



From the
PLANT NURSE'S DESK

"INDIGESTION"

Indigestion is a common complaint with several symptoms and several possible causes. Commonly we feel nausea, an uncomfortable feeling of fullness or bloating, belching, a desire to vomit or a burning discomfort in the upper abdomen or lower chest, so-called "heartburn." Sometimes there may be real cramps or pain in the stomach, an old-fashioned stomach ache.

Among the causes of indigestion can be simple overeating, eating too rapidly or failing to chew properly, irregular meals, spicy or hard to digest foods and allergies to certain foods. Excessive use of coffee, tobacco or alcohol also frequently cause indigestion. Finally that trade mark of our twentieth century life, nervous tension, very often produces indigestion. It has been said that our very complicated digestive system is the one organ most likely to be affected by our emotions. Notice, the next time you quarrel just before or during dinner, how your food seems to lie there like

a heavy lump. Even our languages has accumulated phrases which refer to the effects of emotion on digestion. "She makes me sick!" or "I can't swallow behavior (or 'a story' or 'talk') like that!"

Ordinary indigestion can be corrected by a bland low bulk diet, simple antacids such as baking soda and relief from the causes of nervous tension. But if the symptoms persist or recur frequently, see your doctor. Peptic ulcer, heart disease and even appendicitis are some of the more serious conditions which may somewhat resemble simple indigestion.

The first typewriter, invented by C. L. Stokes in 1867, used an inked textile ribbon to transfer letters from keys to paper.

Textile spending for new plants and equipment in 1969 was \$890 million — lower than expected, but 19 per cent above the \$750 million of 1968.

The giant textile industry of Japan is that country's biggest employer, with about 1.7 million employees.

A gentleman on a bus was smoking a nasty cigar. Turning to the little lady sitting beside him, he asked, "My smoking won't bother you, will it?"

"No," she replied, "not if my getting sick won't bother you."

* * *

Do you realize we're raising a whole generation of kids who believe that when a woman grows older she turns blonde?

* * *

"Look, Teacher. My boy, Joe, just can't learn nothin'. D'ya think he's dumb or somethin'?"

"Somethin'—nothin'. He's simply stupid."

Men In Service



Milford Harold Wright, Jr. is the son of Milford and Mary Wright. He is now stationed at Camp Le Jeune, North Carolina. He has been in service eight months.



PVT. Cecil Steele, Jr. is the son of Milford and Mary Wright. He is stationed in Germany. Steele has been in the army seven months.

PRODUCTIVITY

Productivity means a lot more than man-hours and output.

Although we measure productivity by man-hours in relation to goods produced, this is too simple to tell the real story of productivity.

Along with man-hours, the making of Superior Quality Fabrics requires raw materials of high standards, the best machines, equipment, and methods.

Many other factors make up the "in put" that go into productivity.

The most important single ingredient in productivity is quality performance. You can take all the other things that go into production and they still may not add up to a salable product—without the indispensable factor of quality.

And quality can only be supplied by the more than 1,700 Clinton Mills employees.

Dove Season Opens September 5

For many years the South Carolina dove season has opened on September 14 or 15, depending on whether or not the opening came on a Sunday.

September 5 is opening date this year and some hunters have shown mixed emotions about the early start.

One veteran hunter, Bailey Plant Assistant Overseer Harry Lanford, put it this way: "Many birds are quite small during early September. The shooting may not be as good because of the heat. We all like to hunt when it's a bit cooler, but I'll be out there any time."

The South Carolina Wildlife Resources Department has given many reasons for the change; we hope each Clinton Mills employee will be able to harvest his share of the birds during the season.

Three Named ACC Officials

Three Clinton Mills employees, Sam Owens, Jimmy Braswell, and Truman Owens have been named as officials for the Atlantic Coast Conference Freshman football games for this year.

The three widely known officials are also members of the Carolina's Intercollegiate Athletic Conference.

The value of the products made by the textile industry in South Carolina has increased more than 10-fold in the past 30 years, according to the S. C. Labor Department.



FORGOTTEN PHOTO

Can you identify these two well known Clinton personalities. This photo is over fifty years old. Turn to page six to refresh your memory.

TEXTILE FACTS AND FIGURES

The South Carolina textile industry employed a record number of women—58,607 — during the past year, according to the S. C. Labor Department.

The textile industry in South Carolina, North Carolina, Georgia and Alabama was important enough by 1900 to consume nearly one-third of the cotton grown in those four states, the U. S. Census shows.

A syndicated columnist stated recently that home sewing devotees can purchase textiles from any of some 17,000 outlets in the U. S.

Cotton cloth was considered a luxury item at the beginning of the 1800s and accounted for only a very small percentage of manufactured textiles.

"Grey goods," cloth that is marketed without dyeing or finishing, has for many years constituted an important section of the textile market.

They Forget. . . Don't You!

Vacations are almost over and the old familiar sound of the school bell will be heard in towns and cities across the nation.

A whole new world of adventure will be starting for many "small fry" in their first year of school. In their excitement and preoccupation, they often forget that the safe place to cross the street is at the corner. They might dart out into the street from between two parked cars or forget to obey the control lights at the intersection. Even the older ones frequently forget, so it's important that we don't.

When driving around school areas, we should be constantly alert not only for the pedestrians, but also the boy or girl trying to maneuver a bicycle with one hand while balancing an armload of books with the other.

There is no meeting, service call, appointment or date important enough to jeopardize their lives. Remember — They forget — Don't you.

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& blends of
polyester/
combed
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