



The President's Corner

Adams-Millis always has taken pride in being on the leading edge of change in the hosiery industry. We now are at a point to make another major step forward.

As you are aware, there have been some changes since Adams-Millis became a division of Sara Lee Corporation last October. Plant 7 in High Point and our Lumberton facility have been dedicated to sheer hosiery production for Hanes Hosiery and L'eggs. The Franklinton plant was sold to Americal Hosiery.

These changes were made to streamline operations and devote all Adams-Millis efforts to socks instead of a combination of sheer and socks. This begins what we think will be unprecedented growth in the sock business in the coming years.

We stand at a point to realize tremendous potential for growth in the sock market with the Hanes brand. Adams-Millis will become an even greater giant in the sock business.

Adams-Millis (after the acquisition of Silver Knit and Maro) has gained a 15 percent share of the sock market. However, we expect that figure to increase dramatically over the next five years. Our research shows that the business is there to allow for large volume growth.

As a division of Sara Lee, Adams-Millis has available tremendous resources to help achieve the growth we seek. But it will take more than that.

In order to meet the commitments that have been made, every Adams-Millis employee must make a commitment to this next step in the company's progress. As I have said before, our operation depends on everybody doing his particular job to the best of his ability. Without that, we are all less than the best and we owe our customers the best product we can make.

Our commitment is to growth and to quality. And that covers the spectrum of our operations. From the manufacture of a sock, to dyeing it, to packaging, warehousing, selling, filling an order or delivering it, everyone is involved in the process. In addition, many people are involved in operations that support those involved in the manufacturing, finishing and marketing processes. Secretaries, customer service and custodial personnel, fixers, computer operators and many others perform tasks essential to our overall operations.

Everyone, whatever their function, must keep quality as their top priority.

We are entering an exciting period of growth and challenge. The challenge we certainly can meet as we all grow together.

Robert M. Bundy, Jr.

AMCO NEWS

April 1989

Vol. 45, No. 1

AMCO NEWS is edited and produced quarterly by Adams-Millis Corporation, 225 North Elm Street, High Point, North Carolina, 27261. Editorial contributions, comments and suggestions are always welcomed by your staff.

Linda Leach, Editor

Savings Bonds— Invest In U.S. While Saving

U.S. Savings Bonds represent a way for you to invest in your country and save money at the same time.

Bonds earn competitive market-based interest rates, are affordable, easy to buy through payroll deduction, are completely safe and are good for America!

If you have an interest in buying U.S. Savings Bonds, check with your personnel representative for more details.



Know Your OTC Drugs

By DR. DONALD HAYES
Corporate Medical Director
Sara Lee Corporation

Over-the-counter drugs (OTCs) are widely used in the United States. In addition to the money we spend for prescription drugs, the American public spends \$9.2 billion each year on 300,000 different products available without prescription. These include such familiar items as Goody's, Preparation-H and Alka-Seltzer.

There are three reasons why it is important to be familiar with OTCs:

1. Many of the ingredients contained in these products are effective in treating common ailments and it is important to be able to select a safe, effective product.

2. Many of the active ingredients contained in the OTCs may worsen serious medical conditions or interact with prescription medications.

3. The misuse or abuse of OTCs may actually produce significant medical complications.

It is also important for us to correct misinformation about safe use of OTCs. Many people believe — wrongly — that OTCs are completely safe and do not cause adverse effects — and that if this were not so the government would not allow them to be sold.

Other misbeliefs are that OTCs are less effective or less powerful than prescription drugs or are so "mild" as to have virtually no effect.

The most-used categories of OTC drugs are analgesics (pain relievers), cough and cold preparations and vitamins. As we become older we tend to use more OTCs than when we were younger. After retirement, the most-used OTCs are analgesics, vitamins and laxatives. Generally, women use more OTCs than men.

When buying an OTC, it is important to read the list of ingredients on the label to be sure you are getting the most effective preparation for what you need.

For instance, a person who regularly uses Alka-Seltzer Plus for headache should note it contains a decongestant and an antihistamine, neither of which is effective against headache. In addition, Alka-Seltzer Plus has less aspirin (648 mg.) than Anacin (800 mg.) or Bufferin Extra Strength (1,000 mg.).

Everyone should be aware too of the high alcohol content of some cough/cold remedies. NyQuil contains 25 percent alcohol and Vicks Formula 44D contains 10 percent alcohol, while Delsym has more.

Many OTCs contain ingredients that might not be expected. For example, many cough/cold remedies contain decongestants which also effect the nervous system. They can cause unexpected trouble in individuals with diabetes, high blood pressure, heart disease, thyroid trouble or prostate gland trouble.

The 300,000 OTCs available are made up of only about 700 ingredients. This means that many are "me too" products being sold to the public as different. Thus it is important to read the labels to be sure exactly what you are getting.

A few simple rules may be helpful for choosing OTCs:

1. Select the product with the fewest ingredients necessary to treat your condition. (If you just have a cold you don't need a laxative too.)

2. Select a product that contains an effective dose of what you need. (If you need aspirin, Bufferin contains more of it than Anacin or Alka-Seltzer Plus.)

3. Select a product for those ingredients listed by their amount (if the amount of an ingredient is so small it cannot be measured, there isn't enough there to have an effect.)

4. Select a generic product whenever possible. (Generic aspirin from K mart or Eckerd's contains exactly the same amount as Bayer's).

5. Be skeptical of advertising which claims that one product is better than the other even though they both contain identical amounts of the same things. (In this case, cheaper is better.)

6. Be alert for any possibility of drug interactions. (If you are on any regular medication be sure your doctor tells you which OTCs you can or cannot take.)

Finally, be sure to ask your plant nurse or your personal physician if you have any questions or concerns about using any over-the-counter preparation. It is a good idea for each of us to be responsible for our own health but only if we have accurate information.