



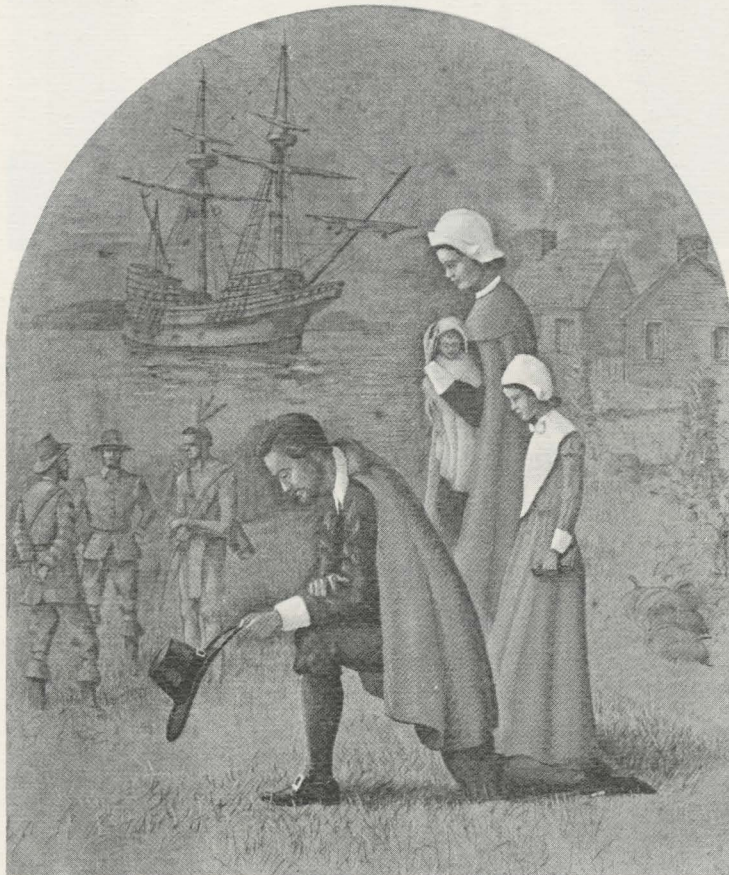
NEWS

Vol. 2 - No. 15

Chatham Manufacturing and Northern Chatham Bedding, Elkin, North Carolina 28621

November 19, 1990

Let Us Give Thanks



Thanksgiving Day is truly and distinctively an American holiday. Nowhere else in the world is there a day comparable to it. It is not for the observance of the birthday of a great name, it does not commemorate any great event, and it does not mark a great battle. But it expresses a feeling of deep gratitude for the amazing productivity of our great land. It serves as a reminder of the hardships and dangers of our forefathers, and through which we have safely passed. It bids us live over again the great moments of years gone by, the inheritance we have entered, and dedicate ourselves to their unfinished task. It fittingly recognizes all that God in His goodness has bestowed upon us.

He who is in good health can be thankful for a treasure greater than gold.

He who is young can be thankful that he still has all the exciting experiences of life before him.

He who is old can be thankful he has attained judgment and understanding and has learned to be tranquil about problems which once troubled him.

He who is an American can be thankful that his opportunities are not bound by regimentation that defines where and how long he must work.

For these things we should be thankful.



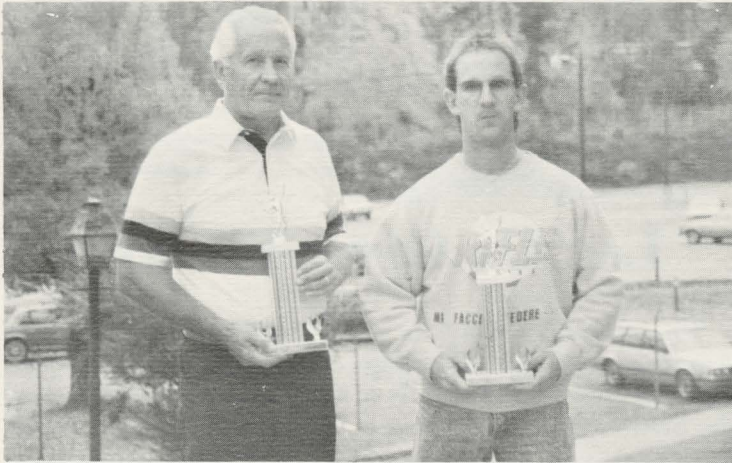
Guests From Momentum Textiles Visit Chatham

On Tuesday October 9, we had as our guests twenty-five visitors from Momentum Textiles in Cerritos, California. Momentum is a nationwide distributor of fabrics to the contract market as well as the home furnishings market. They have been a loyal Chatham customer for many years. In addition to President John Wilkinson and National Sales Manager Kathy Gowdy headquartered in Cerritos, the visitors represented Utah, Ohio, Michigan, Missouri, Florida, Georgia, Minnesota, North Carolina, Virginia, Tennessee, Washington, Oregon, Texas, Wisconsin and Kansas. After their visit with us, they traveled to Greensboro for their sales meeting.



Seated from left to right: Nancy Ayer, Joanne DeHaven, Julia Garrett, Diane Fling and Susan Dennison. Standing from left to right: Mike Wilterdink, Ken Christopher, Jerry Sarte, Chris Quick, Marilyn Jolley, Ted Weinberg, Laraine Turner, Dwan Richardson, Karen Wehner, John Wilkinson, George Broom, Emory Bose, Jennifer Baumann, Bob Zavodnik, John Hubbard, Kathy Gowdy, Roger Arciniega, Joyce Firner, Janice Shanahan and Jim Gerstel.

1990 T.C.U. Tennis Tournament Winners



First Place

Rannie Vestal - Technical Maintenance
Coney Couch - Retiree



Second Place

Bobby Collins - Manager of Employee Benefits
Bill Roth - Manager of Institutional Sales

Nurse Honored



Anne Norman, a nurse at Knollwood Hall, was one of six Carolina Medicorp Inc. RN's selected to be numbered in "The Great 100" of North Carolina nurses. For the second year, one hundred outstanding nurses from the 57,000 RN's across the state have been chosen as "The Great 100", a program administered by the N.C. Nurses Foundation.

Anne, a graduate of Surry Community College, is the daughter of Mr. and Mrs. Spencer Norman. She is the sister of Roger Norman (Engineering).

Who is wise? He that learns from everyone.

Who is powerful? He that governs his passions.

Who is rich? He that is content.

-Benjamin Franklin

Then and Now Guess Who



This young lady is a retiree who retired from the Warp Department.

(Answer on Page Nine)

CPR Class in 1991

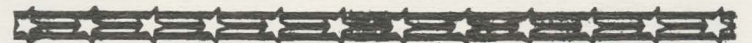
A CPR/First Aid class is tentatively planned for January 1991. Definite dates and times will be given in the December issue of the C-NC NEWS.

The course will be conducted by Surry Community College. The class will meet for four 3-hour sessions. The cost for students will be \$26 per person. This fee will cover the course and certification from the American Red Cross in CPR and first aid.

This 12 hour course includes classroom and hands-on training in cardiopulmonary resuscitation and first aid. The training includes performing CPR on adults and children, performing the Heimlich maneuver and learning basic first aid techniques.

We need a few more employees and retirees to sign up to take the course. If a few more people express an interest, we will be able to offer a day and a night class.

If you want to take the course and have not yet signed up, contact Beth Steelman, Ext. 530.



Many employees have expressed a desire to share Christmas with our servicemen and women in the Middle East. If you wish to mail a package, be sure it is securely packaged to withstand overseas mail handling. Cards and packages should be mailed as soon as possible to reach the areas by Christmas time. Direct your mail to the address below.

Operation Desert Shield
 APO
 New York, New York 09848-0006

If you wish to mail to a particular soldier, call the Army Family Assistance Center at 1-800-542-9254 for more information.

Give some time to your fellow man. Even if it is a little thing, do something for those who have need of help... For remember, you don't live in a world all your own. Your brothers are here, too.

-Albert Schweitzer

C-NC NEWS

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The C-NC NEWS is published for employees and retirees of Chatham Manufacturing Company and Northern-Chatham Bedding Company. Comments, suggestions, and story ideas are encouraged and should be directed to the Editor.

Beth Steelman, Editor

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Blood Donors in the October Blood Drive

We appreciate all the employees who gave blood and all the retirees who volunteered to help with the bloodmobile. Because of your efforts, our blood drive was a success.

Ruth C. Williams.....	84 pints	Karen D. Gray.....	23 pints	Ricky Linville.....	7 pints
Thomas M. Gwyn.....	82 pints	Phillip G. Flippin.....	22 pints	Robert B. Gray.....	6 pints
Henry G. Brown.....	81 pints	James O. Carter.....	22 pints	Virginia Triplett.....	6 pints
Bradford Bryant.....	75 pints	James W. Gentry.....	22 pints	Kim R. Williams.....	5 pints
John D. Holbrook.....	66 pints	Davis H. Royall.....	21 pints	Michael C. Reavis.....	5 pints
John A. Spicer.....	66 pints	Otis R. Holbrook.....	21 pints	Seth A. Groce.....	5 pints
John W. Pyles.....	66 pints	Robert C. Dameron.....	21 pints	Donna R. Church.....	5 pints
Donnie R. Price.....	55 pints	Donald L. Adams.....	19 pints	Ronald L. Absher.....	5 pints
Tony E. Newman.....	45 pints	Ricky W. Collins.....	18 pints	Florence E. Billings.....	5 pints
Gilbert L. Somers.....	43 pints	Joel T. Sprinkle.....	18 pints	Jerry L. Cothren.....	5 pints
Tony C. Rose.....	38 pints	Gary S. Doby.....	18 pints	Sandra K. Long.....	4 pints
Elbert J. Bradley.....	38 pints	James W. Deborde.....	17 pints	Claude F. Loyd.....	4 pints
William A. Norman.....	38 pints	Sherry J. Hinson.....	16 pints	Debbie A. Brown.....	4 pints
Iva L. Phillips.....	37 pints	Joell C. Woodie.....	16 pints	Annette P. Hughes.....	4 pints
Stevie Cothren.....	36 pints	Dannie F. Barker.....	15 pints	Gerald C. Billings.....	4 pints
Billy J. Jackson.....	36 pints	Bob H. Arthur.....	14 pints	Luther Pardue, Jr.....	4 pints
Sterlin O. Swaim.....	34 pints	Tony R. Gilliam.....	14 pints	Ruby M. Sullivan.....	4 pints
Wade D. Bell.....	33 pints	Dennis G. Burton.....	13 pints	Teresa A. Leming.....	3 pints
Samuel B. Sullivan.....	33 pints	Vickie Hartwell.....	13 pints	Anita W. Hall.....	3 pints
Harlan E. Cheek.....	32 pints	James W. Evans.....	12 pints	Mary H. Renegar.....	3 pints
Nancy G. Wagoner.....	31 pints	Kelly W. York.....	12 pints	Billy R. Goins.....	3 pints
James K. Byrd.....	31 pints	Darlene S. Brown.....	11 pints	Ernestine P. McClellan.....	2 pints
Donald R. Triplett.....	30 pints	Neal F. Steele.....	10 pints	Todd S. Caligan.....	2 pints
Timothy D. Whitaker.....	30 pints	Herbert A. Transou.....	10 pints	Alan E. Duncan.....	2 pints
Keith A. Lyon.....	30 pints	Awni Sammakia.....	9 pints	Dinah B. Hemric.....	2 pints
Timothy D. Gentry.....	29 pints	Robert M. Parks.....	9 pints	Denise S. Adams.....	2 pints
Robert J. Freeman.....	28 pints	Barbara H. Tilley.....	9 pints	Stephen G. Billings.....	1 pint
David M. Steele.....	27 pints	Linda S. Barber.....	9 pints	Kenneth J. Triplett.....	1 pint
Glenn M. Anderson.....	26 pints	Susie E. Spicer.....	8 pints	James W. Nance.....	1 pint
Billy J. Calloway.....	25 pints	Flora M. Cothren.....	7 pints	Melissa A. Jenkins.....	1 pint
Randy L. Combs.....	25 pints	Terry W. Waddell.....	7 pints	Paul E. Parker.....	1 pint



Virginia and Kenneth Triplett (Winding) are registering for the bloodmobile.



Jim Deborde (Furniture Upholstery) is receiving his blood donor bag from retiree, Bill Amburn.



We discovered a strange creature working at the blood drive on Halloween.



Is this vampire getting or giving a pint of blood?

STRESS



the pressure from the
OUTSIDE
Can make you feel tense
INSIDE

How do you handle stressful situations? Do you take them in stride or do you let them gnaw at you, churning up anger and frustration? Stress and tension are common occurrences in everyday living. Frustration may arise from many unexpected sources - the car that won't start, the dinner that burns, or the boss who's in a bad mood. Although these things can be unpleasant, we can handle most of them without letting them cause serious disruption in our lives.

If you, or a family member are concerned about stress, see your Employee Assistance Counselor, Suzanne Kelly. Suzanne is at the Chatham First Aid on Tuesdays from 1:30 p.m. to 4:00 p.m. At other times call 835-6781.

50th Wedding Anniversary



Violet and Kermit Mackie (retirees) celebrated their 50th wedding anniversary Sunday, October 14, 1990. A reception for the couple was given at their home by Violet's brothers and sister. Congratulations Violet and Kermit!

ACCIDENT INJURY REPORT October 1990

	Oct.	Sept.	Aug.
Caught in or coming in contact with machinery	19	13	21
Striking against on or by objects	23	26	27
Using hand tools (knives, scissors, tools, burling irons, needles, etc.)	16	13	10
Handling material (hand injuries)	11	12	11
Splinters	10	13	6
Foreign bodies in eye	5	12	8
Slips & Falls	10	9	12
Falling objects	8	3	4
Lifting, pulling, pushing, (strains, hernias, etc.)	17	21	22
Burns	3	1	5
Punctures	1	6	7
Miscellaneous	6	4	5
Chemical burns	1	3	1
Infections	0	0	0
Totals	130	136	139

Pity him who counts his blessings by the coins in his purse.



IT'S NEVER TOO LATE

to complete your high school education or improve your basic skills, join the Adult Education class on Monday and Wednesday from 2:00 p.m. until 6:00 p.m. in the Personnel Building.

Why Exercise?

As summer fades into fall and winter, healthful habits such as exercising often fade away as well. Shorter and cooler days tend to make you want to stay inside rather than take that run or go to the gym. Anyway, you don't need to think about wearing those shorts or that bathing suit again for months.

So why exercise? Because, according to the American Heart Association, exercise is one of the best personal defenses against heart disease.

Diseases of the heart and blood vessels claim the lives of nearly one million Americans every year. But by reducing

blood cholesterol levels, controlling high blood pressure, not smoking, maintaining a proper weight *and* exercising regularly, the risk of heart disease can be reduced.

But that's just one of the reasons to exercise. People who exercise regularly often find that they feel better, look better and even work better than before they started an exercise program.

If you feel too tired to exercise...do it anyway! You'll gain more energy and find that you have an increased resistance to fatigue. Exercise can also improve your ability to fall asleep quickly and sleep well.

Even if you don't want to lose weight — exercise! Exercise burns off calories to help lose extra pounds *and* helps you maintain your ideal weight. In addition, you'll tone up your muscles and look even better.

Have you ever convinced yourself that you "have too much work to do to worry about exercising?" Take heart. Exercise often contributes to increased productivity at work and helps increase your capacity for physical work.

Before you start an exercise program, see your doctor. Then choose an activity you like such as walking, jogging, bicycling, swimming, tennis or aerobics. Then just set up a schedule to get started.

According to the AHA, exercising regularly for 30-60 minutes at least 3-4 times a week will improve and maintain cardiovascular fitness.

For more information, contact your nearest American Heart Association.



American
Heart Association 

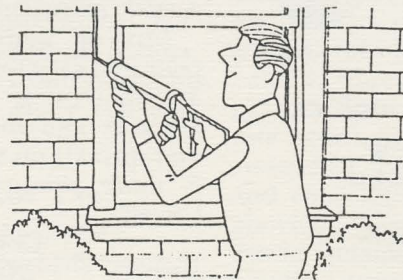
Winterize Your Home Now

Would you like to lower those high heating bills this winter? You can do some things around the house which could lower your heating costs and help keep you snug and energy efficient. Here are a few suggestions:

- Add insulation where it's needed. This is one of the major ways to improve your home's energy efficiency.
- Inspect window and door caulking and replace where needed.
- Check weatherstripping around doors. Replace any strips that are loose. Install a door sweep.
- Consider storm windows and doors. Windows and doors are great sources of heat loss in the winter.

- Make sure dryer vents close properly so the cold air stays outside.

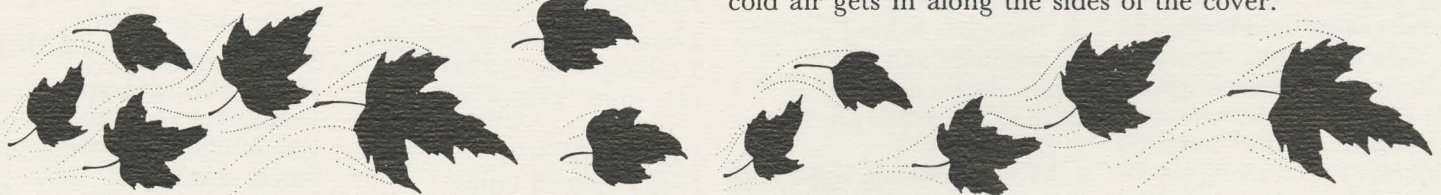
- Reverse the rotation of ceiling fans so air is drawn up. Heat is then forced toward the exterior walls instead of the center of the room.



- Have your heating system inspected by qualified service personnel. Remember to clean or replace heat pump filters on a monthly basis.

- Close foundation (crawl space) vents.
- Remove window-mounted air conditioners before your heating season begins. Although covers are available for window units, they're of little value since

cold air gets in along the sides of the cover.



Start Your Own Tradition



Priscilla and John started the Thanksgiving tradition for a nation. You can start a tradition too — Buy U.S. Savings Bonds — help yourself, your family and your nation. Regular savings with bonds will give you something to be thankful for.


U.S. SAVINGS BONDS
THE GREAT AMERICAN INVESTMENT

Chocolate Dessert

1 cup flour
1 stick margarine
1 cup chopped pecans
Mix the above ingredients and press into the bottom of 9x13 inch pan. Bake 350° for 20 minutes. Cool.

Mix the following ingredients until smooth:
1 cup confectioners sugar
8 oz. cream cheese
Spread mixture on pastry with warm knife.

Whip the following ingredients:

1 package (3 1/2 oz.) instant vanilla pudding
1 package (3 1/2 oz.) instant chocolate pudding
2 cups milk

Layer whipped ingredients on top cream cheese mixture and follow with layer of non-dairy whipped topping. Top it all off with a generous sprinkling of one grated milk chocolate bar.

-Contributed by
Brenda Golden

Date Nut Bread

(Basic recipe makes 1 loaf)
1 cup chopped dates
3/4 cup chopped walnuts
1 1/2 teaspoons baking soda
1/2 teaspoon salt
3 tablespoons shortening
3/4 cup boiling water
2 eggs, beaten
1 teaspoon vanilla
1 1/2 cups sifted flour
1 cup sugar

Combine dates, walnuts, baking soda, and salt in mixing bowl. Add shortening and boiling water; mix with spoon until shortening is melted. Cool 20 minutes. Stir in eggs and vanilla. Combine flour and sugar and gradually add to date mixture, blending well. Spread batter in greased 8 1/2 x 4 1/2 x 2 1/2 -inch loaf pan. Bake in 350° oven 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack 10 minutes. Remove from pan and cool on rack.

For a Christmasy touch, serve this bread thinly sliced with a piquant spread made by blending a little grated lemon or orange rind into softened cream cheese.

-Contributed by
Mary Jo Cook

Nut Cake

2 cups plain or cake flour
1 2/3 cups sugar
1/2 pound butter
5 eggs
1 teaspoon salt
1 teaspoon vanilla
1 pound cherries
1/2 pound pecans
1/2 pound black walnuts
1 can Bakers Angel Flake Coconut

Cream butter, sugar, salt, and eggs whole one at a time. Add 1 1/2 cups flour, add vanilla, use remaining flour to dredge fruits and add to batter. Bake 2 1/2 hours at 275°. Pour apple juice over cake when cool. Put pan of water in oven while baking.

-Contributed by
Cathy Sprinkle

**Christmas Cookies**

1/2 cup margarine
1 cup brown sugar
1 egg
1/4 cup buttermilk
2 cups flour
1 cup pecans, chopped
1/2 teaspoon soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup dates, chopped
1 cup candied cherries, chopped

Mix shortening, sugar and egg. Add buttermilk. Sift dry ingredients together. Mix nuts and fruits in, add to other ingredients. Chill dough 1 hour. Drop by teaspoonfuls on lightly greased cookie sheet 2 inches apart. Top with pecans or cherries, if desired. Bake at 350° for 10 to 12 minutes. Yield 4 dozen.

-Contributed by
Mary Jo Cook

Chocolate Pie

1 1/2 cups sugar
2 1/2 tablespoons cocoa
4 egg yolks
1/2 cup cornstarch
2 tablespoons margarine
3 cups milk
2 teaspoons vanilla
Mix first 4 ingredients. Add milk & cook until thick. Add margarine & vanilla. Stir until smooth. Makes (1) 10" or (2) small pies.

-Contributed by
Betty Williams

Sausage and Cheese Balls

1 pound sausage (hot)
1 1/2 cups sharp Cheddar cheese
3 cups bisquick
Dash of red pepper (if desired)

Grate cheese and mix well. Roll into small balls. Cook for 10 minutes at 400°. If frozen, cook for 20 minutes at 300°.

-Contributed by
Brenda Golden

Vegetable Casserole

2 cans Veg-All
2 cans cream of chicken soup
1 cup mayonnaise
1 cup chopped celery
1 medium onion
1 can water chestnuts
4 large handfuls of Ritz Bits crackers
1 stick margarine

Mix all ingredients and pour into casserole dish, bake 30 minutes at 350°. Mix crackers and melted butter and sprinkle on top and broil 5 more minutes or until brown.

-Contributed by
Mary Jo Cook

Pineapple Casserole

2 large cans tidbits pineapple
5 tablespoons cornstarch
1 1/2 cups grated cheddar cheese

1 cup sugar
1 stick melted butter
1 cup Ritz cracker crumbs

Place drained pineapple in deep baking dish. Mix sugar, cornstarch and juice and heat until thickened. Then mix pineapple, cheese & cornstarch in dish. Top with cracker crumbs & pour butter on top. Bake 350° for 30 minutes.

-Contributed by
Mary Jo Cook

Holiday Re

*This holiday season
Department has
us for our cooking*

TH

**Chocolate Pie**

3 cups sugar
7 tablespoons cocoa
1 teaspoon vanilla
1 stick margarine (melted)
Pinch of salt
4 eggs
1 can Pet milk (tall)
2 cups flaked coconut

Mix sugar, salt, and cocoa. Add eggs and mix well. Stir in vanilla and milk. Add margarine and coconut. Pour in two unbaked pie shells. Bake at 350° about 40 minutes or until firm.

-Contributed by
Robert Steelman

Recipes 1990

from the Engineering
shared recipes with
g enjoyment.
anks Engineering



\$150 Fudge

- 1 small can Pet Milk
- 2 cups sugar

Mix and cook in thick frying pan, boil hard for 8 minutes. Pour over mixture below.

Mix in bowl:

- 1 small package Nestles chocolate chips
- 20 marshmallows
- 1 stick softened margarine
- 1 cup nuts

Pour into pan and chill before cutting.

-Contributed by
Brenda Golden

Russian Tea

- 8 small tea bags - 1 quart water
- 1 teaspoon whole cloves
- 4 cinnamon sticks - 1 quart water
- 1 quart apple juice
- 1 pint pineapple juice
- 1 small can frozen orange juice
- ¼ cup lemon juice or juice of one lemon
- 1½ cups sugar

Boil tea, cinnamon sticks and cloves 15 minutes in above amounts of water. Add other juices. Serve hot. (Makes 1 gallon).

-Contributed by
Brenda Golden

Cheese Ball

- 2 (8 oz.) packages cream cheese
- 2 (4 oz.) packages sharp cheddar cheese (shredded)
- Dash of salt
- 1 teaspoon lemon juice
- 1 tablespoon chopped pimento
- 1 tablespoon Worcestershire sauce
- 1 tablespoon finely chopped onion
- ¼ teaspoon granulated garlic
- Dash of Cayenne Red Pepper
- Finely chopped pecans or walnuts

Combine cheeses and blend well. Add other ingredients and mix well. Chill. Shape into ball & roll in nuts.

-Contributed by
Betty Williams

Refrigerator Pie

(For Two Pies)

- 1 large can Pet Milk (chilled)
- 2 eggs
- 1½ cups unsweetened pineapple juice
- 1 cup sugar
- 1 box orange Jello
- Vanilla Wafers

Line two medium pie pans with vanilla wafer cookie crumbs. Surround pie pans with whole vanilla wafers. Mix juice, eggs & sugar. Boil for 1 minute, stir in Jello then let the mixture cool to room temperature. Whip chilled Pet Milk. Combine all ingredients, pour mixture into pie pans and refrigerate until pies are firm.

-Contributed by
Roger Norman

Lucious Banana

Pudding

- 2 boxes instant vanilla pudding
- 1 carton sour cream
- 1 large Cool Whip Wafers
- Bananas

Mix 3 cups milk with pudding - add sour cream, ½ carton Cool Whip and beat. Layer mixture with wafers and bananas. Top with remaining Cool Whip. Refrigerate.

-Contributed by
Roger Norman

Creamy Double Decker Fudge

- 1 cup Reeses Peanut Butter Chips
 - 1 (14 oz.) can Eagle Brand Sweetened Condensed Milk (not evaporated milk) - divided
 - 1 teaspoon vanilla extract - divided
 - 1 cup Hersheys Semi-Sweet Chocolate Chips
- (Makes 1½ pounds)

Line 8 inch square pan with foil. In small microwave-safe bowl; place peanut butter chips and ¾ cup sweetened condensed milk. Microwave on high 100% 1 to 1½ minutes, stirring after 1 minute until chips are melted and mixture is smooth when stirred. Stir in ½ teaspoon vanilla. Spread evenly into prepared pan. In microwave safe bowl, place remaining sweetened condensed milk and chocolate chips, repeat above microwave procedure. Stir in remaining ½ teaspoon vanilla; spread evenly on peanut butter layer. Cover, chill until firm. Cut into 1 inch squares. Cover, store in refrigerator.

-Contributed by
Jimmy Combs



Cheese Cake Squares

- 1 box yellow cake mix
 - 1 stick margarine
 - 1 egg
- Mix egg & margarine with dry cake mix. Spread in 9x13x2 inch pan.

- 8 oz. cream cheese
- 3 eggs
- 1 box powdered sugar

Beat cream cheese, add eggs & powdered sugar. Beat well. Pour over cake mixture. Bake at 350° for 35 to 40 minutes. Let cool. Cut into squares. Enjoy!

-Contributed by
Betty Williams

Fruit Pizza

- 1 box yellow cake mix
- 1 egg

Mix together, press into a large pizza pan. Bake at 350° 10-12 minutes. Cool completely.

Topping

- 8 oz. cream cheese
 - 1 cup Cool Whip
 - 1 cup confectioners sugar
- Mix and spread over cooled crust. Arrange fruit on topping.
- Sliced peaches (drained on paper towel)
 - Sliced strawberries (drained on paper towel)
 - Sliced kiwis (2 or 3)

Place peaches around topping first. Place kiwis next around topping. Then place strawberries around topping. Whole strawberries can be placed in the center. (Your favorite fruits may be used).

-Contributed by
Cathy Sprinkle

Baked Pork 'N Beans

- 1 (1 pound) can pork 'n beans
- ½ pound ground beef
- 1 cup catsup
- 1 onion, chopped
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 3 strips of bacon

Cook ground beef and onions in 1 tablespoon of cooking oil until onions are tender. Combine all ingredients and top with bacon strips (cut in 2" squares). Bake 1 hour in 350° oven.

-Contributed by
Junior Collins

Pumpkin Crisp

2 cups pumpkin
1 large can evaporated milk
1 cup sugar
½ teaspoon cinnamon
1 box yellow cake mix
1 cup chopped pecans
2 sticks margarine (melted)
3 eggs

Preheat oven to 325°. Grease and flour 9 x 13 inch pan. Then line bottom of pan with waxed paper.

Mix pumpkin, milk, sugar, eggs and cinnamon. Pour into pan. Spread dry cake mix over pumpkin mixture. Sprinkle chopped nuts over cake mix. Pour margarine over top. Bake 1 hour. Let cake cool completely and invert onto plate or into other dish. (Pecan layer will then be the bottom crust.)

Frosting

8 oz. cream cheese (softened)
2 cups powdered sugar
¾ cup Cool Whip.

Mix all ingredients together. (You can use less powdered sugar).

-Contributed by
Betty Williams



Peanut Butter Cake

½ cup smooth peanut butter
½ cup butter (margarine)
1 cup sugar
2 eggs
2½ cups plain flour (sifted)
1½ teaspoon vanilla
3½ teaspoons baking powder
½ teaspoon salt
1 cup milk

Cream butter, peanut butter and sugar until fluffy. Add eggs one at a time. Stir in vanilla. Sift dry ingredients together. Add alternately with milk to creamed mixture. Bake 350° for 30 minutes or until done. (Makes two 9-inch layers)

Icing

2 cups sugar
1 cup evaporated milk
2 sticks margarine
1 teaspoon vanilla

Simmer milk, sugar and margarine for 45 minutes. Add vanilla, cool then beat.

-Contributed by
Robert Steelman

Spaghetti Salad

1 - 1½ pounds thin spaghetti, cooked, drained & cooled.
1 bottle Salad Supreme spices
1 (16 oz.) Zesty Italian dressing
1 large green pepper - chopped
1 red onion - chopped
2 tomatoes - cut up

Mix all ingredients together and serve cold.

-Contributed by
Betty Williams

Chicken Pie

Mix all ingredients in a bowl:

2 cups cooked chicken
2 cans cream of chicken soup
1 can chicken broth
1 package frozen vegetables

Crust:

Mix following ingredients:
1 cup flour
1 cup milk
1 stick melted butter

Grease pan and pour first mixture into pan. Spoon crust on top and bake 400° for 1 hour.

-Contributed by
Robert Steelman

Christmas Pound Cake

1 cup butter
1½ cups sugar
5 eggs
2 cups sifted plain flour
1 pound chopped pecans
1 pound candied cherries
1 (4 oz.) can moist coconut

Cream butter and sugar until creamy. Add eggs one at a time, beating well after each. Coat nuts and cherries with small portion of the flour. Stir remaining flour into creamed mixture. Add nuts, cherries and coconut. Mix well. Turn into well-greased tube pan. Bake at 250° for 3½ hours.

-Contributed by
Mary Jo Cook



Hush Puppies

1 cup self-rising cornmeal
1 cup self-rising flour
½ cup buttermilk
2 large eggs
1 large onion (chopped)
1 teaspoon sugar
Dash of garlic
½ teaspoon paprika
4 cups cooking oil

In large bowl mix together cornmeal, flour, buttermilk, eggs, onion, sugar, garlic and paprika. Bring 4 cups of cooking oil to a boil in a large Dutch oven (cooker). Drop mixture by teaspoonfuls in boiling oil until good and brown. (Makes about 50 hush puppies).

-Contributed by
Robert Steelman



Chewy Oatmeal Cookies

1 cup sifted all-purpose flour
¾ teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
¾ cup soft margarine
1½ cups firmly packed brown sugar
2 eggs
1 teaspoon vanilla
2 cups oatmeal (uncooked)
1 cup raisins (seedless)

Sift flour, soda, salt, cinnamon and nutmeg together into a bowl. Add shortening, sugar, eggs and vanilla. Beat until smooth about 2 minutes. Stir in oatmeal and raisins. Drop by heaping teaspoonfuls onto greased cookie sheet. Bake in preheated oven (350°) for 12 to 15 minutes. Makes about 3½ dozen cookies.

-Contributed by
Cathy Sprinkle

FOOD EQUIVALENTS

Butter	1 pound	= 2 cups
Cheese	4 ounces	= 1 cup
Chocolate morsels	6 ounces	= 1 cup
Cream	½ pint	= 1 cup liquid 2 cups whipped
Crumbs		
graham	14 squares	= 1 cup
saltine	28 squares	= 1 cup
Flour	1 pound	= 3½ cups
Lemon	1 medium	= 2-3 tablespoons
Orange	1 medium	= ½ cup
Rice		
long-grain	1 cup	= 2-3 cups, cooked
pre-cooked	1 cup	= 2 cups cooked
Spaghetti		
cooked	7 ounces	= about 4 cups
Sugar		
Brown	1 pound	= 2¼ cups, packed
Confectioners	1 pound	= 3-4 cups, unsifted
Granulated	1 pound	= 3 cups

Let me tell you about...



Seth David Cranfill is the 5 year old son of Donna and Gorrell Cranfill of Yadkinville. He is the grandson of Virginia (Wet Finish) and George Renegar (Piece Dye). He is the great-nephew of Roy Renegar (LTD).



Justin Reed is the 2 year old son of Michele (Winding) and Dewey Reed. He is the nephew of Tammy Mook (Binding), Wanda Royal (Spinning) and Hilda Brewer (Spinning). He is the great-grandson of Arthur Haynes (retired).



Briana Kristina Smith is the 1 year old daughter of Kathy (Quality Control) and Gary Smith (Wet Finish). She is the niece of Bobby Colbert (Technical Maintenance) and the great-niece of Muriel Golden (Binding).



Cord Landon Gentry is the three year old son of Tim (Project Manager Inventory Tracking) and Janie Gentry. He is the nephew of Joy Mathis (Cost Accounting).



Jonathan and Rachel Draughn are the children of Sandra and Barry Draughn. They are the grandchildren of Nancy Bauguess (Cloth) and Lester Bauguess. Jonathan is 5 years old and Rachel is 4 months old.



Heather Dawn Wilson is the 5 year old daughter of Gene (Butler Plant) and Dina Wilson (Winding). She is the granddaughter of Ruby Wilson (Extrusion). She is the niece of Dennis Wilson (Weave) and Shawn Wilson (Fiber Reclamation).



Edward William Jenkins and Amanda Dawn Jenkins are the children of Melissa Jenkins (Pillow Plant). They are the grandchildren of JoAnn Snow (Boonville Plant) and the niece and nephew of Tammy Draughn (Boonville Plant). Edward is 2 years old and Amanda is 4 months old.

Then and Now Answer



Rosemble Gentry retired from the Warp Department in June of 1990 with forty-four years and nine months service. Rosemble says she is truly enjoying retirement. Since retiring, she has taken a twelve day trip to Canada. Presently, she is touring Hawaii.

Happy Birthday Mickey!



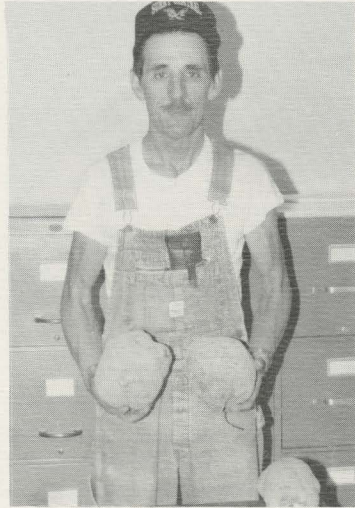
On November 7 **Mickey Carter** celebrated his fortieth birthday. Employees in the Weave Department surprised him with a birthday cake. They also decorated his office for the event. The Weave Department does not, however, claim responsibility for the yellow portable sign along Highway 268 which read "Lordy, Lordy Mickey Carter's 40."

Trooper Graduates



Trooper Jeffrey D. Park, son of Jerry and Nellie Jo Park (Warp) of Rt. 3, Elkin, graduated November 9, 1990, from the 86th Basic Highway Patrol School in Garner, N.C. He will be stationed in Alexander County serving the Taylorsville area. Jeff is the nephew of Thelma Davis (Taslan), Helen Sparks (Restwarmer), Bill Lawrence (Technical), and Lee Lawrence (retired).

James's and Homer's Taters



James Spicer (Spinning) is pictured with three sweet potatoes he and Homer Swaim (Raw Stock) grew in Wilkes County. These three potatoes weigh a total of fifteen pounds and five ounces. James and Homer also grow strawberries, Irish potatoes, and pumpkins. They have gathered 100 bushels of sweet potatoes and 160 bushels of Irish potatoes this season.

Thanksgiving

The art of thanksgiving is thanksgiving. It is gratitude in action. It is applying Albert Schweitzer's philosophy: "In gratitude for your own good fortune you must render in return some sacrifice of your life for other life."

The C-NC NEWS is published for...



employees and retirees like Mike Miller and Gerald Billings. Mike, a spool hooker in the Weave Department, has been employed with Chatham for two years. He and his wife Renee have two children. A son Jason who is 11 years old and a daughter Michaela who is 19 months old. Gerald is a spool hooker in the Spinning Department. He has been employed with Chatham for two years.

Discounts Available for Employees and Retirees

BUSCH GARDENS®

TAMPA, FLORIDA

Sea World®

Biltmore Estate
HOUSE + GARDENS + WINERY



Magic Kingdom Club members may now shop at the Disney Store in Hanes Mall and receive a 10% discount on any item they buy. The shop is a treasure chest of Disney merchandise previously available only at Disneyland and Walt Disney World.

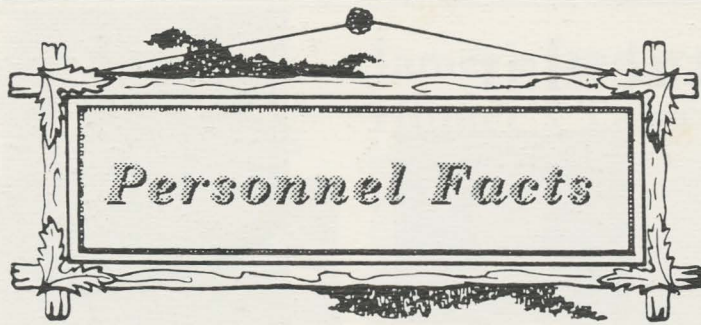
Special Cotton Throws Being Made For Employees

Now available at the Country Store are cotton throws made especially for employees. These 50x60 inch throws come in three colors. The mauve and blue throws with a heart design are \$12.00 for employees. The throw also comes in a natural color with a square design. The cost for employees on this item is \$10.00.

Halloween Spooktacular

As I wandered through the mill on Halloween, I came across some unusual and often frightening creatures. It would take too long to describe my experiences so I snapped some pictures of the sights I observed October 31, 1990.





Service Anniversary Dates

35 Years

Roger G. Maines, Engineering - November 4

30 Years

Gail W. Sparks, Executive Secretary - November 7
Grady Caudill, Spinning - November 16

25 Years

J.P. Snow, Jr., Warp - November 16

20 Years

L. Norman Garris, Engineering - November 19

Retirements Effective November 1, 1990

Anne C. Hudson, Piece Dye, 2nd shift; 18 years and 2 months

In Memoriam

Jewell H. Venable

October 23
Sister of Josie A. Hamlin, retired.

Autie H. Key

October 31
Father of Bobby Z. Key, Carding.

Bertha Ring

October 30
Sister of Mae J. Pinnix, retired and Ernest J. Johnson, retired.

Annie R. Absher

October 31
Mother of David L. Absher, Sample; half-sister of Betty B. Sizemore, Spinning.

Do Give Thanks

“What is wealth? Money - or what’s worth money? Would you take a million dollars for your health, or your eyesight, or your wife and children? Certainly not! Well then, what do you mean by complaining of having too little? Good heavens, man, you’re a millionaire!

-Channing Pollock

Chatham Manufacturing Company		BULK RATE PERMIT NO. 4 U.S. POSTAGE PAID ELKIN, N.C.
Elkin, North Carolina 28621	Address	
	Correction	
	Requested	
TO:		
MR JUNIOR L KEY ROUTE 2 BOX 19 RONDA N C 28670		

C-NC TRADER

OTHERS

WANTED: Dehumidifier. Call 835-2059.

WANTED: Will rake leaves and clean gutters. Call 835-1391.

WANTED: Will keep children any shift. Call 874-2807 anytime.

WANTED: Nursery furnishings, car seats, and other needs for a new set of twins. Call 957-2601 after 5:30 p.m.

FOR RENT: 2 bedroom frame house on private wooded lot, Hayes-Traphill area. Partially furnished. No children or pets. \$225 per month plus deposit. Call 957-8240 before 1:00 p.m.

FOR SALE

Amana gas furnace. 100,000 BTU 80t, used one heating season. \$750. Call 835-7152.

Antique bedroom suite. Poster bed, vanity and wardrobe. \$400. Call 835-7152.

1969 Nova. 2 door, automatic. \$800. Call 835-7152.

Color TV. 19" portable. \$50. Call 835-7152.

Vinyl sofa and 2 chairs. \$50. Call 468-4613.

New and used aquarium supplies at a reasonable price. Call 874-7374 after 5:00 p.m.

King size solid oak bedroom suite and mattress. Triple dresser. Chest on chest. 2 night stands. Like new. \$500. Call 838-7317 on weekends or after 6:00 p.m.

Maple bedroom suite dresser and chest of drawers. \$175. Call 838-7317 on weekends or after 6:00 p.m.

At stud AKC registered Yorkshire Terrier. Champion bloodline. Pedigree on premises. Call 366-4858.

1989 Ford Ranger XLT 4x4. AC, AM-FM cassette, never off road. Assume loan. Call 957-8240 before 1:00 p.m.

1984 Mazda 626. Gray, rebuilt transmission. \$2,100. Call 526-6029.

Maple gun cabinet. Holds 5 guns. Call 835-1524.

45 caliber muzzle loader CVA plus bullets and accessories. \$125. Call 374-2375.

1984 Buick Regal. Good body, tires, and interior. needs motor and transmission. Call 835-3332 anytime.

International silverware set. Service of 8. \$50. Call 835-5811.

1973 Ford one ton truck with cattle bed. 390 motor. \$3,500. Call 874-2995.

1967 Ford Mustang for parts. Call 874-7139 anytime.

1976 Ford 4x4. \$2,500. Call 874-2995.

Perfection oil circulator and wall thermostat. In good condition. Call 835-3153.

Like new, 1 set of 15x8 American racing wheels. Fits Ford truck. Call 835-6149 after 5:00 p.m.

Firewood. All hard wood. Cut, split, and delivered. \$35 per truck load. Call 835-8690 before 3:00 p.m.

1989 QuadSport Suzuki 250 4 wheeler. Like new, \$2,300. Call 957-4490 between 1:30 p.m. and 6:00 p.m.

26" Murray girl's bicycle. Red. Very good condition. \$75, would take less. Call 835-5329.

Craft wood heater with blower. Has 2 doors which open. Owner paid \$350 for heater, will take \$200. Heater used for 3 months. Call 835-2886 on River Road in Jonesville.

Alleghany Fraiser Firs delivered to Elkin for pickup, beginning November 23. Up to 8 feet trees - \$25. 8 feet and over - \$30. Daytime, call 835-3606, after 5:30 p.m. call 874-3407.

Avocado Maytag washing machine. Call 835-4175 after 4:00 p.m.

Sunbeam stainless steel mixer. Excellent condition, \$100. Call 835-5343 after 4:00 p.m.

Matching refrigerator and stove. \$300. Call 835-3161.

4-piece Bedroom Suite, Maple Veneer Finish, \$200. Call 835-5289 after 5:00 p.m.

Two lots at Crestwood Memorial Gardens. Call 957-3173.

1977 Dodge, 6-cylinder, PS, PB, AC. \$450. Call 835-7785.

Towncraft stainless steel cookware set. 11 pieces. Never been used. Call 835-5811.

Kerosun heater. 23,000 BTU. Never been taken out of its box. Call 835-5640 between 3:00 p.m. and 4:00 p.m. At other times call 984-2171.

This column is free to our employees and retirees and is for their use only. Ads are limited to 25 words each. Ads are not held over for another printing. Call #530 to list your items in the Chatham Trader.