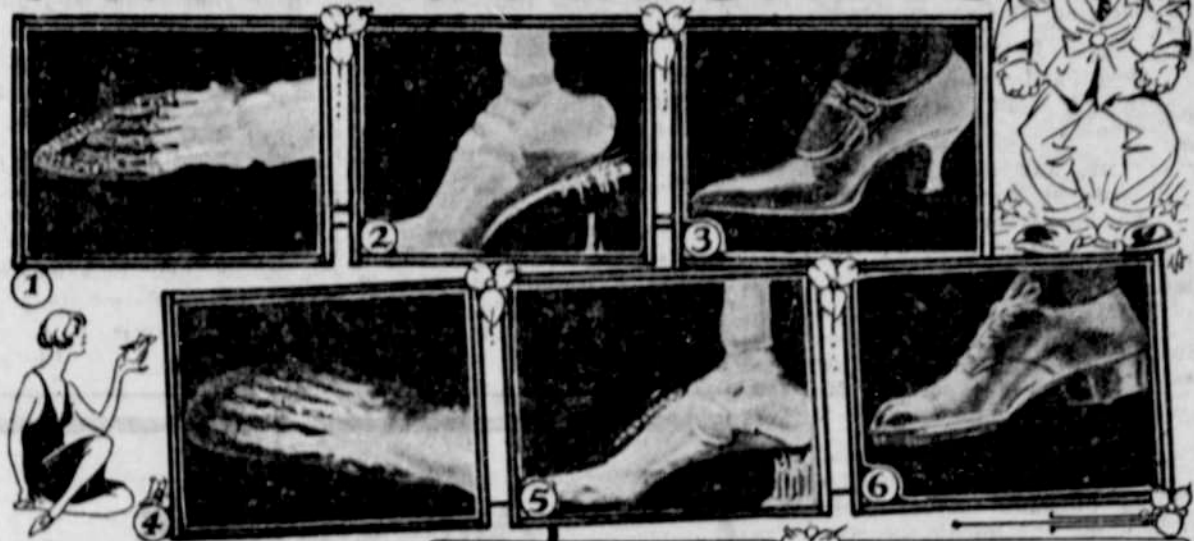


# Facts Everyone Should Know About Shoes



**M**OST of us who have feet wear shoes. And to most of us a pair of shoes is a pair of shoes. If we can get them over our feet and if they suit our taste, we buy them and forget it—that is, as soon as they allow us to forget them. And then if we can't forget them, if they hurt and make us unnecessarily aware of the fact that we have something on our feet, then something is wrong. And often it is more serious than we may think. Ill-fitting shoes can do permanent damage, as many of us can testify. How can we tell, then, just what kind of footwear to adopt?

Ethelwyn Dodson of the University of California college of agriculture has made a thorough study of feet and shoes. The results of this survey were incorporated in a circular for use in shoe demonstrations given throughout California by a lecturer of the extension service of the university. The purpose of this work is to aid in developing healthy, normal feet for infants and growing boys and girls, and to maintain good feet for adults. Read the following and see how much there is to know about our pedal extremities:

**The Normal Foot.**  
The foot is a flexible structure consisting of 26 bones held together by muscles and ligaments in the form of a springy arch supported by the heel at one end and the ball of the foot at the other. This is known as the longitudinal arch. Across the ball of the foot is another arch known as the anterior arch. Note: There is no normal type of arch. The height and shape are of no value in determining the usefulness of the foot. The number of high, medium, and low arches found in normal feet is practically the same as found in feet with weakened arches.

**Infants.**  
**A. Development and Care of Feet:**  
1. Develop good bone structure and muscle tone through proper nutrition. Note: Bow legs are an evidence of rickets. The poor muscular and skeletal development of a flabby baby rather than the overdevelopment and over use of the legs and feet is often the cause of bow legs. (Direct sunshine, cod liver oil and raw egg yolks properly used are recognized cures for rickets.)  
2. Rest feet during the morning as well as during the afternoon. Over-fatigue hinders muscular development.  
3. Allow infant to begin walking only when ready of his own accord. The bones and muscles are still weak and may be injured by too much work.  
4. Do not allow a young child to walk beyond his strength.  
5. Allow infant to walk barefooted when conditions are favorable.  
6. Allow infant to walk naturally, toes straight ahead.  
7. Bathe and dry feet thoroughly every day. Trim toe nails straight across to avoid ingrowing nails.  
**B. Stockings:**  
1. Wear no stockings or booties unless for warmth.  
2. Have stockings or booties large enough for free toe actions, one-half inch longer than foot.  
3. Discard stockings which crowd toes.  
4. Select cotton stockings unless in very cold climate, when wool is preferable.  
**C. Shoes:**  
1. Wear no shoes until ready to walk.  
2. Select soft-soled pliable shoes shaped like natural outline of baby's foot. Avoid slippers.  
3. Select shoe with roomy toe—a moccasin type is good. A shoe may have the correct shape, length and width, but yet crowd the toes, due to a skimpy upper.  
4. Have shoe one inch longer than foot and one-quarter inch wider; it is better to be too long than too short.  
5. If heel rubs, pad the counter by gluing in fitted pieces of chamotte skin.  
6. Patent leather shoes or slippers

retard the evaporation of moisture from the feet.  
**Growing Girls and Boys Ages Two to Eighteen Years.**

**A. Care of Feet:**  
1. Develop good bone structure and muscle tone through proper nutrition.  
2. Go barefooted whenever possible.  
3. Toe straight ahead when walking. Toeing out weakens the ankles and arches and hinders speeding in walking.  
4. Examine feet for spots caused by rubbing or pressure, and for toe crowding. Judge shoes and stockings accordingly.  
5. Use foot brush with daily foot bath. This promotes circulation.  
6. Trim toe nails straight across and flush with ends of toes.  
7. Care should be taken to keep child from overtaxing feet during convalescence from any disease, children's diseases as well as others. Weakened muscles put greater strain on ligaments, resulting in flat feet.  
8. Rest feet during day; overfatigue weakens the feet.

**B. Stockings:**  
1. Select stockings one-half inch longer than foot. Avoid tight garters.  
2. Discard stockings which crowd toes.  
**C. Shoes:**  
1. Have foot measured, weight bearing, every time new shoes are purchased.  
2. Have child stand barefooted on a piece of paper and draw outline of foot. Cut this out. Compare with shape, length and width of shoes being purchased. Fig. 7 shows correct size and shape. Fig. 8 shows incorrect size.  
3. Secure shoes shaped like the foot with full upper allowing toe freedom. (Fig. 7.)  
4. Have shoes fitted one inch longer than foot. The width should be one-quarter inch wider than foot until the twelfth year, then the same as the foot.  
5. Select shoes with flexible soles. Avoid stiff hard soles.  
6. Avoid too heavy shoes for small boys as well as girls. The extra weight gives too much additional work for the leg muscles and is a cause of fatigue.  
7. Select low shoes to develop strong ankles and to insure free foot circulation.  
8. Select oxfords or barefoot sandals rather than slippers. Avoid slippers which press down the flesh along the upper edge, as shown by the bulging of the flesh above.  
9. Patent leather slippers retard evaporation of the moisture from the feet.  
10. Heels: Secure spring heels as long as they can be obtained, at least until the eighth year; then broad, low heels not over one-half to three-quarter inch for the growing child with one inch maximum for the high-school girl or boy.  
Note: Under the direction of an orthopedic physician, some foot deformities may be corrected by alteration of the heel.  
11. Avoid high heels. The foot is thrown in an unnatural position by high heels, which causes the ligaments and muscles to be stretched, lessening the elasticity of the arches and weakening the foot. (Fig. 2.) High heels retard efficiency in walking.  
12. Keep shoes in repair. Air at

night. Use shoe trees. Dry slowly when wet. Keep polished.

**Adults.**  
**A. Care of Feet:**  
1. Provide the best type of shoe for the foot during the working hours.  
2. Avoid high heels for working hours. Secure comfortable height.  
3. Discard shoes which are making trouble and are uncomfortable.  
4. Toe straight ahead when walking. Toeing out weakens the arch.  
5. Avoid unnecessary use of feet in standing and walking. Sit at work whenever possible.  
6. Rest feet during the day.  
Note: A good way to rest tired feet during the day is to remove shoes and stockings and to lie on the bed with the legs at right angles to the body against the headboard of the bed or the wall.  
7. Do not overtax feet during any abnormal physical condition, or during convalescence from an illness. The muscular and ligamentous support is diminished and if overworked may result in muscular atrophy and loss of muscle tone.  
8. Avoid overweight. As the weight increases rapidly above normal, the ligaments and muscles of the feet do not increase in strength sufficiently to carry the extra weight.  
9. Bathe feet daily with warm water and soap. Scrub thoroughly with foot brush to stimulate circulation. Feet may be toughened by soaking in salt water.  
10. Trim toe nails straight across; file off rough edges with nail file.  
**B. Stockings:** See notes on stockings under Growing Girls and Boys.  
**C. Shoes:**  
Select shoes which maintain good feet—any shoe which meets all the following requirements:  
1. Straight inner line. Check by holding both shoes in the hands, soles up and inner edges together with heels and ball touching. Note the amount of divergence of the inner lines of the toes. The less the better for the great toe.  
2. Broad roomy toe in sole and upper; no pressure from toe cap or seams. Compare with shape of foot. Fig. 4, shoe with good toe room; Fig. 1, crowded toe room.  
3. Broad low heels, three-quarter inch to one and one-quarter inch. (Figs. 5, 6.) Rubber heels are satisfactory.  
Note: The height depends upon what the foot has been accustomed to. In case heels are too high for comfort and efficiency the height should be reduced gradually and proper foot exercises taken.  
4. Low cut shoe permits free use of ankle and free circulation. (Figs. 5 and 6.)  
5. Correct length and width. Have feet measured, weight bearing, each time shoes are purchased. The length should be one inch longer than the foot. The width not more than one-quarter inch narrower.  
Note: Flexible shanks allow free action of arch muscles. They are good for healthy, normal feet. Sick feet with weak or broken arches need the advice of an orthopedic physician or competent surgeon.  
Shoe Care: Keep the heels leveled. Replace worn linings. Air. Dry slowly. Polish. Use shoe trees.

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**Draining Lake for Land**  
The Bulgarian government is drying up Yambel lake in order to make more room for the refugee village of Atolovo. Work is already under way and soon the lake bottom will be turned into fertile fields. Six millions of leva (a lev is 100 cents) have been appropriated by the government to construct homes and enable the refugees to establish themselves. Atolovo village was named for a Bulgarian philanthropist who was instrumental in caring for thousands of refugee children.

**Jackie Was Lonesome**  
Jackie is a manly little fellow living on Eastern avenue. Sometimes when his mother has a business errand she has an older boy named Estel stay with him and Jackie apparently has taken a great liking to him, for a few days ago he said:  
"Mother, won't you go away again so Estel can come to stay with me?"  
—Indianapolis News.

**Why He Went**  
Jones—Is the cashier-in?  
Boss—No; he's gone away.  
Jones—Ah. For a rest, I presume?  
Boss—No. To avoid arrest.—Good Hardware.

There is no fettering of authority.—Shakespeare.

## Physicians Stand High on Roll of Martyrs

Since the time when the "black death" swept through Europe, physicians have sacrificed themselves to the cause of public health and safety, according to Hygeia Magazine. Reed, Carroll and Lazear were lost in the fight against yellow fever; Ricketts and McClintic succumbed to typhus and to Rocky Mountain fever; Brazyl lost his eyesight from secondary infection during an operation; others have suffered terrible mutilations while investigating the X-rays.

A complete list can never be assembled because so many have passed without the recognition of the world, giving their lives silently in the routine performance of their duties.

**Give Credit to Norse**  
While the discovery of Nova Scotia is credited to Cabot, on whose reports in 1497 were based the English claim of right of possession of the continent, according to well-founded data the credit for its discovery should properly be to that hardy band of Norse mariners, who, under the leadership of Eric the Red, visited Cape Sable Island in 984, fully 500 years before Cabot's visit, says the Halifax Maritime Chronicle.  
It is not thought, however, that the Norsemen explored the mainland to any extent, if at all.

**Roman Eye Balsam** is an antiseptic ointment. Hence the medication heals by penetrating the inflamed eye surface. Adv.  
**Monarch of Small Realm**  
Another king has died and his passing was scarcely noted. He was Love Pritchard, eight-four years old, reigning Monarch of Bardley Island, southwest of Carnarvonshire, since 1911, when he succeeded John II, who abdicated. At one time the inhabitants of Bardley Island numbered 100, but they gradually dwindled to 40 and last year King Pritchard and his subjects abandoned the island and moved to the mainland.

**Mystery of Mackerel**  
The mystery of the mackerel is being investigated by the bureau of fisheries. It has long been known that mackerel mysteriously appear and disappear, making it difficult for fishermen to locate them. Hence the hauls are erratic. Now the bureau is making a study of the mackerel's movements and migration.

**Meadow Larks Halt Train**  
Meadow larks have appeared in the vicinity of Glenwood City in such numbers that the local Soo line freight train was obliged to stop a few miles west of there to avoid running over hundreds of the birds on the track.—Milwaukee Journal.

**Foolish Fashion**  
Alice—"The new fashions will avoid everything freakish." Minna—"Won't they look absurd!"  
Most people don't need a trouble light in order to find trouble.

**The fly family learns the shortest distance between two points**  
GERMS—6,000,000 germs on a single fly, says a noted health officer. Protect your family with Flit. Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.  
**Kills All Household Insects**  
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DESTROYS  
Flies Mosquitoes Moths  
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"The yellow can with the black band"

**Restore Stevenson Hut**  
Another bit of "south sea romance" has succumbed to the onward march of modernity. A few days ago the grass house on the famous beach of Waikiki, where Robert Louis Stevenson loafed and dreamed, and wrote some of his best-known stories, was torn down. It would have been utterly lost had not a Salvation Army officer heard of the occurrence. He collected such of it as was usable and is having the house rebuilt on Salvation Army property in Manoa valley, an upland residence section of Honolulu. It will be restored as nearly as possible on the lines of the house where the immortal Scot lived.—Chicago Daily News.  
**Right First Try**  
"So you couldn't tell your teacher what a neighbor was, eh?"  
"Oh, yes, I could—it's somebody that uses dad's lawnmower."—Sydney Bulletin.  
Every man's skeleton in the closet is his temptations; and it makes a clamorous rattling, sometimes.

## Life's Many Phases

Some one has said that life is either a hope or a memory, and that does seem true. How very seldom do we see persons who are absolutely satisfied with their present condition! They are either planning for the future or recalling other days in their happiest moments, and the present seems to be only a place from which to look backward or forward.  
Perhaps it is a good thing this is

so, for effort is the soul of achievement, and while we may reach our longed-for goals, they should prove merely stepping stones to greater endeavor if we are to reach the highest peaks of success.—Contact Magazine.

**They Have Four Eyes**  
Swamps hold many oddities. In the water you will find those whirligig beetles on the surface, says Nature Magazine. Do you know they have four eyes? They need them—confronted with the traffic situation that

faces them. See how their legs are put on and perhaps you can account for the whirligig.

**Use for Phonograph Needle**  
The discarded phonograph needle will do nicely to clean bottles, cruet, flower vases, etc. Fill receptacle with warm water, to which a little ammonia has been added. Let soak a few hours, then pour off about four-fifths of the water, drop in the old needles and shake until all the sediment disappears.

## Earliest German Poetess

A nun named Hroswitha has been acclaimed the first poetess of Germany by historians. She flourished about 950-1000 A. D., and was an inmate of the Benedictine convent at Gandersheim, where she wrote legends, epigrams and dramas which carried her fame beyond the confines of her native country. The people of Gandersheim have set aside June 11-18 for special memorial exercises in her honor.

## Motion Pictures Old Study

Motion pictures, while one of the newest of modern developments, are the basis of one of the oldest recorded studies. It is said that students in China and Egypt 5,000 years ago were trying in their own crude way to make animals move. In China, for instance, figures of animals were cut out of leather and moved before a lamp so that their shadows seemed to walk on the opposite wall. In

Egypt a mirror and a hole in the wall of a dark room gave a more ingenious effect. The motion picture projector as it is known today, however, is about 85 years old.

**To Absorb Ink Stains**  
One of the best methods of removing fresh ink from rugs is to apply ammonia. It should be rubbed lightly over the spot to be removed and this can be done by taking a soft cloth and saturating it with the solution. It will immediately absorb the ink.

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