



Apparel Fabrics - Automotive Materials - Bedding
Contract and Residential Fabrics - Industrial Fabrics - Yarns

BLANKETEER

Vol. 54 - No. 15

Chatham Manufacturing Company, Elkin, North Carolina 28621

April 10, 1989

Guess Who Of A Different Kind



Could this be our first ball team?

Herbert Caudle, who is a retired employee of our Credit Association, brought in this photo of one of the first Chatham baseball teams. Since this photo was made in the 1920's, we haven't found anyone who can identify the members of the team.

The best we've been able to do so far is have a few discussions (arguments) over the identity of a few of them. Going left to right with the whole lineup, we think they are: 1-R.W. Harris, 2-Bascom or Walter Barnette, 3-Thurmond Eldridge, 4-Charlie Gough. Now none of these are definite identification, but it's the best we could do, so far. We've found no one who can even take a guess at the others in the photo. If you can tell us who they are, give us a call in the Personnel Department.

In Memoriam

Clyde A. Hall
March 15
Retired Employee
Brother of Gene Hall, retired
and Dr. J.M. Hall, retired.

Hobson Blackburn
March 17
Father of Vivian Shumate,
retired.

William L. Edwards
March 20
Brother of Emma Lovelace,
retired.

R. Clyde Copeland
March 22
Retired Employee

Henry F. Stanley
March 25
Husband of Bessie H.
Stanley, retired.

Irvin M. Sparks
March 26
Retired Employee
Brother of Carl Sparks,
retired.

YESTERDAY

is a cancelled check;
don't try to spend it!

TOMORROW

is a promissory note;
don't sign it!

TODAY

is ready cash;
spend it wisely!

Money never did buy happiness and credit cards aren't doing much better.

* * *

Variety may be the spice of life, but it's monotony that most often pays for the things we need.

Chatham Blanketeer

published bi-weekly by
Chatham Manufacturing Co.
P.O. Box 620
Elkin, North Carolina 28621
Phone: 919-835-2211

Its goal is to provide information and communication for the employees and retirees of Chatham.

Comments, suggestions, and story ideas are encouraged and should be directed to the Editor.

Kathie McDaniel, Editor

Printed by Chatham Print Shop



Safety Alphabet

Always
Be
Careful
Don't
Ever
Forget, the
Greater, the
Hurry, the more
Injuries result
Just try to
Keep busy;
Let your
Mind be on your job.
Neglect
Often leads to
Permanent disability
Quit making excuses;
Results
Speak for
Themselves,
Use your head, it's
Very valuable.
When at work
X-ercise due care.
Your injuries will drop to
Zero.

A reminder...

Call 529 to reserve use of either of the softball fields or the picnic shelter. These are available on a first come, first serve basis.



"And what about that Friday in 1968? You called in sick when, in fact you went to a baseball game..."

Then and Now Guess Who



Works in the Winding Department.

(Answer on Page Four)

Many Thanks

I would like to say thank you to all my friends at the Fiberwoven Plant. Your kind thoughts, gifts, money, cards, and prayers are much appreciated. Thank you for all your help during my recent illness.

-Alma Moore, Napping

*Please send in your graduates photos.
Try to get them to us by May 19.*

1989 CHATHAM FISHING TOURNAMENT

- Date: April 17 - May 31
- Entry Fee: \$5.00 per person
- Eligibility: All Chatham employees and Retired employees
- Place: Any fresh-water other than commercial ponds
- Bait: All fish must be caught by hook and line
- Registration: By April 14 in the Personnel Office. Pay entry fee when you register.
- Trophies: For 1st place in these categories-
- A. Largemouth bass for weight - 5 lb. minimum
 - B. Smallmouth bass for weight - 1 lb. minimum
 - C. Bream - all species - for weight ½ lb. minimum
 - D. Crappie for weight - ½ lb. minimum
 - E. Catfish for weight - 1 lb. minimum
 - F. Brooktrout for length - 12" minimum
 - G. Rainbow and Brown Trout for length - 14" minimum
 - H. Open - any other species - no restrictions for weight - salt or fresh water - commercial or non-commercial waters.
- Certification: All entries must be certified.

Easter Friday Yard Sale

The Chatham flea market and yard sale became a Chatham parking lot sale on Good Friday when employees and retirees set up for business in our lower parking lot.

The large parking area was available since the plant was closed for a long Easter week-end. This location turned out to be a good idea. Heavy rain fell several days before the sale and our park grounds were saturated.

With solid ground underneath, everyone was having a good time and enjoying the chance to be outside even though it was a bit cool.



Elizabeth Anderson (Binding) checks out the mass of good bargains.



Even the little ones were out, wrapped up, and enjoying it all.



David Steele, II (Spinning) and his dad David Steele (Shipping).



Robin Watson (Spinning) shows her wood crafts.



Eileen and Ken Jenkins (Research Lab) chat with a friend.



Norlan Holcomb (Technical Maintenance) relaxes: James Rhodes (Weave) checks out the merchandise.



Flora Cothren (Warp) and her mother, Helen Myers (Sample).

Chatham Trader

Will mow yards. Call 835-1391.

Will clean gutters. Call 957-8479.

FOR SALE: Zum-Zum pink prom dress, size 3, worn one time. Call 835-6218 after 5:00 p.m.

FOR SALE: Antique walnut drop leaf table with 6 chairs, seats 8. Quality set. Call 835-2268.

FOR SALE: Like new - 26" 3-speed bicycles, mens and ladies matching pair. \$150. Call 366-2003 before 9:00 p.m.

FOR SALE: Electronic pinball machine. Like new. \$800. Call 366-2003 before 9:00 p.m.

FOR SALE: Commercial type sprayer, 30 gal. tank, 3 h.p. engine, boom type and hand spray. \$400. Call 366-2003 before 9:00 p.m.

FOR SALE: 1983 LN7 blue, power steering, brakes and air condition. \$2,200. Call 874-3035.

FOR SALE: 1980 Suzuki 750, 4-cylinder. Good shape. \$800. Call 835-4715 after 5:00 p.m.

FOR SALE: 1974 Honda CL360, 6,796 miles. \$350. Call 835-5793.

FOR SALE: Antique Queen Anne table and 4 chairs. \$500. Call 957-2321.

FOR SALE: Wood stove, blower, cabinet model. Cost \$800, will take \$150. Call 957-8628.

FOR SALE: Hay. Call 957-8628.

FOR SALE: 15.3 cu. ft. frost free upright freezer. Call 835-3028 after 5:00 p.m.

FOR SALE: 6' x 8' white rug with beige trim. Cost \$142, will sell for \$60. Call 526-2311.

FOR SALE: 1975 Ford Granada, blue, 6-cylinder, 4-door, one owner. Call 874-2836 after 5:00 p.m.

FOR SALE: 14 Ft. Glass Star Runabout boat and trailer, 45 hp motor. \$650. Call 957-8605 after 5:00 p.m.

FOR SALE: Suzuki 750 motor-cycle, water-cooled. Call 366-4231.

FOR SALE: 327 300 h.p. carburetor, intake and heads. Call 835-6895 after 5:00 p.m.

FOR SALE: Boston Terrier, full blooded with papers, 1 1/2 years old, male. \$250. Call 874-2523 after 6:00 p.m.

FOR SALE: Set of shower doors. Call 835-6891 after 4:15 p.m.

FOR SALE: 1976 Mercury Monarch, tilt wheel, cruise, AC. Must sell \$400. Call 874-7139.

FOR SALE: 1981 Ford XLT Ranger, PS, PB, automatic, AC, Cruise, power windows, power door locks. 41,000 miles. Extra nice. Call 835-4332.

FOR SALE: 1977 Delta Olds. Fully equipped. Call 835-4332.

FOR SALE: Holly 4-barrel carburetor with Edelbrock aluminum intake for 350 Chevy engine. \$125.00 for both. Call 835-5464.

FOR SALE: Portable TV stand. Good condition. \$20.00. Call 835-5464.

FOR SALE: Antique Cross-cut saw. \$25.00. Call 835-5464.

FOR SALE: Commodore 64 computer, Disk Drive, Cassette Drive, software and games. Like new. \$200.00 for all. Call 835-5464.

FOR SALE: Large squirrel cage fan with motor out of oil furnace. Excellent fan for shop. \$50.00. Call 835-5464.

FOR SALE: VHF 4-channel GE Base Radio (150-170 mhz), microphone, base antenna and coaxial cable. 40 watts. Good condition. \$350.00. Call 835-5464.

FOR SALE: Kenmore dryer, 3-cycle. Good condition. \$75. Call 835-5821 after 6:00 p.m.

FOR SALE: Six week old pigs. Call 526-1164 or 835-4806 after 6:00 p.m.

FOR SALE: White rock for landscaping. \$35 per ton, delivered. Call 957-8568.

FOR SALE: 1971 Air Stream Camper, 31 ft., fully self-contained, AC & Jacks. Call 835-4774 anytime.

FOR SALE: Picnic table. Call 835-3565.

FOR SALE: 3 bicycles. Call 835-3565.

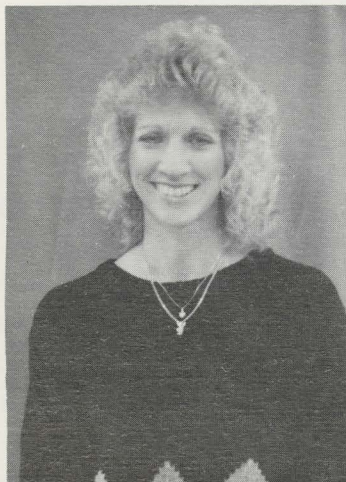
FOR SALE: Lennox two-ton air conditioner. Call 957-2535.



Your Taxes Are Due April 15th

Income tax pay-day, the day by which taxpayers are supposed to make accounting of income and pay their share of the cost of government. (Also the anniversary of the sinking of the "Titanic".

Then and Now Answer



Edna Billings is a first shift, Winding employee. She has been at Chatham for eight years.

FOR SALE: 85,000 BTU oil furnace, good condition. Call 957-2535.

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 #529 to list your items in the Chatham Trader.



Double Orange Walnut Rolls

A no-knead, one-rise roll that is quick enough to make for breakfast! These orange flavored rolls, baked in muffin pans, have a sugary orange topping.

- 2 cups all-purpose flour
- 1 package Quick-Rise Yeast
- 3 tablespoons sugar
- 2 teaspoons grated orange rind
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/4 cup water
- 1/4 cup oil
- 1 egg
- 1/2 cup chopped walnuts
- 3 tablespoons sugar
- 2 teaspoons grated orange rind
- 1 teaspoon orange juice

In large mixer bowl, combine 1 cup flour, yeast, 3 tablespoons sugar, 2 teaspoons orange rind and salt; mix well. In saucepan, heat milk, water and oil until warm (120-130°). Add to flour mixture. Add egg. Blend at low speed until moistened; beat 2 minutes at medium speed. By hand, gradually stir in nuts and remaining flour to make a soft batter. Spoon batter into greased muffin pan cups.

Prepare Topping: Combine 3 tablespoons sugar, 2 teaspoons orange rind and orange juice.

Spoon Topping on batter. Cover; let rise in warm place about 15 minutes. Bake at 375° for 15 to 20 minutes. Serve warm. Makes 12 rolls.

What To Do About High Blood Cholesterol



Fifty percent of all Americans have cholesterol levels that place them at increased risk of developing heart disease. If you're one of them, you can take action to lower it.

The National Heart, Lung, and Blood Institute has two publications to help you understand and control your cholesterol. **So You Have High Blood Cholesterol...** (Item 134V, \$1.00) explains how a high cholesterol level affects your health and how diet, exercise, and medication, if necessary, can help you lower it. **Eating to Lower Your High Blood Cholesterol** (Item #120V, \$2.00) tells how you can make specific changes in your diet to lower your cholesterol level and includes helpful charts that list the fat, cholesterol and calories of hundreds of common foods. To get your copies, send your name and address along with the item numbers and fees to R. Woods, Consumer Information Center, Pueblo, Colorado 81009.

Your cholesterol level is determined partly by the saturated fat and cholesterol in the foods you eat and partly by your genetic makeup. Your risk of developing heart disease increases as your blood cholesterol level rises, that's why it's so important to have your level measured.

If you have high blood cholesterol, lowering the level will reduce your risk of developing heart disease 2% for every 1% decrease in your cholesterol level. For instance, if you lower your cholesterol level by 15%, your risk of heart disease could drop by 30%.

Your diet has a major effect on your cholesterol level, so watching what you eat is a very important step in reducing overall levels. To lower your cholesterol, begin by eating less high-fat foods. This will decrease the amount of calories and saturated fat you eat. And of all fats, saturated fat raises your cholesterol levels more than anything else in your diet, so you will want to lower its levels by replacing as much of it as you can with unsaturated fat. Saturated fat is found primarily in the fat of animals, but also in a few vegetable fats and some processed foods such as cookies, crackers and non-dairy substitutes. Read the labels carefully before you buy.

You will also want to eat less food containing cholesterol. Egg yolks and organ meats are particularly rich in cholesterol. When you cook, you may want to substitute two egg whites for a whole egg.

Another part of your plan should be to substitute foods that are high in complex carbohydrates like breads and cereals or fruits and vegetables for foods that are high in saturated fat and cholesterol. Carbohydrates are lower in calories than fat, and they are also good sources of vitamins, minerals and fiber.

If you are overweight, taking these steps will also help you lose weight. This, too, will help lower your blood cholesterol.

Don't expect changes overnight. Generally your level should begin to drop 2 to 3 weeks after you start on a cholesterol-lowering diet. The amount your level will drop depends on a number of factors including what your diet was like before, your cholesterol level, and genetic factors.



Service Anniversary Dates

40 Years

Sarah N. Eidson, Blanket Order Processing - April 4
Gilmer E. Phillips, Piece Dye Lab - April 29

30 Years

Dorothy L. Holleman, Winding - April 3
Jimmy F. Howell, Piece Dye - April 7
Bradford Bryant, Furniture Upholstery - April 10
DeWitt C. Shaffner, Repacking - April 10
J. Harvie Blackburn, Technical - April 22
Luther Pardue, Jr., Weave - April 25
Jimmy R. Harris, Spinning - April 27

25 Years

John F. Barnes, Jr., Knitting - April 8
Rodney E. Couch, Garnett - April 9
Freddie D. Gwyn, Technical - April 9

20 Years

John W. Pyles, Wet Finish - April 21
Donal M. Smith, Piece Dye - April 21

Retirements Effective April 1, 1989

Joseph H. Adams, Weave, 1st shift; 44 years and 7 months
Robert W. Alexander, Technical, 1st shift; 40 years and 8 months
L. Herman Couch, Weave, 1st shift; 41 years and 7 months
John F. DeCarlo, Sales; 20 years and 7 months
W. Jesse Holcomb, Piece Dye, 1st shift; 44 years and 3 months
Robert R. Jolley, Yarn Finishing, 1st shift; 43 years and 9 months
Eva M. Lawrence, Binding, 1st shift; 24 years and 6 months
G. Lee Lawrence, Weave, 1st shift; 41 years.
M. Worth Ray, Jr., Engineering, 1st shift; 25 years and 6 months
Pless L. Welborn, Wet Finish, 1st shift; 20 years and 2 months

In most cases, changing your diet will be enough. However if your cholesterol levels are still too high after about six months, your doctor may decide to include medication as part of your treatment.

You'll find more information on cholesterol-lowering diets in **So You Have High Blood Cholesterol** (Item 134V, \$1.00) and **Eating to Lower Your High Blood Cholesterol** (Item 120V, \$2.00). When you get copies of these publications, you will also receive a free copy of the **Consumer Information Catalog**. Published quarterly by the Consumer Information Center of the U.S. General Services Administration, the **Catalog** lists about 200 other free and moderately priced federal booklets on a wide variety of subjects.



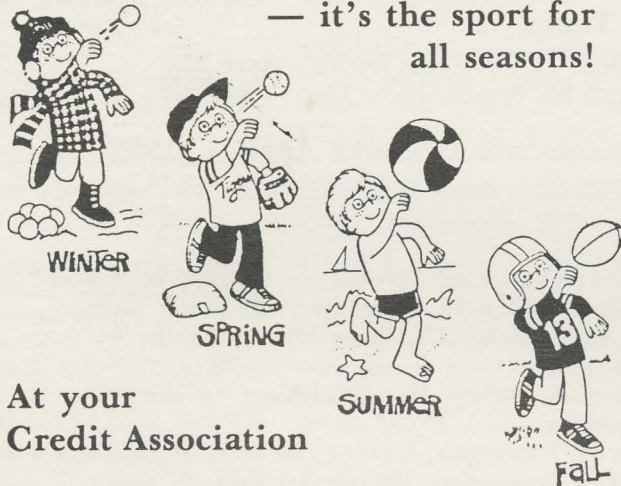
Visitors - Bill Andrews greets Helen and Jack Williams as they arrive with a group tour of N.A.D.F.D. (National Association of Decorative Fabric Distributors). Helen and Jack are with J.J. Peiger Company in Pittsburg. The group of twenty-nine N.A.D.F.D. members visited Chatham as part of a mill tour in March. They also visited Collins and Aikman in Roxboro, Acme Sample Books in High Point, Valdese Weavers in Valdese, Doblin Fabrics in Morganton, and Pinnacle Studio in High Point. The group represented several states coming from as far away as Oregon. These are our jobber customers who distribute Chatham fabrics.

The *Blanketeer* is published for...



employees and retirees of Chatham Manufacturing Company like **Roby Rose**, who is in the Engineering Department. Roby has been employed at Chatham for thirty years. He is a lead man in the Carpenter Shop. He is the father of Ricky Rose (Power Plant) and Tony Rose (Dye House) and the brother of Jessie Rose (Technical Maintenance).

Get into the savings game
— it's the sport for
all seasons!



At your
Credit Association

Check It Out!

Come by the Personnel Office and check out the good discounts we have available for you. These discounts are good for employees, retirees and their families.

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Elkin, North Carolina 28621

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Spring Stirrings

Measure your health by your sympathy with morning and spring. If there is no response in you to the awakening of nature, if the prospect of an early morning walk does not banish sleep, if the warble of the first bluebird does not thrill you, know that the morning and the spring of your life are past. Thus you may feel your pulse.

-Henry Thoreau

