

CREAM TOAST.—Two cupfuls of milk, two tablespoonfuls of flour, one tablespoonful of butter, a pinch of salt, one egg, well toasted bread. Dissolve the flour in a few spoonfuls of milk, heat remainder of milk, stir in the flour, salt and butter and stir until well thickened, now drop in the egg. When poached so that white is just done but yolk still soft beat mixture with a fork and pour over the toast; this will cover four slices