

"We Are Americans First and Trade Unionists Second"

WILLIAM GREEN, PRES. A. F. OF L.

BOUQUET FOR WAR WORKER; DAMON RUNYON, COLUMNIST DOES NOT EARN HIS SALARY BY SMEARING OUR WORKERS

Here's a newspaper columnist who not only refrains from smearing labor but who tells a few stinging truths about working people in wartime. He is Damon Runyon, of the New York Mirror. In a recently printed column Runyon riddled the attacks of labor-haters and charged that war workers are the "most abused class in America today." This may prove interesting to our union men and women.

"The shortcomings of a few have been magnified until they are accepted as the faults of the many though the record proves our war workers as a whole have reached a production record unsurpassed in the history of the world," he said. "Surely, that could not have happened if our workers were guilty of the sins attributed to them by their critics."

"Absenteeism is a charge that has been exaggerated by these persons into an evil far beyond the truth. After all, service men get furloughs from their camps, or even from the fighting fronts abroad, because they are sick or tired, and there is no criticism of them."

"Yet when war workers, who get just as tired and just as sick, want a little rest, they are berated as wrongdoers."

"Millions of these war workers have left their homes and families behind them, the same as the service men, to go long distances for jobs. Others have taken their families with them, only to find their wives and children must live under the most frightful housing conditions."

"The means of relaxation and amusement provided to soldiers is denied to the war workers in most places. In the main, they are so neglected and badly treated that most of the men would be glad to chuck their jobs and join the service."

"Also, the high wages you hear about are seldom discussed with reference to the deductions—taxes, rents, bonds, insurance, household expenses, doctors' bills and the like."

"The sum total left in the hands of the war worker is often not as great as that which remains to the man in the service."

After All, It Is Not Pegler And Rickenbacker Who Are Doing This

This is the story of American shipbuilding in cold figures. They demonstrate the spirit and patriotism of the industrial and shipyard workers of the United States for whom no toil or sacrifice is too great:

- 1939: One ship every thirteen days;
- 1940: One Ship every seven days;
- 1941: One ship every 3½ days;
- April 1942: One ship a day;
- June 1942: Two ships a day;
- September 1942: Three ships a day;
- December 1942: Four ships a day;
- March 1943: Five ships a day;
- May 1943: Six ships a day.

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Gas is Vital—Don't Waste It!

DUKE POWER COMPANY

Time Out For Summer Relaxation With Lemon Oatmeal Cookies And Lemonade



By BETTY BARCLAY

Have you tried Fresh Lemon Oatmeal Cookies with cooling lemonade when the weather is warm and your spirits need a "lift"? Well, it's a two-some worth repeating often throughout the summer months for its refreshing healthful qualities provide a taste thrill irresistible to young and old.

It's economical to serve these refreshments, too, because each lemon does "double duty". After grating the waxy-textured yellow lemon peel to use as an important ingredient in the cookies, the juice from these lemons may be extracted for preparing the lemonade and, likewise, the lemon peel used as cookie decorations may be secured from juice extracted lemons.

Lemons have long been known for their health protecting vitamins B and C and during hot weather this latter vitamin is most important to obtain in large quantities for it is the vitamin that helps to counteract fatigue and is rapidly lost from body tissues when exposed to high temperatures. So because vitamin C cannot be stored in the body, it must be provided daily with special emphasis on large quantities when the thermometer rises and cooling lemonade is a delightful way to increase the intake of vitamin C.

Lemonade is a beverage even a child can prepare. For each person extract the juice from one lemon. Add sugar to taste and stir to dissolve. Add one cup water and serve over ice in a large glass. Garnish with lemon slices and maraschino cherries or with fresh cherries, berries or mint sprigs.

Here's the way we prepare them:

- Fresh Lemon Oatmeal Cookies**
- ½ cup shortening
 - 1 cup sugar
 - 2 eggs, unbeaten
 - 2 teaspoons grated lemon peel
 - 3 tablespoons lemon juice
 - 3 tablespoons water
 - 1 cup sifted flour
 - 1½ cups quick or regular, uncooked oats
 - 3 teaspoons baking powder
 - 1 teaspoon salt
1. Cream shortening, gradually add sugar, creaming until light and fluffy.
 2. Add eggs and beat vigorously.
 3. Add lemon juice and grated lemon peel and water.
 4. Sift together flour, salt and baking powder.
 5. Add sifted dry ingredients and oats, mixing well.
 6. Drop from a teaspoon onto a greased cookie sheet and bake in a moderate oven (375 degrees F.) for 12-15 minutes. Decorate tops of cookies with bits of lemon peel.

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