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## Footwear

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FOOTWEAR

by

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## BETTER FEET - BETTER HEALTH

The natural is the beautiful. Failure to recognize this truth has resulted in strange fashions. We have all seen or heard of styles which cause deformity. We wonder at the African tribes who go thru torture to elongate the lobes of their ears; we send missionaries to China to Christianize them, and one of the first acts of the missionary is to teach them to refrain from binding the feet. And yet at home we are binding our feet, deforming them by the type of shoe we wear. A distorted, malformed foot is no more beautiful than a mishapened head, elongated ears, or tattooed skin, yet stand any day on a street corner and watch the women passing by and it will show conclusively that foot binding is still practiced among us. We do not really believe that pinched toes, flat feet, bunions and corns are beautiful; still we wear and admire the conventional shoe which causes these deformities. The human bones are not strong enough to stand the clamping effects of these shoes, and in the end the very structure of the foot is changed.

### THE NORMAL FOOT



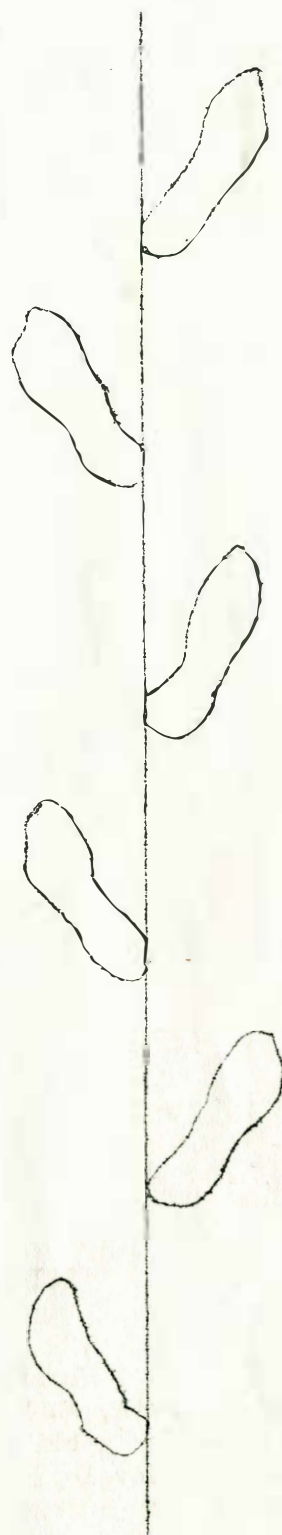
Side View of Normal Foot Showing Arch.

The foot is made up of 26 small bones held together by ligaments and muscles so that they form an arch from toe to heel. For maximum strength this arch should be moderately high formed curve. If the arch is high and strong, there will be none of the bulging or inward sagging at the ankle. The weight of the body is placed on the crown of the arch. The arch is supported at three points, the heel and the ball of the foot at the big and little toe.

Beside the lengthwise arch there is a smaller one called the anterior arch. This arch extends from side to side in the ball of the foot. With a good anterior arch a callus never forms on the ball of the foot.



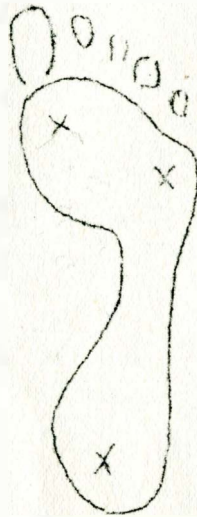
The correct way to walk



The abnormal way to walk

All feet that are well trained toe straight ahead in standing and walking. The great toe acts as a lever, and a straight lever has greater power than a bent one. The strongest part of the foot is the outer edge because its entire length rests on the ground and so the outer edge should support most of the body weight. Yet when people toe out the weight is thrown on the inner or weak side of the foot, which causes the foot to roll inward and become flat.

The four small toes should not over-lap or crowd but should rest on the ground as though clinging to the floor, while the great toe lies perfectly flat. In a well shaped foot there is always a space between the large toe and the second toe.



A foot with good arch makes this kind of mark on the floor when wet.



A flat foot or poor arch makes this kind of mark on floor when it is wet.

### BLISTERS, CORNS, BUNIONS, AND INGROWING NAILS.

Wearing tight, illfitting shoes and stockings leads to a series of ailments, such as calluses, bunions and ingrowing nails. Pressure and friction cause a blister, and constant friction causes the system to protect itself by developing many additional layers of skin or calluses. If a callus presses on a nerve, the surrounding part of the foot becomes sore and inflamed.

Corns develop from calluses. The tough dead skin forms a core which in turn is pressed point downward until it becomes deeply imbedded and bears upon the nerves to a painful degree.

Bunions are more serious outgrowths of pressure and friction. The trouble begins with the wearing of narrow, pointed or short shoes, which bend the great toe and enlarge the joint. This form of enlargement causes varying degrees of pain as well as unsightly deformity.

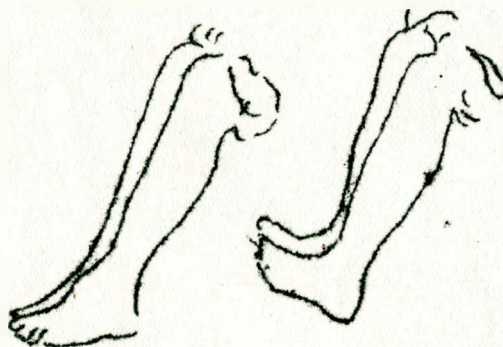
Ingrowing nails are a result of pressure on nails that have been tapered and not cut straight across.

#### DAILY FOOT EXERCISES

NOTE: Foot exercises should always be done in stockings or bare feet.

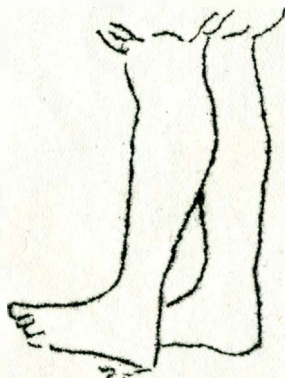
Special Exercises for Short Tendons.

1. Flexion: Sit on bed or floor with legs straight; flex ankle and move toes up as far as possible toward the shin. Keep the legs still, 10 to 40 times.



Flexion

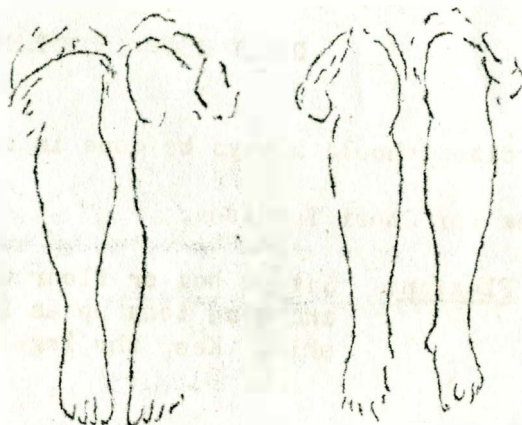
2. Walking on Heels: Walk on heels around the room, toes turned inward as if grasping marbles.



Walking on Heels.

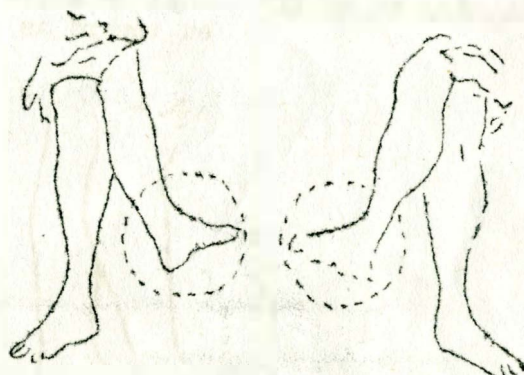
## RELAXATION OF LONGITUDINAL ARCH

1. Foot rolling outward: Set feet parallel, pull inner border up and out, knees held straight, toes touching floor, 20 to 40 times.



Foot rolling outward.

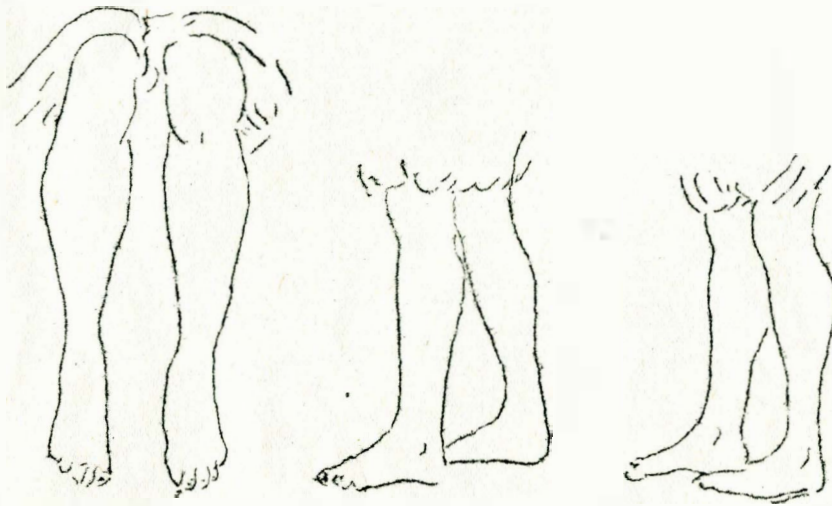
2. Foot circling: Sit right leg crossed over left knee; make circles outward with right foot up, out, down, in, up. Make a strong effort on "in" and "up" and relax on "out" and "down". Alternate left and right, 20 to 40 times.



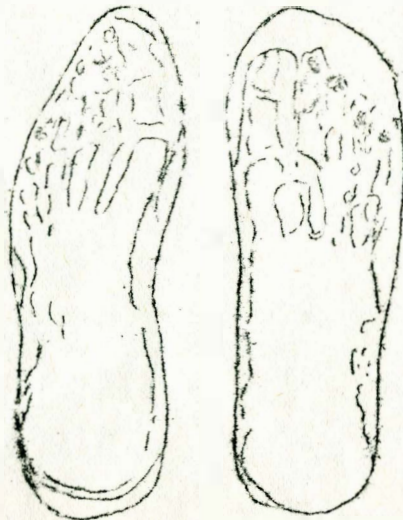
Foot circling.

## FOR RELAXATION OF ANTERIOR ARCH.

1. Foot gripping: Sit with feet apart and parallel on the floor; spread toes; pull toes in and under as if taking hold of floor. Repeat 20 to 30 times.



2. Walking with foot gripping: Step forward a short step with right foot, grip with right foot, advance left foot, grip with left, walk forward, grip with foot as the weight is transferred to it. Toe straight ahead in walking.

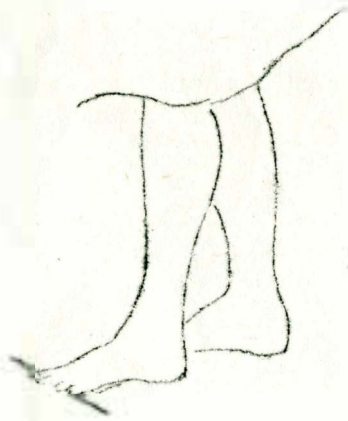
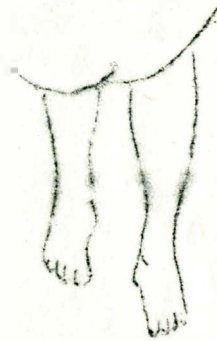




Weak toes cannot



Strong toes can



Pick up a pencil



Pick up a pencil

Are your toes weak or strong?

GOOD POSTURE & BETTER HEALTH.

Good posture consists in putting the whole body from toe to head in such a position that muscles and internal organs can work without interference or friction, that is feet parallel, waist line drawn in, and whole body stretched up tall with head erect. This means ease and elasticity, giving the appearance of poise and balance, not of rigidity, tension, and self-consciousness.

One's posture depends greatly upon the condition of the feet and the way they are used. High heels tend to throw the weight forward, and because of this the shoulders are thrown backward to keep the balance. Then the whole body is thrown out of line. This is one reason for a hollow back, a prominent abdomen; one reason for the curve in the upper part of the back, and as this curve grows the abdomen becomes more prominent.



Good Posture.



Prominent Abdomen.

During the war the Y. W. C. A. discovered that lack of endurance among girls was often due to misshaped feet, flattened arches, and weak backs. In almost every case these had been caused by wearing high heeled shoes.



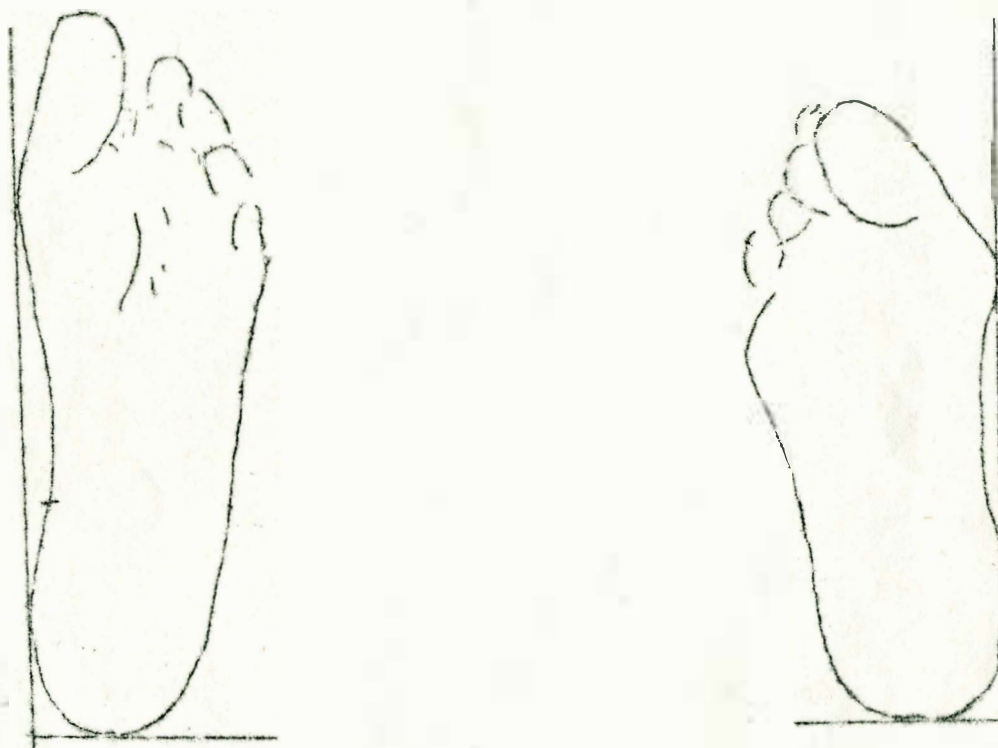
Bad to Good.

Which do You Wear?

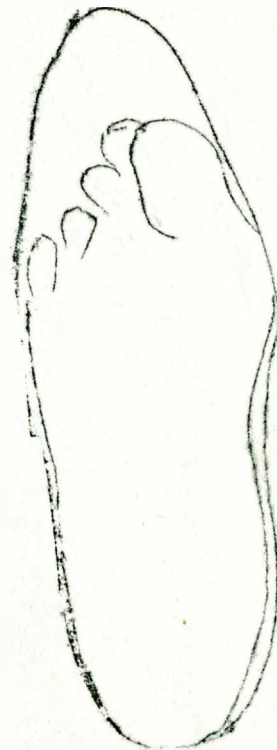
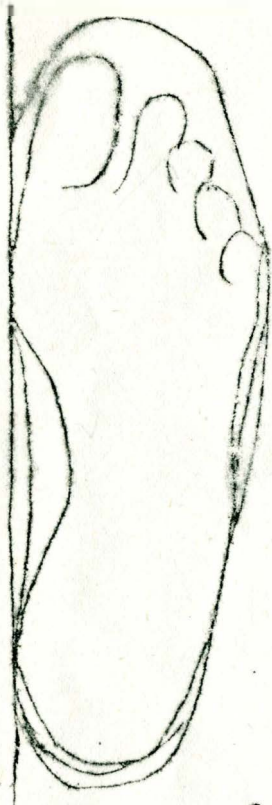
CORRECT SHOES - BETTER HEALTH

(Shoes we should wear)

The correct shoe for any foot has five pronounced specifications.

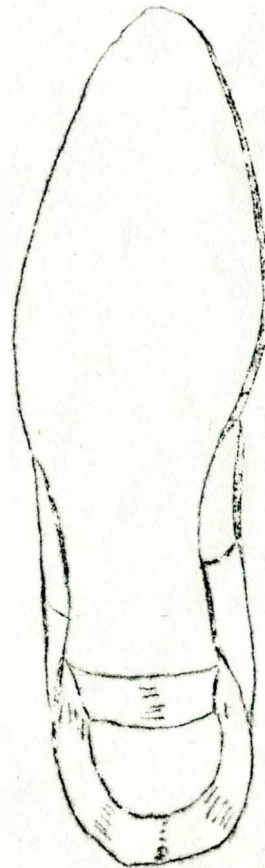
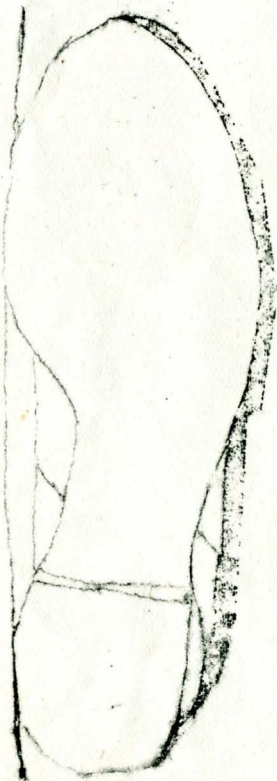


2. Straight Inner Border to Follow Line of Normal Foot.

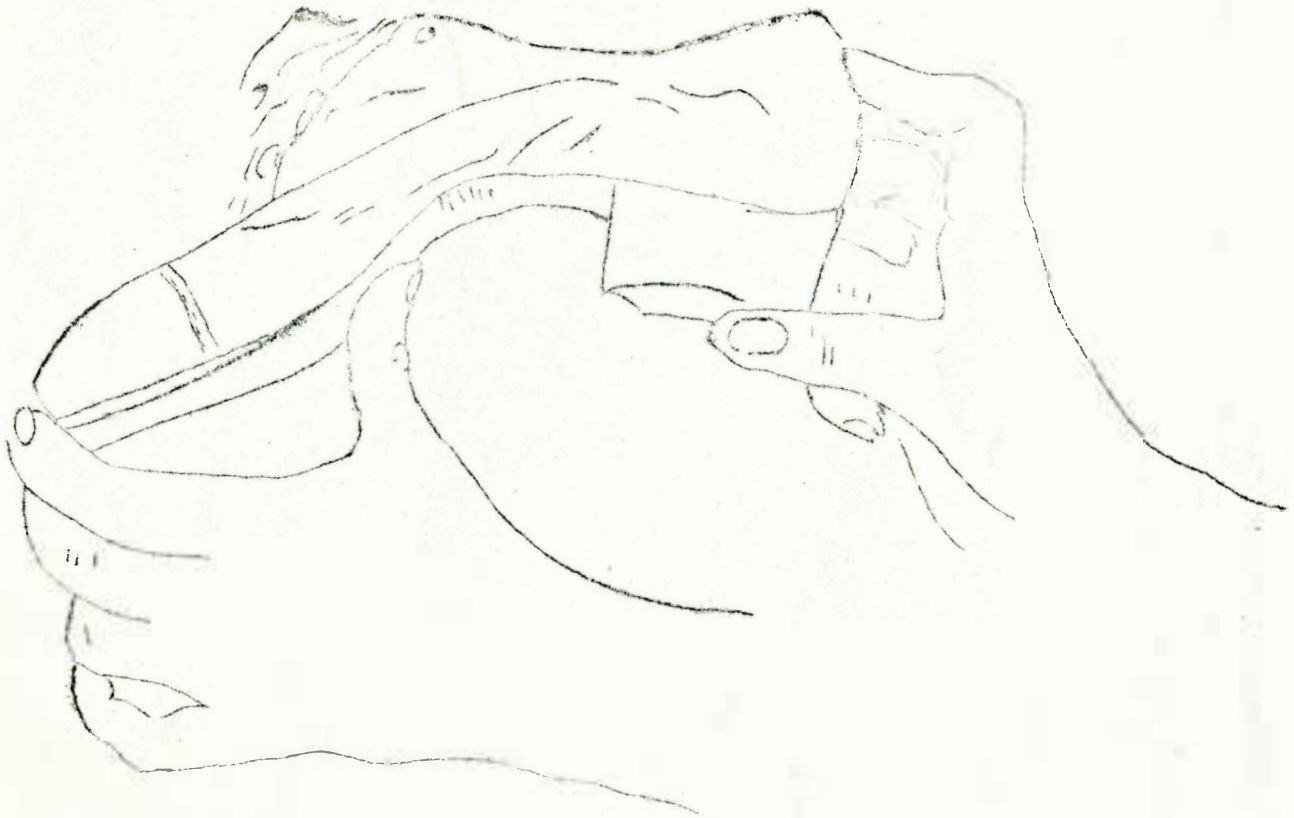


2. Room for Toes Without Crowding

2. ROOM FOR SHOES WITHOUT CROWDING.



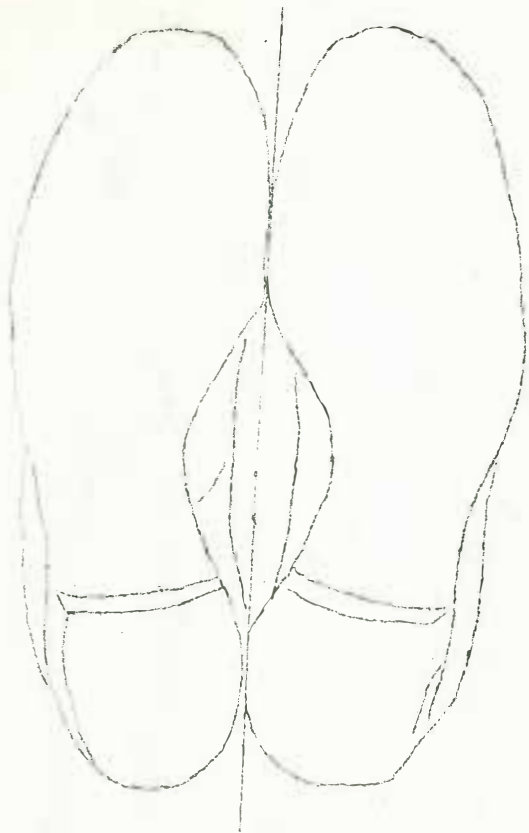
3. Broad Low Heel.



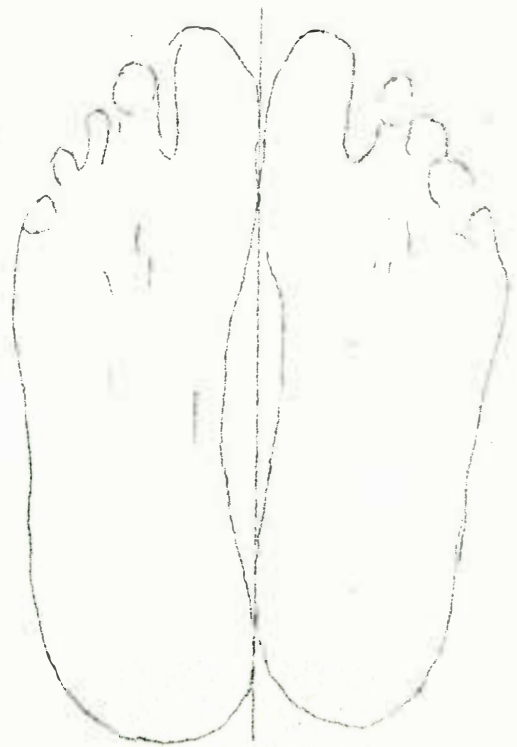
Flexible Shank Allowing Action of Ankle



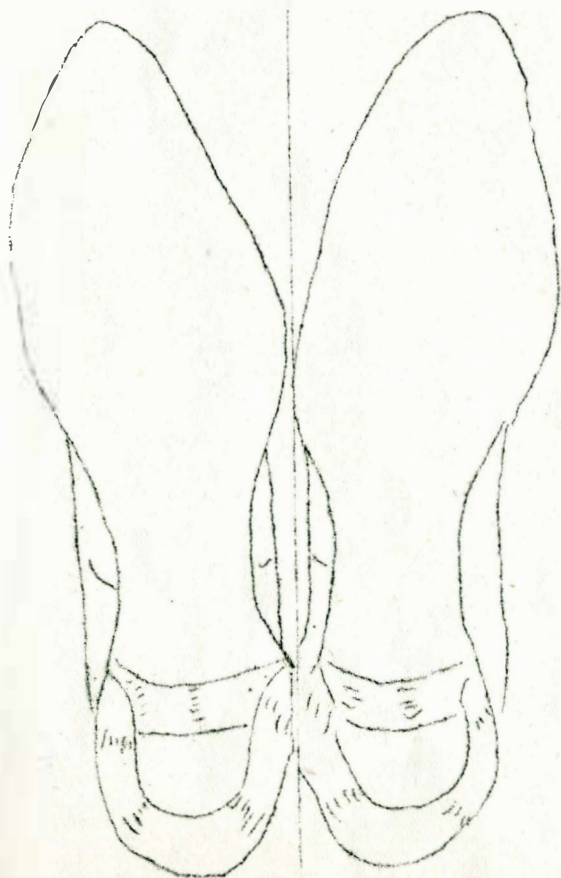
Low Cut Permitting Free Use of Ankle



Good Shoes



Good Feet



Bad Shoes



Bad Feet

## ECONOMY IN SHOES.

1. Carefully fitted shoes wear longer than poorly fitted ones.
2. Substantial heels do not wear off nor run over as easily as fancy heels. They are in good style and better for health.
3. Patent leather shoes are not economical:
  - a. Wearing quality is a lottery.
  - b. Uncomfortable in hot wear - non porous and therefore heat producers and unhygienic.
4. Shoes wear longer when two pairs are alternated.
5. Rubber heels prevent jarring in walking and for this reason are very comfortable.
6. Cheap shoes are not economy.
7. Insist in buying plain, neat, sensible styles. Do not buy the faddy kind because:
  - a. You pay all the way from 25% to 100% more for this kind of goods (the manufacturer and dealers must protect themselves against loss on left-overs, out of style stock, etc.)
  - b. The life of a fancy shoe is shorter.
  - c. The adaptability less and the upkeep and care very much more expensive in both time and money.
8. Be prompt in having repairs made.

## CARE OF SHOES.

1. Good posture in standing and walking prolongs the life of shoes; slumped gait wears shoes unevenly; erect carriage tends to wear soles and heels level.
2. Shoes need to be aired after wearing in order to prevent the perspiration from rotting the lining.
3. Keep shoes on shoe trees or stuffed with tissue paper. In this way the wrinkles are forced out and the original shape is preserved.
4. Shoes when wet should be dried out slowly and carefully for heat tends to crack the leather. Moisture tends to rot threads with which shoes are sewn, therefore, wear rubbers in wet weather.
5. Leather shoes may be rubbed with vaseline occasionally to keep them soft, and also to prevent moisture from passing through so quickly.
6. Use only good polish. In using paste polishes a brush is preferable to a cloth as it will force the paste through all the small crevices. The shoes should stand a few minutes after the paste is applied, then they should be brushed with a stiff brush and polished with a cloth or buffer. (A well dressed person always wears polished shoes.)