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Laugh at Yourself!

by Len Green

Technical Journalism Senior

GO AHEAD. Laugh at yourself. So you are standing the doorway looking like the "Wreck of the Hesperus" while your best beau stares on in amazement. It's embarrassing, sure, but you'll live through it. At times like these nothing comes in handier than a gay laugh and an apropro comment about how lovely you're looking this evening.

A sense of humor is guaranteed to get you out of almost any situation, besides leaving your friends thinking you are a pretty good gal after all. It's not hard to cultivate one, and once you can look at the funny side of things, life becomes so much more interesting.

From now on, your standard equipment to be used in securing this delightful characteristic is an ever-ready grin and a bag full of witty comments. Oh, don't worry about the witty comment part of it. It's not a second Bob Hope that you're striving to be, although humor like that certainly helps. You may have to work at it for awhile, but anyone is capable of developing a good sense of humor.

A word of caution should be stressed at this point. Like all good things, even a sense of humor can be overdone and carried too far. Be careful that in your desire to be witty you don't include poisonous sarcasm. Also remember that there is a time and place for humor. You may earn the reputation of being simple instead of witty if you burst out laughing in the middle of a serious speech and make some weird comment. And along with that, don't overdo your wittiness to an extent that you become a bore to your friends. A little humor is very refreshing, but an excess quantity of it can become quite a burden.

No Muss, No Fuss

A sense of humor is used most often in dealing with an embarrassing situation. A friend of mine proved this point when she pulled herself out of a ridiculous situation at an informal dinner party. She jabbed her fork into the tired piece of meat she was cutting, only to stick it completely through the paper plate that held her dinner. The contents of the plate promptly began oozing onto the floor. Her only comment before she ran for a mop was, "Emily Post would write another chapter in her book if she could see me now!" Everyone laughed and the episode was quickly forgotten.

Let's see just what's to be done about this business of obtaining a sense of humor. How do you pull a smile out of a hat when the situation looks pretty hopeless? Well, that's something which is partly natural and partly learned. The natural part is the fact that it's much easier to smile than frown. Most lips naturally curve up, so why not curve them up a little more and make a smile out of them. Train yourself to smile; do it often, and before you know it, it will be practically a reflex action.

Use Your Imagination

You're probably wondering if you'll have to subscribe to all the latest joke books to think of something funny to say when a situation arises. Witty expressions are largely the figment of the imagination in association with what has just happened.

Take the instance of two couples on a double date who had just finished eating at the corner drugstore. When the time came to split the cost of the check, one of the boys discovered he had no money. To save face in front of his date, he murmured, "Well, Joe, the truth comes out. My father's relief check didn't come through, so could I owe you for my share of the bill?" Joe was amused, the girls laughed with the embarrassed chap instead of at him, and the incident was a closed one.
Association to the situation had been used. The young man had related his financial embarrassment with being on relief (a situation which is often joked about.)

The third objective regarding a sense of humor is to be “quick on the draw.” Set that old gray matter of yours to a little fast thinking when an embarrassing situation is taking place. Then at that momentary lull, when nobody seems to be able to think of anything to say, put in your prize comment of the evening. To train yourself to do this, think through past experiences and figure out what you could have said that would have helped relieve the tension which embarrassment brought. Or for awhile, until you get to be quick enough at witty comments, try to see how you can devise an appropriate statement when an embarrassing situation takes place. Do this to yourself until you gain enough confidence to make a debut—then surprise your friends with your sense of humor.

Rules Say “Smile”

Now you’re all set. You have the rules, so put a smile on your face and go out and try them. You’ll have plenty of opportunity to test your newly acquired skill because life is full of embarrassing situations.

Remember, the next time you step on your date’s foot by mistake during a dance don’t tense up or stammer around for an apology. Laughingly comment, “Another of Murray’s latest dance steps, you know.” You’re bound to get a grin in return instead of an annoyed glance.

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Recipe for Perfume

by Mary Jean Stoddard

Applied Art Sophomore

**Perfume** that fits your personality is yours for the making. It’s potpourri, a fragrant mixture of rose petals and spices that can be mixed by you, to be like you. Keep it in a pretty jar on your dresser, and open it often to sweeten your room and invite comments. Or make a potpourri to give as a gift when you’re looking for something really new and different.

The basic recipe calls for 10 cups of rose petals. They’re easy to collect if you solicit the aid of your friends. They’ll be glad to give you their corsages and bouquets instead of throwing them away. Dry each bunch of petals you collect, and store them in a box in a dry place until you have enough.

Add to your 10 cups of petals one-half ounce of ground cloves, cinnamon and allspice and 3 ounces of orris root for a fixative.

From here on, you’re on your own to make this potpourri personally yours. Sniffing periodically, add any combination of:

- dried mignonette
- jasmine
- rosebuds
- scented geranium leaves
- rosemary
- marjoram
- bay
- violet
- sandalwood sachet
- floral cologne
- any fragrant flowers and foliage

Remember to keep the rose smell dominant.

When you find a combination that suits you, enclose the mixture in an attractive, well-stoppered jar. The next time you raise the lid, your room will be filled with an aroma that is your creation.

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