



THE YOUNG CITIZEN PANTRY



TOAST

TOAST should be made of stale bread, or at least of bread that has been baked a day. Cut smoothly in slices, not more than half an inch thick. If the crust is baked very hard, trim the edges and brown very evenly, but if it happens to burn, that should be scraped off.

Toast that is to be served with anything turned over it should have the slices first dipped quickly in a dish of hot water turned from the boiling tea-kettle with a little salt thrown in.

The following preparations of toast are all of them very nice dishes, served with a family breakfast.

Milk Toast

Ingredients needed: One quart of milk (either fresh, or diluted condensed milk), one tablespoonful of butter, one teaspoonful of salt, one teaspoonful of flour, slices of toasted bread.

Put the milk over the fire, put into it cold butter, stir a heaping teaspoonful of flour into a small quan-

tity of milk; as soon as the milk on the fire boils, stir in the flour, add salt; let all boil up once, remove from the fire, and dip in thin slices of toasted bread. When all are used up, pour what is left of the scalded milk over the toast. Cover, and send to the table hot.

Cream Toast

Ingredients needed: one pint of milk (either fresh or diluted condensed milk), a piece of butter the size of an egg, one egg, one tablespoonful of flour, one cup of rich cream (or condensed milk), slices of toast.

Heat the milk to boiling, and add the butter; stir flour smoothly into the cream, and add some of the boiling milk to this; heat it gradually and prevent the flour from lumping; then stir into the boiling milk, and let it cook a few minutes; salt to taste. After taking from the fire stir in a beaten egg; strain the mixture on to toast slightly buttered.

American Toast

To one egg thoroughly beaten, put one cup of sweet milk (or condensed milk diluted), and a little salt. Slice bread and dip the slices into the mixture, allowing each slice to absorb some of the milk. Then brown on a hot, buttered griddle or a thick-bottomed frying pan; spread with butter and serve hot.

Nun's Toast

Ingredients needed: 4 or 5 hard-boiled eggs, a piece of butter the size of an egg; one onion chopped, one teaspoonful of flour, one cup of milk (sweet or diluted condensed), slices of hot buttered toast.

Cut the eggs into slices. Put the butter into a saucepan, and when it begins to bubble add a fine chopped onion. Let the onion cook a little without taking color, and then stir in the flour. Add the milk, and stir until it becomes smooth; then put in the slices of eggs, and let them get hot.