



WOMEN OF THE MOOSE ritual committee for the month of February are pictured above. Left to right: Margaret Walton, Beth Tucker, chairman, and Irene Routledge.

DAR State Conference Takes Place In Salem

Umpqua Chapter was one of the hostess chapters of District No. 2 to entertain the 40th state conference of DAR held at the Marion Hotel and the First Methodist Church in Salem March 14-15-16.

Mrs. Lester Nielsen, regent, represented Umpqua Chapter, as one of the official hostesses throughout the conference with Mrs. E. B. Stewart, delegate, and Mrs. C. D. Albright serving on the decorating committee.

A memorial service was held at 4:30 p.m. at the First Methodist Church.

The regents dinner was held in the Marine Room of the Marion Hotel with Mrs. Allan E. McLean, state regent, presiding. The visiting national president of the Children of the American Revolution, Mrs. Charles Carroll Haig of Washington, D. C., was introduced as well as past national officers of Portland, Mrs. John Y. Richardson, Mrs. Howard P. Arnest and Miss Jeanette Dentler.

Reports from the nominating committee and the 30 chapters highlighted the Monday morning session.

Sally Manary of Baker, the DAR 1954 Good Citizen of Oregon, was honored at the luncheon with Mrs. Charles Carroll Haig as speaker.

Tuesday afternoon the society was honored by the presence of Gov. Patterson, who welcomed the conference to the state capitol.

Concluding the afternoon's program, a tea was held at the beautiful old Bush home, which is being turned into an art museum.

Mrs. Charles Sprague, wife of a former governor of Oregon, was chairman for this lovely affair.

Mrs. Lester Nielsen was one of

the hostess regents who poured during the tea hour.

Guest speaker for the banquet Monday evening was the Rev. Leonard Odierne of Portland Westminister Presbyterian Church, whose topic was "A Time of Greatness."

Two awards of merit were presented, one to Dr. U. G. Dubach, Lewis and Clark College, and the other to Mrs. Basil Osborne, Ontario, Ore. The awards were presented to the two for "outstanding services and worthy accomplishments for the protection of our constitutional republic."

Mrs. Albert H. Powers of Coos Bay was elected Tuesday as the new state regent. She will not take office until the Continental Congress of the National DAR society convenes in April in Washington, D. C., when the Chaplain General installs new regents.

As one of her administration's major projects, Mrs. Powers hopes to take the first steps toward restoration of the old village of Champe, where Oregon's first provisional government was formed.

Umpqua Chapter received a special award, presented by the National membership in the state. Mrs. Nielsen accepted the award for the chapter. Special credit for this achievement is due to the untiring efforts of the chapter registrar, Miss Margaret Page. Other awards went to Mt. Ashland Chapter, Ashland, for locating and erecting a marker on the old Applegate trail and five other chapters for placing historical markers throughout the state.

In addition to the marking of historical places, another major interest of DAR is the collection

CARL MESKE AND GLADYS REDDY TO MARRY IN GEORGIA

Mr. and Mrs. Carl Meske of Roseburg have received word that their son R. E. Carl Meske, who is with the army in Macon, Geo., will be married at a church wedding March 28 to Miss Gladys Reddy of that city.

The groom was graduated from Roseburg Senior High School in the class of 1949, and has been in the army for the past five years. He expects to be sent to the Philippines the first of May.

LOYD POWELLS HAVE GUESTS SUNDAY

Mr. and Mrs. Lloyd Powell and family of Curry Road entertained a group of friends at their home Sunday afternoon. Visiting games and music were enjoyed during the pleasant hours. Mrs. Elma Dunham, Lloyd Powell and Mrs. Phil Stanley furnished the music.

Those present were: Mr. and Mrs. Fred Ashton, Mrs. Elma Dunham, Mrs. Stanley, Hildegard Kreiger, Gaylon Fish, Mr. and Mrs. Elmer Hansen and sons Chet and Dick and the Powell family.

of genealogical records which have not been published previously to be kept in the DAR archives in Washington D. C. More than 2000 pages of such material was collected this year.

The Tuesday luncheon featured American Indians. Guest speaker was Mrs. Nell Brannan, principal of Chemawa Indian School, and guest soloist was a lovely Indian girl, Lydia Robertson, who is studying music under a scholarship from DAR. Choral numbers were presented by a group of girls from Chemawa and very outstanding were the authentic Cherokee Tribal dances presented by four Indian boys.

The conference concluded with the installation of the new officers.

Social Calendar

Sunday — March 21

Riversdale Grange degree practice at hall at 2 p.m. Those taking part urged to be there.

Roseburg First Baptist Church luncheon following church services. Easter plans to be discussed.

Douglas County Historical Society 1 p.m. pollock dinner at Ed Weaver home, Weaver Road, which leaves Highway 99 before crossing the bridge before entering Myrtle Creek. Bring table service. Coffee will be furnished. All oldtimers invited.

Oakland DAV Auxiliary No. 43 in Veterans Memorial Building, Dept. Commander of Portland and other officials will be present.

Monday — March 22

Neighbors of Woodcraft Thimble Club at home of Effie Croucher, 1330 Ball St., 12:30 pollock luncheon. Bring own table service.

Green School Dads Club in school gym at 8 p.m. All men in community to attend and bring wives. Donald A. Dole to talk on law in general as concerns average member of the community. Refreshments.

Ladies Oriental Shrine Club at the home of Mrs. H. A. Esselstrom, 931 Military Ave. at 8 p.m. DeMolay Mothers Circle at 8 p.m. at home of Mrs. O. C. Langfield, 615 S. Jackson. All mothers of DeMolay boys invited. Riversdale Grange degree team. All grangers urged to attend at 8 p.m.

Women of the Moose at 8 p.m. at lodge hall. Members asked to bring applications for new members and hand towels for contest.

First Baptist Church Mothers Club at home of Mrs. Roy Patterson, 405 Germond St. at 7:30 p.m. Members urged to attend.

Navy Mothers Club at home of Mrs. Agda Nelson, 427 Mill St. All members urged to attend.

Roseburg Choral Society rehearsal at 7:30 p.m. in Junior High music room under direction of Bob Robbins.

Duplicate Bridge Club at 7:30 p.m. at Elks Temple. Monthly master point play to take place. Roseburg Town and Country Garden Club at 7:30 p.m. at home of Mrs. A. M. Johnson, Winston. Members wishing transportation meet at the Library at 7 p.m.

Tuesday — March 23

Rainbow Club at home of Mrs. Carl Taylor in Winston at 10:30 a.m. for a field trip.

Ladies Seaside 1:15 p.m. luncheon at home of Mrs. Bruce Mellis, 206 Glen St., with Mrs. John Ulrich Jr., in charge of program.

Alpha Theta Chapter, Beta Sigma Phi, at home of Mrs. Archie White.

Green Mothers Club at home of Marty Wiley with Lorraine Muscat as hostess.

Fair Oaks Grange at 7 p.m. pollock supper with Jean Smith and Eloise Hubbard as hostesses.

Roseburg Rebekah Lodge at 8 p.m. Refreshment committee: Louise Young, Minnie Batton, Margaret Shelton, Danice Beach and Elsie Miller.

Oalla-Tenmile HEU at home of Martha Dancho near Winston bridge. Helen Chandler to give demonstration on "Yeast Bread and Rolls."

Happy Circle Sewing Club of Camas Valley to meet at home of Mrs. Loretta Copeland for a pollock luncheon. Business meeting.

Associated Volunteer sponsored card party in recreational hall at VA Hospital from 7:30 to 9:30 p.m. Refreshments. Ann Storrs, chairman.

Lady Eagles Auxiliary No. 1497 at 8 p.m. at Eagles Hall.

American Legion Auxiliary sponsored square dance at VA Hospital recreation room at 2:15 p.m. Nell Ulrich representative and Curley Reynolds, caller. Women invited to attend.

Beta Gamma Chapter, Epsilon Sigma Alpha, business meeting at home of Mrs. Bill Schultz, 1235 Shenandoah St. at 8 p.m.

Badoura Club, Daughters of Nile, will meet at home of Mrs. Lyle Marsters in Happy Valley at 1:30 p.m. Those desiring transportation be at Rose Hotel at 12:45 p.m.

F. S. Club 12:30 noon pollock luncheon at home of Mrs. J. F. Byrd, 324 E. 1st Ave. N.

Wednesday — March 24

Sutherland Bridge club at home of Mrs. C. A. Petrick in afternoon.

Bethel wives of Myrtle Creek at home of Mrs. Al De La Guardia for afternoon meet.

Roseburg Art and Embroidery Club at 325 W. Mosher St. in afternoon.

Douglas County Sheriff's Posse Auxiliary weekly get-together at Fairgrounds.

Melrose Friendly Hour Club at 10:30 a.m. at home of Mrs. Wanda Turpin with Mrs. Doris Benedict as hostess. Pollock noon luncheon. Quilt to be finished and work on new name quilt to start.

Winston - Dillard Toastmistress Club dinner at 7:30 p.m. at Hotel Umpqua.

Tenmile Mothers Club at Ladies Clubhouse with noon pollock luncheon. Hostesses, Helen Northcraft and Evelyn Perry.

Circle No. 4 of WSCS of Roseburg Methodist Church will meet at their home Mrs. Gordon Larsen, 1108 Fairhaven Ave. at 1:30 o'clock desert luncheon.

Garden Valley Garden Club will meet at home of Mrs. Bertha Bayliss at 2 p.m. Mrs. Paul Beaver from Town and Country Club will demonstrate types of all green arrangements. All ladies of Garden Valley invited. Mrs. Heine in charge of program.

Roseburg Toastmistress Club at 8 p.m. at 231 East Lane St. Panel on television. Club is open for new members.

Myrtle Creek Jobs Daughters at hall with Masons, OES and Shrine members and their wives invited guests.

Sutherland Grange at 7:00 p.m. pollock supper with Mrs. Hallie Martin, Mrs. Ellen Leisinger, Mr. and Mrs. Frank Nylaz as hosts.

VFW Auxiliary at 8 p.m. at Veterans Memorial Building on Garden Valley Road. Nomination and election of officers. Members and

prospective members urged to attend.

Oregon State Nurses Association family style dinner at 7:30 p.m. at Carl's Haven. Miss Nora Marco, Asst. Exec. Sect. of OSNA guest speaker. All nurses welcome. Make reservation at phone 3-6262 after 4 p.m.

Women's Home League craft classes at Salvation Army building, 1005 Winchester St. from 1 to 4 p.m. Women invited.

Thursday — March 25

Circle No. 5, WSCS of the First Methodist Church, 1:30 p.m. desert-luncheon at home of Mrs. J. B. Bailey on N. Rose Street with Mrs. Sig Felt and Mrs. E. A. Petey assisting hostesses.

Lutheran Women's Missionary League, of St. Johns Lutheran Church of Sutherland at the church, with Mrs. Woodrow Martinson, hostess.

Melrose HEC Club at home of Mrs. Pete Veenstra, with Mrs. C. E. Reece as co-hostess for 7:30 p.m. dessert supper. Roll-call on poetry.

Lady Elks at 8 p.m. at Temple with Mrs. C. C. Albright, Mrs. Joe Brandt and Mrs. Thomas Lindbloom as hostesses.

Sutherland WSCS of Methodist Church in afternoon with Gula Crowell and Kay Moore hostesses.

Women of Country Club 12:30 o'clock luncheon followed by bridge play.

Sutherland Sewing Club at home of Mrs. Francis Holgate in afternoon.

Rotary Anns no hostess luncheon at 12:30 p.m. at Umpqua Hotel.

Evergreen H. E. Club at pollock luncheon at noon. All members requested to attend.

Friday — March 26

Camas Valley Square Dance Club at Grange hall with public invited.

Humane Society rummage sale and country fair at 510 W. Oak St., formerly the Garden Shop, at 8 p.m. to raise funds for an animal shelter. For donations to be picked up call 3-5930. To be continued on Saturday.

Oakland Camp Fire and Blue Bird groups to have dinner at Legion Hall at 8:30 p.m. for troop committees, leaders, parents and anyone interested.

Evergreen Grange open house at 8 p.m. and third birthday celebration. Program. Past and charter members urged to attend. Grange ladies to bring cookies and sandwiches.

Rice Valley HEU tea at home of Minnie Churchill from 1 to 4 p.m. with program and hobby sale to raise funds for scholarship.

Royal Neighbors of America at 8 p.m. at home of Mrs. Donald Cotton, 839 W. Mosher St.

Saturday — March 27

Melrose Grange ham dinner, public invited, at Grange Hall. Elsa Hunter, general chairman.

Riversdale Grange social night, with Mr. and Mrs. Carl Youngren and Mr. and Mrs. Ora Welker in charge.

Inter-Se Study Club members, associate members and their husbands invited to 6:45 p.m. dinner at home of Dr. and Mrs. E. E. Lindell, 430 Claire St. Bring table service. Call Mrs. John Ulrich, 3-4646, if not contacted.

Continuation of Humane Society rummage sale and country fair at 510 W. Oak St.

MRS. ED RUSSELL FETED ON BIRTHDAY

Mrs. Ed Russell was honored on her birthday Thursday at a dinner at her home on Coles Valley Road. Those enjoying the occasion were Mr. and Mrs. Raymond Brown, Mrs. Hary Baird, Mrs. Clifford McKay, Mrs. Jesse Russell and Mrs. Rodney Atterbury.

PNG CLUB MEETS AT FETT HOME THURSDAY EVENING

With decorations and refreshments carrying out the St. Patrick's Day theme, the Past Noble Grands Club enjoyed the regular monthly meeting at the home of Mrs. Sig Felt Thursday evening. Assisting Mrs. Felt to serve the dessert-supper were: Mrs. Fred Hermann, Mrs. Walter Fredrickson, Mrs. Fred Goff and Mrs. James Young. A very beautiful mantle piece of flowering quince and green colored daffodils in front of a mirror decorated with small green shamrocks with flowers were about the rooms. A Hawaiian dessert with Irish coloring was delicious.

The business meeting was conducted by Mrs. William Thompson, president. A complete report on the recently sponsored rummage sale was made and the results considered highly satisfactory. Reports were given on Rebekah members who were ill, or had been ill. Mrs. William Thompson won the attendance prize. The hostess committee, appointed for the next regular meeting April 15 includes Mrs. V. T. Jackson, Mrs. Tense Busenbark, Mrs. Ethel Bailey, Mrs. Ella Lenox and Mrs. Will Dixon. Entertainment will be in charge of Mrs. Sig Felt and Mrs. Fred Herman. All members and guests are to wear any kind of a self-designed home-made hat to the next meeting. The meeting place will be announced later.

Following the business meeting Mrs. Glen Beach, presented Miss Glenda Beach, who gave a short comic recitation, after which Mrs. Beach directed games with several prizes going to the members. Mrs. H. O. Jensen directed a stunt and Mrs. Felt snapped a flash picture. Mrs. James Simmons, vice-grand of the Roseburg Rebekah Lodge and Miss Glenda Beach were guests.

JAY-C-ETTES WORK FOR BLOODMOBILE

At the Jay-cettes meeting Wednesday evening at the Woman's Club, Mrs. Walt Brittell gave a report on work for the Bloodmobile. The girls are calling for donors and she stated that the Bloodmobile will no longer stop in Roseburg if the quota is not met.

A report on the Ashland convention was given by Mrs. Bill Miles and Mrs. Don Hagedorn.

Dr. Glen Wright of the VA Hospital gave a most interesting talk on child psychology, which was followed by a discussion period. Lovely refreshments were served by the hostesses Mrs. Eric Robothan, Mrs. Warren Ward, Mrs. Don Munson and Mrs. Walby Crook.

The hobby boxes were won by Mrs. Don Caskey and Mrs. Elmer Bishop. Twenty-five members were present.

MRS. RALPH HOWARD HONORED AT PARTY

A group of friends gathered at the home of Mr. and Mrs. Ralph Howard Friday evening to honor the birthday of Mrs. Howard. Mrs. Clara Coats made the lovely birthday cake. The evening was spent playing pinocle. Those present were: Mr. and Mrs. Charles Roberts, Mr. and Mrs. Clara Coats, Lorena Loomis, Mr. and Mrs. Bill Cook, Billy, Patay, and Jimmie and Mrs. M. and Mrs. Ralph Howard and Darla and Wanda.

MRS. JOHN THOMAS ENTERTAINS AT PARTY

Mrs. John Thomas entertained a group of friends at a morning party at her home in Wilbur Thursday. Mrs. Wilmer Maddox was demonstrator. Those present were — Mrs. John Pennington, Mrs. Walt Crozier, Mrs. Harold McKay, Mrs. Bernard Grubbe and Mrs. Bruce Moffit.

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Woman's Club Has Interesting Meeting

One of the most delightful programs of the year was enjoyed by members and guests of the Roseburg Woman's Club Tuesday, on Oregon Literature and Poetry, presented by Mrs. E. G. Young, assisted by Miss Muriel Mitchell, who had a display of many books on Oregon, including those of local authors.

Among the books reviewed by Mrs. Young was the "History of Oregon Literature" by Alfred Powers, in which was a statement that Oregon had a population of 1400 people in the year 1844. Other books and authors touched upon were Joaquin Miller, "Oregon History," Harvey Scott, editor of the Oregonian and his sphere of influence; Stewart Holbrook who wrote "Far Corner" in 1920 and Ben Hur Lampman, Oregon Poet Laureate, who died in January.

From Mr. Lampman's book, "End of Carline," Mrs. Young read a short story on naming the cow, Luce Belle. Miss Mitchell announced the receipt of a new Blue Book, which lists over 500 Oregon authors.

Miss Gail Moan, of Myrtle Creek, delighted her audience with the rendition of "Sonata" by Beethoven. Miss Moan was introduced by Mrs. Floyd Warner.

The meeting was opened by Mrs. Frank Ashley, president. Group singing of the state song, "Land of the Empire Builders" was followed by a prayer by the chaplain, Mrs. Raymond Schaefer.

Seven five members and guests enjoyed the tea hour. The tea table was centered by an oblong arrangement of colorful spring flowers. Mrs. Marshall Haughn had charge of the tea and was assisted by Mrs. Edwin Nolte, Mrs. Horace Berg, Mrs. Henry E. Mowry, Muriel Mitchell and Mrs. W. D. Myers. Mrs. O. D. McAllister and Mrs. Earl Plummer poured.

The next meeting will be April 6. The program topic will be "Building a Better Community."

North Roseburg Church Women Elect Officers

The Women's Society of World Service of the North Roseburg Church met at the church parsonage Thursday morning for their monthly meeting and the annual election of officers.

Mrs. Wally Mull presided over the business session, which included special reports from Mrs. W. C. Walbrecht and Mrs. Anna Rainwater. Mrs. Lloyd Lee and Mrs. Floyd Kostad were received into the society's membership.

Devotional thoughts were presented to the group by the Rev. Leo Thornton from Portland.

Members elected the following officers: president, Mrs. Marvin Smith; vice-president, Mrs. C. O. Smith; secretary, Mrs. Marie Krusman; treasurer, Mrs. Arthur Denny; secy. Spiritual Life, Mrs. Levi Swinford; secy. of Missionary Education, Mrs. W. C. Walbrecht; secy. of Christian Social Relations, Mrs. C. N. Currier; secy. of Young People's Work, Mrs. Floyd Kostad; director of Mission Band, Mrs. Gene Peck; and director of Little Herads, Mrs. Kenneth Cleske.

A pullock luncheon was enjoyed at noon with Mrs. Marie Krusman and Mrs. Levi Swinford acting as hostesses.

WEDNESDAY BRIDGE CLUB ENTERTAINED AT HOME OF MRS. FIES

Camellias formed a pretty motif for the one o'clock luncheon Wednesday given by Mrs. Jane Fies, when she entertained her bridge club at her attractive home in Laurelvood.

Covers were placed for Mrs. Jack Myers, a guest, and Mrs. L. Hallmark. Mrs. Bert Corkrum, Mrs. Frank B. Woodworth, Mrs. Fred Lockwood, Mrs. Ted H. Wirak, Mrs. Alfred Anderson, Mrs. M. C. Bowker and the hostess, Mrs. Fies.

High scores for the afternoon's contract bridge play were won by Mrs. Wirak and Mrs. Bowker.

fer. The spring flower show featuring camellias, to be held April 2-3 at the clubhouse was announced by Mrs. J. M. Boyles, who handed out a mimeographed schedule and general information sheets on the show.

Three young men from the Junior Chamber of Commerce spoke briefly on the "Plant a Rose" campaign. Boyd Herrigs said "climatically, we are two weeks ahead of Portland in growing roses."

Mrs. George Houck, club historian, recalled that in 1910 Portland sent an SOS call for roses and Roseburg sent half a carload for the Rose Festival.

Five shadow boxes were done in the St. Patrick motif by Mrs. J. A. Gibson, Mrs. Albert Kronke, Mrs. R. W. John, Mrs. E. L. Tauscher and Mrs. Earl Bliele.

New members welcomed into the club were Mrs. B. A. Smith, Mrs. Samuel Warg and Mrs. H. S. Taylor.

Seventy five members and guests enjoyed the tea hour. The tea table was centered by an oblong arrangement of colorful spring flowers. Mrs. Marshall Haughn had charge of the tea and was assisted by Mrs. Edwin Nolte, Mrs. Horace Berg, Mrs. Henry E. Mowry, Muriel Mitchell and Mrs. W. D. Myers. Mrs. O. D. McAllister and Mrs. Earl Plummer poured.

The next meeting will be April 6. The program topic will be "Building a Better Community."

BETA CHI CHAPTER HAS INTERESTING MEETING TUESDAY

The monthly social meeting of Beta Chi Chapter, Epsilon Sigma Alpha, was held Tuesday evening at the home of Miss Sandra Sumpster. Canasta, pinocle and other card games were in play and later delicious refreshments were served.

The occasion was also the rush meeting of the chapter. Guests present were: Mrs. James Standley, Mrs. Leo Cottrell, Mrs. Hugh Fretwell, Mrs. Leroy Biles, Miss Loretta Johnson, Miss Pat Humphreys and Miss Barbara Sanders.

Members present were: Mrs. Larry Cox, Mrs. Elmer Young, Mrs. Ranny Morris, Mrs. Thero Harris, Miss Anne Marriott, Miss Mary Wells, Miss Loretta Wesman and the hostess, Miss Sumpster.

The next meeting will be Tuesday, April 6, at the home of Mrs. Larry Cox on Keassey Road.

HAPPY HOUR CLUB MEETS AT BAILEY HOME

Mrs. Walter Bailey entertained the Riversdale Happy Hour Club at her home Wednesday afternoon. Lovely refreshments were served by Mildred Knapp, a guest, and Mary Crowdis, Margaret Trussell, Madonna Stapleford, Anita Stark, Bea Ott, Alice Lee, Alice Kruse, Avis Harmon, Vera Guiley, Madge Dixon, Minnie Cox, Leona Buell and Ruth Bromps.

A short business meeting was held and then visiting was enjoyed by the group.

MRS. PEARSON TO BE INSTALLED IN OFFICE IN TEMPLE

Mrs. E. A. Pearson, 200 Terrace Ave., Roseburg, will be installed Lady of the Keys of Zulu Temple No. 13, Daughters of the Nile, in the Eugene High School in Eugene, March 27, at 8 p.m.

FOOT FACTS

BALANCE AND IMBALANCE OF THE FEET

Every upright structure, whether alive or not, must have balance to remain erect properly without stress or strain. The base, or foundation of the upright human body are the feet.

WHAT IS FOOT BALANCE?

Foot balance might be described as the ability to alter ones position so that the body weight is carried through the foot in a normal manner with a minimum of effort. This normal, effortless foot balance enables the walker to move about with complete comfort.

WHAT IS FOOT IMBALANCE?

Imbalance is a condition involving the entire foot. Its many parts are not in their proper position to support and carry the body weight without undue stress and strain. This abnormal, strained foot imbalance often is the reason for occupational inefficiency (afternoon fatigue), leisure discomforts and even restless sleep.

THE CAUSES OF FOOT IMBALANCE

The causes are many and varied, such as: contracted toes, improper position or length of one or more bones of the foot, weak or rotating ankles, muscle strain, poor body posture, overweight, arthritis, injuries and of course improper fitted or shaped shoes.

THE EFFECTS OF FOOT IMBALANCE

Improper relationship between part, or parts, of the foot will cause strain and eventual foot aches and pains. Modern research has shown that so-called "fallen arches" and "dropped metatarsals" do not exist, despite commercial advertising to the contrary, but that these symptoms are definitely due to imbalance of the entire foot. Corns and especially callouses

are most always due to imbalance. Elsewhere weak ankles, leg cramps, painful knees, pulling in the thighs, low back pain and even headache might all be directly due to foot imbalance. Thus the statement, "When your feet hurt you hurt all over."

WHAT TO DO ABOUT FOOT IMBALANCE

First your chiropodist must make a diagnosis. A complete foot examination, which may include X-Ray, is essential. General body posture should be considered along with occupational and a medical history. After gathering all this information a regime of treatment will be outlined. The goal of this restoration period is to produce the best possible pain-free walking surface that can be had for each abnormal foot. Treatment will terminate with either proper balanced shoe padding or "balance inlays" depending on the findings and foot adaptation. This final phase is employed to keep the foot in its new balanced position.

WHAT ARE BALANCE INLAYS?

Since each foot is distinctly different in numerous way from any other foot your "balance inlays" are constructed over plaster casts of your feet. From these models, the original finding, your adaption to balance therapy treatments etc., a foot mould, of light construction, will be made. In effect, these inlays, to be placed inside the shoes, are to give you a new balanced walking foundation. Balanced inlays are not arch supports. At best, the commercial arch support might temporarily relieve those suffering from simple foot strain. Your chiropodist is qualified to suggest the correct method to balance your feet properly.

Published in the interest of good foot health and education by your local chiropodists.

Dr. E. W. Carter, Chiropodist, 217 North Main Street, Roseburg, Dial 3-7066
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