During the late 19th and early 20th centuries, reformers used different methods in their efforts to improve society. Samuel Gompers organized unions to improve the conditions of workers while Upton Sinclair and John Spargo wrote books to draw attention to social problems.

Topic sentence 1. Samuel Gompers, the founder of the American Federation of Labor, believed that the best way for workers to improve their lives was to form labor unions.

2. Upton Sinclair’s book *The Jungle* helped to bring about the first consumer protection laws that sought to make food safer

3. Seeking to expose the problem of Child Labor, John Spargo wrote the book *The Bitter Cry of Children*. 