



FOOD FOR THOUGHT

CAFE 50's Newsletter: 11623 Santa Monica Blvd., West L.A. (310) 479-1955 August, 2014

THE ORIGIN OF THE TERM "86"

There are many versions to the origin of the term 86 including:

1. It originated at Chumley's, a speakeasy located at 86 Bedford Street in New York City. During Prohibition, when a raid was imminent, a cop on the take would call and warn the proprietor to 'eighty-six it': hide the booze and get the customers out.
2. When a customer was forcefully ejected from the premises, he would find himself lying woozily on the sidewalk looking up at the number 86 on the door.
3. It derives from British merchant shipping, in which the standard crew was 85, so that the 86th man was left behind.
4. 86 was the number of the American alcohol law that forbade bartenders to serve anyone who was drunk.
5. Fashionable New York restaurants only had 85 tables, so the eighty-sixth table was the "one you gave" to somebody you didn't want to serve.
6. There was a New York restaurant that had an especially popular item as number 86 on the menu and it frequently ran out.
8. It was supposed to have derived from the street-car line that operated on First Avenue on the East Side of Manhattan. The line ran from 14th Street to 86th Street. As the street-car came to the last stop, the conductor would call out, "Eighty-six! End of the line! All out!"

Whatever its origin, it does seem that eighty-six was first used in restaurants and bars, either in the late 1920's or early 1930's. The first firmly attested source is in the journal 'American Speech' for February 1936.

Another example may be from the mid 1920's, which would rule out Chumley's which wasn't open at the time. The original sense of the term was that the establishment had run out of some item on the menu.

The Oxford English Dictionary suggests it may have been rhyming slang for *nix*, which seems plausible. Although it's often thought of as typically American, *nix* actually entered the language in the latter part of the 18th century in Britain: it was borrowed from a version of the German 'nichts' (nothing). But it seems that eighty-six was created as rhyming slang in the United States.

The idea that a patron was not to be served because he was drunk or obnoxious appeared later (the first written example is only from 1943). The verb meaning to discard or get rid of something is even more recent, from the 1950s.

IMPONDERABLES By David Feldman

You are driving in bumper-to-bumper traffic on any given freeway in Los Angeles. You have barely moved in the last half hour. Then, suddenly, traffic clears. There had been no traffic accident. You pass no clogged on-ramps or off-ramps or other explanation for the tie-up. What caused the traffic jam? What caused the traffic to clear?

Chances are, you have been a victim of what traffic-flow specialists call the shock-wave effect. Highway drivers operate at peak efficiency around the 35 M.P.H. mark and are capable of performing satisfactorily at higher speeds. When traffic volume on a highway nears its designated optimum capacity, some stragglers begin driving under 35 M.P.H. and *a traffic jam is born*.

Otherwise speedy drivers react irrationally to a slowing down on a highway. Slower speeds, theoretically, should increase control and maneuverability, but drivers grow fearful as their pace declines. The shock-wave effect occurs because drivers look for the reason they had to slow down in the first place: they overreact to any stimuli, particularly the brake lights of cars ahead of them. A few slow drivers, a 25 M.P.H., can set off a shock-wave effect for miles behind them and, if the traffic volume is high, *can create bumper-to-bumper traffic without any ostensible reason*. Why do traffic jams caused by the shock-wave effect suddenly disappear? Usually, traffic clears because there is a smaller ratio of traffic volume to capacity ahead – enough breathing room to prompt even slow-poke victims of the shock-wave effect to risk peeling away at 35 M.P.H. or more.

Why aren't there seat belts in buses?

Buses, like all vehicles over ten thousand pounds, are not required by law to have seat belts. But why don't they? Although it is true that larger vehicles are better able to withstand crashes, the main reason most transit systems don't even try to install seat belts is that in all such experiments, passengers simply refuse to wear them.

Experiments with seat belts in school buses have been disastrous. Not only do children refuse to wear seat belts, but as an exasperated official of the National Highway Traffic Safety Administration tell us: "In the hands of a teenager, a seat belt buckle is a lethal weapon."

Why aren't cashews ever sold in their shells?

Cashews aren't sold in their shells because they don't have a shell. *Don't all nuts have shells?* Yes. Then what gives?

A cashew is a *seed*, not a nut. The cashew is the seed of a pear-shaped fruit, the cashew apple, which is itself edible. The cashew seed hangs at the lower end of the fruit, but on tropical shrubs, similar to sumac plants.

A hard of leathery shell is what differentiates a nut from a seed. Kernels with thin, soft shells, such as pumpkins and sunflowers, are properly called seeds.

**O.K. fans of Cafe 50's... It's about time you tried our Home or Office DELIVERY!!
...It's ONLY 3 bucks!!! Go to Cafe50s.com**

Cold War History

On August, 20th in 1953 the Soviet Union announces that it has recently tested a **hydrogen bomb** in the U.S.S.R.

The U.S. Atomic Energy Commission confirms that it had detected an explosion earlier that substantiates the Soviet claim. International tensions begin to rise as the arms race intensifies.

An AMAZING Historical Fact: Cleopatra (69 B.C. – 30 B.C.) the last active Pharaoh of Egypt, lived closer in time to the building of the first Pizza Hut (1958) than to the building of the Pyramids!! (2550 B.C. – 2490 B.C.)

EGOTIST: SOMEONE WHO IS USUALLY
ME - DEEP IN CONVERSATION.

GOSSIP: A PERSON WHO WILL NEVER TELL A
LIE IF THE TRUTH WILL DO MORE DAMAGE.

6 Ways to Ease Sunburn

Even though they take precautions, many people will suffer at least one sunburn each summer, says Dr. Dee Anna Glaser, associate professor of dermatology at the St. Louis University School of Medicine. "They forget to reapply sun-block after swimming or they miss spots or they stayed outside longer than expected. A sunburn can be a painful reminder." To ease a burn, she recommends:

- Get out of the sun immediately and stay out of direct sunlight until your skin has recovered — typically a few weeks.
- Take aspirin or ibuprofen to lessen the pain and inflammation.
- Drink extra water to re-hydrate and replace lost fluid.
- Take a cool bath or shower to unclog pores and let them breathe as much as possible.
- Don't use bubble bath or heavy perfumed cleaners and don't scrub your skin, which will only further irritate it.
- Don't pick off peeling skin because this could result in infections.



What is the Safest Position for Sleeping?

On your side, with your knees bent.

Why? This position takes the most stress off the back and allows for easy breathing. Experts say sleeping on the *left side* in particular can help ward off heartburn.

Words of caution: Do not sleep on your stomach. This position hyper extends the whole back and forces you to twist your neck to the side at an unnatural angle. If you are unable to sleep in a different position, experts recommend putting a pillow under your stomach to help straighten out your spine.

-“Be Safe!” by Melissa Heckscher

Sometimes it does take a Rocket scientist (a true story)...

Scientists at NASA built a gun specifically to launch dead chickens at the windshields of airliners, military jets and the space shuttle, all traveling at maximum velocity. The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high-speed trains. Arrangements were made, and a gun was sent to the British engineers. When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof windshield, smashed it to smithereens, blasted through the control console, snapped the engineer's backrest in two and embedded itself in the back wall of the cabin, like an arrow shot from a bow. The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the US rocket scientists for suggestions.

NASA responded with a one-line memo:
“Thaw the chicken.”

DO YOU REMEMBER WHEN...?

- It took five minutes for the TV to warm up.
- Nobody owned a purebred dog.
- When a quarter was a decent allowance.
- Your Mom wore nylons that came in two pieces.
- Gas stations cleaned your windshield, checked your oil & tire pressure and pumped gas. (For free)
- Laundry detergent had free glasses, dishes and free towels hidden inside the box.
- Decisions were made by going: “eeny-meeny-miney-moe”.
- Having a weapon in school meant being caught with a slingshot.
- War was a card game.
- The worst thing you could catch was “cooties”.

A Joke told by Kelley Morales (our Cafe 50's waitress!)

A man walks into ‘Toys R Us’ to buy a Barbie doll for his daughter. First he sees ‘Beach Barbie’ who comes with a swim suit, towel, pail and rake. He asks the salesclerk, “How much?” The sales clerk replies, “\$29.95”.

Then he sees ‘Polo Barbie’ who comes with a Polo Pony, a Polo uniform, riding boots, and Polo gear. He asks, “How much?” The clerk replies, “\$49.95”.

Then he notices ‘Divorce Barbie’ who is very simple with only jeans and a t-shirt. He asks, “How much for Divorce Barbie?” The clerk says “\$295.95”.

The man is shocked at the high price and demands to know why this Barbie doll is so expensive. The clerk replies, “Well, Divorce Barbie comes with Ken’s car, motorcycle, house, furniture and money.”

**CAFE 50'S SERVES OVER 42 DIFFERENT MILK SHAKES!
...HOW MANY HAVE YOU TRIED???**

One of the best audience reactions I ever saw was when a friend's mother stood up at her daughter's fiftieth birthday to say a few words. Several guests had been asked ahead of time to say something in the form of a toast. This lady had a note card in her hand and proceeded to glance at the card as she told her daughter what a blessing she was and how beautiful, popular, and giving she was thought to be. Her daughter was "eating it up".

The mother poured it on like heavy syrup but then started to stumble on her words as she looked at the card. Then she turned to her daughter and said:

"Oh, honey, I'm having an awful time reading your handwriting." No one expected her to do that, and the laughter went on for minutes. Nothing beats a surprise.

- Dick Enberg

I try to take one day at a time, but sometimes several days attack me at once.

- Ashleigh Brilliant

Do not take life too seriously; you will never get out of it alive.

- Elbert Hubbard

Laughter is a wonderful way to add years to your life, and life to your years.

- Joel Goodman

Getting to Work or School on Time

Those frequently late should try these suggestions from time management experts:

- Place your alarm clock far enough away that you have to get out of bed to turn it off. (Never at "arms length"!!)
- Organize your belongings and lay out your clothes the night before.
- Set your clocks 10 minutes ahead. Of course, you'll know you did that, but somehow it still works.
- Figure out how much sleep you need and therefore your best wake-up time.
- Go to bed five minutes earlier each night until you have worked out the right bedtime.
- Make sure your car is well maintained and has enough gas.

**IF GOD HAD WANTED
ME TO COOK...
HE WOULDN'T HAVE
INVENTED RESTAURANTS!** - Joe Sixpack

Origins of Words and Sayings

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. That's where the phrase: "Goodnight, Sleep Tight" came from.

It was the accepted practice in Babylon 4000 years ago, that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer, and because their calendar was lunar based, this period was called the "honey month" - or what we know today as the 'honeymoon'.

In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them to mind their own pints and quarts and settle down. That's how we got the phrase:
"Mind your P's and Q's".

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

FADS FROM THE 1950's: 3-D MOVIES

The early 1950s saw Hollywood in a lot of trouble. There was Senator Joe McCarthy's witch-hunt for Communists within the acting, writing, and directing communities and the movie industry was being forced to contend with the growing threat of television. As ticket sales became sluggish, studio executives searched desperately for something that would get patrons back into the theaters. The gimmick they came up with was the three-dimensional movie. On November 26, 1952, a low-budget independent feature called **Bwana Devil** opened to sold-out audiences. People lined up for blocks to get in. The film, which was about railroad crews being attacked by man-eating lions, proved so successful that United Artists purchased the rights and released it nationally. The first 3-D movie was a monster hit, except that it wasn't *actually the first* 3-D movie.

Back in September of 1922, movie goers had been treated to "The Power of Love". The film was made using the anaglyph process, which involved shooting two views of a scene simultaneously, printing the film in two different colors, and layering the footage on one reel. The audience would watch the film wearing special glasses fitted with one red lens and one green lens. The red lens would draw one eye to the green view of the scene, and the green lens would draw the other eye to the red view of the scene. The resulting overlap made certain objects appear closer than they were and made others seem to move out of the screen, towards the audience.

Unfortunately, the anaglyph process could not accommodate full-color movies, and it often triggered headaches. So scientists developed the Polaroid 3-D system, which involved filming with two lenses and passing lights in perpendicular planes from one lens to the other. "Bwana Devil" was the result of this process. A year later, "House of Wax", starring Vincent Price and Charles Bronson, was released. Considered the finest 3-D movie ever made, "House of Wax" caused a 3-D craze throughout Hollywood. Most of the major studios clambered to cash in on the novelty, quickly producing "Creature from the Black Lagoon", "The Nebraskan", and "Kiss Me Kate". But even the prospect of Jayne Mansfield's ample bosom thrusting out from the screen was not enough to keep the craze alive.

Dragged down by their propensity to cause headaches, 3-D movies fell so far out of favor that two-dimensional films often significantly out earned their 3-D versions. Alfred Hitchcock's **Dial M for Murder**, filmed in 3-D was ultimately released in 2-D only.

Since their brief heyday in the 1950's, 3-D movies have been produced only sporadically, and they've met with only moderate success. ("Jaws 3" in 3-D in 1982 and "Spy Kids 3" in 3-D" which opened in July of 2003.) "The Stewardesses", a soft-core porn flick that came out in 1969, was the most popular of these later 3-D offerings. It became the highest-earning 3-D film ever made, perhaps because the possibilities suggested by 3-D porn stimulated moviegoers' imaginations!

-Article by Mark A. Long from the book 'Bad Fads'

Commonly Confused Words: Historic & Historical

Historic refers to something important or memorable.

The opening of the wing is a historic occasion for the hospital.

Historical means concerned with or relating to history.

Margaret Mitchell's "Gone with the Wind" is a historical novel.

Heroin & Heroine

Heroin is a drug. **Heroine** is the principal female character in a novel, poem, or drama. It can also refer to a woman noted for courage, daring action, or special achievement.

"EVERYTHING YOU PRETEND TO KNOW AND ARE AFRAID SOMEONE WILL ASK"

-by Lynette Padwa (Penguin Books)

What is Saffron, and why is it so expensive? - Saffron is perhaps the most mysterious spice, seeming to hark back to an age of traders and exotic women in golden-colored robes. Saffron threads are the stigmas of autumn crocuses (this is not the kind of crocus that pops up in the garden at the beginning of spring), and each crocus produces only three stigmas. The stigmas must be harvested by hand; it takes more than a quarter million of them to produce one pound of saffron, which is why it is the most expensive spice in the world.

The spice has a long history and figures prominently in Mediterranean foods, especially those of Spain. It's been used at least since the tenth century B.C., when Phoenician traders introduced it to Spain and England. Saffron has always been valued as much for its color – a deep red-orange – as for its taste. Very little is needed to flavor a dish; more than a pinch and saffron can taste somewhat medicinal. Saffron is used to infuse breads, cakes, risotto, paella, and bouillabaisse with a rich gold color. The ancient Indians used it to color dessert liquor, and today saffron is used in some liqueurs as well, most notably Chartreuse.

Saffron quickly loses its flavor, so buy it in very small quantities. Purchase saffron threads (the actual stigmas) as opposed to ground saffron, which may be less pure. When you're buying, remember: the deeper the color, the better the quality.

What's the difference between Rice and Risotto? - Risotto is an Italian preparation for rice. The rice is cooked in broth and flavored with grated cheese and a variety of other ingredients such as saffron or mushrooms.

What makes Rice "Long Grain"? - There are seven or eight thousand kinds of rice cultivated worldwide, and different categories have been devised for them. One of these is length/width ratio – rice can be short, medium, or long-grained. Long-grained rice tends to cook drier, with the kernels separated from one another. The American palate has grown accustomed to this type of rice as opposed to shorter, "stickier" grains that many Asian countries prefer.

CAFE 50's AUGUST CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Have you tried our Stone ground Grits from Tennessee ??? ...available every Sat. & Sun. at	FREE.... A la mode on all slices of Cake & Pie! 11am-8pm every Saturday!!!	Did you know?... In 1953: the annual working wage is \$3,852! - 106,000 Purple Hearts were awarded for the Korean War!	August is... -National Catfish Month! -National Inventors Month!	In 1958 more than 3.2 million Americans have enrolled in Colleges and Universities. A 6% increase over 1957	1 BD-Lucille Ball 1958: 91 opponents of South Africa's Apartheid policies go on trial in Pretoria for high treason for allegedly trying to overthrow the govt. Fish & Chips Only \$8.97 (6pm – 10pm)	2 Try our Johnny Cakes during Brunch!!! Magic: Deanna: 11am-12pm
3 1958 Khrushchev meets Mao in Peking. 1952 U.S. Communist leaders are convicted by the US Govt. in Los Angeles. Each is fined 10K and given a 5 years in Jail. <i>Try our Smoked Salmon Benedict!</i> Magic: 11am-2pm: David	4 1954 Hitchcock's film "Rear Window" premieres in N.Y Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	5 Candid Camera premiered (1948) Simplify your Life Week Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	6 BD – Michael Douglas (1925) -National Night Out Kids eat FREE! w/ Adult Meal.	7 1955, min. wage raised to \$1 from 75 cents. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	8 Left-Hander's Day -BD-Alfred Hitchcock (1899) Fresh Fish Dinner \$10.79 (West LA) (6pm – 10pm)	9 Ask about our Special Pancakes! Have you tied our Salmon Benedict? Or Blintzes? Magic: Mike: 11-2
10 1950: Movie - Sunset Boulevard opens starring Gloria Swanson -Ask for Today's Special Pancake! Magic: Nathan 11-2pm	11 1956- Abstract artist Jackson Pollock killed in car crash at age 44 Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	12 BD-Madonna '57 - International Youth Day 1954: Last U.N. troops leave Korea Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	13 Bad Poetry Day: Submit to Maria after 7pm. Worst Poetry wins a cool Prize!!! Kids eat FREE! w/ Adult Meal.	14 1920 - Women given the right to vote. 1951- Publisher Randolph Hearst dies at age 88. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	15 National Garage Sale Day! 1953 - #1 Pop Song of the week is "No other Love" by Perry Como Fish & Chips Only \$8.97 Chowder Only \$3.89 (6pm – 10pm)	16 The Roller Coaster was patented 1898 Magic: Mica: 11am-12pm
17 Elvis died on this day in (1977) 1956: Democrats nominate Adlai Stevenson. Magic: 11am-2pm with: Thai	18 Martin Luther King Delivered "I have a Dream" speech (1963) Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	19 1952- John Wayne's Movie The Quiet Man Premieres in New York Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	20 1950 - RCA introduces a 12" TV for \$299.95!!! Kids eat FREE! w/ Adult Meal.	21 WOMEN'S EQUALITY DAY 1959: Hawaii becomes the 50th state Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	22 1953: CIA helps the Shah of Iran overthrow elected government of Mohammed Mossadegh Clam Chowder Only \$3.99 (6pm – 10pm)	23 1956: GOP picks Ike and Dick again for White House campaign - Chorizo Sausage and Eggs! Magic: Deanna: 11am-12pm
24 Avocado Benedict! National Toasted Marshmallow Day Try our S'more Shake!! Magic: 11-2pm: Nathan	25 Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	26 1957: Ford Motors introduces the Edsel. Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	27 1953 - Speedy Gonzales debuts on TV. PAJAMA PARTY! 6pm – 10pm	28 1953 - released American POWs from Korean War recount horror stories of captivity. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	29 1951: "A Place in the Sun" with Liz Taylor opens in New York.	30 1958: Guitarist George Harrison joins the Quarrymen Band in Liverpool, England.
31 Magic: 11-2pm: Mica						

COMMITTEE: A BODY THAT KEEPS MINUTES AND WASTES HOURS.