

In Safety We Are The Other Fellow

By J. D. Moore
Manager, Towel Mill

When we see a safety poster, read a safety article, or hear a talk on safety, we usually feel that the message is meant for someone else and does not apply to us. This is a part of the general feeling that "accidents always happen to the other fellow."



J. D. MOORE

Until we suffer an injury ourselves, or until we are witness to someone else being hurt, we may give little thought to safety. But after we have an accident we then realize that safety applies to us, too; and that to our fellow workers we are "the other guy." As a mat-

ter of fact, safety is meant for everyone, and all of us are "the other fellow."

It is to the advantage of each of us to build an attitude of safety, and to make it a daily practice to follow all safety rules and to develop and use safe work habits.

In a majority of cases an accident occurs because some worker takes a chance by performing an unsafe act which he knows is not a good practice. Often the act is performed in a moment of haste or inattention. Such departures from good safe work habits, even for a moment, are the cause of practically every accident that occurs in the mills.

To be safe, each of us should refrain from taking chances, and should develop safe work habits and practice them so consistently that we never for a moment expose ourselves to injury.

BE ALERT—STAY UNHURT!

New Reporters Are Appointed

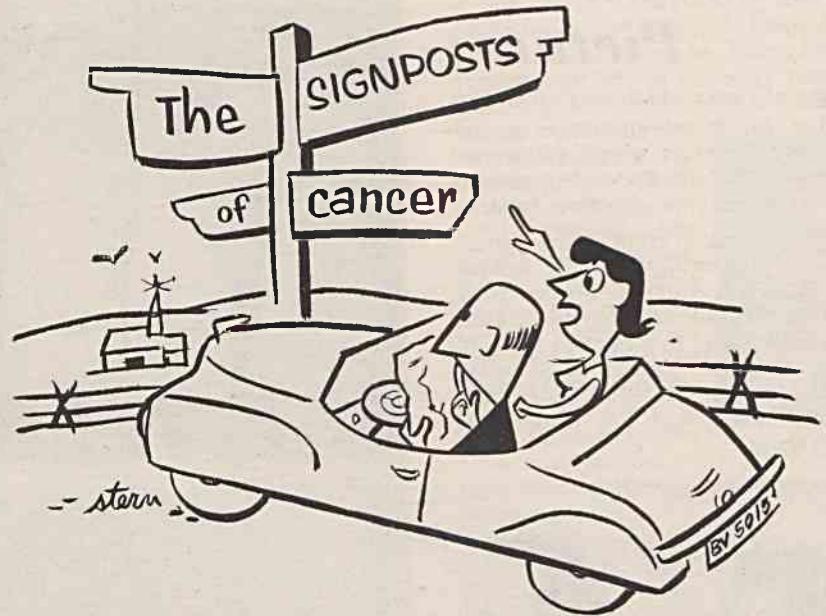
Mrs. Freda Suit, recently transferred from the Electric Blanket Office to the office of the Packaging Coordinator, has been appointed Mill Whistle reporter for the Nantucket offices.

Mrs. Louise Nowlin of the Electric Blanket Office was appointed reporter for the Electric Blanket mill and office to replace Mrs. Suit.

Employees of above mentioned departments are requested to turn in to their respective reporters any news items or pictures for publication in the Mill Whistle.

A helpful hint to all housewives—
young or old, new or experienced—is to loosen burnt and stuck foods from pots and pans by boiling a solution of sal soda in the pot for a few minutes. Then wash as usual.

LEARN TO KNOW CANCER'S DANGER SIGNALS



Thousands of cancer deaths could be prevented each year if people would recognize the symptoms of cancer and seek competent medical advice immediately. Far too many take time to "think it over" when it's a known fact that, in cancer, delay is **always** dangerous.

The best idea is to learn the danger signals and seek medical advice at once. Here they are:

1. A lump or thickening anywhere in the body, especially in the breast, lip, or tongue. Any change in the size, shape, or position of the breasts.
2. Irregular or unexplained bleeding from the nipple, vagina, or any body opening; blood in the urine or stools.
3. A sore that does not heal, particularly about the tongue, mouth, or lips.
4. Progressive change in the color or size of a mole, wart or birthmark.
5. Persistent indigestion, especially in persons over 40 years of age.
6. Persistent change in normal bowel habits.
7. Persistent hoarseness, sore throat, or difficulty in swallowing.

Cancer is unlike many diseases which begin with a fever, a rash, or some other definite symptom. More often the early symptoms of cancer are scarcely noticeable; with rare exceptions, there is no pain or discomfort at first in any kind of cancer.

Proper Treatment At Once

A cancer begins to grow in one spot. It can usually be destroyed if discovered in this early stage. It is less and less easy to destroy as growth continues. When it has spread throughout the body, cure is almost always impossible. That is why it is necessary to uproot it before it begins to spread.

Thousands of people are alive and well today because their cancers were checked in time. The searchlight of medical science is constantly focused on

Hosiery Mill News

By Lee Hundley

We extend our deepest sympathy to Mr. and Mrs. A. L. Ross at the death of Mrs. Ross's mother, Mrs. Holly.

C. D. Looney spent the week-end in Roanoke attending the 40 and 8 convention.

S.N. Roy Harrell spent the week-end with his parents, Mr. and Mrs. Gilbert Harrell.

Mrs. Bessie Key is a patient in Martinsville General Hospital.

Pfc. Bennet Arnold, stationed at Camp Lejeune, N. C., spent the week-end with his wife and parents.

The Pineapple

The pineapple was an early world traveler. Indigenous to America, it was brought to Europe and Asia during the sixteenth century, and grown in the islands of the Pacific by the nineteenth century. Varying legends tell of its arrival. Some credit early traders and whalers, while others say the fruit was washed ashore off wrecked Spanish sailing ships. However chance its introduction, Pacific islands today produce and pack more than 75 per cent of the world's pineapple.

cancer. There is good reason to hope that in time physicians will learn how and why it starts; how it grows; and how to stop it. Meanwhile, it's up to you to know the danger signs, and to be sure that you get prompt medical help if any one of them appears.

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