



A Hawaiian Legend

HERE is a pretty tale from Hawaii, famed for its "leis," its outdoor life and its legends. This particular legend is quoted from William Hyde Rice's book on this subject and comes from the island of Kauai. It is called:

The Rainbow Princess

A family of Hawaiians were moving into the valley of Nualolo, on the Napali coast. To reach the valley it was necessary to climb up a swinging ladder which hung over the cliff. One man was carrying a baby girl, and as he swung on to the swaying ladder he dropped the child. The parents, in agony, watched their baby falling, but were overjoyed to see the Akua (supernatural being, spirit) of the rainbow catch her up before she struck the water, and carry her on the rainbow over the mountains down to Waimea valley. In this valley the Akua placed her in a small cave beneath a waterfall. There she lived, watched by the Akua, who always sent the rainbow to care for her. There she grew, at length, into beautiful womanhood, and every day she sat in the sunshine on the rocks above the cave with a rainbow above her head.

Then it happened that a prince from Waimea fell deeply in love with the beautiful Rainbow Princess, as she was called. But his efforts were all in vain, for with a merry laugh she would dive into the water and call to him: "When you call me by name, I will come to you." At last, growing sick with longing for the princess, he journeyed

to Maui and Hawaii to consult the kahuna (astrologer, sorcerer, diviner) in regard to the girl's name. Alas, none could help him!

In despair he returned to Waimea and called on his old grandmother who inquired the reason for his great sadness. The prince replied: "I save the Rainbow Princess who lives in the waterfall. She only laughs at me and tells me that when I call her by name she will be my wife. I have consulted all the kahuna and none can tell me her name."

With these words the grandmother cheered the heart of the sorrowing prince: "If you had come to me I could have told you her name. Go to the waterfall. When the princess laughs at you, call her U-a, which means rain."

The prince hastened to the waterfall and when he called "U-a" the beautiful maiden went to him. They were married and lived together many happy years.

The Pot of Gold

There is no Princess at the end of the rainbow now in Hawaii, but there is a pot of gold in the shape of the vast quantity of luscious pineapples which are now raised and canned in those happy islands. This industry is modern. The beginning of its great success dates back only thirty years, so there are no legends about pineapples, but this succulent fruit makes up for that part by the truth that many delectable dishes can be made with it. Here are a few pineapple recipes which rival in taste the charm of the exotic folk tales of Hawaii.

Ambrosia Salad: Halve four large seedless oranges, and remove pulp. Dice one banana, and cut up four preserved figs. Toss together with one and one-half cups diced sliced Hawaiian pineapple (or two 8-ounce cans of pineapple tidbits), drain well and chill. Mix with mayonnaise fluffed with whipped cream, and fill orange skins with mixture. Pile more dressing on top and sprinkle with coconut. Serves eight.

Salads from the Sea

Pineapple combines extremely well with fish. Here are two salads in which it is wedded to different denizens of the deep.

Pineapple Tuna Salad: Flake two 7-ounce cans of tuna fish. Marinate one-half cup diced cucumber and one green pepper cut in pieces in French dressing. Toss lightly with one cup (3 slices) of diced sliced Hawaiian pineapple. Add two tablespoons chopped sweet pickle to one-half cup mayonnaise, and fold in. Serve in lettuce, and pass more of the pickles and mayonnaise. Serves eight.

East Indian Shrimp Salad: Peel eight uniform firm tomatoes, scoop out centers, dust with salt inside, and chill. Drain one 8-ounce can (one cup) of crushed pineapple and mix with one cup shredded cabbage, then moisten with mayonnaise which has been well seasoned with curry powder. Fill tomatoes with this. Hook four canned or fresh cooked shrimps over the edge of each tomato cup, and pile a little more curry dressing in the center. Serves eight.

Coffee Is Called Valuable for Athletes By Thirty College Coaches and Trainers



In the inset: Russell S. ("Rusty") Callow, crew coach of the University of Pennsylvania, who obtained opinions on coffee from prominent coaches of football, basketball, track and rowing.

THIRTY-THREE athletic coaches have replied to the questionnaire distributed by Russell S. Callow, rowing coach of the University of Pennsylvania, in an investigation of modern training diets as compared to the beefsteak-and-potato training menu of ten years ago. The replies show a remarkable change and the complete abolition of taboos against many articles of food.

The questionnaire dealt specifically with the place given to coffee in the training menu. The coaches were asked to give their opinions as to its value in the diet, its value in increasing muscular and mental efficiency, and its value in relieving fatigue. Exactly thirty of the thirty-three coaches replied that coffee was served to athletes under their supervision, thus demonstrating the extent to which a beverage once looked upon with deep suspicion in the athletic world has triumphed over prejudice.

No Harmful Effects

A large majority of the replies stated that the amount of coffee drunk by each athlete was left entirely to the individual. Twenty-seven of the coaches gave what they considered as definite benefits derived by athletes from coffee. Among these were better muscular coordination, quicker and more accurate mental responses and a better spirit because of the tonic effect

upon the nerves. Three of the coaches stated that they served coffee to athletes but did not know of any specific advantage. Eleven of the coaches replied that they had found coffee valuable particularly in relieving fatigue after competition.

Perhaps the most significant fact brought out by the questionnaire was the number of coaches who serve coffee to athletes between periods of contests. Included among these are such well known football mentors as Glenn ("Pop") Warner of Leland Stanford University; Charles W. Bachman of the University of Florida; Hugo Berdek of Pennsylvania State College, and Paul J. Schissler of Oregon State College. Mr. Schissler cited an incident in Oregon's game against New York University in New York in 1929 when "thirteen members of my football team were running temperatures with influenza. Strong, black coffee between halves stimulated them to such an extent that they were able to finish the game in good shape."

Harry A. Stuhldreher, football coach of Villanova College and quarterback of the famous "Four Horsemen of Notre Dame," made this general statement regarding the training of athletes: "Personally, I believe growing boys should have a certain amount of coffee daily. I am in favor of serving it." Tom Keane, track coach of Syracuse

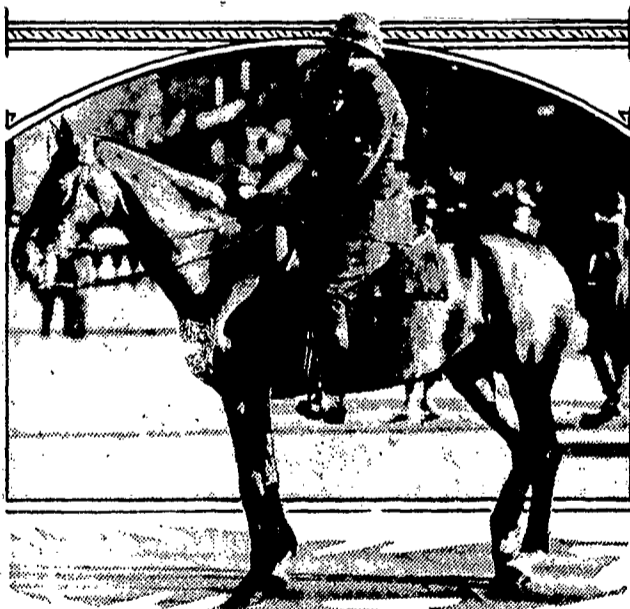
University, found coffee especially valuable to competitors in field events. Many coaches asserted that coffee was extremely useful to athletes because of its neutral effect, among them being Charles Whitehead, rowing coach of Harvard University, who said "Coffee is a psychological factor in keeping the training grind from becoming too tiresome."

Studies Training Methods

"Rusty" Callow has no special study of diet in connection with athletics, and is now conducting an investigation into changes in training methods and the effects of them. Callow established himself as a rowing coach at the University of Washington. Crews trained by him have set up a winning record at Poughkeepsie regatta, unbeaten by the crews of any other training coach.

The results of his questionnaire are in accord with the most recent findings of scientists regarding the properties of coffee. In psychological experiments, Dr. Donald A. Laird of Colgate University, has demonstrated the tonic effect of coffee upon the human nerves, and Dr. Samuel C. Prescott, head of the Department of Biology and Public Health of Massachusetts Institute of Technology, has proved that coffee has the property of relieving fatigue and of stimulating mental and muscular action.

Paris Gendarme Urges Caution in Both Walking and Driving



Jay-walking is unlawful in Paris; pedestrians, as well as motorists, must obey traffic signals.

The busiest spot in the world is in Paris, not in New York. More vehicles pass the Place de l'Opera in Paris between the hours of 7 a. m. and 7 p. m. than at any other street intersection in the world. Motor vehicular traffic is heavy, very heavy, on the boulevards of Paris, but the skill of the average French motorist, especially the taxicab driver, is proverbial. The number of motor vehicular accidents on the streets and highways of France is large but compared with the number of automobiles, trucks and buses in use it is not surprising.

The apparently indifferent manner in which the French gendarme directs traffic in Paris always interests the American visitor. He never gets excited over traffic snarls and argues to himself that

every situation will correct itself. The Silvertown Safety League which is pledging motorists in this country to drive with precaution is studying traffic control in Paris. It has been advised that Paris has learned the lesson of what it calls pedestrian control, that is, pedestrians must remain on the curb when motorists have the right of way and motorists must not cut off the line of march of pedestrians by coming around the corner when the man who walks has the right of way.

American motorists by the thousands are enrolling in the Silvertown Safety League daily. They sign a pledge to drive carefully and receive attractive radiator emblems for their cars. Emblems may be obtained from any Goodrich dealer.

Lanny Ross Would Give Up Radio Stardom for the Law



Lanny Ross

If you were a young man— And were a radio star— And sang to millions of women every day—

And received hundreds of letters telling you how good you were—

And had every prospect of your name becoming as well known as that of the President—

Would you even be tempted to give it all up?

In the old days most people had a hankering to go on the stage. Nowadays most everyone wants to be a radio performer. But Lanny Ross, who, as the Hellmann Troubadour, sings every day over the WEAF chain, plans to become a lawyer.

Singing to him is a hobby, and

work before the microphone a means of making money to pay for his law courses. Since his graduation from Yale in 1928 he has been studying at Columbia University, and within a short time this young man whose mail already is among the largest in the N. B. C. studios hopes to be a full-fledged barrister.

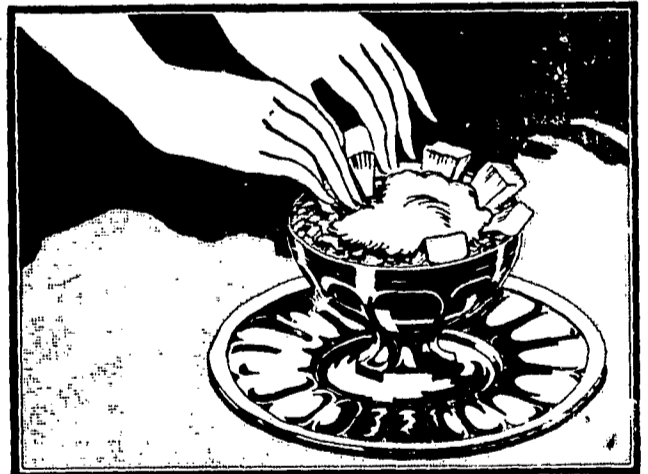
Whether Lanny Ross will give up his radio work not even he, perhaps, knows. It is just another decision in a career which offered several paths. He was a star track performer at Yale—he was A. A. U. champion in the 300-yard indoor race for two years—and he might have become a coach or the director of some athletic club. He is a skillful painter, and he might have elected to develop this talent.

But he inherited a splendid voice from his parents, who were vaudeville performers, so eventually he found himself on the air—although he was already working towards the law. Before General Foods Corporation, maker of Hellmann's Mayonnaise, signed him up for the present series of mid-day programs, he sang as the Troubadour of the Moon on Saturday nights, so late that most people had gone to bed, but not so late but that thousands of listeners heard him, became Lanny Ross fans, and began to make a habit of staying up.

His present program is modeled on the pattern of his earlier one; he sings glamorous, romantic songs in what many of his listeners have called his "g'uten, God-given voice."

The idea of love songs at mid-day—or even earlier in the West—is a new one in radio, and one which the makers of Hellmann's Mayonnaise have found is extremely popular with the women listeners.

New Tastes and Tangs



THE typical tastes of many foods are good all by themselves, but there are others which require help in order to appeal to the palate. A fruit or drink may be too sweet and require a tinge of tartness in order to make an appetizing blend. Fortunately, the American housewife has at her command an incredible number of cans of Hawaiian pineapple. The number has grown steadily, year after year, not because the producer wanted to sell more pineapple, but because the American housewife's family demands variety, and she has discovered that she can get it by combining pineapple with many dishes. But the total result has been a great reduction in price.

Just a Little Tartness

The ordinary fruit cocktail, for instance, may be deliciously chilled, but a wee bit flat if it contains absolutely no tart fruit. One way to pep it up is by means of pineapple—either the crushed, the pineapple tidbits which are small pieces of just the right size to eat without cutting, or the sliced.

Ambrosia: Drain a small can of crushed pineapple and reserve the

syrup. Quarter maraschino cherries from a small bottle and mix with the pineapple. Place in sherbet glasses. Whisk one pint of cream, stir in two tablespoons of pineapple syrup and one of cherry syrup and four tablespoons of ground nutmeats. Add powdered sugar to taste if desired. Place the cream over the pineapple, and place in refrigerator a couple of hours before serving, so that it will be very cold. Top with a maraschino cherry just before serving.

Cantaloupe Cup

Cantaloupe Cup: Cut four cantaloupes in halves, scalloping the tops, remove the seeds and fill the halves with the following fruit mixture: two cups orange quarters, two cups cherries, two cups crushed pineapple, one cup sliced peaches, one cup grapefruit, one cup walnuts. Serve with whipped cream or the following dressing:

Mix one-fourth cup pineapple syrup, one-fourth cup lemon juice and one-fourth cup sugar. Put in a double boiler and when mixture boils, add two beaten eggs, stirring constantly. When thick, take off the fire, cool and fold in a cup of whipped cream.