Sportlight

by GRANTLAND RICE

IN THE midst of the recent Goodall round-robin struggle for mastery among 15 of the world's best golfers we began thinking again of the part that the mental side or mental attitude plays in this baffling game of golf.

The 15 contestants in this tourney were all fine golfers on the physical side. Most of them can hit the ball a long, long way and keep it straight, most of them are fine iron players, keen pitchers, and at least a few are consistent putters. The main answer is one's mental attitude for the day or for the tournament—his ability to concentrate along the right lines.

This, of course, is an old story. But how does one locate this phantom will-o'-the-wisp?

I had been watching Jimmy Demaret, winner of seven big tournaments, one of the main favorites at Fresh Meadow. I had seen him smile and laugh and appear carefree ctming up to the ball—then suddenly focus perfectly on the next stroke. So I talked to Demaret, the Texas Tarantula of the ancient green.

Demaret's Angle

"I drew a fine break in the art of concentration when I was a young kid," Demaret said. "There were nine in our family. There was always a turmoil around. I had to learn how to study and concentrate with a football game or some other game going on all around me. There was always a din and a racket. I had to force myself to think of what I was reading or working over in spite of these outside distractions.

"So I had to develop the habit of quick concentration from an early age, when all lasting habits are usually formed—I mean the ones that usually stick with you.

"Here's a funny angle. I am supposed to be free from any nervous trouble. Yet I am one of the most nervous men you ever knew. I mean until a tournament starts. I'm even nervous in practice. But when the tournament gets under way I turn back to my kid days, forget everything else, all the outside distractions. I think of only one shot at a time and I think of a round after the fashion of one shot at a time."

What to Think About

"Bobby Jones once told me," I said to Demaret, "that he thought of at least three things before playing any shot."

"What were they?" Jimmy asked.

"First, the pace of his backswing to be sure it wasn't hurried. Next, the full body or the needed body turn, and, last, cocking his left wrist at the top of the swing."

"I also think of about three things before playing a shot," the Texan said. "First, I want to be sure I have a firm, comfortable and correct grip. Next, I want to feel that I have an easy, comfortable stance. Last, I also want to be sure I don't hurry my backswing and that I also take the needed amount of body turn.

"Golf," Demaret said, "is a game you play largely with your hands, wrists and forearms. They swing the clubhead. The body should work together with the hands, but in most cases the body works against the hands. The average golfer lets the shoulders and body, or maybe the feet and legs, tie up the hands.

"Now, the average golfer has a hard time concentrating because he tries to think of too many things. It can't be done. He merely gets a blurred picture of what he is trying to accomplish. I believe in making golf as simple as possible."

"What should the average golfer try to think about?" I asked.

Comfort and Ease

"He or she should try to think first in terms of being comfortable and easy, and not to get all tightened up. After this, he should think about letting the hands and forearms swing the clubhead. He shouldn't start locking his feet and legs, or stiffening his body. He should have a picture of hands, of live hands, taking that clubhead back as smoothly as possible, letting his body turn naturally, and from the top of the swing he should be in no hurry to start any down-swing speed. That's where so much trouble comes from—hustling or hurrying the downswing, which will usually take care of itself if you just learn to leave it alone.

"Golf isn't a left-handed game nor a right-handed game. It is a game in which both hands swing the clubhead. It isn't nearly as difficult as most players make it, if they would only think of the few necessary things one must do.

Let Yourself Go

"Watch any of these 15 players in this field. They all give you the impression they are using their hands more than anything else. And they are. They are not thinking about half as many things to do as the average golfer does. Never mind too many details. They just tie you up. Keep as relaxed as you can. When you begin to tighten up, step away, and take your stance again. And don't think of anything but the swing itself, of using the hands in the proper manner.

Household News

By Eleanor Howe

FOOD FOR THE FAMILY OR FOR GUESTS
(See Recipes Below)

It takes little imagination to evolve a good meal in summer. Whether you are planning a menu for the family or for guests, there's all the wealth of the world from which to choose!

There is fresh asparagus and home-grown berries, new potatoes, tiny green onions, and all the other tender green things from the garden.

Remember that sunshine and warm weather and foods with zestful flavor go together, and plan your menus around fresh-tasting fruits and vegetables, for they have winning ways with jaded appetites. There's the minted pineapple cup pictured above, that's a grand first course for a summer lunch or dinner; it's as refreshing as a cool breeze off the lake! There are fruit salads, too—cool and colorful as summer gardens; and vegetable plates, which, well arranged, have appetite-appeal galore. And, by the way, your calorie-conscious friends will bless you if you serve them, when you entertain the club, these refreshing, filling, but not too fattening combinations.

Plan your menus around some of the fresh and tempting recipes below, and when you serve a salad or vegetable for the main dish of the meal, serve with it some unusual bread, a beverage, and the simplest kind of dessert.

You'll find tested recipes for unusual bread and rolls to serve with summer meals, in my cook book, "Better Baking."

June Fruit Appetizer or Dessert.

Fresh pineapple
Fresh strawberries
Confectioners' sugar

Cut pineapple in ½-inch slices, unpeeled. Then cut each slice in wedge-shaped pieces. Wash strawberries, leaving the stems on them. Chill the fruits thoroughly, then on individual dessert plates arrange the pineapple wedges and the strawberries, in a ring around the plate. Place a mound of confectioners' sugar in the center of each plate, and serve at once.

Minted Pineapple Gems.
(Serves 4)

1 14-ounce can pineapple (spoon-size chunks)
4 tablespoons lime juice
1 teaspoon fresh mint (minced)

Arrange pineapple in fruit cocktail glasses. Combine lime juice and mint, and pour over the pineapple. Chill thoroughly before serving.

Hot Weather Vegetable Plate.

New potatoes browned in butter
Small whole beets rolled in mint
Spinach with hard cooked eggs
Nutted squash
Green onions.

Parboil small pared potatoes in butter. Cook small, whole beets in boiling water until tender. Drain and peel. Add melted butter. Then roll buttered beets in chopped green mint. Cook spinach in salted water, drain, and season with salt, pepper and butter. Garnish dish with hard cooked egg white rings and top with riced egg yolks. Steam small summer squash until tender. Cut in halves, scoop out centers, and mash. Season with melted butter, salt and pepper. Sprinkle chopped nut meats over top. Arrange vegetables on individual plates and garnish with a sprig of parsley.

Fresh Asparagus With Lemon Butter Sauce.
(4 servings)

2 small bunches fresh asparagus (or 1 large bunch)
5 cups boiling water
1½ teaspoons salt
¼ cup butter
1 tablespoon lemon juice

Cut off lower parts of asparagus stalks as far down as they will snap. Discard, or use in soup. Tie stalks together loosely in a bundle and place upright in saucepan containing the boiling water to which salt has been added. Cook, uncovered, until ends of stalks begin to be tender, about 15 minutes; then lay bunch of asparagus flat in pan and continue cooking until tips are tender, 5 to 10 minutes, then drain. Cream butter and add lemon juice slowly. Pour this mixture over hot asparagus and serve at once.

> If you're planning a club tea to bring the social season to a close, you'll want to read Eleanor Howe's column next week. She'll give you plans and recipes for a delightful summer tea. Be sure to watch for this column next week!

Fruit Salad Dressing.

2 egg yolks
½ cup strained honey
Juice of 1 lemon
Dash of salt
1 cup whipping cream

Place egg yolks, honey, lemon juice and salt in top of double boiler, and cook ½ hour, stirring frequently. Remove from heat, beat with a Dover egg beater, and cool. Whip cream and then pour the chilled honey mixture into the whipped cream, beating with Dover beater.

Baked Eggs in Tomato Cup.
(Serves 5-6)

6 tomatoes
Salt
Pepper
6 eggs
Buttered bread crumbs
Soft cheese (grated)

Scoop out tomato centers and sprinkle with salt. Place tomatoes in muffin pans. Break an egg into each tomato. Season, and top with buttered crumbs and cheese. Bake in a moderate oven (350 degrees) until tomatoes are tender and eggs are set.

Orange Ice Box Cookies.
(Makes 5 dozen)

1 cup shortening
½ cup brown sugar
½ cup white sugar
1 egg
2 tablespoons orange juice
1 tablespoon orange rind (grated)
2¾ cups general purpose flour
¼ teaspoon salt
¼ teaspoon soda
½ cup pecan nut meats (broken)

Cream shortening and add sugars slowly, while beating constantly. Add egg (well-beaten), orange juice and orange rind. Mix and sift flour, salt and soda together and add to the creamed mixture, together with the broken nut meats. Form in rolls in wax paper and chill overnight in refrigerator. Slice thin, place on greased baking sheet and bake in moderately hot oven (375 degrees) for 12 to 15 minutes.

Fruit Salad.

Toss together in a salad bowl 1 cup watermelon balls, 1 cup cantaloupe balls, 1 cup honey dew melon balls, 1 cup pitted red cherries. Add french dressing enough to coat all the fruits, and mix lightly. Serve on individual plates with two or three stalks of well-chilled french endive for garnish.

This Practical Cook Book Costs Only Ten Cents.

When you serve a salad or a vegetable plate as the main dish of your meal, serve with it delicious and unusual bread or rolls. You'll find tested recipes for different biscuits, muffins and bread in Eleanor Howe's inexpensive cook book, Better Baking. There are recipes for apricot rolls, blueberry muffins and honey drop biscuit; and recipes for crusty peanut butter bread or date and nut bread to complete your salad meals.

You'll find recipes for cookies, cakes and pastries, too, and this practical booklet is only 10 cents. To get your copy promptly send 10 cents in coin to "Better Baking," care Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois.

(Released by Western Newspaper Union.)

Springtime Is Season of Joy And Zest for Wild Creatures

With Nature in Her Gayest Mood, Animals Enjoy Their Own Games and Frolics.

SPRINGTIME in the wilds is playtime. The majority of our mammals have their young in the early months of the year, and in April and May it is possible to watch the most delightful games among the puppies of the fields. Badger, fox and otter cubs are very playful little creatures. The otter and badger appear to have a certain amount of method in their games, but fox cubs simply romp among themselves in a wild abandon.

On a sloping sand cliff near my home seven fox cubs came out of a large hole; on the ledge just outside they played with a round stone, pushing it with their feet, tossing it in the air and allowing it to run down the slope.

When tired of this they played a game which resembled "Follow the Leader." One would run forward, dodge and leap over all kinds of imaginary obstacles, and the others would follow in its tracks; then all would roll together in a rough and tumble, in which their small teeth would tug at the fur of their companions.

Bouncing Badgers.

Young badgers are among the most amusing cubs to watch at play. With their bold black and white markings they are quaint-looking little creatures, and rather clumsy, but there is no doubt that they thoroughly enjoy life, and their play is exuberant and strenuous.

First they poke their noses in the ground, searching for hidden grubs; then, without any warning, all stiffen their fur, making it stand upright, and now they look twice their size. With their short legs also stiffened they bounce round one another like footballs, then leap in, grip a mouthful of fur, and roll over and over. They break apart, and again play the bouncing game, and just as suddenly as they started to play they cease, and the next moment all are diligently searching for more food.

Fun in the Water.

Many young otters are born at an awkward time, that is at the beginning of winter, but they are hardy little creatures and appear to be able to stand any amount of cold. Otters, more than any other wild creatures, show us that they thoroughly enjoy life; a plentiful supply of food makes them contented, and both parents and young play the most delightful games.

What appeared to be a large brown ball was floating gently down stream, hardly making a ripple as it swept along. Suddenly the ball seemed to burst open with a loud splash, and four excited otters with their bright, eager eyes well above the water, started swimming round one another. One leaped right out of the stream and over its companions to dive on the other side, and as they floated along this acrobat made circles around them, those below trying to grip it as it passed over. Then they all joined up again, and seemed to be having a struggle as to which could pull the others under the surface, a sort of spirited ducking game.

They continue to play until all are tired. Then the parents lead their young off to a well-hidden lair, where they all sleep until hunger and high spirits call again.
—Oliver G. Pike in London Tit-Bits.

Wise and Otherwise

THE hardest tumble a man can take is to fall over his own bluff.

Consistency is a jewel which pawnbrokers refuse to recognize.

We should be kind to poor old worn-out horses. There are some men who put their shirts on them.

Intelligence test (for girl): Can she refuse a kiss without being deprived of it?

No, a grass widow is not a woman whose husband died of hay fever.

Some girls are called gold diggers, but they are faithful to the last fiver.

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