

# Proper Shoes for Children Urged To Avoid Deformities

New York — For feet's sake, select proper shoes and socks for your children.

Many parents apparently don't pay as much attention to this down-to-earth problem as they should.

Recent studies by the National Foot Health Council show that 85 per cent of the girls and 65 per cent of the boys in high school have foot defects.

Dr. Joseph Lelyveld, chairman of the council, said that nearly all the defects and deformities could have been prevented if children wore both shoes and hosiery that fit properly.

Not surprisingly, most foot troubles are caused by wearing improper and poorly fitting socks and by wearing outgrown shoes.

**Deformities Developed**  
Lelyveld said the result is that children develop deformities of the toes, weak feet and large joints.

"These defects frequently become major deformities in later life, causing discomforts ranging from headaches to symptoms of arthritis," he said.

As the foot experts figure it, a child's foot is not completely formed until after the age of 18.

"Understand this," Lelyveld said, "you can see how little feet can easily be misshaped by socks that are tight at the toes."

In selecting shoes and socks for your children's feet, the expert said, you should consider the following points:

—A shoe should have a flexible sole. It should provide adequate support under the arch and fit snugly but not tightly around the heel. In fitting the shoe, there should be the width of the adult thumb between the end of the toe and the end of the shoe.

—To eliminate pressure on children's toes, caused by tight socks, a sock that is one half inch longer than the longest toe should be worn.

—Bulky socks, especially in tight fitting shoes, tend to produce irritations which frequently result in calluses, or blisters. Generally, bulky socks absorb moisture very well but evaporate it very poorly.

—Socks selected should be capable of keeping the feet dry under conditions of heat, cold, dampness and perspiration induced by the extreme activity of children.

—The socks should be of a yarn that has the three-fold capacity of high absorbency, adequate porosity to allow air to circulate around the feet, and a wicking ability to conduct perspiration to other portions of the socks where it will be easily evaporated by more even moisture distribution.

—With a growing child,

shoes and socks should be examined frequently to be sure that the child's foot has not outgrown either socks or shoes.

Should you allow your children to run around in their barefeet?  
"Let's go back to the Indians for the answer to that question," Lelyveld said.

"The braves went barefooted, but always on soft ground, sand or grass. Our feet need protection from the modern hard surfaces of floors and pavements."

"Shoes give you that protection."

## They'll Do It Every Time



### Dynamite Explosion Injures Two Boys

Dufur, Ore. — Two boys were injured here Monday when dynamite caps exploded in their hands.

Danny Hulse, 10, son of Mr. and Mrs. William L. Hulse, was reported to have lost one hand and both eyes. His brother, Davie, 7, was reported to have lost one eye and suffered other injuries.

Police said the boys were playing in a shed on an abandoned farm when the accident occurred. The boys apparently found the dynamite caps there but how they exploded was not known.

### POWERS TRIAL FILMED

Moscow — The Moscow public had a chance today to see the Soviet version of the espionage trial of American U2 pilot Francis Gary Powers. Moscow movie theaters put on the screen a full-length documentary film of the historic three-day trial in which he was sentenced to 10 years confinement for spying.

The Moscow movie-goer saw only televised snatches of the trial.

There are about 7,520 daily newspapers in the world.

### Auto Rams Into Pole; Hubbard Loses Power

Hubbard — Part of the city of Hubbard was without power Sunday night when an automobile smashed into a power pole.

Power was quickly restored and the two occupants of the car were taken to a Salem hospital with injuries. They were identified as L. Virgil Jeppsen, 19, Woodburn, and his passenger, Marvin George, 18, also of Woodburn.

Wild reindeer hunters in Norway have to pass exacting tests before getting a license.

## Quotes From the News

By UNITED PRESS INTERNATIONAL  
Washington — African minister the Rev. John Wesley Shungu, a leader of the Congo Methodist conference, urging American missionaries to return to The Congo in a message to U. S. Methodist officials:  
"There was no time when missionaries were needed like this time. We need more and more missionaries to train Africans for leadership."

Sacramento, Calif. — Bobby Meredith Blundell, described by police as the nation's No. 1 forger, stating that he might get out of the check-forging game:  
"I want to study journalism. I have a feeling I might do well at writing."

Norfolk, Va. — A Navy spokesman, discussing the solo flight of Machinist's Mate 2C Robert H. Swain from San Diego, Calif., to Jacksonville, Fla., in a stolen, four-engine Navy plane:  
"If you stand there and watch somebody long enough you can get the plane off the ground and fly it without any trouble, but getting it down again is another problem."

New York — Frank Begley, who is responsible for the safety of persons — including heads of state — in the United Nations headquarters, asked whether he could envision the possibility of Eisenhower, Khrushchev, Castro and Trujillo all turning up at the General Assembly:  
"I can envision it, but I don't particularly want to."

Norfolk, Va. — Lester S. Hican national committeeman, Parsons, 74, Virginia's Republican died Monday.

## Funeral Questions

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- Q. What if death should occur away from home?
- A. Call the funeral home of your choice in your own home town for information and advice (at MEMORY GARDENS you may call collect).
- Q. Can a funeral home here make arrangements for funeral or burial services in another city?
- A. Yes! Most funeral homes have connections which enable them to serve families anywhere. These connections in some cases are world-wide. Call the funeral home of your choice for further information.

We sincerely invite your participation in this series of articles. Send any questions you might have regarding funeral or burial services to the above address—or call if you wish. We will attempt to answer as many of your questions as possible in this column each week, however, if space does not permit this, we will send your answer by return mail or by phone at your request.

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