

**THE CAROLINIAN**

**Dear Betty Crocker**

A. All beans except for lentils (which need no soaking and cook in about 45 minutes) can be used interchangeably.

Do you have a question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: Half of a small head of cauliflower will yield about 2 cups of flowerets.

Q. Sometimes my meringues weep and sometimes they don't. What's the problem?

B.B. North Platte, Neb.

A. Meringue is less likely to weep or leak moisture when the sugar is thoroughly dissolved. Add sugar gradually and beat to stiff peaks. Place meringue on hot filling. Seal by spreading to the edge of crust. Bake pie at 400°F for 10 minutes. Cool at room temperature.

Q. Please help me. What prevents a soggy crust on a custard pie?

Mrs. S.O. Neoga, Ill.

A. A moist crust is characteristic of a custard pie. The best way to prevent this is to bake the crust and filling separately and slide custard carefully into baked, cooled pie shell.

Q. Can dried beans be directly substituted for each other?

P.F. Cincinnati, Ohio

**Let's Chat**

BY MABEL E. JORDAN

Columnist

**DON'T QUIT**

When things go wrong, as they sometimes will, when the road we are traveling seems all uphill; when we want to smile but we have to sigh; when care is pressing us down a bit, we must rest if we must, but never quit.

Fellowship

**WORDS**

Keep them back, if they're cold and cruel, under bar and lock and seal. The wounds they make are always slow to heal. May we guard our own lips. May the words that we daily use be the words of the beautiful truth.

Anonymous

**A GOOD CREED**

If any little thought of ours can make one life the stronger; if any cheery smile of ours can make its brightness longer, then let us speak that thought today with tender eyes aglowing.

Anonymous

**WHAT HAVE YOU DONE?**

Did you contribute clouds of fear? Or worry, or anger or gloom? Or did you plant some loving deeds and wait for them to bloom?

Fellowship

**REVENGE**

Revenge is never as sweet as forgiveness.

Gretu Penonnant

**REGRET**

Make it a rule of life never to regret and never to look back. Regret is an appalling waste of energy. We can't build on it. It is only good for wallowing in.

Katherine Mansfield

**RESPONSIBILITY**

If there is any truth brought home to us by conscience, it is this: that we are personally responsible for what we do.

Anonymous

Responsibility develops some men and ruins others.

Anonymous

**REVENGE**

In revenge, haste is criminal.

Sir Francis Bacon

**SPEECH**

All noise is waste. So cultivate in your speech, in your thoughts, in your emotions, quietness. Speak habitually low. Wait for attention and then your low words will be charged with dynamite.

Elbert Hubbard

**TIME**

We must find golden opportunities to take a hand, lift a load, smile and point the way for every loving action is the measure of time, the glorious "forever" called today.

Maggie Hankins

You will never "find" time for anything. If you want time you must make it.

Charles Buxton

Time: the arbitrary division of eternity.

Anonymous

**ZEAL**

Zeal is the great universal force that impels us to spring forward in a field of endeavor and accomplish the seemingly miraculous.

It is the inward fire that urges us onward, regardless of the intellectual mind of caution and convention.

Charles Fillmore

**INTEGRITY**

Integrity has no need of rules. To achieve the status of integrity, we need only to consult our higher selves. Within each of us is the potential for uprightness of character.

Albert Camus

**FAULT-FINDING**

One's fault-finding is a sure sign of one's own unhappiness.

Myrne Knute

**CHARACTER**

Character is a diamond that scratches every other stone.

Pruden Jackson

**OBSTACLES**

The incidents we call trivia, and the people call obscure are really the incidents and the people that make all the difference that's made.

Paul Scherer

**Too Much Fat In School Lunches**

A consumer health group said last Wednesday that the U.S. government is providing school lunches with too much "fat-laden foods" like ground beef, pork and luncheon meats.

Ellen Haas, director of the Public Voice for Food and Health Policy,

criticized the Agriculture Department, the agency responsible for administering the National School Lunch Program, saying it was "not providing the critical leadership necessary to speed progress in reducing fat in school lunches."

The administrator of the department's Food and Nutrition Service, Scott Dunn, defended the program by stating that the agency did not set quantitative standards for fat.

Family doctors may soon hand out positive information about pork along

with prescriptions thanks to pork checkoff programs.

Using checkoff funds administered by the National Pork Board, the National Live Stock and Meat Board is developing a set of materials that family doctors and internists can provide to patients. The printed information explains how pork fits into a healthy diet. Similar materials are being distributed to medical students

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