

### Proper Care of Growing Feet Important to Child

Parents and teachers are the first line of defense against a child growing up with many foot difficulties.

By including feet in the regular health examination and by teaching good health habits early in life, many foot problems can be prevented. Treatment of children's feet is designed to correct and prevent the child's lapsing into bad foot habits.

Nature provides nearly all children with perfect feet. Children's feet grow rapidly, at certain ages growing a full size or even more in a month or two. It takes as long as ten years before the bones of the arches are wholly formed, but it is not until the age of 20 that the feet are completely developed, says the National Shoe institute.

In order to understand this subject more fully, let us start at birth and consider the child's foot through its various stages of development. There are over 200 bones in the human body, and one-fourth of them are in the feet. In a small baby the bones of the body are soft and pliable, of a cartilaginous nature rather than actual bone. As the child grows and develops, various bones in the body become impregnated with calcium and thus become hardened or true bone. In this process the heels is the last in the entire body to become hardened. This usually occurs at 16 to 18 years of age, but often as late as 20.

'Fat Pads'

It follows, therefore, that a small baby's foot is a soft, pliable structure, easily distorted by pressure and strain. His foot is protected by "fat pads" which sometimes give a flat-foot appearance when the child begins weight bearing. These "fat pads" are Nature's way of protecting the delicate structure, and they will disappear as the foot develops.

As soon as a child begins pulling himself up and putting weight on his feet, shoes become a necessity. He will not begin walking until his foundation is strong enough to hold weight. Don't force him. The absolute essential for normal foot development in infancy is complete freedom of motion.

As an infant grows in size, he also grows in activity. See how often he flexes and kicks his feet and legs! All this activity develops the structures which must later support the body and propel it forward.

Anything which restricts movement also restricts development. For instance, it has been recognized in recent years that constant "tummy sleeping" in infancy, with the lower extremities in one position, will often cause an awkward gait when the child begins to walk. The deformity called "pigeon-toe" is an example. It is, therefore, advisable to change the child's position from time to time during the period of early infancy when he is unable to roll over by himself.

In sum, the child who walks in comfort from babyhood on, is the child who does walk. If walking is pleasurable, he will make it a lifelong habit. With approximately 60 thousand miles of walking to do during life, an early start with adequate foot care makes sense.



**FRESH SHAPES, COLORS**—Children's shoes are simple and sensible, couched with the magic of fresh shapes and colors. Our young arrogant elegants are admiring a black patent party shoe with cutout shank and instep strap, and a high front almost boot in soft black calfskin. On the floor—back row: a smart red patent boot for girls with a curved topline and a white lining; baby's first shoe in white kidskin; a house or after-ski high-rise slipper for older boys, in black calf with a red shearing lining. Middle row: a snappy red leather oxford with black saddle stitching and string tie, a line of white accenting the composition sole; a boy's strapped moccasin in new, greyed brown suede with a crepe sole; a girl's weather boot in polished red leather with a fur-like front and cuff. Front row: Red velvet boot, with black patent cutout trim matching the d'orsay line of the top; a red suede buckle-strapped moccasin to please the girls; a sturdy black leather slipper for small gentlemen, with a buckled strap riding high on the instep.

There are about 500,000 miles of roads in Australia of which about 13 per cent are designated as state highways or principal travel routes.

Largest zinc mine in the world is at Gilman, Colorado, and the largest molybdenum mine in the world is not far distant at Climax, Colorado.

### Tips Are Given For Efficient Shoe Storage

Getting more mileage out of shoes, like cars, depends very much on the way they are stored between outings.

Pumps that are tossed untended into a closet with a pile of other shoes after wearing will age when not in use. Dust gathers rapidly, scuffing results, and shoes without trees may lose their good looks and shape early in life.

But if they are polished or brushed and fitted with trees before they are stored on a rack or in boxes, shoes will look fresh when worn again, says the National Shoe institute.

In today's space-conscious home, every inch counts. This makes efficient shoe storage of prime importance. Every woman has, of course, her own ideas on how she likes her closets arranged. She may prefer to use the floor or the closet door for shoe storage. Or she may like to have shelves erected on the walls at either side of the door or at the rear of the closet. All of these methods are workable as long as the shoes have sufficient space and their proper place, avoiding crowding.

**Use Boxes**

An eminently practical solution to the problem is to use the boxes footwear is purchased in. These sturdy cardboard containers serve ideally as dust covers for fabric, suede and out-of-season shoes. They can also be used, of course, for all footwear. With care and proper handling the boxes will last the lifetime of the shoes.

An arrangement of three or four boxes, placed side by side, and with the remainder of boxes stacked neatly on top, will create a shoe "chest." Each box can be made to function like a drawer if the lip of one of the narrow sides of the lid is removed, and a small pulley is inserted directly below on the box itself. In this way you need only pull the shoe drawer half way out to remove or replace the shoes.

### Fashion Firsts in

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**LIZARD SKIN BOOTLET**—Copper penny is the color of this lizard skin bootlet or high front shoe. Elastic insert in black.



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### Men's Slippers Akin to Casuals

There is a dichotomy in men's slippers. On the one hand (excuse us — foot), are the close cousins to street slippers and sports casuals, called "Porch and Patio" or "Indoor-Outdoor" types. One smart example with a d'orsay topline is in a moccasin reptile leather waggishly named "mocco crocko."

Strictly for indoors, a handsome red velvet slipper will surely appear under many a Christmas tree. Banded with black grosgrain across the instep, it also has rich black braid around the top.

Another gift candidate is a high front slipper in black patent, with a thin wedge heel of rubber and a semi-soft sole. Both of these slippers are guaranteed to please the smoking jacket devotees.

On the other hand, or foot, are the toe toasting and pampering soft slippers of felt, fabric, vinyl or leather, unlined or made cozy with foam or imitation fur. One true moccasin in this category is in antiqued brown glove leather with a lining of beaver-like shearing.

A high front d'orsay in grainy black leather looks conservative indeed until you see the lining of fireman's red sheared lamb's wool. A black leather mule which has a rather daring cut is sedately lined with black pile.

In other words, to quote the National Shoe institute, "the man at leisure can have his toe-wriggling foot comfort and good looks too."

**HOW TO SAVE**

A big man might save himself some shoe money by reducing, according to the National Shoe institute. If a man weighs 200 pounds, he puts a pounding pressure of 88 tons on each shoe every time he walks a mile!



**POLISHED SLIPONS**—Handsome, high-rise slippers in polished black calf for a lucky young man; blackvelvet party shoes for a little girl display patent straps with a fan flare of black and gunmetal kid.

Shoe size problem?

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