

PEACH OF A DUMPLING



Dumplings were, no doubt, developed by peasant cooks who were attempting to avoid waste and secure every possible bit of nourishment from their limited food supply. They carefully wrapped choice bits of meat, fish, or fruit in a dough and cooked them. The dough sealed in the juice and flavor.

A far cry from peasant fare is this sweet peach dumpling. The dumpling is delicately flavored with brandy, cooked in the hollow of a poached fresh peach, and served warm, heaped with whipped cream.

FRESH PEACH DUMPLINGS

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|---|----------------------------------|
| Syrup | Dumplings |
| 1/2 cup granulated sugar | 1/2 cup NABISCO 100% Bran |
| 1 cup water | 2 eggs, well beaten |
| 1 1/2 teaspoons grated lemon rind | 1/4 cup granulated sugar |
| 3 tablespoons currant jelly | 1/4 teaspoon ground nutmeg |
| 2 tablespoons lemon juice | 1/2 cup packaged biscuit mix |
| 4 large ripe peaches, peeled, pitted and halved | 1 tablespoon butter or margarine |
| | Whipped heavy cream |

Dissolve sugar and water in a medium-size skillet, over low heat. Add lemon rind and currant jelly. Cover; simmer 5 minutes. Add lemon juice. Remove a thin slice from the rounded side of peaches; place in skillet, hollow side down. Cover and simmer 5 minutes. Meanwhile soak bran in eggs for 5 to 7 minutes. Add sugar and nutmeg to biscuit mix. Cut in butter until mixture resembles coarse cornmeal. Add bran mixture; mix lightly with fork to form soft dough. Turn peaches. Drop dough into hollows. Simmer gently for 10 minutes. Cover and cook 10 minutes. Serve in sherbet or parfait glasses topped with whipped cream. Makes 8 servings.

This recipe may also be prepared in an electric skillet, with control set at 212 F. It is important that the liquids simmer all the time.



No Gain For O. J. In Pro Debut

The 'Buffalo Bills' O. J. Simpson (36) slips away from the Detroit Lions' Lew Kamanu in the fourth period of the teams' recent exhibition clash at Detroit but he couldn't elude Bob Williams (not shown in the photo) who stopped him in an instant later for no gain.

Simpson, who made his professional debut in the NFL pre-season contest, and the Bills dropped a 24-12 decision to the Lions. (UPI Photo)

Stengel Thinks Mets Can Overhaul Chicago

ST. LOUIS Suppose you were the greatest living manager in baseball, a Hall of Famer yourself, and you had 25 of the other 36 living members of the Hall of Fame to choose from. Who would you pick to make up the best team possible?

"I won't answer that. I can't answer that," said Casey Stengel, the man picked by sports writers as the greatest living manager. "They've been trying to do that for years, and they can't. Every ten years there's another great pitcher comes along, so you can't say."

"And I might get in trouble for saying this," Casey added, "but the playing fields are better now, so you can pick the ball up like a cowboy picking something up on horseback, like in a rodeo, instead of coming in and worrying about blocking the ball."

Stengel went on from there to talk about expansion, Billy Martin, manager of the Minnesota Twins, and the National League pennant race. Stengel and 25 other Hall of Famers were on hand over the weekend in St. Louis, where the Cardinals were celebrating baseball's 100th anniversary

by bringing the Hall of Famers together for an impressive reunion.

Players like Joe DiMaggio, the Yankee immortal; Frankie Frisch; Bob Feller; Lefty Grove, and Bill Dickey traded memories, jokes and handshakes.

Frisch and Stengel were teammates on the New York Giants in 1921, '22 and '23. Later they managed against each other. Frisch has an unlimited stockpile of Casey Stengel stories.

"There was the time," Frankie recalled, "when he was in a hotel and ordered a

big steak dinner. The waiter and Stengel arrived at the same time. Stengel told the waiter to put down the tray by a window, because he had a lot to talk to Mr. Frisch about. The waiter did, Frisch

said with a laugh and a shake of his head, and Stengel ate the meal. Frisch had already signed for it.

Stengel recalled the incident. He also remembered that Frisch was immobilized because of a leg injury and had to stare furiously while Stengel savored the food.

"And when I walked out," Stengel said, "trying to suppress a grin, 'I told him 'don't worry, things are tough for me, too.'"

The third video of a Theodore H. White book about a presidential campaign will be a Xerox special on the CBS network Sept. 9. This one, of course, deals with the 1968 campaign between President Nixon and Hubert H. Humphrey.

Only 14 Vets Among 48 Grid Candidates At EC

ELIZABETH CITY, N. C.—After looking in on the Washington Redskins, New York Jets, and Boston Patriots, Elizabeth City State University's grid mentor, Tom Caldwell, cut short his visit to professional camps in order to prepare for 48 gridlers who were expected to report on Monday, August 25.

"With the pro teams now involved in exhibition football, I did not get a chance to see many of the things I had hoped I would observe for future use," he reported upon his return to ECSU.

THE EARLY opening of practice sessions at ECSU means that the Vikings will have only five days of two-day sessions, and less than a month to prepare for the Sept. 20 opener against Va. State College, at Petersburg.

"This is the toughest opening schedule I've seen since I've been coaching at ESSU," Caldwell recalled.

HE WAS referring to the fact that after the Vikings and Trojans meet for the first time, then come Norfolk State and Winston-Salem. Just how much rebuilding Caldwell can do before the CIAA grid race starts is a major question.

The loss of Quarterback Johnny Walton, Defensive Back Waide Robinson, Offensive Guard Clarence Lawson and Linebacker Willie Stewart, plus eight others, means that the entire defensive and offensive

alignment will have to be changed considerably.

To ready 22 expected freshmen for possible starting roles awaits the Caldwell staff of Roy F. Knight, Alvin T. Kelly and Marion Mendenhall.

The ECSU coaching staff will have only 14 lettermen as a nucleus from last year's squad, that compiled an 8-1-0 record, to work with.

CALDWELL'S efforts to have six running backs ready for the hard grinding ahead will be strengthened when freshmen John Thomson III (205), Beaufort, N. C., and Danny Conley (185), Winchester, Va., report.

With Grover Armstead and Grady Sessoms, two of the best backs in the CIAA, returning, the Vikings should have a potent ground attack this year.

THE COMPLETE 1969 grid schedule for the ECSU Vikings which includes five home games, is as follows: Sept. 20—Va. State College (A); Sept. 27—Norfolk State College (H); Oct. 4—Winston-Salem State (H); Oct. 11—Va. Union University (A); and Oct. 18—Shaw University (H).

Oct. 25—St. Paul's College (A); Nov. 1 (HOMECOMING) — Fayetteville

State University; Nov. 8—Del. State College (A); and Nov. 15—Livingstone College (H—High School Senior Day).

HI Tennis Players To Represent CIAA In Nat'l Tourney

HAMPTON INSTITUTE, Hampton, Virginia — Two Hampton Institute tennis players will represent the Central Intercollegiate Athletic Association in the American Tennis Association National Tournament. The tournament takes place August 17-24 in St. Louis, Missouri.

Arthur Carrington, a 1969 graduate of H I, will be entered in the singles. Carrington captured the CIAA singles championship for three straight years - 1967, 68, 69.

Ed Eleazer, who teamed with Carrington to win the CIAA doubles championship for H I in 1969, will play doubles with Carrington in this tournament.

Both H I players developed their tennis games on their hometown courts of Elizabeth N. J. They graduated from Thomas Jefferson High School.

The ATA Nationals will bring players from the Southern, Intercollegiate Athletic Conference, Southwestern Intercollegiate Athletic Conference, and other athletic conferences throughout the U. S.

Hampton's Head Coach Eager To Begin the Long Hard Grind

HAMPTON INSTITUTE, Hampton, Virginia — Hampton Institute new head football coach Whitney Van Cleve is a man who likes a challenge and because of that and his love of the game he can hardly wait for the 1969 football season to get underway.

Why so eager to begin the long hard grind?

In a capsule, Coach Van Cleve finds a lot of unanswered questions on his mind concerning the HI Pirates and the problems he as coach will have to tackle.

What are some of these questions which might create a problem for the HI coach?

Well, preparation for a college football season actually begins in the preceding spring season. Spring drills are essentially given to arouse interest through strenuous conditions. However, in the early part of the 1969 spring Hampton Institute was without a football coach. This lack of leadership created a serious spring training problem for the HI Pirates. Coach Van Cleve feels that "if a boy is a football player he will show of spring drills as a handicap to the team for the 1969 campaign."

Coach Van Cleve is a veteran mentor of the strong Southern Intercollegiate Athletic Conference. He coached at Tuskegee Institute, Tuskegee, Alabama, in 1955-64 where he compiled a 42-35-5 record. He also coached at Alabama State College, Montgomery, Alabama where his team amassed a remarkable 35-14-1 slate. These colleges turn out anywhere from 100 to 200 prospective players. At HI Coach Van Cleve anticipates a maximum turnout of about 75.

Will this alter his coaching philosophy?

It does not seem likely. Coach Van Cleve ponders the feasibility of 4 practices per day during the summer. He plans to have the backs and ends run a 6 minute mile the first day. The hotter the weather the better the coach likes it.

"A 95 degree temperature in the shade is ideal football practice weather," says Coach Van Cleve, half jokingly and half seriously. Van Cleve is looking for the boy who will not quit when the going gets rough. He realizes that his team

will be small in number and size but plans to make up for it with tenacity, hustle, and desire in his players.

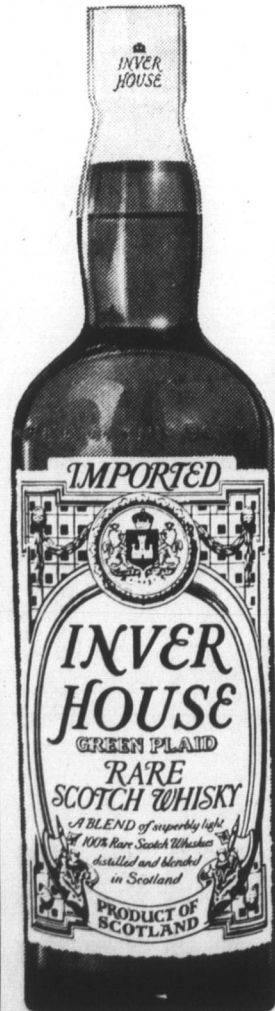
In his initial season as a coach in the Central Intercollegiate Athletic Conference Van Cleve brings much enthusiasm. He looks forward to facing CIAA champion Morgan State, S.I.A.C., Morehouse, and Tuskegee Institute, his alma mater.

However, Coach Van Cleve is not overlooking the strength of any opponent and will play them "one at a time."

LDF attacks bail system in fight to free Panthers

NEW YORK — New York attorneys, backed by the

IMPORTED RARE SCOTCH



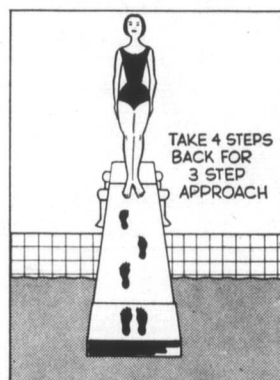
100% BLENDED SCOTCH WHISKY. CRAFT PRODUCED BY INVER HOUSE DISTILLERS, LTD., PHOENIX.

NAACP Legal Defense and Educational Fund are awaiting a ruling on their challenge of this city's bail system in behalf of 14 Black Panther party members.

The LDF filed a "friend of the court" brief arguing that New York State officials "have employed the bail determination as a means to detain, to punish, and prejudice the fairness of trial."

U.S. District court Judge Edmund L. Palmeri allowed the LDF to argue its amicus brief which asked that the Panthers be released if New York State "does no reset bail to amounts which are within petitioners' means" to pay.

Sports Tips



DIVING

To estimate the proper distance for your approach when diving from a board, go to the end of the board and face in, away from the water. Take four walking steps along the board for a three-step approach, (five steps for a four-step approach) and add six inches. Turn, face the water, and begin your approach from this spot. Don't let skin beauty take a dive because of sun, salt and chlorine. You'll make a splash—socially—if you protect your skin from summer dryness with Desert Flower moisturizing fragrance veil

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