

You Spell Wealth with an "H"

1 Rise early enough to dress and eat leisurely and walk at least part of the way to work.



WOMEN don't stand the strain of working day in and day out as men do. The records show they bog down under it. Where the average man seems to bloom when his is a responsible position, the average woman finds it enervating over a period of years.

There is, of course, no place in business for the woman whose health is below par. And, the state of the world being what it is, women must work. There's only one answer. The "Saturday's child who must work for a living" needs a health program.

Career Girls Must Watch Health

By ELEANOR NANGLE

gram. If she keeps up her health she'll work better, her emotional balance will be better, and she can keep her job longer.

The working girl will, if she's wise, organize her daily life. She must live according to schedule. She can't skimp on the time it takes to dress, to eat properly, to get in enough sound sleep. She must plan her day to include exercise, relaxation, leisurely good meals, fresh air—and an eight-hour day of hard work. If she does the former she can take the latter in an easy, even stride.

The women who take their jobs too seriously are most prone to make the mistake of forsaking all other interests and of neglecting physical and mental health. If a job means a great deal to you the most sensible thing is to keep fit for it.



Work hard, but learn to forget business when you close your typewriter. Play out in the fresh air every chance you get. Go to bed before midnight each working day; get up early enough to take the time you need. And when you pop out of bed run right for the window for ten minutes of exercise.

Organize your life down to each half hour of your day. You can have a career—and you won't pay for it with ill health.



2 Below: Don't grab a sandwich and coffee. The working woman should eat nutritious and leisurely lunch.



3 Above: Efficiency, emotional balance, and perfect health are required of the girl who works for a living.



4 All work and no play make fill an ailing neurotic, and she won't last long in the business world. The fatigue and nervous strain of a responsible job are counteracted by exercise in the fresh air, provided the exercise is taken sanely, with plenty of relaxation.

(Tribune Studio photos.)

5 The health program of the woman who must work for a living demands that each day be on a schedule that includes good food, exercise, fresh air, and plenty of sleep. She should go to bed at a regular, reasonable hour, preferably taking a relaxing warm bath first.

"Eat Your Cake"



Feather spice cake is best when filled and spread with a fluffy mocha frosting. Chopped nuts may be pressed into the soft icing to make the cake unusually delectable.



This raisin pound cake was made from a modernized version of an old-fashioned recipe. A pound of butter, a pound of sugar, and a pound of flour go into it.

other spice cake recipes recently, so won't include this one here. It's available in mimeographed form, however, for any reader who wants a copy. A recipe for fluffy mocha frosting is included

with the cake recipe. Send a stamped, self-addressed envelope to Mary Meade, Chicago Tribune, if you'd like it. If you'd rather have a whole booklet of splendid cake recipes and meth-

ods, along with instructions for mixing cakes with the electric mixer, my booklet, "Baking the Perfect Cake," is available at 23 cents the copy. Please send stamps instead of coin.