

Brown Bread Tomato Toast

1115 *Total Calories*

95 *Protein Calories*

3 tablespoonfuls fat or oil

$\frac{1}{4}$ teaspoonful soda

3 tablespoonfuls flour

$\frac{1}{4}$ cupful rich milk

1 $\frac{1}{2}$ cupfuls stewed tomatoes

Toasted brown bread

$\frac{1}{8}$ teaspoonful pepper

1 teaspoonful salt

Melt the fat in a saucepan; add the flour. When smooth, add the stewed tomatoes to which the soda has been added, then stir in the milk gradually. When this thickens a little, season with salt and pepper. Pour over slices of toasted brown bread.