

TOMATO TOAST HEARTS

Cook 1 minced onion in 2 table-
spoons melted butter until soft; add
1 tablespoon flour and mix to a
smooth paste. Add 2 cups canned
tomatoes and seasoning of salt, pep-
per and a speck of sugar; cook for
5 minutes, then strain through a
sieve. Reheat, and when just at
point of boiling, add 1 cup grated
snappy cheese. Have ready the hot
buttered toast hearts, and when
cheese is melted, pour carefully over
the hearts. Garnish with fresh wa-
tercress and serve at once.