

"We Are Americans First and Trade Unionists Second"

"LET'S GO U.S.A.—KEEP 'EM FLYING"

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, JUNE 1, 1944

WEEKLY BIBLE QUOTATION

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?"—St. Mark.

TREASURY COUNTS UPON LABOR TO PUT FIFTH WAR LOAN DRIVE "OVER THE TOP"

WASHINGTON, D. C.—Organized labor again will be called upon to play an important part in the Fifth War Loan which will start on June 12, and run to July 8. Secretary of the Treasury Henry Morgenthau, Jr., announced that the goal will be \$16,000,000,000, of which \$6,000,000,000 is to come from sale of War Bonds to individuals.

"In the Fourth War Loan," Secretary Morgenthau said, "individuals invested \$5,500,000,000. In planning to get \$6,000,000,000 in individual sales in the Fifth War Loan we are asking the American people for more than ever before. Fifth War Loan goals were set high because the nation's treasury must borrow a great deal of money this year to keep the war going. We will need more than twice as much as we can expect to get in taxes."

Ever since the first "Defense Savings Bonds" were offered by the Treasury in the spring of 1941, the leadership of organized labor has recognized in this program an unusual and acceptable way to help win the war, to fight inflation and, at the

same time, to protect the future welfare of the workers themselves, according to James L. Houghteling, director of Labor Relations for the War Finance Division. This is one reason why members of organized labor have been buying hundreds of millions of dollars' worth of Series E War Bonds every month, he said.

"Our experience in the Payroll Savings Plan and in the sale of extra War Bonds during drives has proved that the best salesmen to reach and persuade any given group of workers are their own leaders—union officials, shop stewards, and the like," Houghteling stated.

"The country owes a great debt of gratitude to its thousands of volunteer War Bond workers among organized labor."

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ON AMERICANISM

By RUTH TAYLOR

The other day I had luncheon with the two Americans whose opinions I value most highly. Of different professions, different backgrounds, different faiths, they are alike however in that they give more than lip allegiance to their common country. Here are their views on Americanism:

They were in accord that he who wishes to be a good American must be that and nothing more. He may and should respect the traditions of his ancestors but his lot is cast in America. Those who came here to escape the vicissitudes of the Old World contributed to the common pot. From that they drew not only the best of their own past, but the best of other people's traditions. As one man put it—America is mixed pickles. Everything has its own distinct flavor which adds to the general spiciness. The more perfectly the blending is done, the better the condiment. No one flavor must be predominant.

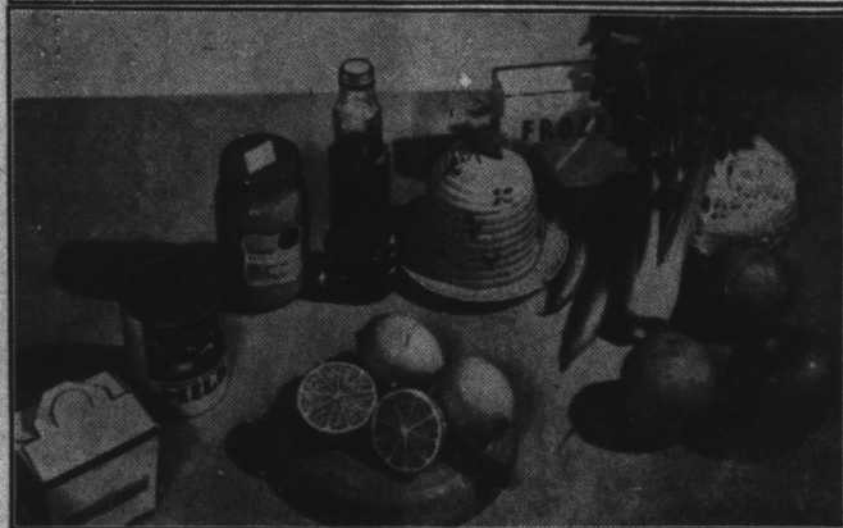
We are a heterogeneous people who are achieving homogeneity—which means that, coming from dissimilar origins we are achieving similarity because we have the common ideal of equality of opportunity, of equality of rights for all.

But they went further than this. They agreed that a good American does not classify his fellow Americans by their ancestry—whether the distinction be of color or of national origin. An American is an American, and until he proves himself to be disloyal, must be considered to be purely American—not German-American, Italian-American, Irish-American, Polish-American and so on. He who so classifies his neighbor is himself withdrawing into a clique that is not American.

They condemned wholeheartedly the criticism of people by groups, pointing out that there is no group—and here is where their broadmindedness was shown, for each picked his own group for illustration—where there are not corrupt members. They agreed that the proportion was probably the same in each group and he who condemned a group for the actions of a few, was laying himself open to equal condemnation.

One said he believed and would fight for any man who lived up to his beliefs, that the man he despised was the one who was not true to his own faith. He also said that if he discriminated against any men because of creed, he would be denying the tenets of his own faith, for he would be denying that all men are the sons of God. The other quoted his grandfather as saying that the essence of all true religions was in dealing with others as he would be dealt with—and that he had found this to be the practical way

Salads Save Points When Made With Lemon Dressings



By BETTY BARCLAY

Is every day at your house salad day? If so, you are cooperating with two important food measures instituted by your Government.

Vegetables and fruits—the salad foods—make up three of the seven groups of foods which every one should eat every day according to the "basic 7" chart issued by Government authorities.

These foods are plentiful and unrationed. In serving them, you cooperate with the national no-point, low-point food campaign and free less perishable foods for the boys in service.

Plan for Variety

You can't serve too many salads. But here's a word of warning! You can serve the same salad too often. Families like and should have salad variety.

For today's salad, why not choose that green or yellow vegetable you are supposed to eat every day for vitamin A. Have a salad of crisp greens, or tender young carrots—shredded or grated raw—or of cooked asparagus. Tomorrow serve a fruit salad. Is your family tired of sliced tomatoes on lettuce? Give them a salad of sliced oranges. This, by the way, is a fresh fruit salad you can serve the year around, both winter and summer. The oranges have twice as much vitamin C as tomatoes, too, should you plan your salad to furnish this important food element.

Other year 'round salads are furnished by the convenient frozen foods—berries, string beans and so on. The possibilities for salad variety are unlimited.

Save Points with Lemon Dressings
Much of the success of your salad depends upon the dressing but war conditions have made salad dressings a problem. Salad oil takes points. Cider vinegar and commercial salad dressings are hard to find on grocers' shelves.

Here that versatile fruit—the lemon—will help you. Used alone or in dressings made with other ingredients, lemon juice has a pleasing fresh tartness and tang that enhances the flavor of the foods with which it is served. Lemon juice and salt is a very simple but a good dressing to use with

lettuce and other salad greens, with a combination salad of cooked vegetables, with sliced tomatoes or with avocados. Persons who are reducing like this low-calorie dressing.

Lemon Juice and sugar (juice of 1 lemon to 2 tablespoons of white or brown sugar) is a pleasing variation of the vinegar and sugar dressing Grandmother served on lettuce. Children like this dressing with shredded raw carrots or grated apple.

Lemon juice and honey, blended to taste, is also a good dressing for a carrot or apple salad. Try it on your apple, celery and nut Waldorf salad. The lemon juice keeps the color of the apple from darkening. This is the best salad dressing we know about to add freshness and flavor to a salad of canned fruits.

French Dressing: If your family must have French dressing, save points by making it with less oil and more lemon juice than your recipe calls for. Or use unrationed olive oil. French dressing may be made to go further by adding honey or jelly. So sweetened it is especially good on a fruit salad!

Peanut Cream Dressing: Blend:
¼ cup lemon juice
¼ cup evaporated milk
¼ cup peanut butter
1 tablespoon sugar or honey
1 teaspoon salt

Beat until smooth and creamy. A good dressing for lettuce or cabbage and for fruit salads. Makes ½ cup.

Cottage Cheese Dressing: Blend:
2 tablespoons lemon juice
6 tablespoons cottage cheese
6 tablespoons evaporated milk
½ teaspoon salt
2 teaspoons sugar or honey
Dash of paprika
1 tablespoon chopped chives, if desired

Beat until smooth. Makes about 1 cup.

Lemon Sour Cream Dressing: Blend:
2 tablespoons lemon juice
1 teaspoon salt
¼ teaspoon mustard
1 cup evaporated milk

Mix lemon juice, salt and mustard. Stir slowly into milk. A good dressing for cole slaw. Makes about 1½ cups.

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DECLINE SEEN IN JOBS AND N. C. PAYROLLS

RALEIGH, May 31—Employment and pay rolls dropped again in North Carolina in April on the basis of reports made by 1,815 firms, the State Labor department said Wednesday.

The firms reported an employment of 272,780 in April, compared with 276,035 in March, a decline of 1.2 per cent. The same firms reported payrolls of \$7,485,864 in April and \$7,518,092 in March, or a decrease of 4 per cent. Man-hours worked in April amounted to 10,945,368, compared with 11,376,122 in March, a decrease of 3.8 per cent.

The estimated cost of building construction during April was 35 per cent above that of April, 1943, in the 26 largest cities of the state, led by Asheville with \$74,518, Greensboro with \$36,324 and

A. F. of L. Labor Representatives In Board Meet

Many A. F. of L. locals in Charlotte have taken steps to buy E Bonds individually instead of through the payroll deduction plan. About 30 representatives of locals in Charlotte met with M. W. Peterson, vice-chairman of the War Finance Committee on Monday night and formulated the plan of purchase. Those present representing industrial plants were instructed how to set up machinery for the drive, and how to work with the Treasury representative in each group. Three organizations were represented at the meeting where there had never been any payroll deduction, which speaks for a greater participation under the new plan.

New Bern with \$35,125. Of the smaller towns Hamlet led with \$37,500, Washington second and Lumberton third.

No—there isn't anything startling in this conversation. There is nothing with which you and I will not agree. It is the credo of Americanism—said by two Americans who realize not only their rights but their responsibilities in maintaining the American way of life.

His Lunch Box Is Important



It is important because his health is important and because extra hours of efficient work are important. Let's fill it full of vitamins and make it so appetizing he can't resist it. Why not follow these hints?

Sandwiches:

Don't toast bread to go in boxes. Favor wholewheat and enriched breads.

Soften or cream butter before spreading.

Have all ingredients handy and properly seasoned before making sandwiches.

Wrap neatly in separate pieces of waxed paper to preserve freshness.

Salads and Desserts:

When cooking for the family, don't forget to put individual portions of salads and desserts in short wide-mouthed jelly glasses suitable for packing. Put lettuce leaves on top, never around salads, to preserve crispness.

Liquids:

The wide-mouthed thermos bottle is almost indispensable for soups, hot drinks, stew or other hot foods. Keep it properly cleaned and aired between uses.

Salt and sugar are easily carried in small screw top bottles.

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