

Easy Home Foot Care Rules Are Suggested

There is much that can be done in home care of the feet. Here are some simple rules from the National Shoe institute:

1. Keep the skin of your feet clean, soft and pliable. Give your feet the same care as your hands.
2. Examine your feet daily for any areas of redness, blisters, or signs of infection.
3. Do not trust to the "feel of your feet" as a guide to their well-being. In many cases ulcers and tissue breakdown may develop before any pain is felt.
4. Don't be afraid to change your shoe size. Shoes that were comfortable years ago may not be the best fit for you now.



VELVET TIES—For the knee sock crowd, cranberry nylon velvet ties with matching cap and bag, keeping company with brother's brown high-rise oxfords which are cut like jodhpur boots.

Rugged Boots Adorn Modern Man's Feet

In one sense, boots for men can't come back because they have never been away. From the laced open front cothurnus of the early Roman officers, through the flop-top absurdities of the Restoration period, men have always worn some kind of boots. This fall the modern pendulum has swung back to rugged, he-man boots.

Casual boots may be of long-wearing saddle leather, reversed cowhide, brushed pigskin, supple deerskin. They might be just below ankle height and here the lined types are zippered for warm, comfortable fit. The unlined styles close with leather laces or sturdy buckles. Higher boots cover the ankle and might be the ever popular Desert or Chukka type, or the new Spanish or Western boot.

Colors are the sand tones, the mellow, rubbed saddle leather finishes, the deep true browns, moss greens and Spanish golds. Crepe, rubber or leather soles are designed for ground-hugging and miles of wear. Most country boots have weather in mind, too, and are treated for water and soil resistance. Slightly Higher

Town boots might be slightly higher than the ankle, with plain foreparts and a single buckle, somewhat like a Navy officer's sea boot. Or they might be lower, "more shoe" versions, with plain or moccasin toes. One low type, a cross between a moccasin and a boot, is called



BALANCED OXFORD — For getting down to the real business of walking, the answer is a superbly balanced low oxford of brown calfskin with a flexible composition sole.

Modern Shoe Styles Change Mr. Webster's Definition

A shoe is much more than that, Mr. Webster. The whole development of human society can be traced in styles of footwear. And curiously, some of the shoe patterns which man devised to fill his early needs have survived the slow pageant of the years. See how many you can spot in our story.

Shoes Utilitarian
Primitive shoes were strictly shoe: "A covering for the foot, made of bark, leaves or animal skins, they offered protection from rough terrain, snakes, insects and the unfriendly elements."

Before long, however, the status symbol reared its inflated head. Shoes became the outward sign of religion, rank or social position. They were a mark of prestige, the emblem of luxury, magnificence, pride, conceit. Black shoes were worn

Footwear Designed For Mother-To-Be

Fall and winter footwear designs are ideally suited to the needs of expectant mothers. Rapier toes and stiletto heels are trending to obsolescence. More substantial, mid - high heels are flattering and feminine, and they have enough base to make the wearer feel secure and not enough height to throw her balance too far forward. The weight of the child exerts pull on the back muscles, and this should not be added to by wearing a too-high heel.

There is a tendency for feet to swell during pregnancy so the experts at National Shoe Institute advise particular care in the fitting of new shoes. Make sure that the shoe is long enough, wide enough and that the throat binding is not tight. The new and sporty low boots would be a clever choice for daytime maternity wear. They are comfortable, but chic enough to give the morale a boost.

"Change shoes and change heel heights frequently during the day" — this is the first commandment for foot ease and it is especially true when the feet are carrying extra pounds. The fall fashion emphasis on the complete shoe wardrobe is the answer. The expectant mother can wear a snugly laced oxford in the morning at home; her low boots in snappy suede, brushed leather, pigskin or deeply grained finishes for shopping expeditions; mid - heel pumps with the more rounded toes for afternoon activities, and she can really go to town with evening sandals, or slippers with baby Louis heels.

by the rich; rough sandals by the poor. Purple shoes indicated the highest rank—royalty or a high priest. Wealthy women wore delicate shoes heavily embroidered or jeweled, sometimes drenched with perfume or hung with bells.

Styles Influenced
In early times, even as now, shoe styles were influenced by climate, geography, conditions of war or peace and the raw materials at hand. These determined whether shoes should be heavy or light, sandal or boot, thick or thin-soled.

The shoe story goes back 4,000 years. Crude pictures on the walls of the cave dwellers indicate that the inhabitants covered their feet even before they covered the rest of their bodies. In the ruins of the ancient city of Thebes, a tomb dating from the 15th century B.C. has a mural painting that shows shoemakers at work.

The first shoe of which there is a record was made in Egypt circa 2000 B.C. It was a sandal woven from the leaves of the papyrus plant and held in place by a thong between the first two toes. Later on, the Egyptians perfected the tanning and dressing of hides and made shoes with two thicknesses of leather sewn with a waxen

Foot Care Is Urged For Older People

Older people must be able to move about. The more ability to get out and see friends or pursue a hobby or activity means that the added years that science has given us can be made more enjoyable.

We are faced today with a situation where 85 per cent of our older population have foot problems, reports the National Shoe Institute. Changes occurring in the foot can cause new problems, but most often, foot discomfort in the older person is due to the same problems that have been present for a long time.

Foot health now becomes a program of prevention of serious problems. The most important reason for becoming aware of possible foot trouble is that its neglect can lead to other, less easily correctable, problems. For instance, a painful foot could cause poor posture and body strain, or a sprained ankle, or even a dangerous fall.

Fortunately something can be done about the situation. Feet need not hurt. Proper education in the methods of good foot care habits can help insure head-to-toe health as well as the mobility which the senior citizen treasures.

thread to an upper sole of thin leather. Their sandals were often dyed brilliant colors and decorated with gold and jewels.

Peaked Toes
The Middle East of antiquity created upturned or peaked toes, and there is evidence that they had shoes with embryo heels. The upturned toe was eminently practical. It protected the wearer's own toe from stubbing.

By the 13th century the toes had grown so insanely long that they had to be secured with chains or ribbons to the knee to keep the wearer from tripping himself!

The Middle Easterners of old Babylon designed the mule, a flat backless slipper. Their military boots were the buskin or high-laced type, brilliantly ornamented, the toes sometimes capped with iron or brass.

Chinese men, as early as the sixth century, wore high wooden clogs, "the chopine," believed to be the design from which the heel evolved. Some centuries later, European ladies adopted the chopine, to keep their feet out of the then filthy streets.

In ancient Britain and in Viking lands, men kept warm with "brogans," pieces of animal skin with the fur inside, wrapped around the feet and tied at the ankles.

Added Ties
The Egyptian sandal was taken over by the Greeks, who added intricate ties and straps and a tongue over the instep. An Athenian general invented a military boot something like our tennis shoe. Only slaves went barefoot. A Greek woman of some social standing would have a closet full of costly foot-

Children's Shoe Styles Follow Adult Designs

Trends in the grown-up shoe field sooner or later affect the children's market. The trend now is toward simplicity in line and detail.

For girls, oxfords, saddles and hand-stitched moccasins are in the lead for school and play. Textures such as pigskin, antiqued antelope and grained or brushed leathers are newly important, and there is considerable leaning up of patent or smooth finish leather with suedes and velvets.

Mommy likes boots. Daughter likes boots—all the kind that Mommy wears: ankle high to knee high; lined and unlined; weather proofed or just frivolous for slumber parties.

Dress shoes for little ladies are most often shell pumps of patent, velvet or kidskin, with various kinds of straps. Sometimes they have trimmings of make believe reptile or fur.

Many Colors
Colors are delicious. There are bronzy browns and tans and combinations of the two. Several shades of red will please the young fancy and so will the pastel scrolls and appliques which decorate the always favored black slippers.

In boys' shoes, the great favorites for school are still brogues and oxfords. Slippers, like Dad's, are tops for any occasion that calls for jacket and tie. Straps and buckles on these slippers are extra fun dividends. Boys will be boot wearers too, of course. They like the sturdy chukka and hunter types, the westerns reminiscent of their current cowboy ideal.

Fashion in children's shoes emphatically has its place, but it must always follow the prime considerations of health and good fit. The National Shoe Institute stresses the importance of frequent size checks and careful shopping. Today's shoes for the young are well made and well designed. It remains only for the responsible parent to make sure that the proper size and correct last are chosen.



FOR DRESS — For informal dressy occasions Palazzo has fashioned a high-heeled dandy of matte bronze calfskin with an intricate counter top of dark brown suede.

INNOCENT WORD?
Definition: The word sabotage derives from the French verb saboter: "to make a noise with wooden shoes; interfere with work." The National Shoe Institute thinks it's too bad to blame all that on the innocent sabot.

wear, and a maid to carry a selection of them for her when she set out for a visit.

Not only did the Romans try to copy Greek art, they wore adaptations of Greek shoes and made them the most costly part of a wardrobe. Famous artists designed shoes; they became collectors' items. A lover might value his mistress' sandal above all other treasures, we are told. Not too surprising, since it was probably encrusted with gold and jewels.

The 16th and 17th centuries brought new developments, some enduring, some ephemeral. Metal footwear was forged for knights to wear with their armor.

Wooden Shoe
In Holland, the Dutch designed the wooden shoe, the "sabot," carved from a single piece of wood.

The French designed fantastic shapes and sizes, with toes 3½ feet long (the cracowe) or ridiculously wide (the duckbill). In the early Elizabethan era, the French designed the slipper; the British, the pump. For the first time there began to be a difference between the right and left shoes.

In 1620, the Vikings landed at Plymouth Rock wearing their buckled pumps. Pilgrim Thomas Beard unpacked his cowhides and opened the shoe industry in the New World. For 200 years more, shoes were made by old world craftsmen like Tom, and their artisan apprentices.

Then came the year 1845 and the invention in America of the sewing machine. This was the beginning of the mass production of shoes. Five years later came an improved sewing machine which could sew the uppers of shoes. In 1858 another development made it possible to sew soles to uppers. And 1862 (just in time to supply footwear for the Union Army) saw the final perfection—the McKay machine which to this day is at the heart of the American shoe industry's unparalleled production technique.

Today, 101 years later, the industry employs 250,000 people. More than 850 factories operate

at fantastic speed, turning out more than 640 million pairs of shoes each year. No other country in the world is geared to bring the consumer such an infinite variety of quality footwear at a sensible price.

Now, what basic designs in shoes have survived?

Popular Sandals
First of all, the sandal. In endless variations, for men, women and children, sandals have never been more popular than they are right now.

The shoe wardrobe, containing at least one pair of boots, is big news for the 1963-64 season,

especially for women. Yet we know that the Roman lady of 200 A.D. had an elaborate shoe wardrobe (copying her Greek sisters) and when she went walking she changed from house shoes to a boot, called the "cothurnus."

Fur footwear is also noteworthy this season. Fuzzy or sleek, it appears in dressy and sport boots and in umpteen kinds of slippers. An ancient Celt would never recognize the offspring of his brogans. The sabot is still worn. We even have a 1963 version of a Pilgrim lady's buckled pump.

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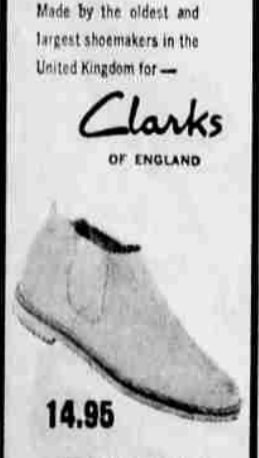
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