HEALTH TIPS

## **Foot Problems Common But Can Be Corrected**

Who, at the end of a hard shoes, encouraging sandals less to walk upon. skeleton are subject to more only long enough but suf- problems of calluses, ham- uncomfortable, Calluses be- correct cutting of the toe- since cracks between the

feet today; they are larger children today have much an adult the era of really gery. This is a heavy price consequence of shoes to a spread to other parts of the attitude towards footwear Lomita. than they used to be and less touble with their feet comfortable footwear is over, to pay for being fashionable, large extent since the closed skin,

are beautiful.

This standard was carried

back of their minds is the ually nearly square, into a nail which has been cut so in general (not only locker noticed at birth or in infan- A Little Too Slow idea that only small feet "smart" but nonsensical nar-short that there is a sharp rooms and swimming pools) c... These today are very Animal keepers in charge corner pressing into flesh at to gain a hold and multiply, amendable to corrective of Griffith Park Zoo's pri-Women go one stage fur- the side of the nailbed, A Ointments containing unde- weatment requiring patience mate section are constantly almost to the ridiculous by ther, with a high heel forc- tight shoe presses this cor- cylenic acid and its salts but usually successful over called upon to explain to the the Chinese who would bind ing most of the weight of ner into the soft flesh so kill the fungus and are rel-the long term. a girl-baby's foot to produce the body onto the ball of the that pain and infection com- atively harmless

the "three-inch lily," which foot and cramming the toes monly result. Most ingrown Powders containing this seen as the foot develops, lying around, while fashionable, was use- into a narrow, tightly fitting toenails respond to the in- are useful to keep the toes While these can be a source wedge. Corns, bunions, and sertion of a little cotton un-dry and also in the shoes of discomfort in adult life, is a slow loris, a nocturnal day, does not complain: "My and other loose-fitting foot- If a foot has been allowed hammer toes are inevitable, der the offending edge and and socks in which spends most wear, and above all moving full growth in really com- and both walking and stand- letting it grow out, and re- gus still lives. It is import- and adolescence is usually of the daylight hours curled Few other parts of the to the styles that are not fortable shoes, the adult ing become progressively currence can be avoided by ant to control athletes foot possible. use and abuse than the hu- ficiently wide to allow nor- mer toes, and bunions will come tender and need treat- nails and the wearing of toes may develop which are feet can be avoided or cor-

practically not exist. How- ment, the more serious de- broad, comfortable shoes, both painful and become in- rected, and foot trouble man foot. We are noticing mal growth.

a change in our children's could be a rarity. A saner left Maisterek, 25123 Feijoa.

and early treatment of denot just in relation to a than their parents had when particularly for women but Two common problems of environment encourages A word on congenital dis-formity are the keys. child's size. This is because they were young. However, also for men. Many men's feet are ingrown toenails dampness between the toes orders of the foot in which. Questions concerning this formia Medical Association. we are approaching a saner some parents still worry shoes cramp the toes and and athletes foot. An in- and permits a fungus which ligaments or tendons are subject should be directed 693 Sutter Street, San Franpolicy about children's about big feet, and in the their bones, which are us- grown toenail is simply a is found widely on flooring shortened and a deformity is to your personal physician cisco.

public that a dead animal Flattened arches may be has not been carelessly left

up in a bluish-gray ball of Most of the problems in fuzz, not dead — just asleep.

or to "Health Tips," Cali-

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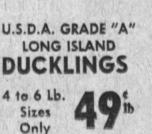
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Nestle's Semi-Sweet CHOCOLATE or BUTTERSCOTCH U.S.D.A Inspected

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PLUMP, TENDER

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1-Lb. Packages



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Zest Bar Soap, bath Salvo Detergent, giant .... Cheer Detergent, giant ......79c Downy Fabric Rinse, 17-oz, 49c Ivory Flakes Detergent, Ige. 37c Comet Cleanser, 14-oz......2/33c Dash Detergent, 25-oz.......39c Lava Bar Soap, Reg ..... Ivery Snew Detergent, Ige. 37c 

Liq. Detergent, 22-oz. 65c Joy Liquid Detergent, giant 65c Oxydol Detergent, gisnt .......83c Mr. Clean Cleaner, 28-oz.... Ivory Bar Soap, Personal 4/29c Ivery Bar Seap, med. .... Ivery Bar Soap, Ige......2/31c Camay Bar Soap, reg..... Camay Bar Soap, bath ..... Zest Bar Soap, reg. Tide Giant Detergent. Cascade for Dishes, 20-oz .... \_45c

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