

1904

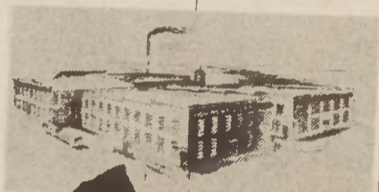


John Hampton Adams



James Henry Mills

The Adams-Millis story begins in 1904 when John Hampton Adams, James Henry Mills and several other investors started a small hosiery mill in their hometown, High Point, North Carolina. High Point Hosiery Mills, Inc. employed about 125 local residents who produced 300 dozen pairs of black socks daily.



Adams-Millis' first hosiery mill



1909

The first mill prospered and in 1909 Adams and Millis built Piedmont Hosiery Mills



Piedmont Hosiery Mills

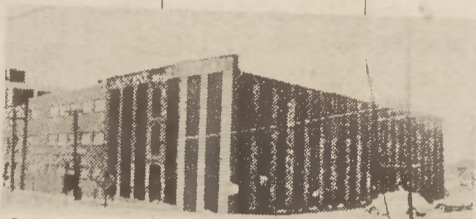
1918



Kernersville Knitting Company

In 1918 the business expanded once again when the Kernersville Knitting Company was built and Textile Mills Corporation, a sales organization, was founded.

1924

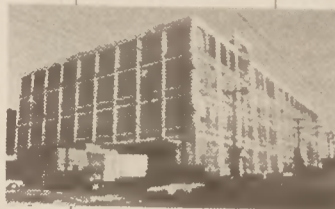


Pioneer Hosiery Mills became a part of the growing business in 1924.

1928



1928 brought consolidation of all the early plants into the Adams-Millis Corporation. The common stock was listed on the New York Stock Exchange.



High Point Knitting Plant

In that same year, another plant was added in High Point which began to penetrate the full-fashioned ladies hosiery market, using silk to create ladies seamed stockings.



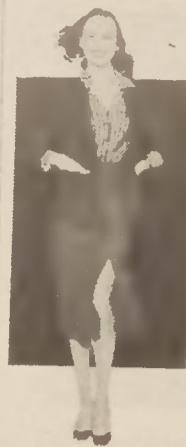
The seaming room around 1948



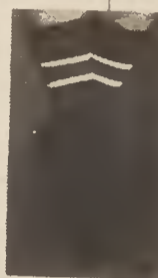
1941

When the United States was plunged into World War II, Adams-Millis became a major supplier for the war effort, producing 37,000,000 pairs of socks for the armed forces. After Pearl Harbor, silk was no longer available; rayon and cotton were used to manufacture ladies hosiery until the invention of nylon.

1963



The early 60's saw a major change in the ladies hosiery scene. Seamed stockings were replaced by circular knit seamless hose. Pantyhose became fashionable and technology advanced to produce for the expanding market. Pantyhose sales increased six fold.



An expansion program began in the 60's as the Company acquired Granite Hosiery Mills in Mt. Airy. This acquisition made Adams-Millis the largest producer of boy's socks in America.



Mt. Airy Knitting Plant

1965

Adams-Millis expanded once more into the infant's and small size segments of the hosiery industry by acquiring Knit Sox Knitting Mills in Hickory.



The J.E. Millis finishing plant in Kernersville was built providing a centralized dyeing and packaging operation with warehouse space for large seasonal inventories. This plant, spread over 300,000 square feet and using over a mile of conveyors, was one of the largest and most technologically advanced in the world.



J.E. Millis Finishing Plant

Fitness

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with me. I replaced a bad habit with a good one."

He's glad he made that decision seven years ago. "I don't have colds or flu anymore," he said. "I used to get headaches. Now I don't. And I don't have any problem sleeping. I feel better, can do more things and enjoy them more."

Ryan said physical fitness will not necessarily extend a person's life.

"It does allow people to enjoy a better quality of life in what they do," he added. "One of the most significant things about physical fitness are the mental aspects. It provides a great emotional release for stress, depression and anger."

Ryan explained that not everybody can run but there's a variety of activities available such as swimming, bicycling, walking and aerobics.

"Walking is a perfect activity," he said. "I mean walking at a brisk pace to elevate the heart rate for 30 minutes. If a person does that at least three times a week, it will provide maximum physical well-being. Anyone can find an hour and a half a week for physical ac-

tivity."

Ryan, who runs daily, said he did not miss a day of running during the winter despite the several snows that occurred. He ran in the High Point Mall, which has opened early to accommodate physical fitness enthusiasts before most stores opened.

Running began as a rou-

tine physical fitness activity for Ryan but it has since turned into much more.

Several months after he began running, he entered a five-mile race in Greensboro and got hooked on the competition. He now competes in 15 to 20 events each year including 5,000-meter races, 10,000 meters, 10 miles, half marathons or 13.1 miles and

two or three marathons.

His best time in a marathon is 3 hours and 18 minutes which came in Savannah, Ga. But he said his biggest thrill in marathoning has been the New York City Marathon which attracts 20,000 runners.

"That's one of the most spectacular sights anyone can imagine," he said.

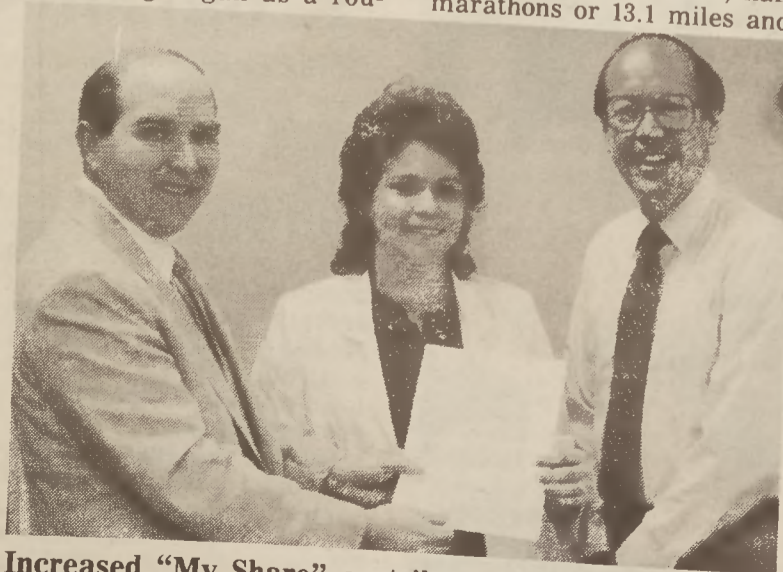
Ryan encouraged Adams-Millis employees to get into an appropriate physical fitness program to enjoy the many benefits.

"By being physically fit, a person spends less on medical bills," he explained. "They will feel better, look better and enjoy life more."

Speaking from a company

standpoint he said, "I don't want our employees to be sick because of their work. But it's also from a production point that they are doing a job every day. If they either can't or cannot perform best."

Ryan said other than the fact that he has found it enjoyable to eat anything without gaining weight, the social aspects, friends and the positive feeling of making it a family affair. "I have found no advantage or short-cut," he said, showing a characteristic smile as he ran a cap off his head. "It's because you to grow hair



Increased "My Share" contributions by Adams-Millis employees to the Winston-Salem-Forsyth County United Way campaign has earned a United Way achievement award. Displaying the award are David Moff, Debbie Earnhart and Bob Hoots. "This is truly an employee award," said Moff. "It was through their generous contributions that it was earned."

New Employees

Evelyn Andrews
Admin. Office
Executive Secretary

Carl Franklin
Admin. Office
Sales Rep./Acct. Exec.

Renee Musselwhite
Plant 8
Production Plan Supv.

Carolyn Beeson
Admin. Office
Claims Adjustment Clk

Larry Hopkins
Personnel Manager
Plants 2, 11, 33

Marvin Richmond
Admin. Office
Accounts Specialist