

# How to Eat to Live and Save

Since 1940 the value of the dollar has rapidly declined. Today statistics from the U.S. Bureau of Labor Statistics and the U.S. Office of Management and Budget show that the value of the dollar has declined to the frightening figure of 29 cents.

On all levels of government, people are concerned with the monstrous inflation that threatens the U.S. economy. Private citizens are being asked to help fight inflation by curtailing their own expenditures. Well, at this point, it is no longer a matter of civic duty, but can more aptly be described as MUST.

Most of us would agree that food prices are continually soaring. Much of the buzzing of voices heard in waiting rooms, lobbies, cashier lines, etc., is attributable to the talk of outrageous food prices. In order to provide a healthy diet for her family, without exceeding the budget, today's housewife is going to those staple foods on which many of parents and their parents relied.

Protein is one nutrient that is considered a must for a healthy diet. Traditional, Americans have relied upon animal protein (meat, eggs, milk) to fulfill this requirement in their diets. These same meats make up a large chunk of the grocery bill.

There are many vegetables that provide a substantial amount of needed proteins. These vegetable diets should be supplemented with small portions of high grade protein from eggs, milk, meat or poultry. There is no reason why the meat has to make up the bulk of any meal.

Some of the old-time favorites such as baked beans, brown bread, black-eyed peas, pinto beans, fried kidney beans will have to be revived, to provide healthy meals at tolerable prices.

Casseroles are a healthy and economical way to get around inflation and still your family needs. Macaroni and cheese, tuna fish, and spaghetti are some of the basic types of casserole dishes.

The potato is a well known staple in many of our homes. Although this vegetable has suffered much fluctuation in price price recently, it still remains a valuable nutrient source for many budgets.

Dried beans and peas are probably the most inexpensive yet rich source of protein available today. Favorite such as split-pea soup or succotash are appetizing as well.

The bread grains have much to add nutritionally and provide good variety. In addition to breads, grain are made into macaroni, spaghetti, lasagna, and noodles. Added to cottage cheese, with ground beef and tomato sauce, they make a scrumptious meal.

Rice, which we all jokingly associate with South Carolinians, is a valuable protein source. Oriental rice dishes, chicken and rice, or seafood and rice are especially nutritious. Let's not forget grandma's rice pudding with milk, sugar, and cinnamon.

Corn meal has plenty of protein so don't hesitate to supplement your meals with delicious hush puppies or the like.

Spinach and other green vegetables can provide your

family with essential nutrients. For those who don't like spinach alone, try eggs Florentine. Its easy to make: Take a package of frozen spinach, add a pinch of nutmeg, fresh eggs and parmesan cheese. Bake in the oven until eggs are set and cheese is brown.

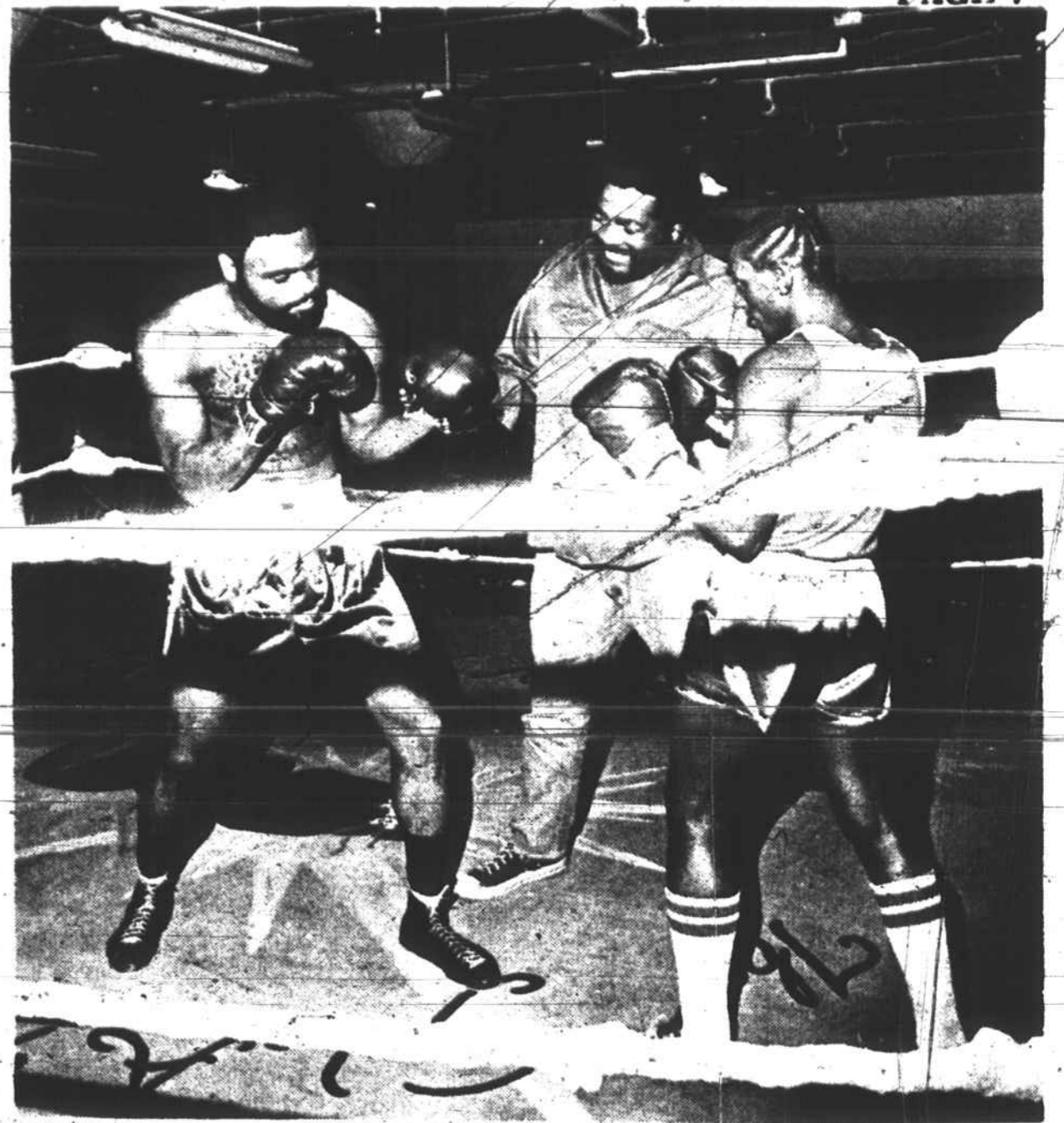
Why make it hard on yourself trying to buy all of those meats, when there are many vegetable substitutes which allow you to eat healthy and save.

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**Winston-Salem  
Chronicle**



"Big TOM" Lawrence instructs Fighters.

## Chronicle Profile

# The Gladiator's Champion

Boxing in the U.S. is not the sport it once was, but because of the dynamic personality and hard work of the manager of a boxing club here, the sport thrives.

Tom "Big Tom" Lawrence, 6-foot-1 and 270 lbs., is a champion to more than 75 amateur and professional boxers at Winston-Salem's Gladiator Boxing Club.

Big Tom is big in more ways than size. He is big in humility, kindness and understanding as well. A professional fighter during the late forties, Big Tom started the club in November of 1967. Since then he has seen several of his fighters capture amateur titles and some go into the professional ranks.

The club is sponsored by the Experiment in Self-Reliance and the police department's Community Services' Unit and helps young men become good fighters and good citizens.

Big Tom has taken chances as far back as the early forties when he first got into the ring as a puny (135 lbs.) teenage flyweight. He lost his first five fights but in 1944 he won his first bout and his next five. He's still taking chances, but not in the ring.

Big Tom takes chances on boys who have run-ins with the law. He is still a fighter...in the courts for boys who have no one to stand in their corner. He reportedly always shows up in court to plead for a boy and often the judge will place boys in his custody. To date, Big Tom said, "none of my boys have ever pulled time."

One of his fighters, Irvin Hines, has won two consecutive national awards (1973-74 Ohio State Fair AAU Boxing Championship). Hines, 18, was the N.C. Golden Gloves Champion in 1973, 1974 High Point NCAAU Open Winner, and the Mt. Holly Golden Gloves Open Novice champion.

Hines, a muscular middleweight, is slated to fight in Poland sometime in October as part of the American Boxing Team.

Big Tom is proud of his fighters. He recalled a recent trip to Pittsburgh where his fighters were to fight some other boys their age. But, when they got there they found out that they would be fighting inmates in a local prison.

"We were fighting older fighters," Big Tom grimaced. "They were that thick," he said spreading his arms about four feet apart, "and this wide," holding his hands about three feet from his waist. "We thought we were going to fight kids, but when we got there we found out we'd be fighting in prison. There ain't no kids in the penitentiary," he concluded with conviction.

The team won two and lost two, but Big Tom said, "We had no business fighting them in the first place."

Hilbert Stevenson, one of Big Tom's pro fighters, has won 19 of 22 pro fights. "He knocked out 12 in the first round," Big Tom proudly stated. Stevenson is a small (129 lbs. and 5'2") well-built man who has been fighting for five years. "I was 16 when I first started," said Stevenson. "Those 12 knock-outs felt pretty good," he said with a grin.

None of Big Tom's fighters ever fought before joining his club. He said Stevenson's brother told him about Hilbert. "I saw the little squirt," Big Tom said, "but I said naw he can't fight." But, Big Tom admits that he almost blowed a good fighter. "If you got a weak heart you better not watch him fight."

Charlie Boston, a 30 year-old heavyweight, never fought before joining the Gladiators. He has fought Ali, George Foreman and Chuvalo. He didn't win any of those bouts but he did beat Steve Jones, who was well known at the time.

Big Tom currently has nine pro fighters in his camp: L. Timmons, Robert Gwynn, Willie Stevenson, Willie Crocket, Billy Howard, Al "Hoss" Byrd, Rondell Stephens and Charlie Boston. His amateurs are: Calvin Burton, Marvin Ladson, Donald Hardy, Donald Gordon, Charlie Brown, Freddie Marlow, Irvin Hines, Jerome Walters, Floyd Davis, Larry Gordon, David McCollins, Tim McCollins, Waddell Caldwell, T. Baldwin, Roderick Porter, David Bennett, and Harold Bennett.

"We fight and donate the proceeds to charity sometimes," said Big Tom proudly. "If somebody's house burns down, we'll put on fights to help them out." But, people have to work with Big Tom. He's a believer in self help. "All they have to do is come to me and ask and then help me get things together," he said.

"We find jobs too," said the 46 year-old manager. "But, they must be in the boxing program. We found jobs for 28 boys this summer. We help the boys stay out of trouble."

His boys believe in him too. They speak of Big Tom with reverence and pride. No one can measure what Big Tom has done to the boys of Winston-Salem nor the city. He's just relied upon to do the job he enjoys the most: being a champion of the downtrodden and the hopeful.



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