

# DEAR BETTY CROCKER

Q. A recent recipe called for plumped raisins. How do I do that?  
S.W.

A. Soak raisins in liquid to be used in recipe for 10 to 15 minutes before using them. Or, rinse, spread on cookie sheet, cover with aluminum foil and heat in 350°F oven until they puff, about 5 minutes. Raisins benefit by plumping when used in short-cooking recipes.

Q. Why do recipes such as quiche call for just a pinch of nutmeg?

V.P.  
Fort Atkinson, Wis.  
A. Even a little nutmeg adds its fragrant sweetness and a touch of color to egg dishes, casseroles, beverages, cookies, cakes, sauces, vegetables and breads.

Q. Are salted and unsalted butter

interchangeable? Does the salt need to be adjusted in a recipe?

M.G.L.  
Fairmont, Minn.  
A. The two butters are interchangeable in most recipes and

there's no need to adjust salt. However, puff pastry recipes have been shown to perform better with unsalted butter.

Do you have a question? Write Dear Betty Crocker, Box 1113, Dept.

Betty, Minneapolis, Minn. 55440.  
Tip of the Week: Dip lemon wedges in paprika or cinnamon before serving with seafood.

Drive 55



## Let's Chat

BY MABEL B. JORDAN

Columist

UNFETTERED

If ever we tend to feel heavy laden, weighed down by problems, we need not stay in such a state of mind. We have the power to refuse to be cast down, to refuse to let conditions or circumstances or other people depress us. We have the power to soar, to transcend ourselves and all of our affairs. "There is lifting up."

Florence Hawn

RELAXATION

Relaxed and at ease in mind and body we move through each day doing the things that need to be done, meeting the things that must be met, maintaining always an inner serenity, an inner peace, an inner weightlessness.

Rose Lightburne

GIVE

Life is a generous giver. We must give as life gives, with no thought of return. We must give out of the abundance of our hearts. We must give out of the overflowing measure of good—material and spiritual—with which we are constantly blessed. Life gives itself to us. We must give ourselves to life.

Dorothy Pierson

HEARTS

We were given hearts, but it was also left up to us to keep them warm or let them get cold.

Good Reading

WISDOM

The most manifest sign of wisdom is a continual cheerfulness. Her state is like that of things in the region above the moon, always clear and serene.

Montaigne

All human wisdom is summed up in two words—wait and hope.

A. Dumas

HAPPINESS

Happiness comes from the health of the soul. Soul health involves good will instead of selfishness, enthusiasm instead of cynicism, and faith instead of doubt.

Dr. Norman V. Peale

KNOCKS

Every knock is a boost. When the going gets tough, let the tough get going—you're tougher.

Dr. Norman V. Peale

RICH IDEAS

Ideas are the coin of the universe and are free to anyone who is willing to accept and use them.

Dorothy Pierson

ZEAL

Zeal is the affirmative of existence, its command is "Go forward." To be enthusiastic means to be inspired or to have an intense interest in something. To be zealous means to possess an enthusiastic devotion or ardor for something. Therefore, zeal and enthusiasm are qualities that spur us on to great accomplishment.

Fred Sieb

STAND STILL

If you stand very still and hold onto your faith in the turmoil of life, and you wait for the voice from within, you'll be led down the way of wisdom and peace in a mad world of chaos.

Patience Strong

SITUATIONS

In every situation the positive is there; our opportunity is to see it.

Anonymous

When you can't see the bright side, polish the dull side.

Anonymous

LAUGHTER

The most completely lost of all days is one in which we have not laughed.

Anonymous

BLESSINGS

Be so busy counting your blessings that thoughts of gloom and despair will be crowded out.

Billy Graham

FRIENDSHIP

A true friend is like a field that you sow with love and harvest with thanks.

S. Griffith

WORRY NO ANSWER

Worry is a human practice of imposing suffering upon oneself. Worries as typically addressed to tasks that the worrier cannot possibly accomplish, but reason can reduce burdensome, unnecessary suffering.

Alan Challman

TODAY

Today is a day to feel blessed and loved. Today is a day to pour out love and blessings to others.

Florence Hawn

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<p>2 Liter <b>COCA COLA</b> CF Coke, Cherry Coke, Classic <b>\$1.09</b></p> <p>Diet Coke, CF Diet Coke ..... \$1.09 Sprite ..... \$1.19 Diet Sprite ..... \$1.19</p>	<p><b>TAYLOR</b> California Cellars 3.0 Liter Blush, Burg., Chab., Rhine Rose, Fr. Colon., Chen. Blanc <b>\$5.79</b></p>	<p><b>OLD Milwaukee</b> 24/12 Oz. Reg./Lt. Cans <b>\$7.69</b></p>	<p><b>Wise</b> Potato Chips <b>89¢</b></p> <p>6 Oz. - BBQ Reg./Salt &amp; Vinegar 6.5 Oz. - Reg. &amp; Ridge</p>
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<p><b>Stokely Vegetables</b> 14 Oz. - Cut Or French Style Green Beans/15 Oz. - Whole Kernel Or Cream Style Corn/14.5 Oz. - Honey Pod Peas <b>3/99¢</b></p>	<p><b>Liquid Wisk</b> 64 Oz. Detergent <b>\$2.59</b></p>	<p><b>White Cloud Toilet Tissue</b> 4 Pack - White/Yellow/Blue <b>89¢</b></p>	<p><b>Cadillac Dog Food</b> 25 Lb. - Beef Dinner <b>\$4.99</b></p>