

# "We Are Americans First and Trade Unionists Second"

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

## The Charlotte Labor Journal AND DIXIE FARM NEWS

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The Labor Journal is true to the American ideals of WAGE EARNERS; Men and women spend your wages in the city where you live, always remembering that "The Dollar That Goes the Farthest is the Dollar That Stays at Home."

The Labor Journal will not be responsible for opinions of correspondents. If you do not get your paper drop a postal to the Editor and he will see that you do.

We believe in American business and American Workers. We believe that a just share of the profits which the workers help produce should be given the worker, for without this benefit, lasting prosperity cannot be assured.

**OUR POLICY - - -**  
Work - Fight - Save  
To create a better understanding between Labor, Industry and the Public.

**OUR AIM - - -**  
Work - Fight - Save  
To influence Public Opinion in favor of the Organized Labor Movement.

W. M. WITTER, Editor and Publisher  
CLAUDE L. ALBEA, Associate Editor

CHARLOTTE, N. C., THURSDAY, NOVEMBER 18, 1943

### BIBLE THOUGHT

"As the partridge sitteth on eggs, and hatcheth them not: so he that getteth riches, and not by right, shall leave them in the midst of his days, and at his end shall be a fool."—Prophet Jeremiah.

## LABOR LEAGUE FOR HUMAN RIGHTS ON ITS WAY IN N. C.

The following is part of an article of the Southeastern Publicity Bureau, Labor League for Human Rights; headed by Matthew Woll, as President. The office is in Asheville, N. C. Along with progress made in other states in the district as reported in the Clip Sheet is the following regarding North Carolina.

### CHEAP LABOR, CHEAP WORKERS, CHEAP BUSINESS

Cheap labor not only makes cheap workers, but makes cheap business for any city or community. Cheap labor makes for cheap jobs. Cheap jobs mean little money for the storekeeper, butcher and the baker. Ask the merchant if he prefers WPA to well paid laborers.

## A RED COUPON THANKSGIVING DAY DINNER

By BETTY BARCLAY

Valuable red coupons have been hoarded for Thanksgiving Day Dinner in millions of homes—for this particular meal must be an elaborate one. Fortunately, turkeys, chickens and other fowl are still not rationed, but housewives know rationed foods will be needed for supplementary dishes. However, by substituting a few new dishes for some of the old favorites you'll be surprised how lightly you have to dip into the precious red coupon supply.

### Grape-Nuts Coffee Cake

- 1 1/2 cups milk, scalded
- 1 cake compressed yeast
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 cups sifted flour
- 4 tablespoons melted shortening
- 1 egg, slightly beaten
- 1 1/2 cups Grape-Nuts

5 tablespoons butter  
cup brown sugar, firmly packed  
teaspoon cinnamon  
oil milk to lukewarm; add crumbled yeast cake, salt, sugar, and 1 cup flour, and mix thoroughly with wooden spoon. Add shortening and egg, stirring well. Add Grape-Nuts and remaining flour and beat well; cover with cloth and let rise in warm place until doubled in bulk. Cut dough down, then pat into shape in greased 12x8x2-inch pan; spread with mixture of butter, sugar, and cinnamon, cover, and let rise in warm place until doubled in bulk. Bake in hot oven (400° F.) 30 to 40 minutes. This coffee cake may be made in about 2 hours.

### Vegetable Glaze Sauce

- 3 tablespoons diced bacon
  - 1 tablespoon flour
  - Salt and pepper to taste
  - 1 1/2 teaspoons brown sugar
  - 1 cup milk or liquid from vegetables
  - 2 tablespoons lemon juice
- Fry bacon until crisp. Blend in flour, add salt and pepper and brown sugar. Stir milk or water from vegetables in slowly. Cook gently for about 2 minutes, stirring constantly. Remove from heat and stir in lemon juice. Serve at once on vegetables. Serves 6.

### Peas and Celery Au Gratin

- 1 box (12 oz.) quick-frozen green peas
  - 3/4 cups boiling water, salted
  - 2 cups diced celery
  - 4 tablespoons butter
  - 3 tablespoons water
  - 3 tablespoons flour
  - 1/2 teaspoon salt
  - 1 1/2 cups milk
  - 3/4 cup grated American cheese
  - 1/2 teaspoon paprika
  - 1 cup buttered bread crumbs
- Drop frozen peas into briskly boiling salted water, bring again to a boil, and boil 5 to 7 minutes, or until just ten-

der. Drain if necessary. Cook celery, 2 tablespoons butter, and water, covered, 5 to 7 minutes, or until just tender. Melt remaining 2 tablespoons butter in saucepan and stir in flour. Add salt; then add milk gradually and cook until thickened, stirring constantly. Add cheese and paprika and blend; then add peas and celery. Turn into buttered baking dish, cover with crumbs, and sprinkle with paprika. Bake in moderate oven (350° F.) 30 minutes, or until crumbs are browned. Serves 6. Quick-frozen vegetables are a special treat on the holiday menu, for all their farm-fresh flavor, as well as a full quota of vitamins and minerals, was sealed in by quick-freezing. It's good strategy in ration arithmetic to stretch their delicious flavor as far as possible by combining with such unrationed and easily prepared foods as rice, celery, green peppers and onions.

### Percolated Decaffeinated Coffee

Use one rounding tablespoon all-purpose grind decaffeinated coffee for each cup (1/2 pint) of cold water. Pour cold water into pot of percolator. Set percolator basket in pot and put coffee in it. Cover. Let percolate slowly and gently 15 to 20 minutes, or longer; then ordinary coffee to obtain full strength of decaffeinated coffee. (For a four-cup percolator, use 3/4 cup coffee.) It's a good hostess technique to serve decaffeinated coffee for the holiday dinner so that guests can relax, taut nerves and linger sociably over extra cups without worrying over sleeping problems later on. Remember that decaffeinated coffee needs a little extra "perkiness" to bring out its rich coffee flavor.

### Nutmeg Rennet-Custard

- 1 package vanilla rennet powder
  - 2 cups milk, not canned
  - Nutmeg
- Set out 4 or 5 individual dessert glasses. Warm milk slowly, stirring constantly. Test a drop on inside of wrist frequently. When comfortably warm (110° F.) not hot, remove at once from heat. Stir rennet powder into milk briskly until dissolved—not over one minute. Pour at once, while still liquid, into individual dessert glasses. Sprinkle lightly with nutmeg. Do not move until firm—about 10 minutes. Chill.

Camelot, the battle strategy game, is a favorite fireside game these winter days that two or four can play. Pit, Rook and Pitch are old time favorites that are enjoying a major revival as staple party fun aids. Good recipes for fun for both grown-ups and youngsters are provided by Monopoly and Finance, the trading games that provide an exciting escape from wartime worries.

"E. Gail Barker, Regional Director for the State of North Carolina, has had the hardest nut to crack in the South, yet through his devotion to duty and diplomatic handling of the affairs of the League, great progress has been made. Remnants of the spirit of the ante-bellum days remain more pronounced in North Carolina than in any other state south of the Mason-Dixon line. The old slave owners ruled the lives of their chattel slaves, herded them, fed and housed them, the same as they herded, fed and housed their livestock.

"In spite of all of these difficulties Mr. Barker has made great progress. With his training in the Typographical Union, and with the fine environment of The Raleigh News and Observer where he has worked so long, Mr. Barker is an ideal man for this work of Labor's League for Human Rights. The Raleigh News and Observer has fought the battles of the common man for half a century, and has done more than any other influence in the state to eliminate the practice of paternalism and establish in its stead a population of citizens who think for themselves.

"The Labor League for Human Rights will do its best work in the state of North Carolina, and its formation and activities in this state will become an outstanding influence in the advancement of the Old North State."

So long as we have held fast to voluntary principles and have been actuated and inspired by the spirit of service, we have sustained our forward progress and we have made our Labor Movement something to be respected and accorded a place in the councils of our Republic. . . No lasting gain has ever come from compulsion. If we seek to force, we but tear apart that which otherwise, is invincible.—Samuel Gompers.

## Free Labor Will Out- Produce Nazi Slaves BUY WAR BONDS

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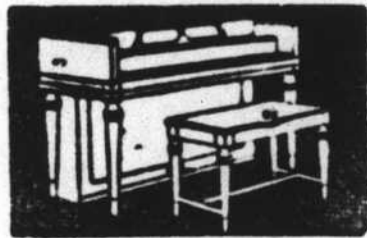
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