



Hawaii Chose the Most Splendid Fruit

THE first pineapples grown in Hawaii were not the splendid variety of Smooth Cayenne which is the basis of the Hawaiian canning industry today. The Smooth Cayenne is a splendid pineapple, which grows uniform and vigorous, and which, when ripened in the sunshine, has a generous quota of fruit sugar.

Back in 1886, when there was no pineapple industry at all, the pioneer Captain John Kidwell began to grow pineapples to ship fresh to the mainland, but he found that the fruit that grew in Hawaii was of poor quality. So he sent to other places for their best pineapples and discovered the Smooth Cayenne. This variety is the basis of today's pineapple industry which had its inception about thirty years ago, and it has grown so spectacularly since that time that it is now producing pineapples in such quantities that they may be placed on every table at a price which makes them an economical food.

Kidwell's idea, however, of establishing a business of shipping fresh pineapples to the mainland, died a speedy death, since a pineapple to have its full quota of fruit sugar must ripen in the sunshine, and pineapples to be sent to the mainland had to be picked green, and ripened in the dark holds of vessels, which robbed this fruit of much of its distinctive and delicious taste. For pineapple picked green anywhere fails to develop the same sugar content and hence the flavor and

sweetness of pineapple allowed to come to full maturity on the plant.

A Problem Solved

But there was a solution, and it came soon. First one and later several companies took to canning pineapple because that proved to be the only way of getting the sun-ripened fruit to market, filled with healthful vitamins and its full quota of fruit sugar. The first shipments were small, but the fruit was soon canned in increasing quantities because the public took to it from the first. The more they ate, the more they wanted, and the value of the industry has grown from a nominal sum at that time to an annual total of about forty million dollars.

It couldn't have done that without a delicious tropical fruit, sun-ripened, and a scientific method of getting it to market.

Some Pineapple Recipes

Hawaiian Layer Cake: Cream one cup butter with one cup confectioner's sugar, and add two and one-fourth cups flour and three and one-half teaspoons baking powder, sifted together; fold in the stiffly beaten whites of eight eggs and bake in layers in a slow oven, 325°, for 20 to 25 minutes. For the filling beat six egg yolks, three-fourths cup sugar and three-fourths cup butter in top of a double boiler until thick and creamy. Chop three-fourths cup of nuts and add with three-fourths cup of dates and three-

fourths cup drained pineapple, and cook again until thick. Cool and put between layers of cake.

To make the icing, mix together three tablespoons pineapple syrup, two and one-fourth cups confectioner's sugar and two tablespoons butter, and stir smooth. Cover top and sides of cake and decorate as desired with nuts and dates.

Chocolate Pineapple Slices: Melt four squares of chocolate in a double boiler, add one-third cup of peanut butter and stir until well blended. Add three-fourths cup of confectioner's sugar and three-fourths cup of evaporated milk and cook until thick. Drain eight slices of Hawaiian pineapple and dip each one in the chocolate until well coated. Place one slice on each small serving plate, sprinkle with chopped salted peanuts, and place a marshmallow in the center.

And here is a good one for a party breakfast.

Pineapple French Toast: Boil the contents of one 8-ounce can pineapple tidbits, one-fourth cup of orange juice and one-fourth cup sugar mixed with two teaspoons flour for several minutes. Beat one egg slightly, and add one-half cup milk and one-eighth teaspoon salt. Cut four thick slices of bread in one-inch squares, dip in the milk and egg, and sauté on both sides in a small amount of butter in a skillet. When well browned, arrange on small serving plates and pour over the pineapple sauce. Serve hot. This will serve four people.

Vacationists Swing to Sea as Auto Travel Jams Highways



OVERALL PAJAMAS ARE THE VERY LATEST AT VIRGINIA BEACH

MILLION VISITORS WILL VISIT OCEAN VIEW THIS SEASON

DRAC HUNTS START AT VIRGINIA BEACH

Virginia Beach, Va.: A recent survey made by executives of Southern resorts covering a six months' period shows an interesting change in the mode of American travel. The factors of economy, greater safety, and increased convenience and pleasure are shown to cause tourists to seek travel by sea. The total cost of the average motor trip, including food, accommodations, gasoline, repair, and incidentals is from 15% to 20% greater than that of steamship travel.

Virginia Beach, noted as one of the foremost Southern resorts and whose citizens aided in the survey, is catering to an unprecedented number of vacationists this season. Large numbers of whom are enjoying the cool sea journey to Old Virginia. The celebrated Old Dominion Line, operating ocean liners every week-day from New York to Norfolk, Va., whence famous Virginia Beach is easily reached, this year among its many attractions offers several all-expense tours of Virginia designed to fit every pocketbook. For a modest outlay one is able to spend many delightful hours aboard a palatial steamer with every conceivable form of social entertainment and also visit the finest hosteries in beautiful

Tideewater, Virginia, where are gathered socially prominent people from every part of the United States.

There is much to do and see in this magnificent land. Vivid recollections of the adventures of Captain John Smith and the lovely Indian maiden Pocahontas fill one's mind on visiting the romantic sites of their courtship. Approaching Norfolk the liner moves through the quiet waters of Hampton Roads, the scene during the Civil War of the famous engagement between the "Monitor" and the "Merrimack," and passes close to the naval operating base, which covers an area of 1,000 acres and contains accommodations for 80,000 sailors. It is the station for the Atlantic fleet, the great ships of which will often be seen by travelers on the Old Dominion Line steamers. Facing the waters of Hampton Roads is the magnificent New Chamberlin Hotel at Old Point Comfort and nearby Fortress Monroe, the largest coastal defense on the Atlantic.

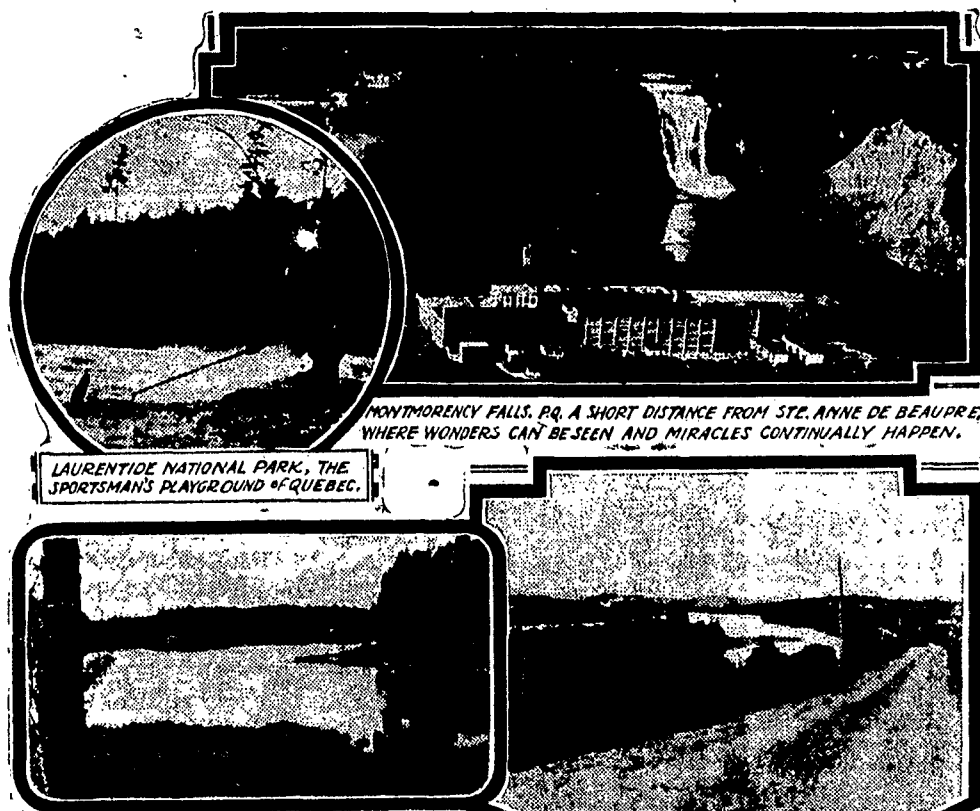
On Cape Henry, near Virginia Beach, is the oldest light house in America. It marks the spot where Captain Smith first set foot on America. President Hoover and other notables visited here April 26, at the annual celebration. Other fascinating historical monuments are seen in Williamsburg.

Jamestown Island and Yorktown. Revolutionary battlefields, mansions, churches, schools remain almost as they were 150 years ago. John D. Rockefeller, Jr. is now restoring the entire city of Williamsburg to its aspect in colonial times.

For those interested in sports and social activities there is a brilliant whirl of events amid the beautiful natural surroundings of Virginia Beach, where there is a real white sand beach that runs for miles, free from rocks and stones, low lying and straight, and flooded with sunshine. Society wheels down its broad promenade. An attractive beach club, reminiscent of Deauville, run in connection with the Cavalier Hotel, adorns the beach. Bathing, coating, fishing and horseback riding are favorite sports. Two splendid 18-hole golf courses stretch out in a magnificent setting of pine woods, blossoming dogwoods and salt water lagoons. A racing academy and hunt club, hard clay tennis courts, a shooting grounds and club house overlooking Linkhaven Bay, known all over the world for its succulent oysters, the majestic Cavalier Hotel and miles of unbreast white-sanded beach make an irresistible appeal to the vacationist.

QUEBEC'S LAURENTIAN NATIONAL PARK RESPLENDANT SPECTACLE

TOURISTS ENJOY NATURE'S BOUNTY IN ONE OF CONTINENTS BEAUTIFUL SPOTS



LAURENTIAN NATIONAL PARK, THE SPORTSMAN'S PLAYGROUND OF QUEBEC.

MONTMORENCY FALLS, P.Q. A SHORT DISTANCE FROM STE. ANNE DE BEAUPRE, WHERE WONDERS CAN BE SEEN AND MIRACLES CONTINUALLY HAPPEN.

LAKE LA LIEVRE, IN THE DISTRICT OF ST. AGATHE, P.Q. - A REAL RESORT SECTION.

ROAD SCENE IN THE DISTRICT OF MONT LAURIER, P.Q.

High up, set in the Province of Quebec lies the Laurentian National Park, a resplendent retreat for jaded nerves. Oldest of mountains, the Laurentides, massive, solid, hard, these are more grandeur than simple beauty in their aspect. Hills and valleys of superb sculpture, innumerable beautiful lakes and limpid streams, and exposed

granites and gneisses of gorgeous coloring are the region's rich legacy from the greatest of all ice-sheets, the Laurentides Glacier. And sunsets, a magical play of light and shadow over wide expanse of forest covered hill and dale; a spectacle worth going far to see, and, once seen, never to be forgotten. Its area of thirty seven hundred

square miles covers a territory in which nature has been particularly lavish with her favors of rivers and lakes, mountains and forest abounding in fish and game. A territory through which fine modern macadamized roads contrast strangely; the Province of Quebec contribution, making this fairland accessible to tourists and sportsmen.

THE EASTERN TOWNSHIPS OF QUEBEC THE RESORT COUNTRY.



A BEAUTIFUL VIEW OF THE WONDERFUL LAKE MASSAWIPPI, STANSTED, P.Q.

THE CITY OF SHEBRORNE P.Q. THE CAP OF THE WONDERFUL EASTERN TOWNSHIPS.

ONE OF THE MODERN AND SCENIC ROADS IN THE LEVIS-SHEBRORNE DISTRICT, P.Q.

SHEBRORNE COUNTRY CLUB, SHEBRORNE, P.Q. WELL KNOWN FOR ITS EXCELLENT GOLF COURSE.

Year after year the army of visitors from across the border to this vacation land is growing in number by leaps and bounds. They come to taste the keen pleasures it affords in scenery of surpassing beauty in which mountain and lake vie with one another for supremacy of appeal, in the tonic benefits of its balsam-laden air, in the charm and diversity of attractions of its altogether wonderful lake shore resorts, in the unique experience of contact with a society that is distinctly "two-nationality" in character and yet exhibits the most striking example of the true *bonne-entente*.

Originally settled by United Empire Loyalists, intensely patriotic souls who crossed the border from the United States during and immediately after the War of Independence, and still largely

populated by their sturdy descendants, the atmosphere remains perhaps as purely English in its general aspect as that of any other section of the continent. The houses, reflect the Englishman's penchant for making his home his castle, and there is just the most refreshing touch of landscape gardening in the aspect of field culture. The tourists' illusions of travelling through a corner of Old Land is further enhanced by the sight of English cattle grazing placidly on verdant uplands slopes, and still further by the

beautiful copses that have been left here and there to add their beauty to the landscape. But the French-Canadian's advent is becoming ever more marked by the appearance of more pretentious religious edifices, cloistered rural communities, and an easy brand of hospitality to visitors. The Provincial Tourist Bureau will furnish detailed information gratis to those planning trips. It is difficult to conceive a more delightful vacation than one spent at any of the exquisite resorts in the Eastern Townships of Quebec.