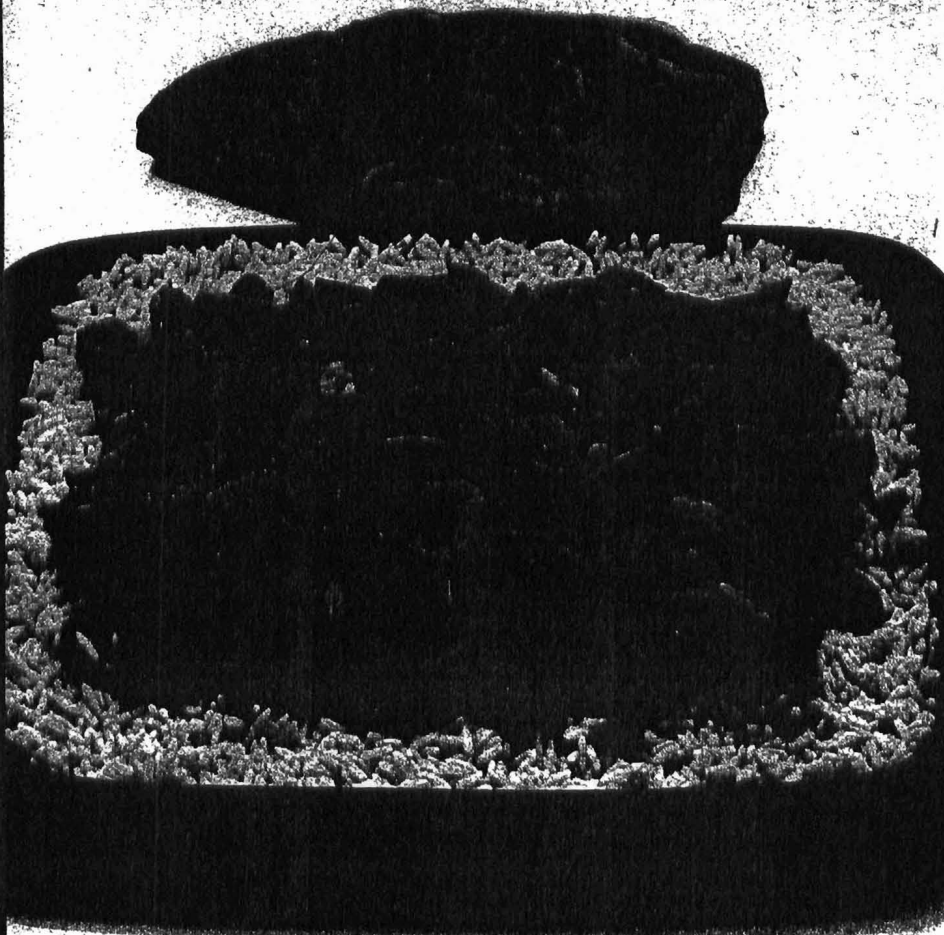


**You can take this round steak
and make a good dinner for two.**



Or a great dinner for six.

Pepper Steak with Rice is a good way for you to serve rice.
And an even better way to save money.

- | | |
|--|--|
| 3 cups hot cooked rice | 1½ cups beef broth |
| 1 pound lean beef round steak,
cut ½ inch thick | 1 cup sliced green onions,
including tops |
| 1 tablespoon paprika | 2 green peppers, cut in strips |
| 2 tablespoons butter or
margarine | 2 tablespoons cornstarch |
| 2 cloves garlic, crushed | ¼ cup each water and soy sauce |
| | 2 large fresh tomatoes, cut in eighths |

While rice is cooking, pound steak to ¼ inch thickness. Cut into ¼ inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Using a large skillet, brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water, and soy sauce. Stir into meat mixture. Cook, stirring, until clear and thickened—about 2 minutes. Add tomatoes and stir gently. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Box 22800, Houston, Texas 77027.

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RICE.

A great eating idea whose time has come.

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MEDICINE TODAY
continued

is no help for today's generation of schoolchildren.

Throat culture costs vary enormously, from 20 cents per culture to that Manhattan strep expert Dr. Taranta reports, disapprovingly, a fee charged by a big-city university medical center. The consensus: a designed program should do for one to two dollars apiece.

How many would be needed? Pediatrician Dr. John Kangos, who first started a strep program in the Brunswick, N.J., schools, foresees more than one culture per student per year. But Colorado's Dr. Ham Jackson sees eight cultures per student per year—again, an enormous difference.

Will strep control be brought to 99 percent of schools that lack it at least, to schools in poor, high-risk areas? It may be included in new, preventive oriented health plans that may be adopted this year, one federal health planner says. But an epidemiologist at another U.S. agency, the Center for Disease Control (CDC) in Atlanta, recently scuttled its own highly sensitive strep research lab—said it was a low priority at CDC. He said he was convinced that school strep should stop RF.

Meanwhile, what can—and should—parents do to protect their children? They can work, through local health associations, schools or the PTA, to start a strep program. Says public-health specialist Dr. Aileen MacKenzie of Columbus, Ohio: "It takes only one individual in a community to do it."

In the meanwhile, parents we should keep in mind a slogan used in Kangos' New Jersey program: "Strep throat can cripple your child's life."

Any sore throat should be reported to your pediatrician. If not do a throat culture, then, Dr. MacKenzie suggests, find a pediatrician who will do it, promptly and cheaply.



SUSANNAH

By Harriet Gray Blackwell

*I am jealous of Susannah,
I have always been
Yet how can anyone resent
A woman never seen?*

*I feel her presence in the house
I know her every whim
And in the garden that she made
I think she walks with him.*

*He loves me; but he loves her most
Why can't he love me most?
I am jealous of Susannah,
That lovely, lingering ghost.*

