Isle of Knights and Knaves

On the Isle of Knights and Knaves, Knights always tell the truth, and Knaves always lie. However it is not immediately obvious who is a Knight and who is a Knave. You encounter Albert, Betty, and Carla, whom are each either Knights or Knaves.

Albert says: "Betty is a Knight, but Carla is a Knave."

Betty says: "Two of us are Knights."

Carla says: "Albert and I are both Knights."

- 1. Is Carla a Knave?
- 2. Prove that Albert and Betty are either both Knights or both Knaves.