

## ASK MARTHA

*How to ready your dog for airline travel, distinguish one yogurt from another, and make napkins from a stained tablecloth*



## SHOPPING FOR YOGURT

**Q:** *In addition to cow's milk yogurt, I've seen goat and sheep varieties at the supermarket. How do they differ?*

**A:** Sheep and goat products are fixtures at the cheese counter, but these yogurts are relative newcomers to the dairy aisle. As with cheese, sheep and goat yogurts have a tangy quality—think of the bright citrus notes in chèvre. But the best ones have subtle flavor differences, without a strong “sheep” or “goat” taste, says Bill Wendorff, professor emeritus of food science at the University of Wisconsin.

In terms of nutrition, sheep's milk contains twice as much fat and 40 percent more protein than goat's or cow's milk. Sheep's milk also has the most calcium: Two cups of milk or yogurt fulfill the minimum daily requirement, compared with three cups from a goat or cow.

Because sheep's milk has a higher solid content, no thickeners are needed

to make a full-bodied, slightly grainy yogurt. Thinner cow and goat yogurts usually rely on additives, such as nonfat dry milk. Goat yogurt is uniformly smooth and easier to digest, Wendorff says.

Sheep and goat products are not good options for lactose-intolerant people; both have about as much lactose as cow products do. But they are worth a try for people with cow's milk allergies and those looking for something new.

## FLYING WITH YOUR DOG

**Q:** *I'd like to keep my small dog with me on a domestic flight. Any advice?*

**A:** The Federal Aviation Administration leaves some policies—including whether dogs can fly in the passenger cabin—up to the airlines. Check with a representative, or consult the airline's website. You might have to pay a travel fee, ranging from \$100 to \$150, each way. Some airlines limit the number of pets in the cabin, so reserve a space early. Proof of vaccinations and a health certificate from a veterinarian may also be required.

Dogs must be at least 8 weeks old and fully weaned, and they often have to remain in a carrier during the flight. The carrier counts as a carry-on and must fit under a seat. Look for one that is leak-proof and sturdy, has cross ventilation, and lets the dog shift position.

Regulations aside, do what you can to keep your dog calm. A few weeks before, get her used to the carrier by placing food and toys inside, says Greg Kleva, host of *It's a Dog's Life*, on Martha Stewart Living Radio. At the airport, take her for a walk or do obedience exercises before putting her in the crate, so she'll be tired and relaxed. In lieu of a tranquilizer (not recommended by the American Veterinary

Medical Association), try a natural alternative, such as Bach's Rescue Remedy, says veterinarian Marty Goldstein, host of *Ask Martha's Vet* on Martha Stewart Living Radio. Don't feed the dog just before takeoff, Goldstein says. Pets can experience motion sickness, too. For more information and ideas for your pet, go to [marthastewart.com/pets](http://marthastewart.com/pets).

## SALVAGING A SOILED TABLECLOTH

**Q:** *My heirloom tablecloth is stained beyond repair, but I can't bear to part with it. Can I reuse it somehow?*

**A:** Refashion the cloth into smaller pieces for the table, such as napkins or coasters. For a table runner, cut a long rectangle, and sew a half-inch hem along each side. Or for a chic presentation, make two shorter runners to lay across the table's width. Place mats are another option. (For neat seams, sew mitered corners.) Not a sewer? Dye the cloth an inky blue or another dark color to give vintage lace or linen a fresh look. You'll find plenty of simple sewing projects at [marthastewart.com](http://marthastewart.com). For more ideas from our resourceful crafts editors, visit their blog, at [thecraftsdept.com](http://thecraftsdept.com).

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