

women to be screened yearly beginning at age 40.

7 What's the biggest health threat for women under 40?

- (a) Childbirth
- (b) Accidents
- (c) Cervical cancer

Answer: (b). Look twice before crossing the street! According to the CDC, accidents are the leading cause of death in women ages 19 to 39. "Most of those deaths are due to car crashes, but falls, drownings, and firearms are also to blame," says Dr. Hope Ricciotti, author of *The Real Life Body Book*.

8 Scientists have found that "supermoms" are at a higher risk for which condition?

- (a) Depression
- (b) Migraines
- (c) Ulcers
- (d) All of the above

Answer: (a). A new study of 1,600 women found that working moms who try to "do it all" and set unrealistically high standards in balancing work and family are more likely to suffer from depression. But working mothers who cut themselves some slack have a lower ➔



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AN EASY TWIST ON BURGER NIGHT? COMIN' RIGHT UP.

French Onion Burgers

Prep: 5 min. Cook: 20 min. Makes: 4 servings

- | | |
|---|---|
| 1 lb. ground beef | 4 slices cheese |
| 1 can (10½ oz.) Campbell's® Condensed French Onion Soup | 4 Pepperidge Farm® Sandwich Buns with Sesame Seeds, split |

1. Shape beef into 4 (½"-thick) burgers.
2. Heat skillet over medium-high heat. Add burgers and cook until well browned on both sides. Remove burgers from skillet. Pour off fat.
3. Stir soup in skillet and heat to a boil. Return burgers to skillet. Reduce heat to low. Cover and cook 5 min. or until burgers are cooked through. Top burgers with cheese and cook until cheese is melted. Serve burgers on buns with soup mixture for dipping.

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