

Lift Safely—Follow These Rules

- Never try to lift beyond your strength. Get help.
- Always crouch down to what you are going to lift.
- Get a good footing. Place feet eight to twelve inches apart.
- Get a firm grip with fingers underneath the load whenever possible.
- Keep your arms straight and keep your back in as nearly a straight-up-and-down position as possible.
- Lift gradually — avoid jerky motions.
- Shift position of feet to avoid twisting motions.
- Lift by standing up or by pushing up with the strong leg muscles. This takes the strain off the back muscles.
- PUT THINGS DOWN BY GENERALLY REVERSING THE ABOVE METHODS.

Bedspread F

Pictures on the opposite page show employees of the Bedspread Finishing Mill as they enjoy a barbecue dinner won by their good safety record. The barbecue was served in the mill on both days at approximately the employees' usual periods.

This was one of the nine safety barbecues by Fieldcrest plants in the past year under the safety contest in which the company sponsors a barbecue to employees of any mill which averages 2,000 hours per employee without a disabling injury.

The Bedspread Finishing employees earned consecutive safety barbecues in 1967. The award was for working 310,403 man-hours without a lost-time accident between February 28 and December 15. The employees are continuing their accident-free performance to date.

IRS Answers Frequent Tax Questions

This column of questions and answers on federal tax matters is provided by the local office of the U. S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q—Where can I get 1967 tax forms?

A—Most taxpayers should receive their income tax forms in the mail early in January. Additional copies of the forms will be available in post offices, local IRS offices and many banks.

Q—I was married last month. Since my

Miss Hazelwood And Johnsie Gann Are Wed



MR. AND MRS. JOHNSIE GANN

Miss Mildred Hazelwood and Johnsie W. Gann were married Friday, December 22, in a candlelight service at Bible Missionary Baptist Church, Stoneville.

The bride, daughter of Roy Hazelwood of the Spinning Department at the Bedspread Mill, is employed at Sears Roebuck and Co. in Greensboro. The bridegroom is in the Army and is stationed at Fort Rucker, Ala.

name has changed do I also have to change my Social Security number?

A—When your name is changed, you should notify your local office of the Social Security Administration office as soon as possible. Your number will not be changed but your record will be corrected to reflect your married name.

Q—I'm a full time college student and my parents claim my exemption on their tax return. If I file for a refund of taxes withheld on a summer job, will they lose their exemption for me?

A—No, your parents will not lose you as an exemption, provided the necessary dependency tests are met.

Q—Do you have to report as income insurance compensation for injuries received in an auto accident?

A—No, damages for injuries suffered in an accident are tax free.

Q—I've pledged a large gift to the

building fund drive of my church. What year do I take this as a charitable deduction?

A—For those who itemize deductions, charitable contributions may be deducted in the tax year the gift is actually made. In your instance, you may deduct it the year paid.

Q—Are hunting licenses deductible?

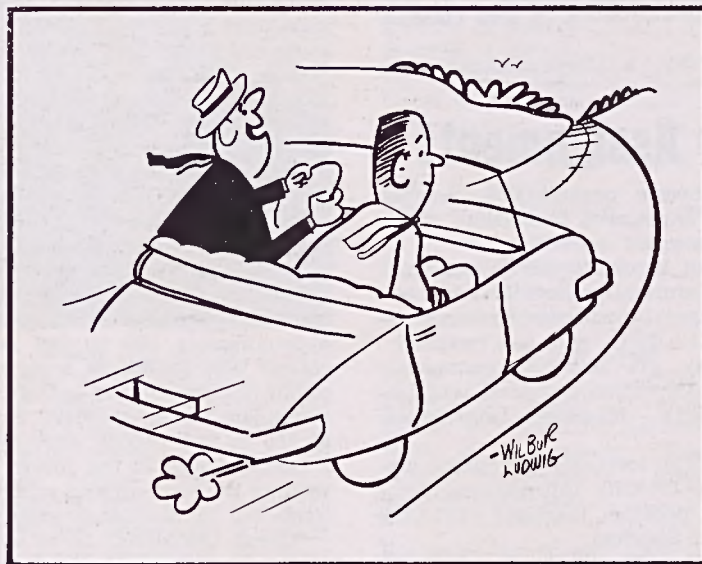
A—No, they are not.

Q—We sold our house at a profit but put the money into a bigger, more expensive home. Will we have any tax to pay on the profit?

A—Generally, if you purchase and occupy another home within a year at a price equal to or above what you received for your old home, then you will not be currently taxed on the profit made on the sale.

REFRIGERATOR FOR SALE

GE 1959-model refrigerator. Excellent condition. Call 623-9555.



"I'VE BEEN ASKED TO ANNOUNCE THAT THE CREDIT UNION FINANCED THIS CAR!"