

Rags All Colors  
 Wrangler Painter  
**JEANS**  
 Double Zipper Brushed Denim  
 Screwdriver Cotton Denim  
 From \$7.95 to \$12.95  
 Sizes - 25 to 42 - lengths to 36.  
 THE  
**VAULT CLOTHIERS**  
 310 N. Claremont Ave.

**W-S Chapter**  
**A. Philip Randolph**  
**Institute - Sponsor**  
**Rummage Sale**  
**July 19, 1975**  
 Corner of Glenn & Lime Ave.  
 Beginning 9:00 a.m.

**WINSTON LAKE GOLF COURSE**  
 PRESENTS ITS 11th ANNUAL  
**AMATEUR & PROFESSIONAL OPEN**  
 WINSTON-SALEM, N. C.  
**SAT. and SUN.**  
**JULY 26th and 27th, 1975**  
 36 HOLES MEDAL PLAY BEGINNING 8:00 A.M.  
 Sanctioned by North American Golf Association  
 Registration Fees: Pro -\$40; Amateur -\$28; Senior -\$28; Ladies -\$28  
**Cocktail Party FRIDAY, JULY 25th,**  
**featuring Bill Bright's Jazz Trio**  
**10 til 12 P.M. Hyatt House.**  
**Dance - SATURDAY, JULY 26th**  
**featuring the Soulful Eliminators**  
**and Bill Bright's Jazz Trio.**  
**9 P.M. - 2 A.M.**  
**Benton Convention Center.**



**FISHING**



*For Pleasure and Relaxation*

By George Boole

William C. Dorch, a very good friend of mine, who usually visited with me each year around the Labor Day week to fish, rest and relax, will not be with us this year. He possessed the casting skill and the know-how to nail down Bluegill by the stringer, and also the patience to track down bass and wait on carp to bite. For Bream, his favorite fish, he used a spinning rig made up with a small plastic float, a split shot, and a number 6 hook, baited with a red wiggler.

Dorch could drop a red worm right into the pocket of a week bed. I squirmed the first time that I saw him cast into such a structure, fearing that he would hang up and change our fishing pattern of drifting and casting. That fear was soon dispelled because he could snatch a hung Bluegill out of that pocket before it could make a run.

I remember the fishing trip to Dixie Shores on Badin Lake,



William C. Dorch, a great guy to have known.

his rod tip went down. In the mean time I was the excited one, being pretty sure that a bass was on his line. Whenever I take a friend out on a fishing trip I try to make sure that he will make the best catch.

I kept up a barrage of instructions, "play the fish, give it line, move down the pier." With his usual sarcasm Dorch looked around and admonished me with, "do you want me to walk the water too." He finally brought the fish in and onto the pier, and pushed it over to me." Here is your bass," he said. It was a catfish, and a good thing that he did not lose it for it was the only fish caught that evening.

with Dorch, our wives. We were using large minnows for largemouth bass and fishing leisurely from a pier. Suddenly Dorch's float dunked and his line went out. I yelled "get him." Dorch took his time to pick up the rod and reel, seemingly almost too long. Finally setting the hook,

As I mentioned before, Dorch will not be down for fishing this coming Labor Day. I attended his funeral last Saturday in Philadelphia, Pa. He was a great guy, a humanitarian, and a darn good sportsman. I am the better off for having known him and having him as a friend.



*Nutrition*

By

Anita Shabah

1. Select the varieties that are "in season" --the time of year when certain vegetables are most plentiful locally.
  2. Choose vegetables that are firm, crisp, bright in color and free from decay.
  3. Don't buy dirty vegetables; they are difficult to clean and you may have to throw away portions that you find hard to clean.
  4. Buy vegetables that are kept in a cool place; vegetables that are kept in a hot or sunny location wilt rapidly and lose some of their nutritive values.
  5. Be very careful about buying vegetables that are marked down. Examine them for bruises, wilting or overripeness. Vegetables that are not in good condition are frequently high in waste and low in food value.
- Selecting the proper vegetables for purchase is only half of your job, the other half entails the proper cooking of these vegetables to insure that you will retain the full food value and flavor of these vegetables. The best recipe in the world is worthless if your vegetables lose their flavor, color, and most of their nutritional value through improper cooking technique.

**Okra and Tomatoes**

- 1/4 cup chopped onion
- 1 small garlic clove, minced
- 2 cups sliced okra
- 2 tablespoons oil
- 2 cups cooked tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Parsley

Brown onion, garlic and okra in oil. Add tomatoes and seasonings. Cook over moderate heat until okra is tender and mixture thickens. Add a little chopped parsley before serving. Serves 4-6 persons.