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The Kaiser put it in writing.

Whenever anyone gets out of a job, he writes a book.

Vice-President Marshall knows a good town; so he is coming to La Grande on November 5.

These are the days when the fisherman catches the fish and tells about it, and the fish keep on growing after they are out of the water.

The Home Guards will be organized tonight. They will take the place of Company M and the Hospital Unit, when the latter are called away.

The K. of C. War Aid.

The effort of the Knights of Columbus to establish social centers for the Catholic soldiers at the various training camps is worthy of all praise, and should receive the enthusiastic support of the whole Catholic public. The experience gained by the K. of C. organization on the Mexican boundary in a similar work will undoubtedly prove of great value in providing for the larger needs of the present. The society is to be congratulated on its public spirit and is entitled to the generous co-operation of Catholics everywhere.

It is highly desirable that the work of aiding the soldiers in camp be unified as far as possible in order to get the best results. The Knights of Columbus through their nationwide organization offer the best chance of unifying Catholic effort and eliminating waste. Let them be heartily supported.—The Catholic Sentinel.

PRINCIPLES AND METHODS OF FRUIT AND VEGETABLE DRYING.

(By George Martin, United Press Staff Correspondent) Washington, August 7.—It is important that you read this article carefully because in it Uncle Sam tells you how to avoid failure and disappointment in your war conservation food drying.

There are three ways to dry fruits and vegetables: sun drying, drying by artificial heat and drying by air blast. You may combine all three.

To be dried quickly and properly all fruits and vegetables must first be cut into slices or shredded because

they are either too large to dry quickly or are covered with a skin to prevent drying.

In drying by artificial heat, expose the food first to a gentle, then to a greater heat. This prevents the cut surfaces becoming scorched and hard, thus covering the juicy interior and preventing drying. Don't subject the food to a greater temperature than 145 degrees Fahrenheit. Get an oven thermometer to keep track of this. It is very important and must be watched closely as the temperature in a drier rises quickly.

The time required for drying varies. Some vegetables can be dried in two or three hours. Turn the food being dried several times to secure uniform dryness.

When the food is sufficiently dry it should be impossible to press water out of the freshly cut ends. It should not show any of the natural grain of the product on being broken, but it should not be dry enough to snap or crackle. It should be leathery and pliable.

Don't use a closed box. It will retain the evaporation from the food and cause mold.

Certain products, especially raspberries, should not be dried hard, because if too much moisture is removed from them they will not resume their original form on being soaked in water.

On the other hand, dry the products sufficiently or they will not keep, but will mold. Don't bake it or scorch it, but dry it uniformly, through and through.

This point cannot be stressed too much.

It is advisable to "condition" practically all fruits and vegetables after they have been dried. Do this by pouring them from one box to another every day for three or four days, to give them a uniform moisture.

If the material is found to be too moist it should be returned to the drying trays for a short time.

WHY BRITISH LABOR SUPPORTS THE WAR

BY J. A. SEDDON.

Introductory Note:—Mr. J. A. Seddon is one of the best known and most influential of British labor leaders. He has served as President of the National Amalgamated Union of Shop Assistants—a union which he helped to organize—as Chairman of the Parliamentary Committee of the Trades Union Congress, and as President of the Trades Union Congress. This last office is the supreme honor organized British labor can bestow. From 1906 to 1910 he was Labor Member of Parliament for the Newton Division of Lancashire.

At the outbreak of war, in August, 1914, Mr. Seddon promptly and unhesitatingly took up the national cause. He has since done notable service. Previously he had been an outspoken opponent of militarism in any form.

In the following he shows how the same fundamental principles which once made him a pacifist—love of liberty, love of justice and a desire for the well-being of mankind—today make him, and the overwhelming mass of British workers, stern supporters of war.

I undertook a series of recruiting meetings on my return to England. Time after time, when I described what had happened to the people of Belgium, whole audiences were stirred as they had been stirred by nothing else. Men sprang to their feet volunteering to enlist and go to fight. They did not even wait to go home and talk it over with their wives. They were willing someone else should tell the Missus.

The Englishman loves a scrap. That is part of his racial inheritance. He is never against joining in a rough-and-tumble. But it was not love of a scrap that led him to join up now. He had had a rude awakening. A situation had arisen undreamed of in his philosophy. His dream castle of peace had tumbled about his ears. His sense of nationality, his sense of justice, his hatred of wrong united to arouse his slumbering passion.

It was in those days that British labor made up its mind that no sacrifice was too great, no struggle too long, no effort too mighty to settle this menace to the world. Everything that has happened since has strengthened our conviction. Prussian militarism must go or freedom must go.

I may be told that British labor is not unanimous. "What of the strikes on the Clyde, and at Barrow, and of the labor struggle in South Wales?" I may be asked. These troubles were comparatively small, and were the work of a few well-known mischief-makers. Some of us would deal with these mischief-makers in much more drastic fashion than our authorities do. I would send them to the trenches, under escort, to learn what war is.

The trades unions did not recognize the strikes, and did their best to end them. Some of the men in them did not understand what they were doing. It is not always easy for a man working closely over forge or in a mine to realize the actualities of war conditions. I went to some of the men on strike. "You have sent your sons to fight," I said. "Are you going to leave them in the trenches without cartridges or shells, to be shot down by the enemy? For that is what your striking means. Are you going to let them be put up to be potted without having a shot to send back?" "Ah!" said one man, "I didn't think of it that way!"

The trouble-makers haven't had much success. The strikes have not lasted long. And surely the fact that there have been so few strikes, and for so short a time, is the best evidence of how British labor as a whole has worked for the war.

What of the conscientious objectors—the C. O.'s? What of the people in England who refuse to fight? There are not many of them, but there are a few. We trades unionists regard the conscientious objectors as national blacklegs. They accept the protection provided by the nation, and the security established by our fighting men. They receive the benefits of our national organization, and are trying to escape from paying their fair dues. Trades unions get rid of blacklegs. I would clear these national blacklegs out of the land.

The course of the war is bringing about far-reaching changes in British labor, changes the full effects of which are as yet scarcely realized. All classes have commingled in the trenches, and have perhaps learned to understand one another better. The men of the Overseas forces, who



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have come among us in their hundred thousands, have helped the British worker to realize the Empire. Men born in Toronto and Melbourne have fought side by side with men born in Liverpool and Sheffield.

(To Be Continued.)

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