



## *Cheese Soufflé*

- 2 tablespoonfuls flour
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{4}$  teaspoonful mustard
- Dash of red pepper
- 4 tablespoonfuls melted Crisco
- 1 cupful milk
- $\frac{1}{2}$  cupful grated American cheese
- $\frac{1}{2}$  cupful bread crumbs
- 3 eggs

Blend flour, salt, mustard and pepper with the Crisco, add slowly to the milk and let it boil up, stirring constantly. Have ready the cheese and bread crumbs grated. Add to the mixture, take from the fire and add the beaten yolks of the eggs. Let cool, then fold in the beaten whites of the eggs. Turn into a Criscoed baking dish and bake in a hot oven ( $400^{\circ}$ ), to a light brown. Serve immediately.