

ON YOUR CAR?
- OF COURSE!



ON YOURSELF?
- DEFINITELY!

Regular Check-Ups Guard Your Health

If you own a car, you probably take it to a garage for a regular check-up every 1,000, 5,000, or 10,000 miles—or somewhere in between. Such care pays off in better performance and longer life for your automobile.

That's because the mechanic will often find a defect that needs repair, or will perform some other service to make your car operate more efficiently.

Regular medical check-ups can do somewhat the same thing for your body, although you probably never think of it that way. And, after all, it's even more important to take care of your health than your car because, in the long run, regular check-ups pay off in better health and longer life.

Let Your Doctor Decide

Your doctor may find some defect that can be corrected, give treatment that will ward off difficulties, or offer advice that will help you enjoy a happier and healthier life. Doctors agree that many serious ailments, if detected early, can be checked and even cured. For that reason alone, it pays to see your doctor regularly for a thorough check-up. How often you visit him depends to some extent on your age, and your general physical condition. The Metropolitan Life Insurance Company suggests that you let your doctor decide.

Maybe you are feeling fine, and maybe your friends do tell you that "you never looked better," but only your doctor can help you stay that way. So make it a point to go for regular check-ups—and see that everyone in your household—young and old—does it too!

Office Correspondents Named For Mill Whistle

The MILL WHISTLE is pleased to announce the appointment of Mrs. Jane Hill Giles as a reporter for the General Office. She will assist Hilda Grogan as correspondent for the various departments at the General Office.

A native of High Point, Jane has lived in Leaksville most of her life. She graduated from Leaksville High School in 1951. She formerly was employed in the Draper Cost Department but for some time has been a secretary in the Accounting and Cost Departments at the General Office in Spray. She is a sister of Mrs. Louise Nowlin, who was a MILL WHISTLE reporter

Members of the Fieldcrest Team



R. A. Amos, beamer tender at the Synthetic Fabrics Mill, knows the importance of his job and realizes that without good warps both efficiency and quality are affected in the weave room. He is conscientious about his work and watches carefully to avoid loose ends, soiled yarn and improper-

ly tied or dirty knots.

His machine is running 15 denier nylon for fancy dress material and the fabrics must always be of top quality. Long experience, skill and painstaking care enable him to do an excellent job and by doing quality work he makes a valuable contribution to the business.



Maybud Stanley, ticket sorter at Central Warehouse, assembles the correct tickets for all blankets as they leave the stock room for the packing department. As the trucks pass her desk she checks to see what tickets are needed, selects the proper tickets for the orders.

She must be familiar with all of our blanket numbers, packaging and special customer requirements. By doing this important work well, she helps to uphold the Company's reputation for efficiency and service and helps to prevent customer complaints.



Lois Gillie Jane Giles
... On Mill Whistle Staff ...

for several years before resigning to move to Florida last year.

Employees in the General Office are requested to turn in photos and news items to Mrs. Giles or Mrs. Grogan.

They will forward them to the MILL WHISTLE office.

Mrs. Lois Gillie, of the Purchasing Dept., was appointed reporter for the Nantucket offices which had been without a correspondent since the resignation of Freda Suit. Mrs. Gillie, who was a member of the reporting staff some years ago, is a Leaksville native, the daughter of Mr. and Mrs. R. L. Shelton. She received her education at Leaksville high school and Woman's College.

She was associated with Fieldcrest as a secretary, first in the Research and Development Dept. and later at the Electric Blanket office. She worked with Burlington Mills in Greensboro for a time before her marriage. She has a small daughter, Laura Lee.

FIELDCREST MILL WHISTLE