

“Buckwheat Pan-cakes.”

2 cups buckwheat flour

1 “ milk

1 “ water

$\frac{1}{2}$ cake of yeast stirred into $\frac{1}{2}$ cup of water. Mix all together, beat well and let rise over night.

In the morning take $\frac{1}{2}$ of the sponge for your pan cakes, add 1 Tablespoon of molasses, a little salt and a pinch of soda (over)

If too thin add a little white flour. Then next night add $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup of milk and a cup of buckwheat flour and let rise again. Do this each succeeding night until you think the batter is too sour to use any longer then make new batter.
Mother Russell's recipe.