

A MAN'S FLAPJACKS

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IN ALASKA live hearty men who frequently eat nothing but pancakes meal after meal and day in and day out. Naturally those pancakes must be good or they would not constitute the soup, salad, entrée, *pièce de résistance*, vegetables and dessert of this zestful Arctic meal.

Since it has never been my good fortune to eat anything that could compare with them anywhere in the United States, not even among epicureans, I believe that American women do not yet know the secret of making real sea-foam flapjacks.

In the first place, for two healthy, hungry adults, you brush, wash and boil for one hour two Irish potatoes; next peel them and mash thoroughly; then mix with one pint of the water in which they have boiled cooled to lukewarmth. Add to this one-half cake of dissolved yeast; sift in one pint of white wheat flour, stir well; place in four- or six-quart earthen jar or crock; then cover and set in a warm place (always in your kitchen) until fermentation begins, generally about forty-eight hours. This initial procedure may

seem somewhat irksome, but once done your trouble is over; for henceforth your batter is always ready for the griddle.

Thereafter it is only a three-minute operation to pour out nine-tenths of the bubbly batter, add half a teaspoon of soda to neutralize the fermentation, a whole teaspoon of salt, two tablespoons of sugar, and either lukewarm water or flour as desired to make the batter either thicker or thinner. Then whip vigorously for a minute. (And don't forget to add another pint of sifted flour and another pint of lukewarm water to the remaining tenth in your batter jar, stirring well so that the ingredients will be aerated and ready mixed for you on the morrow; under no circumstances should you pour unused batter back into the fermentation jar; otherwise the soda in it will kill the yeast.)

These pancakes should be fried quickly on a sizzling-hot griddle and served golden brown and piping hot, with butter and either bacon or sausage, or gravy, or preserves, sirup, or butter and sugar and ground cinnamon.