

WHEN YOU START your new job, you will probably work only 40 hours a week, so how will you spend the other 128 hours? You don't want to let those extra hours flit by without giving you anything in return; you want to set up a plan to use those extra hours so that you really "live while you work."

Why do you work? Of course, you will work to buy food and clothing and to pay for a place to live and for such other expenses as are necessary. You will probably hope to save something for a vacation, too. But is that enough? Why not set up a goal you hope to reach and give thought to making each day take you a bit nearer your goal?

In the city, the hours spent in travel to and from work, the care of clothes, personal grooming and all the little repair jobs will seem to take too large a share of your extra time. Some girls do spend all their extra time getting ready for work, eating and sleeping, but that's a dull routine you will want to avoid. So let's face the fact that when you start to work, you will have to make time for extras by setting up a schedule.



Live While You Work

Editor's Note: This article has been compiled from a chapter in Young Woman in Business by Beth Bailey McLean. First copies of the book will be introduced at the June meeting of the American Home Economics Association in Kansas City, Mo. Stressing what the young professional woman can expect of her new job, the book is illustrated with 86 "sprightly" drawings by Harry E. Walsh and published by the Iowa State College Press.

The beginning is the hardest. When you first start your job and find yourself in a strange community, be prepared to spend considerable time by yourself, outside of work hours. Find out where there's a movie theater and a lending library.

Go to church. Even though you don't know anyone, you are sure to find friendly people with whom you can chat. Get a church calendar of activities and go to the meetings that interest you. Churches in a city have organized groups for young people like you, but you must go to them, not wait for the church to come to you.

This is the time to get folders and maps from the Chamber of Commerce on the sights of the city in which you will live. Take a bus or streetcar ride to get the feel of your new city; this way you can do a great deal of sight-seeing in a short time and later you can go back to explore the spots which interest you.

If you are a stranger in a city or town, plan interesting activities to do when you are alone. Also, make a definite effort to join a group where you will meet congenial people. You don't want to be the restless type who can never stay at home and amuse herself. Neither do you want to be a stay-at-home who becomes

so set in her ways that she is indifferent to and intolerant of other people.

Maybe you're the athletic type who will miss past activities such as riding horseback or tramping through the woods. Exercise should not be limited to the one-two bend type. Work-tiredness often is dispelled more effectively by the right kind of exercise than by extra sleep. Most cities offer a variety of exercises if you look for them. The YWCA, city parks, churches and other organized recreation groups charge very little for dancing, swimming, bowling, tennis, golf and other group sports.

Grow socially

Plan a campaign to have fun socially. Social life in a city can be costly without being fun or it can be fun without being costly. What museums are open to the public? What of the parks, conservatories, free concerts, art galleries, public beaches? Make the most of civil facilities for entertainment and education.

For another kind of entertainment, keep informed about the theatre, concerts and lectures. Read the re-

views and plan for a theater ticket's being on your budget once a month or so.

If you work in a small town, no doubt you'll plan weekend or vacation trips to a large city. Often the out-of-town visitor sees and learns more about a city than those who live there. Trips can be educational as well as fun, and not too expensive if you plan ahead.

Grow intellectually

Intellectual growth is as important as physical health and social enjoyment in rounding out your plan of activities. Bridge, knitting, dancing, movies and other forms of recreation may have a place in your program, but these aren't enough if you want to become a socially adjusted adult who is capable of advancement in a chosen work.

Read the book reviews in the Sunday paper and visit the library. While you're there, why not browse through the periodicals and watch the bulletin board for special exhibits and events? Also notice the new books in your field and allied fields. You may develop an entirely new interest. Perhaps you can use your daily travel time for reading.

(Continued on page 29)

Information



Please

by Rachel Bernau

and

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Home Economics Sophomore

As Others Like You, by Stephenson-Millett, is a good pamphlet to carry to your first job. It tells you the right way to introduce yourself and others. It recommends proper dress for several occasions, and it offers suggestions on letter writing. These and other tips on etiquette can be found in this booklet from McKnight and McKnight, Dept. 148, Market and Center Streets, Bloomington, Ill.

Tasty dinners

Does the near future hold wedding bells for you? Then there will be *Dinners for Two*—with you to prepare them, so write for the booklet by that name which contains 46 menus for hurry-up, pantry-shelf and do-ahead dinners for families of two. Send 25 cents to Good Housekeeping Bulletin Service, 57th Street at 8th Avenue, New York 19, N. Y.

One of the problems you might run into is that of changing the college wardrobe to the career wardrobe. Forty-two individual “make over” suggestions for clothing are offered in the *Wardrobe Color Planner*, published by the Rit Products Corporation, 143 West Morris Street, Indianapolis, 6, Ind.

Diet tips

With the end of college comes the end of Racquets Club and of hikes up Union Hill. It is possible that you will become a waistline watcher. Though not a very active sport, waistline watching is quite common among working girls. The Northwestern University Reviewing Stand, Evanston, Ill., publishes a pamphlet called *How to Eat and Stay Slim*, which offers some encouraging suggestions.

A career girl should find out about the local, state and national politics in the community where she lives. *Politics is What You Make It*, by Joseph McLean, explains local politics, how to keep up with foreign affairs and the importance of proper voting. This is Public Affairs Pamphlet No. 181 for 25 cents. Another book along this line is *What is the Role of Women in Community Leadership?* from the Northwestern Reviewing Stand, Evanston, Ill.

Live While You Work

(Continued from page 18)

You'll also want to find a hobby and increase your circle of friends. This may be a low-cost or no-cost hobby of collecting information or pictures about travel, music or people in the news. Perhaps you can afford a hobby that develops a creative skill. In a city, you'll find many classes, clubs and organizations for people with kindred interests.

Whatever your choice of work, you'll probably find a professional society or organization of women with similar professional interests. Membership in such an organization is your responsibility. You may be invited to join several groups. Go slowly. Investigate the purposes and objectives of each group. Attend a meeting to see if you can meet congenial friends and contribute something. By making a conscientious effort, you can really live while you work.



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— Better —

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