Rise early enough to dress and eat

leisurely and walk at

least part of the way

to work.

Career Girls

Must Watch

Health

You Spell Wealth with an "H"

OMEN 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 pro-

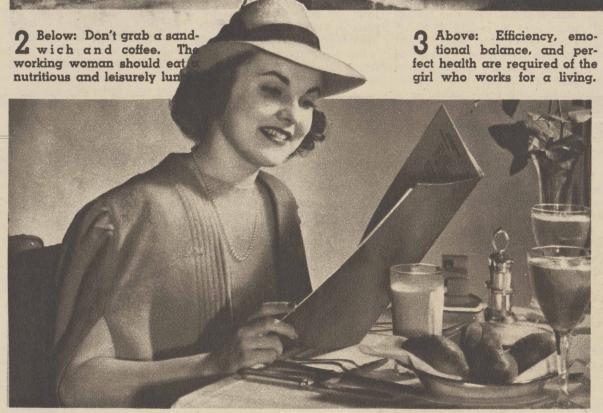
By ELEANOR NANGLE gram. If she keeps up her health she'll work better, her emotional balance will be better, and she can keep her job longer. The working girl will, if she's

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 airand 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 men-tal health. If a job means a great deal to you the most sensie 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.



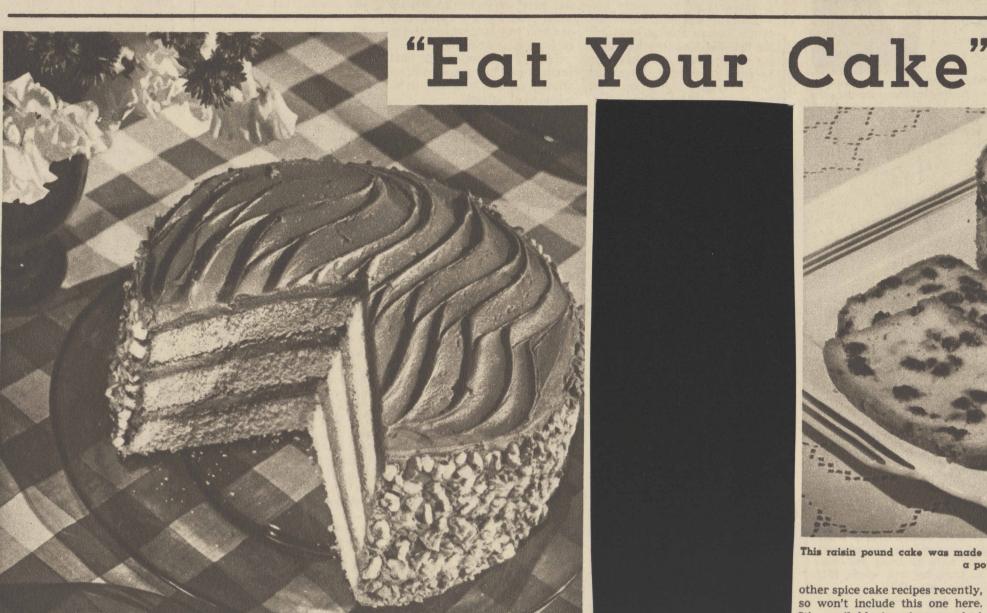




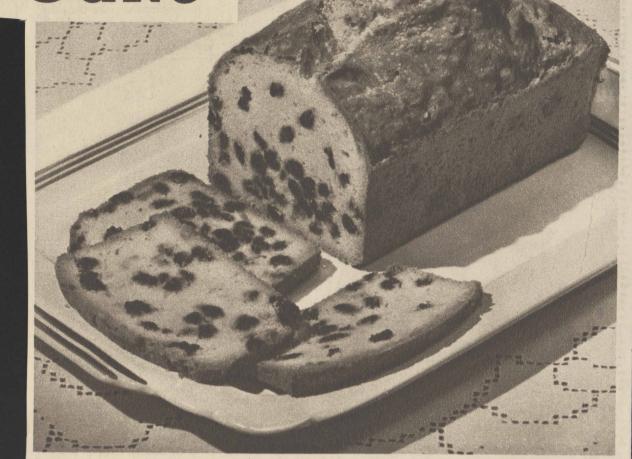
All work and no play 4 All work und make Jill an ailing neurotic, and she won't last long in the business world. The fatique and nervous strain of a responsible job are counteracted by exercise in the fresh air, provided the exercise is taken sanely, with plenty of relaxation.

(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.



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 uffy mocha frosting is included

splendid cake recipes and meth- stamps instead of coin.

with the cake recipe. Send a ods, along with instructions for stamped, self-addressed enve- mixing cakes with the electric lope to Mary Meade, Chicago mixer, my booklet, "Baking the Tribune, if you'd like it. If you'd Perfect Cake," is available at rather have a whole booklet of 23 cents the copy. Please send