Macaroni Bake

- 1 ½ cups elbow macaroni
- 3 tablespoons all purpose flour
- ½ teaspoon salt
- ¼ cup minced onion
- 3 tablespoons butter
- 2 cups milk
- 2 cups shredded sharp cheddar cheese

Dash of pepper

Melt butter and remove from heat. Blend in flour then milk. Cook till thick. Add salt, pepper, onion, cheese. Stir until cheese is melted. Mix sauce with cooked macaroni and put in 1 ½ quart casserole. 350° for 45 minutes or until bubbly and brown. Serves 6-8.