

The New Spicy Pancake

WITH one cupful of white flour and one cupful of rye flour sift a pinch of salt, a little grated nutmeg and two teaspoonfuls of Royal Baking Powder. Add one beaten egg, and pour in one cupful and a half of skim milk by degrees, stirring until smooth. Fry the pancakes on a hot pan; when nicely browned spread with apple butter, roll up and serve hot. Sprinkle cinnamon lightly on top. When baked in large size they may be rolled and cut across like rolled omelets.

