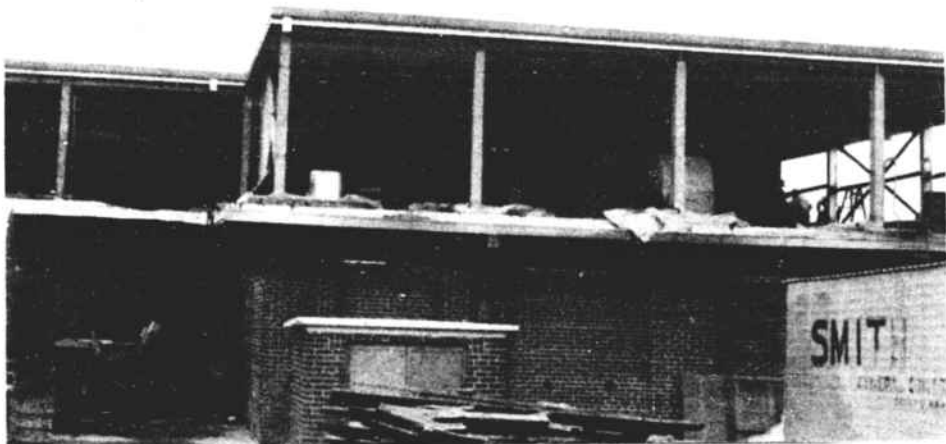


Geneva Plant Improvements

New Equipment being installed

An extensive modernization program is underway at Geneva Plant No. 1 to make the necessary structural preparations for the installation of 130 153" Sulzer Weaving Machines and related preparation equipment such as slasher, roving, autoconer, and warper machines.



Rear view of plant area where roof is being raised to accommodate new slashing equipment.



Technicians are carefully assembling new Saco-Lowell roving frames.



Contractors preparing slasher doffer pit.



Terry Messick Jr., 16 months, and Randell Messick, 3 months, are the two sons of Terry and Carolyn Messick. They are the grandchildren of Mr. and Mrs. Ray Gossett and the great-grandchildren of Mr. and Mrs. George Gossett Sr. and Sally Johnson.

Chad and Brad Samples are the two boys of Merle and Betty Samples, No. 2 Weave Room employees. Grandparents are Mr. and Mrs. Jonas Samples of Clinton and Mrs. Jessie Townsend of Hodges. Jonas is a No. 2 Spinning Room employee.

You Can Help Prevent Foot Problems

Ouch, my feet hurt! How many times have you said this? Most of the time you only notice your feet when they hurt. Foot complaints are as common as headaches and colds because you mistreat them, overwork them, and cram them into shoes that look better than they fit or feel. Fortunately, most foot problems can be prevented. Just follow the Golden Rule—"be good to your feet and they will be good to you."

Strong and complicated

Your foot is a strong, complicated structure. From the ankle to the toes, there are 26 bones, 33 joints, and 20 muscles with 100 ligaments and tendons to hold the structure together and make movement possible. Your arch or instep supports most of your body weight. Some people are "flat-footed" which means that their arches are always relaxed and low. Flat-footedness causes some problems, but more injuries happen with the high-arched foot.

For feet that don't allow normal movement when you are on the go, specialists sometimes use pads, bars, or heel cups. These devices, when placed in your shoe, may limit or assist motion by changing the way the bones and muscles work when you are walking.

Under the burden of the body's weight, activity and age, feet tend to spread in the forefoot. Because most shoes are designed to be narrower in the forefoot than the foot itself, shoes can contribute to a variety of troublesome problems.

Here is a forefoot test for you. Trace around your foot, on a piece of paper, then place your shoe directly over the tracing. You will see if your forefoot is wider than your shoe. Good foot care and wearing the right shoes can help prevent foot problems.

Common foot problems

Common foot problems include ingrown toenails, corns, calluses and athlete's foot. The big toenail, which is usually affected, should be trimmed straight across to help prevent ingrowing.

Shoes that repeatedly rub and press can cause blisters, corns and calluses. Blisters should be kept padded, clean, dry and never opened which can cause infection. Corns, on the toes and calluses on the sole of the feet are thickened areas of the skin. If they cause pain, they should be padded—never cut or trim a corn yourself. There is too much danger of injuring normal surrounding tissue or causing infection. See your doctor if pain cannot be helped by padding and soaking.

The symptoms of athlete's foot are painful itching between toes and cracking and scaling of skin. It is caused by a fungal infection that can be picked up in locker or shower rooms. Feet should be kept clean and dry; an antifungal medication from the doctor or drugstore may be necessary and should be

used along with continued foot care to prevent recurrence.

Many other problems such as severe or persistent foot pain, numbness or tingling of the feet or toes, and redness or swelling need to be diagnosed and treated by your doctor.

How to take care of feet

Now, a few words about general foot care. For all feet:

- (1) Wash feet daily, rinse off soap and dry thoroughly, especially between toes.
- (2) Trim nails straight across and not too short. Don't cut out or dig at corners.
- (3) Do not trim, shave or use over-the-counter medicines to dissolve corns and calluses.
- (4) Wear clean socks or stockings, changed daily. Don't wear any that are too short or tight.
- (5) And this is very important: wear shoes that fit!

Some people, because their feet sweat more than others, are more prone to athlete's foot. These tips may help:

- (1) Wear shoes made of leather—not synthetics. Sandals are good, but not at work.
- (2) Switch shoes from day to day.
- (3) Use foot powder.
- (4) See your doctor if severe problems persist.

Wear the right shoes

You know now that the wrong shoes can cause or aggravate foot problems. Wearing the right shoes is vital to foot health. A good shoe is constructed of leather and has a sole that is strong and flexible, insoles that cushion and firm arch support. High heels should not be worn for too long at a time because they cramp the toes and change body posture often causing backache.

If the shoes are not comfortable, don't buy them. don't plan on your shoes stretching with wear. Have both feet measured each time you go to purchase pair of shoes. Always buy shoes for your largest foot. Go shopping late in the afternoon because feet swell to their largest then. Size depends on shoe make and style, too so don't insist you always wear one size if the next feels better. If you can't find shoes that fit, ask your doctor for advice.

Do you need safety shoes?

While at work, wear shoes of substantial design and in good repair. Cinton encourages the use of safety shoes. These are shoes reinforced at the toe to protect feet from injury. Catalogs are available for you to see the many different and popular styles. You may arrange to pay for your shoes through payroll deductions.

For better foot health, remember the Golden Rule: "be good to your feet and they will be good to you."