

Dear Betty Crocker Offers Tips For Cake Mix Storage And Fish

Q. How long can I store cake mixes?
 Ms. M.E.K. Belle Vernon, Pa.
 A. Cake mixes have a shelf life of at least one year from time of packaging. For best results at home,

avoid purchasing packages that are torn or damaged and use product as soon as possible.
 Q. If a recipe calls for safflower oil, can I substitute another oil?

K.W. Minneapolis, Minn.
 A. Yes, other vegetable oils can be substituted for safflower oil. Safflower oil is highest in polyun-

saturated fatty acids and is sometimes preferred by cholesterol-conscious people.

Q. What causes bread to crumble?
 E.A. Monaca, Pa.

A. Underkneading, insufficient rising time or excess flour can cause crumbly bread. Excess flour may be the most common reason. And during baking, the loaf dries further. For best results, add a little flour as

possible during kneading so that dough is smooth and blistered.

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

Tip of the Week: Test doneness of fish by inserting a fork into the thickest part of fish and twisting gently. Fish will flake easily when done and should be opaque. An internal temperature of 175°F is recommended.

Drive Safely!

Let's Chat

BY MABEL B. JORDAN
 Columnist

Quotes from famous black Americans past and present in observance of Black History Month.

HISTORY

If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world and it stands in danger of being exterminated.

Carter G. Woodson
 WORK

Men want work. They love work. Only give them the work they love and they will ask no pay, but their own soul's well-does.

W.E.B. DuBois

I've always liked the idea of being a working-class person. There is a certain kind of wonderful reality to that. I think that for every artist, it's the subtleties, the nuances that pull you into it and that's something that we have to learn from life itself.

Billy Williams
 EDUCATION

In a world where the body of knowledge doubles every six or seven years none of us can afford not to constantly continue our learning. Education may be expensive, but not when compared to the price of ignorance.

Shirley Chisholm

Education, learning, scholarship will make the undying lustre of a people, will prove their greater glory. Thinkers will give an immortality to a people that neither wealth nor industry, nor strength of arm, nor even virtue can procure for it.

William Scarborough
 ABILITY

Our ability to make the world better depends utterly upon our ability to use every opportunity to make ourselves better.

Booker T. Washington
 SUCCESS

How we think of ourselves becomes our truth. What we focus on we give power to and make manifest in our lives. We must learn to celebrate our successes and think for everything else as learning experiences. We must use our missteps as stepping stones to deeper understanding and greater achievement.

Susan L. Taylor

I understand success and failure are impostors, and I take them both lightly.

Joe Clark
 MUSIC

The strongest thing in music is the spirit, the realness of the song you're singing.

Willie Smith
 FAMILY LIFE

The home is the social center for a race, the real center of race improvement, and we want better families. This training is the great instrument for the present upbuilding of the race and laying foundations for the fine heredity every race needs.

William Scarborough

I feel that the family still is the most wonderful and powerful institution that we have. It's the most resilient institution we have. It always bounces back and finds ways of coping with change.

Geneva Johnson
 OPPORTUNITIES

Life offers us no guarantees—not of health, not of success, not good jobs. What it does offer us is opportunities, what we make of them is up to each of us.

Samuel Pierce, Jr.
 PERSONAL POWER

Learning and culture are great factors but personal power is the force which gives reputation and authority.

Alexander Crummell
 RIGHT-MINDEDNESS

First of all, I would suggest that you accustom yourselves to fall back upon the mind itself as a main instrument and agency to the end desired.

Alexander Crummell
 COMMITMENT

My career is not just accidental, it is by choice. I simply try to respond as best I can to what is needed. To learn to do and help others to do.

Dr. Dorothy Height
 RESPONSIBILITY

I actually would like to address any young person, to be prepared to assume responsibility and to be committed to making the world a better place to live in a world of peace, equality and good will among our own kind.

Rosa Parks
 LEGACY

I leave you love. I leave you hope. I leave you respect for the use of power. I leave you faith. I leave you finally a responsibility to our young people.

Dr. Mary McLeod Bethune



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