

## BUCKWHEAT PANCAKES.

The usual mode of preparing this favourite article of food, which the Americans and Canadians consider a national dainty, is as follows:

Take about a quart or three pints of the finely-sifted flour, mix to a batter with warm milk or water, a teaspoonful of salt, and half a teacupful of good barm: beat it well for a few minutes, till it is smooth, and leave it in a warm place all night, covered in an earthen pot or tin-pail, with a cover. In the morning have ready your griddle or frying-pan, wiped clean, and some lard or butter, made quite hot; into this drop a large spoonful or small teacupful at a time, of your light batter, till your pan be full, but do not let them touch: if the lard be very hot, the pancakes will set as you pour them in, and be well shaped, and as light as a honey-comb: fry of a light brown, and turn them; lay them on a hot plate, and serve quite hot, with maple molasses, treacle or butter.

If the batter have worked sour, melt half a teaspoonful of saleratus or soda, and stir in.

The buckwheat pancakes should be served hot and hot to table. Buckwheat pancakes are a favourite breakfast-dish with the old Canadian settlers.

These pancakes may be raised by mixing in three teaspoonfuls of the baking powder, just before frying, instead of using yeast to ferment the batter.

## OATMEAL PANCAKES.

Mix one part of flour with three parts of oatmeal, and set with warm water and a little salt, into a thin batter; add a little barm, and let it rise; pour your batter on a hot, well-greased griddle or frying-pan, or drop into hot lard, as in buckwheat pancakes.

It is a mistake to suppose that oatmeal or buckwheat-flour will not rise. I believe that the flour of any grain will rise and make leavened bread, and, in scarcity of wheaten flour, a mixture may be made to great advantage, of rye, maize, oatmeal, or barley-flour. At all events, it is well to know how to make good food out of the inferior grains. The English peasantry who live on the best wheaten flour, are not more healthy, and hardly so strong in muscle, as the natives of Scotland and Ireland, whose diet is chiefly oatmeal and potatoes. Most medical men agree in the opinion, that brown bread, or bread with a part of the bran left in, is much more conducive to health, unless to very weakly persons of lax habit, than the pure white bread; and that were brown bread more common as a staple article of diet, there would be fewer calls upon them for medicines.— Habitually costive persons should adopt the constant use of brown