

Cheese Sauce.

1 cup milk, 1 tablespoon cottage cheese, or $\frac{1}{4}$ cup grated cheese, 2 tablespoons flour, salt and pepper.

Thicken the milk with the flour. Just before serving add the cheese, stirring until it is melted. This sauce may be used on hard boiled eggs, toast, cabbage, cauliflower, macaroni or rice. Double the quantity of cheese when it is to be eaten with macaroni or rice.