A Recipe for Life

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Good ingredients are essential, but the method of preparation—-it's important too!

A Recipe for Life

by Helen Greene

A COOK book means everything to a bride preparing her husband's favorite cake. It is in those recipes she finds the answers to problems of ingredients, their proper proportions, and methods of combining. It is even more important for a young girl to know the ingredients of personality required to prepare herself for successful living.

There are as many different types of people in the world as there are recipes in a cook book, and certain ingredients of make-up are the deciding factors of the final results for both.

There are some general fundamental rules for making good cakes and there are some general fundamental rules of living successfully among many people. A girl needs to sound herself out and discover which type of person she is meant to be, because certain characteristics produce the differences in people.

If you are the athletic one, your days will be filled with tennis, hiking, swimming. Your activities will necessitate having a healthy body, lots of pep, and enthusiasm for the outdoors. Perhaps you are the efficient, executive type on whom the whole organization depends. Poise, good judgment, and a sense of responsibility are several of the important "must haves" for a person in this position. A sweet young thing who loves and is loved by everyone is all the name implies, for she is generous, kind and happy. A frosting can't cover up a bad cake, and affected characteristics can't hide a real personality.

Making the Choice

In choosing a recipe the housewife will be influenced by those which she has tried before and knows are successful. Employers, especially, like girls whom they can count on. A guarantee in promptness and dependability will catch their eye and will be a deciding vote in her favor. That goes for honesty, too. Girls who feel they are justified in cheating in any of its species have the wrong point of view. They are dulling their own powers. From whom will they steal ability when meeting an employer's penetrating gaze?

Employers write to Iowa State College because they know our students have had good training. They have had graduates working for them previously who set excellent records and they want more like them. Then, you see, it is important for a girl to make a good record, not only for herself, but because of the credit she brings to Iowa State, and the opportunities she provides for other girls to receive positions in the same concern.

It pays to be an all-around sport, ready for anything indoors or outdoors. Make a stab at every game. Show your enthusiasm. Of course there's the extreme hot and fast person who is everywhere at once, but an employer will require more stability and common sense. On the other hand, there are those people who turn only a cold shoulder to everything. Try to choose a happy medium and people will find it easy to get along with you. Not too up-and-coming and yet not too undisturbed. Have enough pep to make you interesting. Other girls' spirits are buoyed up by that inspiration and they'll look to you for refreshing friendship. The basic characteristics can grow from a combination of theory and practice in the preparation of work after college.

Speaking of Variety

The housewife who makes the same cake every time will find her family, sooner or later, asking for variety. The same is true of a girl who runs out of words in a conversation if it doesn't pertain to school, men or clothes. Make your interests varied and spicy. Be up on everything that's new. Read the foremost magazines. It's grand to be able to express your opinions on almost any subject and know that others will envy your ability. If you talk about the really exciting things you won't have time to carry gossip, and your work will keep up with the latest ideas.

Simply a Secret

When the cake is finally mixed and in the oven, the greatest precaution must be taken not to open the door and interrupt the baking process. Too often the housewife is curious and ruins what might have been a good record. What's behind the oven door is something of a secret. And a secret's a secret. What's behind a story you best friend tells you is meant only for your ears or she wouldn't have confided in you. Secrets told to some girls might as well have been broadcast over the radio. Cut the "grapevine" from your list. Then, too, there's ethics in the professional world, and there's an unwritten code to follow. One just doesn't tell trade secrets.

Finishing Touches

Finishing touches are essential! Have you done all you can to look your best? Do you try to appear interesting and pleasing to the eye. Gorgeous dresses don't count in your efforts to make a hit with people. Rather, you are noticed if you have an imagination, clever ideas, and a flair for fixing up your clothes. Every girl can be as neat as a pin. They appreciate grooming in each other because it is something each can have.

Frequently employers write letters stating that "Mary Smith" might have been a fine worker in the company but an interview disclosed her dress was not appropriate for that type of work. Just such seemingly little points are the deciding factors to the employer.