

Bride's House

By KATHLEEN SUTTON

Now in my hand I hold the shining key That will unlock the freshly painted door. Yet hesitant, with strange humility I pause upon the new-laid walk before Gay shingled roof and casement windows bright With welcome—thinking how untried and young We are, this house and I, and on how slight A thread life's greatest happiness is hung.

We are unseasoned yet in any weather, Though few escape storm's bitter reckoning; O little house, let us be strong together, Withstanding winter, certain of the spring, Beltering love so wisely and so well; Oth heart and home are where he most would dwell.

Refining News

By JACK RHODES

Back in the news this month the refining department is a-rarin' to go. Having returned to the 42-hour schedule, all the boys are planning to take nice trips and vacations. Bill Cuable has already organized a deep-sea fishing trip for June on "B" Shift. Thad Newman and "Uncle" Bud White were not to be outdone so they organized a trip on "A" Shift. Seems to me like the fish are drawing a lot of suckers this year.

We're glad to learn that Leland Thomas is back home after an operation in Asheville.

Frank Patton is also at home after spending a week at Biltmore hospital. Hurry and get well, boys, and come on back to work.

Several of our boys have returned from service and needless to say, we're tickled to have them back. Namely, Devere Harding, the guy who made Cammy holler "Calf-Rope", W. C. McClung, Howard Volrath and Ray Owen. Oh yeah, they say a bad penny will always show up. I see Jerry Mann is back in town. Well, good!!!

Some folks must be a Jonah. While Jack Rhodes was out sick, the Refining Bowling team stepped out and won more games than they had all season. Nice going, boys. Incidentally, three of our team members; Bill Henson, Thad Newman and Ray Beddingfield placed in the money in the bowling tournament held in Asheville recently. Ike Cairnes has been winning pretty regularly off "Speedy" Jones on their bowling scores. So regularly, I hear Speedy is figuring on going back to smoking "Roll-Your-Owns" in an effort to make up his losses.

I wish somebody would buy "Lizard" Thomas a basketball. He dribbled Jack Wilber on these cerele floors till Jack yells "Out!" every time 'Giz' looks at him.

Wonder what happened to cause Burgin Kilpatrick to run out on No. 8 the other night hollering, "Run, the Revenue Men are coming!!!"

We extend our deepest sympathy to Winifred Tweed, whose home burned last month with complete loss of furnishings. Mrs. Tweed was slightly burned but is getting along fine now.

Dine And Dance In A Short Date Dress



Brilliant Roman stripes and black combine to make a colorful short dine-and-dance dress, feminine and pretty for informal dates. Glitter costumes to fit any occasion and any budget may be had by the simple means of sewing them at home. The stores will be spotlighting their home sewing departments during National Sew and Save Week, February 23-March 2 and you will find many suitable fabrics for date wear at that time. New items for the wardrobe should be made with an eye to how they fit in with the rest of your clothes. A new leaflet, "Color Guide to Exciting Wardrobe Combinations," No. H 1705, tells about new color fashions and how to have a varied wardrobe from a few pieces. (NOTE—Fashion Leaflet No. 1705 is available to you, free of charge, at the Library.)

TESTED RECIPES

We all swoon over good food... or even if you are one in the minority try these delightfully different variations of some old favorites:

CHICKEN SALAD DE LUXE

- 2 tablespoons lemon juice
2 cups cooked chicken (cut in generous sized pieces)\*
1 cup diced celery
3-4 cup seedless grapes
3-4 cup toasted, salted almonds
Mayonnaise or salad dressing
1 tablespoon capers
Dash nutmeg
Salt, pepper
Crisped lettuce cups

Sprinkle 1-2 tablespoons lemon juice over chicken; add 1-2 tablespoon lemon juice to celery; allow to stand at least 1 hour. Mix together lightly chicken, celery 1-2 cup grapes, 1-2 cup almonds, 1-3 cup mayonnaise or salad dressing, capers and nutmeg. Season. Pile lightly in lettuce. Garnish with remaining grapes and almonds. Serve with extra dressing. Serves 4 at a meal; 8 or 10 at tea.

\*Place 4 to 6 lb. fat chicken in water to cover. Add sprig parsley, 1 bay leaf. Simmer 2 1-2 hours or until perfectly tender. Let cool in stock.

CINNAMON MUFFINS

"Rich, sweet muffins, rolled

- (while hot) in melted butter, sugar and cinnamon—
1-4 cup shortening
1-3 cup sugar
1 egg yolk
1 1-2 cups enriched flour
2 1-4 teaspoons baking powder
1-4 teaspoon salt
1-2 teaspoon nutmeg
1-2 cup milk
1 stiff-beaten egg white

- 1-4 cup melted butter or fortified margarine
1-3 cup sugar
1 teaspoon cinnamon

Thoroughly cream shortening and 1-3 cup sugar; add egg yolk; beat well. Add sifted dry ingredients alternately with milk. Fold in egg white. Fill greased muffin pans 2-3 full. Bake in moderate oven (350o) 25 minutes. Quickly roll hot muffins in melted butter, then in mixture of 1-3 cup sugar and 1 teaspoon cinnamon. Makes 1 dozen medium-sized muffins.

FLUFFY OMELETS

"For special occasions—a fluffy omelet for each guest"—
4 egg whites
1-4 teaspoon cream of tartar
4 egg yolks
2 tablespoons enriched flour
1-2 teaspoon salt
1-8 teaspoon pepper
2 tablespoons milk
2 tablespoons butter
Beat egg whites until foamy; add

Your "Crowning Glory"

Whether you are wearing your hair in flowing locks or in an unswept Psyche coiffure this yet, the beauty of your hair-style depends to a great extent upon the lustre and sheen of the hair itself.

We've been all told countless times of the value of brushing or hair one hundred times nightly, but there are many other things we can do to maintain our "crowning glory" in all its beauty. An extra-thorough brushing before washing, for example, will loosen dandruff and dust from your hair so they can be easily rinsed off.

Try using a small, stiff brush around the edge of your hairline when you are washing your hair. This will take out the powder and cosmetics that have settled just above the hairline in front and the dirt that is rubbed into the hair at the collar-line.

Always rinse your hair twice after working the lather from the scalp up to the ends of the hair. Merely washing the hair can't give it a lustre—thorough rinsing does the trick.

If you're a working girl and must wash your hair in the evening, do it as early as possible. Warm several towels before hand and use them to rub the hair dry. If you plan to go to bed with your hair still damp, wrap your head in a sheer wool turban.

When you have one of those last-minute dates, and your hair is a "sight" try this trick. Set it in the usual way, but without any water or wave-set. Then hold your head over a pot of boiling water for two minutes and let it cool for ten minutes. After this you will be able to comb it out in a lovely, loose wave.

Judge: Seems to me you've been coming up before me for the past twenty years.

Victim: Can I help it if you don't get promoted?

Absent-minded Judge, to dentist: "Do you swear to pull the tooth, the whole tooth and nothing but the tooth?"

cream of tartar; continue beating until stiff. Beat egg yolks until light; add flour and seasonings; beat well. Stir in milk; carefully fold in egg whites. Heat two skillets; melt 1 tablespoon of butter in each. Drop egg mixture from spoon making 3 mounds in each skillet. Cover. Cook over very low heat until omelets puff, about 8 minutes. Fold over and serve immediately. Serves 6.

TOMATO ASPIC SALAD

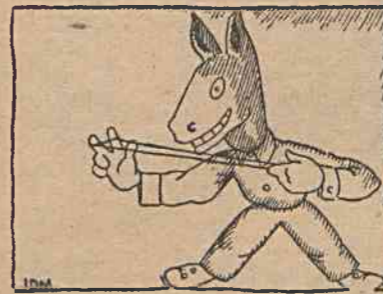
"There's racy zest, sparkling color, and a perfect, not-too-smooth texture"—
4 cups canned tomatoes
1-3 cup chopped onion
1-4 cup chopped celery leaves
1 bay leaf
2 whole cloves
1 teaspoon salt
2 tablespoons brown sugar
2 tablespoons (2 envelopes) unflavored gelatine
1-4 cup cold water
3 tablespoons lemon juice
Combine tomatoes, onion, celery leaves, bay leaf, cloves, salt, and sugar. Simmer 20 minutes; strain. There should be 3 1-3 cups. Soften gelatin in cold water; dissolve gelatine in cold water. Add lemon juice. Pour into oiled individual molds; chill until firm. Unmold on curly endive. Serves 6 to 8.

SAFETY PAGE

By H. E. NEWBURY, Safety Director

N. C. Department Of Labor Awards 'A' Rating To All Three Companies

Stay Safe... Off-Of-Job, Too



"HORSEPLAY OR HORSE SENSE"

Several articles have appeared in past issues of the Echo with reference to Horseplay throughout the plant. These articles were not directed at anyone in particular, but to those who persist in such childish acts while on the job.

To give you an actual case of such horseplay, I wish to cite something that occurred during the week of January 28th., 1946.

An employee of the Job Printing department was operating a large press on a very important order, when someone passed the open door and using a rubber band, shot him over the right ear with a hard wad of paper.

No, he wasn't seriously injured, and except for a pump knot on the side of his head, no damage was done. But... suppose he had turned around just as this childish act took place, and received the blow in one of his eyes?... Or what if the wad of paper had gotten into the operating press and caused considerable damage?... Could the guilty person possibly have an alibi for such horseplay?

Practical jokes and horseplay have no place on the job, and your co-operation is solicited in helping eliminate such unsafe practices.



"Auto Reflex"

In Toledo, according to the National Safety Council, a woman driver's car blew a tire at a railroad crossing, careened down the tracks, struck a signal switch, and threw a red block against an approaching train.

North Carolina had 636 deaths due to traffic accidents, during the first eleven months of 1945.

"SAFETY IS A HABIT—GRAB IT."

To lose time away from work, whether your injury occurred on or off the job, represents a direct loss to one of our employees. We are vitally interested in your welfare, and offer the following safety suggestions in your behalf. Read and obey them, and your chances of being hurt off-the-job during the coming years will be greatly reduced.

1. Check your living quarters for such hazards as rugs on slick floors, frayed lamp cords, unsafe steps and walkways, toys and marbles on the floor, broken glassware, and numerous other items that could cause personal injury.

2. Never operate your car at a speed that is too fast for safety. Take into consideration the condition of your car, the condition of the roads, and the fact that you never know what the driver of the other vehicle might do.

3. Encourage the youngsters not to play in the street, and when forced to walk on the highway, to always walk on the left side of the road facing traffic.

4. Never cross a thoroughfare without being sure there are no vehicles approaching from either way. The age-old saying that "the pedestrian has the right-of-way," is not observed by present day motorists.

5. Do not take unnecessary chances. Broken bones and weeks in the hospital have often resulted from someone trying to save a few seconds, or take a shortcut.

6. Always have even the slightest injury treated immediately. A hole caused by a pin puncture is large enough to admit thousands of germs, and infection can develop within thirty minutes.

For the past twenty-five years, the total number of injuries and deaths occurring in the homes each year have greatly exceeded those occurring in American Industrial Plants. This is rather alarming, but true.

Self-preservation was practiced by our forefathers years ago. We should all follow through with the wonderful example set by them.

Ever Use Handrails?

The above is a rather silly question to ask grown people who continuously go up and down a set of steps, is it not?

Well, to get across the full meaning of the above heading, I wish to cite something that took place here in our Main Office on the morning of February 2nd.

While waiting to see a person who was rather busy at the time, I made it a point to observe those using the stairway. Out of sixteen office employees who went up or

Representative Makes Thorough Inspection Of Plant Each Year.

On interest to each employee of all three of our companies is the grade "A" rating recently received from the North Carolina Department of Labor.

Each year since the plant started operations, a representative of the Department of Labor has made a thorough inspection of the entire plant, and on each occasion the three companies have received top rating.

During these inspections, the representative places special emphasis on working conditions, housekeeping, lighting, washroom and toilet facilities, the health and safety program for the personnel as a whole, and the low frequency of personal injuries.

This achievement is indeed something to be proud of, and we wish to say to each and every one of you, WELL DONE.

Let's all do our utmost to receive top billing in the years to come... IT CAN BE DONE.

Proper Clothing And Footwear Important

One of the most important phases of accident prevention is the wearing of proper clothing and footwear. Numerous serious injuries have resulted from unsafe wearing apparel, as well as the wearing of jewelry when working around moving machinery.

The few pointers below are for your protection, and will prevent serious injuries if the suggestions are followed.

1. Never wear loose clothing, long sleeves, or neckties while working around moving machinery.

2. Do not use high heel shoes, or worn down heels or soles to work in.

3. Refrain from wearing bracelets, rings, or other jewelry, when working around moving machinery. A ring is oftentimes the difference between a bruised finger and a complete amputation.

In the interest of your personal welfare, won't you follow the above suggestions?

down this particular set of steps, only one took hold of the handrail. Remember, handrails are on stairways to hold to, and may someday save you the misfortune of a serious injury, if you will only use them.

Famous last words: "Just watch me beat that train to the crossing."

Definition of Safety: It is a condition under which people live longer and suffer less."

Throughout the United States, there were 25,220 deaths due to motor vehicles in 1945,



Arm badly sprained when playee fell from platform to ment floor. (approximately feet)

SUGGESTION: Be absolutely sure you have a firm footing especially when you are working higher than floor level.



Ankle sprained when employee slipped and fell stairway.

SUGGESTION: Proper wear will prevent falls. High heel shoes are hazardous on stairs and slick floors.



Employee got piece of embedded in eye while working on lathe machine.

SUGGESTION: Use your safety goggles on any work hazardous to the eyes. Glass eyes are good, but you cannot see through them.

It is the duty of those experienced in Safe Practices to the inexperienced... and duty of the inexperienced to