



Fieldcrest

MILL WHISTLE

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Issued Every Two Weeks By and For the Employees of Fieldcrest Mills, Division of Marshall Field & Company, Inc., Spray, North Carolina

OTIS MARLOWE Editor

Vol. XI Monday, June 8, 1953 No. 22

Strength For These Days

Seek ye first the kingdom of God and His righteousness; and all these things shall be added unto you. Matt. 6:33.

Heart Facts

Your heart is only as big as your fist, but most of its bulk is muscle. It has just one job — to pump out into the arteries the blood returned to it by the veins. All the millions of cells in the body depend upon the rapidly circulating blood stream for the necessities of life and the removal of wastes.

The brain in particular must have a continuous supply of fresh oxygen. Since the brain runs the body, death comes within seconds — at most a very few minutes — after the heart stops beating.

The amount of blood in your body is comparatively small — it makes up only about 8 percent of your body weight. But to keep that blood in circulation, through miles of blood vessels during an ordinary day of work, play, and rest, the healthy heart pumps from 9 to 10 tons of blood at an average daily rate of 70 strokes per minute.

The normal pumping action of the healthy heart is a continuous series of regular contractions and relaxations—beat — rest, beat — rest, beat — rest, and so on for about 2 1/2 billion times, if the pumping continues for 70 years.

When you are "taking it easy," your heart takes it easy. It then rests nearly twice as much as it works. But during periods of exceptional physical exertion or emotional stress it may beat twice as fast as usual and pump out twice as much blood.

The faster the heart beats, the harder it works and the less time it has to rest. On this important fact is based much of the medical advice we are given regarding the protection of the middle-aged healthy heart and the care of the sick heart.

Buy . . . Sell . . . Swap . . .

FOR SALE—One Par Air Compressor, Model 51, in A-1 condition. Call MEadow 5-4624 after 5 p.m.

Letters From Servicemen

Dear Mr. Thomas:

I was glad to receive your letter and to find that I am still welcome at your mills. It is a wonderful place to work and I hope to return there when I finish my service.

I have started my training and will be glad when it is over. The Army and I are getting along pretty good together. I'm training to be a tanker. That will be better than the infantry. At least I won't have to walk so much. Good luck and all my best wishes.

Pvt. Jewel G. Joyce U.S. 53190062
Co. B. 83rd. Recon. Ben.
CCA 3rd Armd. Div.
Fort Knox, Kentucky
* * *

Dear Mr. Thomas:

Thought I would write you a few lines and let you know where I am so you can send the MILL WHISTLE up here. I am at Harmon, Newfoundland. Sure wish I was back at work in the mills now. How are the mills running now? Fine I hope. Tell all in the Burling Department (Karastan) I said hello.

Pvt. Russell Roberts U. S. 53128038
373rd. Det. 1, APO 864, C/o Pm.
New York, New York
* * *

Dear Editor:

I would like to inform you of a change in my address. I enjoy the MILL WHISTLE very much and want to thank you and your office for the news you have sent to us servicemen.

A/1c Ernest C. Gravely
21st Instruction Sqdn.
George Air Force Base
California
* * *

Dear Editor:

Since I haven't thanked you for sending me the MILL WHISTLE for the past couple of years, I want to say I deeply appreciate receiving it. And as for my buddies, they enjoy it as much as I do.

We are now in Boston Naval Yard for a couple of months and then will return to our home port which is Norfolk, Virginia. I will be glad when I can return to my job at the Electric Blanket Mill.

Until then, I want to give my thanks for your continuing to send me the MILL WHISTLE. Also, there has been a change in my address which follows:

Zendale Lemons
CSSN 4277241
USS Marquette BA-95
C/o Fleet Post Office
New York, New York
* * *

Drilling crews working on the Aluminum Company of Canada's big power project in British Columbia have broken their own record for tunneling. They have blasted through 274 feet of solid rock at an average of 45.7 feet a day, to break their former record of 16 feet daily.

meet the Boss

Right this minute she's in a store. She's casting her eye over the shelves . . . touching, feeling . . . asking questions . . . comparing quality . . . matching prices!

Maybe she'll buy. Maybe she'll walk out! It depends on whether she feels she's getting her money's worth.

Who is she? She could be your neighbor's wife or the secretary who lives across town or any one of the millions and millions of people who are somebody's customers.

When you come right down to it, America's customers . . . including you . . . tell businessmen what to produce, how to produce it, and what to charge for it

If customers like our values, we stay in business, get bigger, and have plenty of good jobs. But if customers don't think we're giving them their money's worth . . . then we're all in a pickle . . . workmen, stockholders, and management!

Come to think about it, isn't that a most important difference between a free land and a dictatorship like Russia? There, the customers have to take what the government chooses to give them, and pay what the government asks.

Here, the customer . . .

which includes just about everyone . . .

is boss!



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Next time you're caught raiding the icebox after midnight, just tell your wife you're carrying on a fine old tradition. Julius Caesar, so the story goes, used to get up at three in the morning for some bread and cheese—and "bread with something" is still the favorite for kitchen snacks.

Some folks distrust those who flatter them and dislike those who don't.