

## Cloth Room

Mr. and Mrs. Walter West of Robinsville, N. C., visited Mrs. Nell Robinson, cloth burler, and George Robinson, Carding.

Mr. and Mrs. Lee Weaver of Asheville, N. C., spent a recent week-end with Mrs. Weaver's mother, Mrs. Howard Moses, cloth burler.

Genever Johnson, cloth burler, has been out from work due to illness.

## Main Office

Miss Sue Shepard is a new employee in the Shipping Department. Miss Shepard lives on the Davis Park road, Gastonia.

Don Sills is a new employee in the Accounting Department. Mr. Sills is married, has one son, Tommy, and lives on Hartman street.

Miss Helen Spencer, Payroll Department, has returned to work after six weeks of illness.

Mrs. Eula Wilson, Payroll, Miss Myrtle Bradley, Main Office, Mrs. A. C. Bradley and son Buddy, spent a recent day in Asheville, N. C., visiting Mrs. Bradley's daughter, Betty, who is in nursing school at the Memorial Mission Hospital.

Mrs. Frances Jackson, Payroll, her husband, Paul, and Mrs. C. P. Jackson spent a week visiting relatives in Evansville and Mt. Vernon, Ind.

Herbert Broaden, mail service, received treatment at a veterans' hospital in Swannanoa, N. C., in mid-October.

## Personnel

Samuel Crawford, Personnel Office, and Mrs. Crawford have moved into their new home on Garland avenue.

Miss Barbara Abernathy spent the week end of October 6 with her parents in Connelly Springs, N. C. She also went sightseeing in the North Carolina mountains.

Howard Baldwin, husband of Mrs. Bobbie Baldwin, has returned to his home after being a patient at Gaston Memorial Hospital.

J. M. Cooper, Time Study Engineer, Woodrow Wooten, Quality Control, and Leon Redwine spent the week end of October 5 at Crescent Beach, S. C., deep sea fishing. The fishermen brought back a catch of approximately 100.

## Shop

Assistant Plant Engineer H. A. Cauthen and Mrs. Cauthen enjoyed a vacation recently in Jacksonville, Daytona Beach, Tampa and Miami, Fla.

Homer Harmon, painter foreman, and Mrs. Harmon along with daughters Annie Lou, Lola May and grandson Ronnie, spent part of their vacation visiting Mr. and Mrs. John Wilson of Columbia, S. C. Mr. Wilson is an uncle of Mr. Harmon.

Lathe Operator Marvin Robinson, while on vacation took a fishing trip to Nags Head, N. C. He also visited an Atlantic Coast museum and attended a performance of The Lost Colony.

Alvin Dill, sanitation foreman, and Mrs. Dill toured the mountains of Western North Carolina and East Tennessee during a recent vacation.

Clinton McLeymore, carpenter, has been confined to his home for the past few months due to illness. He is showing improvement.

## Spooling

Hazel Owens, winder tender, and family spent a recent Sunday in Cherokee and Mt. Mitchell, N. C.

Lillie Spencer, spooler tender, and mother, Mrs. J. C. Childers, visited relatives in Jonesville, S. C.

Mrs. Alma Fullbright, mother of Maggie Reed, reclamer, and Ray Fullbright, oiler, is ill at her home on South Marietta street.

Jama Dover, daughter of Mrs. Rosella Dover, spooler tender, celebrated her third birthday with a party at her home in Kings Mountain in October.

Lela Mitchell, warper tender, and husband Lonnie, Twisting, spent a week end in Boone, N. C., visiting Mr. and Mrs. Bill Rowland.

Margaret Navy, spooler tender, has returned to work after an illness.

Maggie Reed, reclamer, was a recent visitor of Mr. and Mrs. Robert Flynn.

Minnie Carpenter, warper tender, is ill at her home on South King street.

Mrs. Lorene Lewis, warper tender, and family visited recently in Norfolk, Va., with relatives.

## Plant Doctor Advises On The Common Cold

The coming of autumn this year marked the 2,000th annual cold season recorded by man. During the period from late September through next summer, the common cold will cost well over \$5 billion to business, industry and the cold sufferers themselves, medical researchers say. In the United States people lose around half a billion dollars a year on jobs alone, because of lost time resulting from colds. The average employee in this country stays home two and a half days a year because of colds.

THE COMMON COLD is no respecter of persons. And what's worse, colds may lead to more serious illnesses, because they can lower resistance to other infectious diseases.

Dr. W. B. Parks, plant physician, points out that although there are a number of treatments known to modern medical science, colds are not curable — as yet. Some authorities are of the opinion that cold vaccines may help protect from complications which come after colds. And medications may help make you more comfortable while entertaining a cold.

"On the subject of colds, the proverbial ounce of prevention is worth a pound of cure," Dr. Parks says. "Your doctor is the one to decide if you need drugs or vaccines."

THE PLANT DOCTOR here suggests the following everyday rules, aimed at helping you ward off colds and controlling them when you become the unfortunate victim:

Keep physically fit. Eat a balanced diet and take in lots of liquids, especially fruit juices. Keep your distance from others who have colds. Especially, shield children from coughs and sneezes.

Don't cheat yourself on sleep and rest. Recreation is potent medicine for keeping you healthy.

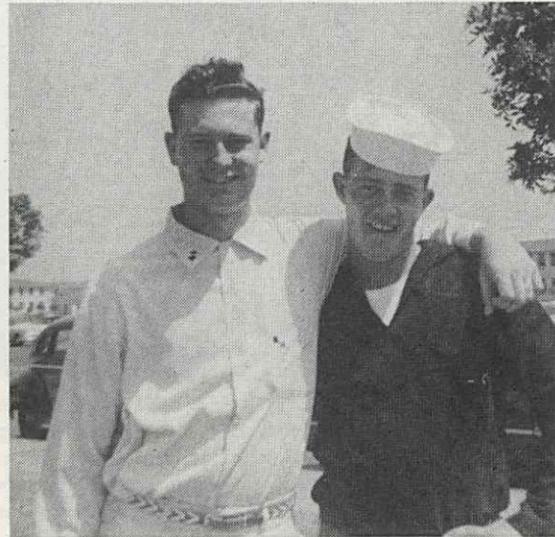
LET THE WEATHER determine the clothes you wear. Avoid getting wet and chilled. Sharing dishes, silverware, glasses, towels or toilet articles with others is an invitation for trouble. Before eating or handling food, wash your hands with soap and water.

Feel yourself coming down with a cold? These simple procedures can help you live it out:

Eat nourishing foods, and drink plenty of hot and cold liquids. If you can, go to bed or rest at home. If you stay on the job, keep warm and dry, and get at least 8 hours of sleep in each 24-hour period.

Chills, fever, aches, or excessive coughing are danger signals. These call for a visit with your doctor.

WHILE YOU are wrestling with a cold, try not to share it with others. Avoid close contact with people, insofar as possible. Make use of your handkerchief when you sneeze or cough. It's best to employ paper tissues and destroy them after use.



James Green (left), and his brother Bobby in San Diego.

## Brothers Serve In Navy

James and Bobby Green, sons of Mrs. Lillian Green, Spooling, are serving in the U.S. Navy. Both are graduates of Ashley High School. James is a radar operator on the USS Princeton; and Bobby plans to be a storekeeper at his place of duty assignment after "boot" training.

When James had a recent shore leave to visit San Diego, he arranged a visit with his brother, who has been taking basic training at the naval base there.

Their addresses: James E. Green, SN-O-I Div., USS Princeton, CVS-37, FPO, San Francisco, Calif. Bobby J. Green, Co. 365, No. 494-03-59, USNTC, San Diego 33, Calif.

Mrs. Ruth Neal, warper tender, visited her brother, Robert Mitchem, in early October. He is in a hospital in Memphis, Tenn.

Mrs. Lillian Buck and family of Shaw Field, Sumter, S. C., spent several days in October with Mrs. Leila Wilson, reclamer, and family.

Mrs. Julia Burnett of Chimney Rock, N. C., mother of Mrs. Blondell Rollins, spooler tender, is in the Charlotte Memorial Hospital.

David Tino and family of Chapel Hill, N. C., spent the week-end of October 6th with his mother, Mrs. Janice Tino, spooler tender, and family.

Mrs. Ruth Rice, spooler tender, underwent surgery at Garrison General Hospital recently.

Mr. and Mrs. Fletcher Tucker and family of Sanford, N. C., spent a recent week end with Mrs. Ruth Medlin, spooler tender.

Milton Nichols, second hand, vacationed during the week of October 8th.

New employees in the Spooling Department are Carol Moore and Barbara Sneed, spooler tenders, and Grady Wiley and Fred Bruce, sweepers.

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## Two Will Attend Raleigh Meeting

Ralph Johnson, plant recreation director, will discuss "Professional Coordination in Recreation" at one session of the North Carolina Recreation Society meeting in Raleigh, November 12-14. He is a member of the N.C. Recreation Advisory Committee.

Bob Purkey, assistant to the director of recreation, will also attend the Raleigh meeting.

## Firestone NEWS

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### DEPARTMENT REPORTERS

CARDING—Edna Harris, Jessie Westmoreland.

SPINNING—Lillie Brown, Mary Turner, Maude Guffey.

SPOOLING—Nell Bolick, Ophelia Wallace, Rosalie Burger.

TWISTING—Elease Cole, Corrie Johnson, Louise Long, Dean Haun, Vera Carswell, Katie Elkins.

SALES YARN TWISTING—Elmina Bradshaw.

SYC WEAVING—Lucille Davis.

CORD WEAVING—Irene Odell, Mary Johnson.

QUALITY CONTROL—Sally Crawford, Leila Rape, and Louella Queen.

WINDING—Mayzelle Lewis, Elizabeth Harris, Hazel Nolen.

CLOTH ROOM—Margie Waldrep.

SHOP—Rosie Francum.

SUPERINTENDENT'S OFFICE—Sue Van Dyke.

PLASTIC DIP—Jennie Bradley.

MAIN OFFICE—Doris McCready.

PERSONNEL—Nancy Gragg.

WAREHOUSE—Patsy Haynes, George Harper, Albert Meeks, Rosevelt Rainey.

Claude Callaway, Editor