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Hobbies Insure Happy Old Age

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saver, too. "Work while you work and play while you play" is a good motto. If you're like me, you never can think of anything to say to anybody until you sit beside her in the library with your textbook and notebook spread out in front of you. Then you can't think of anything but what you want to say. However, it is possible to curb these gregarious impulses until your duty is done, and it will be done much sooner if you do concentrate.

Some more advice at which I've already hinted: Don't waste time worrying about what you have to do. Just hurry and get it done and forget it. You'll feel lots better, and people will like you lots better, too.

I realize, of course, that in writing on this subject I have put myself in much the position of the thief lecturing on honesty, but they do say, "Experience is the best teacher," and I've had almost 11 quarters of it!



You May Like Art Work

Farm Women at I. S. C.

By Winifred Moore

THE fresh smell of new paint and the delightful touches of bright color in the laboratories of Home Economics Hall the week of Feb. 5 to 9 showed that something special was "going on."

Exhibitions, displaying everything from choice splashes of beauty from 10-cent stores to a collection of exquisite hooked rugs, were seen in the art laboratories. People hurried through the halls to lectures on child health and care by visiting speakers, demonstrations of research findings by the Foods Department and sewing discussions in the clothing laboratories.

"The Enjoyment of Color," "Life in the Philippines," "Music in the Home," "Is Your Kitchen Up-to-Date?" and "Making Your Dress Fit Smartly" were subjects of lectures and discussion for hundreds of farm women. The event was Farm and Home Week, a regular occurrence during winter quarter at Iowa State College. The total enrollment was 1,800, much larger than that of last year.

A roast put in the pan with the fat side up bastes itself as the fat melts and cooks out of the meat.

Hobbies Insure Happy Old Age

By Gladys Johnson

DO YOU want to know what you'll be doing when you are "after forty?" Here's a test that is far sounder than the mystic revelation of a crystal ball, according to Dr. Elizabeth E. Hoyt, professor of economic science.

Look around your room. What do you find? Is there a tennis racket over the door? What books are sandwiched between the textbooks on your shelves? Is there a scrapbook on your table with a lot of things yet to be pasted in? Do you have a stack of ragged music sheets under your bed? Is there a pine cone or a sprig of larch tucked somewhere that you picked up on your way home from school? Do you have block prints on your wall?

Your hobbies in college are a significant index to your leisure-time activities after you are forty, Dr. Hoyt thinks.

"In fact," she said recently, "college is the ideal set-up for planting seeds for hobbies. Opportunities for discovering interesting hobbies for yourself and for developing these lines of interest are abundant in college. Courses in music appreciation, crafts, bird study, creative writing, art, pottery, period furniture and campfire are all hobby-building.

"ALL aspects of nature are important," Dr. Hoyt stated. "When other senses grow dim, you can still identify forms of nature. I knew a man who, after 70, learned to know all the trees in the community by their bark and by their branches."

Dr. Hoyt has written an article in *Social Forces* (March, 1933) on "Research in the Social Problems of Old Age." In this she emphasizes the fact that, of all the fields of social research based on the problems of normal periods of the life cycle, the most neglected is that of life as it approaches its close. "All other age periods," she says, "carry within themselves some regenerative capacity, so that when social conditions are disadvantageous, the individual by virtue of his own vitality yet has a chance to triumph.

"Such is not the case with old age. The vigor, the expansive quality of life, has gone. If the individual has no resources within him, it is too late for him to get them. New resources of thought are not arising. He is dependent as he has never been before."

Financial independence and physical handicaps are less important than interests. This is the conclusion reached by Frances Conkey, graduate student under Dr. Hoyt, in her thesis, "Adaptation of

Golf
and
Swimming
Are
Fun
for
Young
and
Old



Riding
or
Rowing
May
Be
Your
Hobby

50 Men and Women to Old Age." Among these cases, in which she considered various factors relating to old persons' adjustment to life, she found no instance of poor adjustment among persons of broad and keen interests.

The moral of all this is: Begin now to build for your life after forty. You soon will be choosing your electives for spring quarter. Look around your room. Try to visualize what you want to have in it 25 years from now. Then classify in that photography course, that crafts course or some other hobby-builder.

Washing soda is a cheaper water softener than soap.

* * *

Buyers get more goods and less package for their money when they buy one large package instead of many small ones.

* * *

Pink salmon costs less than red salmon, and serves just as well for salmon loaves, salads, and casserole dishes.

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Alkaline-forming foods are most fruits except cranberries and some prunes, vegetables except corn, and milk. The acid group of foods contains meat, fish, eggs, cereal and bread.