

# Good Posture Helps You Avoid Backache

By **DR. J. A. SANFORD**  
Medical Director, Fieldcrest Mills

Soft beds, soft chairs—the comforts of modern living, according to Dr. M. Beckett Howorth of New York University Post Graduate Medical Center, have led to an increase in the number of persons who suffer from low back pain.

Once called "lumbago," this ailment is often caused by poor posture, overweight, ill fitting or inappropriate shoes, sedentary life or over strenuous work. It may also be due to diseases not directly relating to the back.

It may occur at any age but it seems more prevalent in middle age persons. It occurs more frequently in persons whose jobs require stooping or lifting.



Good posture is an important factor in preventing low back pain. A soft, saggy bed, and low soft chairs contribute to back pain. Overweight increases the load on the back and leads to poor posture. Weak arches, toeing in, and knock knees increase back strain. A low-heeled oxford is the best for standing or walking.

Treatment of backache varies with the cause. When due to strain, usually rest and heat will help. Massage may be used to relieve pain. In most cases, the best treatment is to strengthen muscles of lower back and to improve posture.

If the pain is severe or persistent, always consult your family physician.

At Fieldcrest, the best way to do any job is the safe way.

# Competition Is Keen For Towel Quality Titles

Keen competition among the weavers and fixers at the Towel Mill for the designation as "top" quality operators is indicated by the frequent appearance of new names on the weekly listings.

To encourage quality and efficiency in the weave room, the Towel Mill singles out for recognition each week those weavers and fixers making the best records.

Names of the "top" weavers and loomfixers are posted on the weave room bulletin board and are published in *The Mill Whistle*.

The "Weavers of the Week" are those with the lowest per cent of seconds with respect to the standards for the various loom groups.

The top loomfixers are determined through a combination of low seconds and high loom efficiency on the sections

# 15 Weavers Named On Quality Honor List

The quality honor list for Blanket Mill weavers has reached another high mark with 15 weavers making the current list. Twelve are in the dobby or plain group and three in the jacquard classification.

New names added include Augusta Hill, Cleo Minter, Gladys Powell and Lessie Walker, plain weavers; and Eldrin Roach and Violet Saunders, jacquard weavers.

The listing of the quality weavers is part of a program at the Blanket Mill designed to emphasize the importance of quality weaving and to give recognition to weavers with outstanding records.

In order to make the quality honor list, a weaver must work for six months without his or her cloth having a major quality defect.

Names of the quality weavers are posted on the weave room bulletin board each month and are published in *The Mill Whistle*.

When a weaver on the list has a major quality defect, his name is dropped from the list. Other weavers are added as they attain six months of quality work.

The quality honor list for the six months ending March 31 is shown in the accompanying box.

## QUALITY HONOR LIST

### Jacquard Weavers

Eldrin Roach      Webb Weadon  
Violet Saunders

### Plain Weavers

Tura Brown      L. H. Hundley  
Lessie Chilton      Sallie Isley  
Otra Chilton      Cleo Minter  
Mattie Hall      Gladys Powell  
Dillard Harris      Lessie Walker  
Augusta Hill      Lala Stultz

for which they are responsible.

The leading operators for the most recent periods of record are shown below:

### Weavers—W/E March 20

Dobby Terry ..... Norman Rakes  
Jacquard Terry ..... Harold Hale  
Draper & Cam Terry ... J. D. Wright

### Fixers—W/E March 20

Dobby Terry ..... Elwyn Arnold  
Jacquard Terry ..... Woodman Allen  
Draper & Cam Terry .. Roy Whitlock

### Weavers—W/E March 13

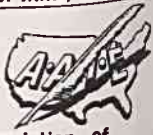
Dobby Terry ..... Eugene Koger  
Jacquard Terry ..... Joseph Handy  
Draper & Cam Terry ... Ruth Hudson

### Fixers—W/E March 13

Dobby Terry .. ..... Elwyn Arnold  
Jacquard Terry ..... Carlton Rakes  
Draper & Cam Terry      Roy Whitlock

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OTIS MARLOWE  
EDITOR



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### REPORTING STAFF

Bedsread Mill .....	Ada Jones
Blanket Mill .....	Katherine Turner
Central Warehouse .....	Geraldine Perkins
Draper Offices .....	Mamie Link
General Offices .....	Hilda Grogan
Karastan Mill .....	Gladys Holland, Katherine Manley
Karastan Offices .....	Irene Meeks
New York Offices .....	Mary Stephens
	Jane Corbin
	Eileen Jumel, Betty Lences
Sheeting Mill .....	Ruth Talbert
Towel Mill .....	Fay Warren, Fannie Hundley

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## TODAY'S BIBLE VERSE

*Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.*

—HEBREWS 13:2.

## Service Anniversaries

Fieldcrest Mills extends congratulations to the following employees who, since our last issue, have observed notable anniversaries of continuous service with the company.

### Thirty-Five Years

Robert M. Brim ..... Finishing  
William Dean ..... Finishing  
Fred R. Stultz ..... Karastan

### Thirty Years

Oakley E. Kestner ..... Sheeting  
Thomas Lee Cockran .. . . . Blanket

### Twenty-Five Years

Alda J. Edwards ..... Bedsread  
James T. Payne ..... Finishing  
Martha A. Pearman ..... Bedsread

### Fifteen Years

Esther Y. Gillie ..... Sheeting  
Lee Rieson ..... Karastan  
Roy V. Perry ... Bedsread Finishing

### Ten Years

Eugene Patterson ..... Karastan  
Fayline E. Lawless .... Central Whse.  
Louise J. Vestal ..... Bleachery  
James T. Wilson ..... Specials  
James H. Byler .. . . . Fieldcrest Sales  
Virginia A. Ashworth .... Draper Cost

## Buy-Sell-Swap

FOR SALE: Pansy plants ready for planting. See J. Platt Turner, 135 South Bridge Street, Leaksville, Tel. MAin 3-2234.

FOR SALE: Used 24" J. C. Higgins boys' bicycle. Call Ed Barksdale, Extension 5332 or MAin 3-3581.

THE MILL WHISTLE