

Every man and woman has to settle the problems of life for himself and herself. The art of living is the process of getting along with people you do not like.

### Body Needs Enough Fuel

Look at your energy needs carefully.

You need energy to work and to play, but you also need energy for your body to function, reminds Louise W. Hamilton, extension foods and nutrition specialist of Penn State university. Digestion and breathing require energy.

You get energy from several sources. Your body can quickly convert carbonhy-

drates (sugar and starches) into energy. When you eat fruits, vegetables, and en-

riched or restored cereal products, you get energy along with flavor and nutrition.

Fats are another source of energy, fats are said to have a satiety value. This means they satisfy your feeling of hunger for a longer period than do carbohydrates, Miss Hamilton explains.

Milk, ice cream, butter and cream contain fats as do some fruits, such as avocados and olives. Meats, some varieties of fish, and poultry are sources of fats. As with carbohydrates, fats can be a source of energy as well as needed nutrients.

While proteins are a potential source of energy, they should be restored for their function of building and repairing body tissue. When you have enough carbohydrates and fats in your diet, your body won't need to use protein for energy, Miss Hamilton points out.

The bigger the family, the more you save on food, according to the U. S. Dept. of Agriculture. A family of six spends about \$7.50 per person per week for groceries. Those families of only one or two pay \$10.20 each for food. Reasons for this are that bigger families buy in quantity, they throw away less food, and they watch the food bill more carefully.

The man who refuses to take a rest until he gets sick, usually gets sick

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