

(Continued from Page B8)

**ANSWER** — A Shippensburg reader wanted a recipe for making cottage cheese that is soft and creamy like the store-bought variety. Thanks to Fran Westfall for sending a recipe.

### Cottage Cheese

In a 2-quart stainless steel saucepan, beat 1 quart whole milk until tiny bubbles form around the edge.

Add ¼ cup lemon juice and simmer 2 minutes. Do not stir. Remove from heat and let stand in pan at least 45 minutes.

Line colander or bowl with cheese cloth. Pour cooled milk mixture into the cloth. Hang cloth and let whey drop for one hour.

Remove cottage cheese from cloth, into a bowl, and stir in ¼ teaspoon salt and ¼ cup milk.

Cover and refrigerate until chilled.

**ANSWER** — Robina Watson, Blackwood, N.J., requested recipes for sugarless muffins for a diabetic. Thanks to Erla Shirk, Ephrata, for sending a recipe.

### Diabetic Banana Muffins

- 2 cups flour (sift)
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ cup cooking oil
- ½ teaspoon nutmeg
- 1 egg, slightly beaten
- 1 cup ripe banana, mashed
- ½ cup skim milk
- 2 teaspoons Sweet-10

Grease and flour baking dish or use paper baking cups. Sift flour with baking powder, salt, soda, and nutmeg into a mixing bowl. Combine remaining ingredients. Mix with dry ingredients until dry particles are moistened. Fill muffin cups two-thirds full and bake at 375 degrees for 20-25 minutes. Makes 12 muffins.

**ANSWER** — Donna Beyerbach, Oakdale, wanted a recipe for zucchini cake that is canned in a jar. Thanks to Pat Chance, Clayton, Del., who writes that her family published a cookbook in which this recipe was included.

### Cake In A Jar

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 3 cups flour
- 3 teaspoons vanilla
- 3 teaspoons cinnamon
- 2 cups zucchini, grated
- 1 teaspoon salt
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup chopped nuts
- ½ cup raisins (optional)

Beat eggs until light and fluffy. Add vanilla, oil, sugar, and zucchini. Mix lightly, but well. Add flour, soda, salt, cinnamon, and baking powder. Add nuts and raisins, and mix well. Use wide-mouth pint canning jars. Spray inside of jars with vegetable spray. Place jars on cookie sheet and fill half full. Do not fill over half full with batter. This is very important. Bake at 325 degrees for 45 minutes. Have round disks cut from waxed paper ready and when cooking time is up place waxed paper disks in top of jar and seal immediately with lids and rings. Be sure waxed paper fits down inside of jar and does not lay on edge of jar. Jars are extremely hot, so be very careful. Makes 5 or 6 jars.

This same procedure can be used for pumpkin bread, banana bread, etc.

Note: This is a nice shelf item for drop in guests. Good with cream cheese.

**CORRECTION** — Ruth Bricker, Glen Rock, writes that the recipe for Spiced Tomato Jam, which appeared in the Oct. 10 issue, should read 4½ cups sugar and not 3 cups.

(Turn to Page B11)

Athletic uniforms are a real challenge as you try to remove perspiration, mud, grass stains and still keep the outfits looking sharp. Most sport uniforms are made of synthetic fibers such as nylon, polyester, spandex or a blend of fibers. Read and follow the instructions for laundering on the tag in the garment precisely.

One of the biggest problems is dye bleeding. The Care labels recommend cold water to prevent fading and dye transfer. If you follow the directions and the color bleeds, return to the manufacturer.

Be aware that detergents do not activate in water temperature below 65 degrees F. If the temperature of the water in the tub of the washer is too cold for your hands, the detergent will not activate and clean effectively, according to the Maytag Company. If the water is very cold, you may need to add some warm to bring the temperature up to between 65 and 75 degrees to activate the detergent. In general, the liquid formula detergents work better in cold water than powdered types.

- Pre-treat mud, grass and blood before washing with a pre-treat laundry product.

- Detergents and pre-treaters lose their effectiveness after 30 minutes of soaking. Extended soaking is not recommended and may result in redeposition of soil.

- Dry athletic uniforms using low temperatures. Shrinkage and permanent wrinkles may result from high dryer temperatures. Immediately remove uniforms from the dryer when it stops to prevent wrinkles.

- Air dry sport uniforms with laminated numbers and letters.

When ironing, make sure the iron is set at the proper setting. An iron temperature set for low, such as polyester, is usually safe for the fabric.

Source: IFI, Clothes Care Gazette, May 1997; Maytag Laundering Tips

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