

FOR SALE

WATERBED SUITE: Black lacquer with brass trim, mirrored headboard, 12 piece suite. - 877-9122 after 6 p.m. (es)

NINTENDO VIDEO GAME system plus 2 games, \$150. - 877-1923 (es)

MTD riding tractor lawn mower 26" cut. Good condition. \$500.00 - 877-6820.

APARTMENT SIZE washer and spin dryer. \$175.00 - 877-6820.

AUTOS FOR SALE

'81 MALIBU, runs well, needs body work, as is \$800 - 877-9124 after 6 (es)

1988 JEEP COMANCHE PIONEER, 4 litre, 6 cylinder, \$13,500. 853-2296, ask for Paul (es)

1983 HORIZON HATCHBACK, auto, 2.2 litre, p.s., p.b., new tires, clean, \$2700 cert. - 877-8915 (es)

1980 OLDSMOBILE BROUGH, as is, all auto and power - 877-7025 or 873-1050.

81 CHEV IMPALA, 267 v8, auto, p.s., p.b., rust free. Needs work. \$520 or best offer - Chris - 877-9481.

1985 CAVALIER, 4 cylinder, automatic, reclining bucket seats, 51,000 miles. Nice little car. \$5200 certified - 853-4443 (es)

1984 T-BIRD, v8, automatic, reclining bucket seats, 74,000 miles, excellent condition \$7300. certified - 853-4443 (es)

1988 MAZDA PICKUP. Excellent condition. Certified. Must sell. Call after 6 weekdays and weekends - 877-7714 (es)

1981 TOYOTA TERCEL, fwd, automatic, hatchback, excellent condition, interior and exterior. - 853-4613.

'81 MUSTANG, 4 speed, 2.3 l., excellent condition, inside/out, am-fm cassette, hwy. m.s., must see, \$3,000 o.b.o. - 877-4379 (es)

1977 VW RABBIT, body work good, new brakes and battery, \$500 as is - 877-0616 (es)

1987 HONDA ACCORD EXI fully loaded, excellent condition - 853-2305 (es)

1982 Z28 for Parts - 877-5860 (es)

1982 OLDSMOBILE Cutlass Supreme, diesel, excellent condition, p/s, p/b, air, \$3,500 cert. Call 853-1624 (es)

1979 OLDS CUTLASS Wagon, fully loaded, \$1,400 o.b.o. - 877-0858 (es)

1984 RENAULT, front wheel drive, 4 door, 4 wheel drive, 47,000 kms, certified, \$4,200 - 877-5007 (es)

AUTOS FOR SALE

1982 FORD ESCORT, \$1,850 certified, 4-door, am-fm cassette, 71 owner, 35 mpg - 853-2696.

'85 HYUNDAI PONY GLS, 5 speed, stereo, excellent condition, certified - 873-1041 (es)

83 DATSUN 280ZX, 2 seater, 1-ba, air, stereo, new michelins, \$9,500 - 853-4358 (es)

1984 CHEVY S10 Pickup, extended cab, low mileage, superb condition, \$7,200 certified o.b.o. - 877-2982 (es)

1980 HONDA ACCORD, HATCHBACK, good running order, air, good for parts, \$250.00 o.b.o. - 873-1935 (es)

1973 DATSUN 2402 sports car, great potential, needs work, \$1,000 o.b.o. - 873-1935 (es)

1984 FIERO Fully loaded \$7500.00 o.b.o. - After 5 - 877-9057 (es)

1983 DODGE CHARGER, 4 cyl., 5 speed, standard, sunroof, well maintained, certified, \$2,500 Call 877-5672 after 6 p.m. (es)

1985 PONY, blue with 34,000 kms., in good condition, woman driven, asking \$3,500. - 877-9370 after 3:30 p.m. (es)

1985 MUSTANG Hatchback, p.s., p.b., 4 cyl., standard, \$4,800 certified, Call after 5 - 877-3905 (es)

1986 CHEVROLET CAPRI ESTATE WAGON, loaded, good condition, \$10,500. Call 853-1543 (es)

1982 CADILLAC SEDAN, DeVille, 4.1 engine, am-fm stereo cassette, fully automatic, loaded certified, \$9000 - 877-9121.

1980 FORD MUSTANG, 4 cyl., 4 speed, good condition, \$2,000 o.b.o. - 877-2788 (es)

1970 CUTLASS, good driving condition, asking \$500 or best offer. Phone after 5, 877-2796 (es)

SNOWMOBILES

1980 ARCTIC CAT Elite 5,000, 500cc, new track, excellent condition - 873-1726 must sell.

REC VEHICLES

1985 A.T.C. very good condition, size 250. Must sell \$1400.00 o.b.o. Ask for Bill after 4:30 p.m. - 853-3392.

30 ft. house trailer, 1 bedroom, 3 piece bath, fridge, stove, furnace, air conditioning, 519-855-4410. leave message.

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POLLY'S POINTERS

 Polly Fisher

Use instant milk in cottage cheese

By Polly Fisher

DEAR POLLY - Can you make cottage cheese from instant powdered milk? We get a lot of powdered milk from the government. - R.L.T.

DEAR R.L.T. - Yes, you can make cottage cheese from instant powdered milk - either non-fat or whole dry-milk powder. Reconstitute the milk powder with water as directed, then proceed with your cheese recipe as usual. The only drawback is that the cheese does retain the flavor of the dry milk, but it is not very strong nor objectionable. The flavor is improved if a little sour cream or heavy cream is mixed into the finished curds.

Here's a fairly simple recipe for making homemade cottage cheese. You'll need a fairly accurate thermometer to test the temperature of the milk.

Heat 2 quarts of non-fat milk (either fresh skim or reconstituted non-fat powdered milk) with ¼ cup additional non-fat dry-milk powder. Heat slowly to 86 degrees by placing the pan of milk in a larger pan half-filled with warm water. Turn the heat on under the larger pot and heat until milk temperature reaches 86 degrees. Stir in ½ cup buttermilk or 2 tablespoons dried buttermilk powder. Hold the milk at about 86 degrees

for 12 hours. You can occasionally test the temperature of the milk mixture and turn on the heat when necessary to keep it up to the proper temperature, or, if you're doing it overnight, insulate the pot of milk in some way, such as wrapping it in a thick blanket or putting the milk mixture into a thermal jug. By morning, the mixture should have formed a thick curd.

Using a knife, cut the curd in the pan into ¼ inch pieces. Let stand for half an hour for the whey to separate from the curds.

Gently and slowly heat the curds and whey (again in a larger pot of water) to about 105 degrees, stirring occasionally. Maintain this temperature for half an hour. After this time, the curds should be firm like cottage cheese. If they seem crumbly and custardlike, continue to heat the curds to a temperature of about 110 to 115 degrees until they become firm, stirring frequently so the curds heat evenly.

When the curds are firm, pour the curds and whey into a double layer of cheesecloth in a colander. Drain off the whey, then rinse the curds lightly by dipping into a pan of lukewarm water. Tie the corners of the cheesecloth into a knot, making a bag, and hang it over the sink faucet for 30 minutes.

Turn the drained curds into a bowl and gently mix salt to taste into the curds. If desired, you may also gently mix in a couple of tablespoons of sour cream or fresh heavy cream. Chill the cheese before enjoying it! - POLLY

Make nutritious, delicious fruit drinks, punches and milk beverages with the recipes in Polly's newsletter "Nutritious Milk and Fruit Beverages." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93883, Cleveland, OH 44101-5883. Be sure to include the title.

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peavee or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

THE HALTON HILLS HERALD

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Plans for **88** Cookbooks are now under way

The Halton Hills Herald invites you to submit recipes

\$250 in cash prizes

1st prize \$125 2nd prize \$75 3rd prize \$50

Be part of The Halton Hills Herald's 1988 Cook Book by sending us one or more of your favourite recipes. You may be eligible to win part of \$250 prize money if your recipe is one of the top three chosen by our special panel of judges. We'll also print the best of the other recipes you submit to us.

Rules include:

- Write plainly or type double-spaced on one side of the paper only.
- Print your name, address and telephone number on each recipe.
- Give complete cooking or baking instructions, including type of cooking utensils, oven temperatures and times.
- Use all imperial measures.
- There is no limit on the number of recipes you can submit, but to avoid duplication you may want to submit more than one recipe. Organizations may also submit recipes.
- Recipes may be for any type of food or beverage.

Deadline for entries: October 15th

Send your entries to: Cookbook Editor The Herald 45 Guelph St. Georgetown, Ont. L7G 3Z6

Other features include stories and photographs on meal planning, cooking with microwaves, special holiday dishes and other kitchen tips. So send us your favorite recipes because we'd love to see what's cooking in your kitchen.