

● **Timely Tips**

(From page 5)

snack foods that supply proteins, minerals and vitamins, but few calories. Good snack choices, anytime of the day or night, include milk, fruit,

sandwiches, and cookies.

It's true, snacks can be a good nutrition source or a weight increaser—they can be health builders or curb your appetite. So next time you raid the refrigerator or the cupboard shelf, reach for a nutritious snack.

Aids For Fitting Children's Shoes

Time for your child to get new shoes?

In finding the right answer to this question, which may come up every few months for a growing child, parents can help the shoe salesman by knowing guidelines for fitting.

Here are five main points to follow:

1. Long enough? For normal growth, there should be at least 1/2-inch of empty shoe beyond the end of the big toe. Even better is 3/4-inch of room.
2. Wide enough? Toes should have enough room to spread out comfortably, enough to wiggle rather freely.
3. Instep full enough? Ample space should be provided for arch development and for circulation.
4. Does heel fit? The shoe should hug the heel gently but not too snugly, holding the shoe to the foot naturally. Friction or chafing will probably cause blisters.
5. Bigger foot fitted? One foot is slightly larger for nearly everyone, so shoe size should accommodate the larger one.

If the child's new shoes score right on every one of the above points, he is likely to sidestep serious foot problems.

Books teach us very little of the world.

—Oliver Goldsmith

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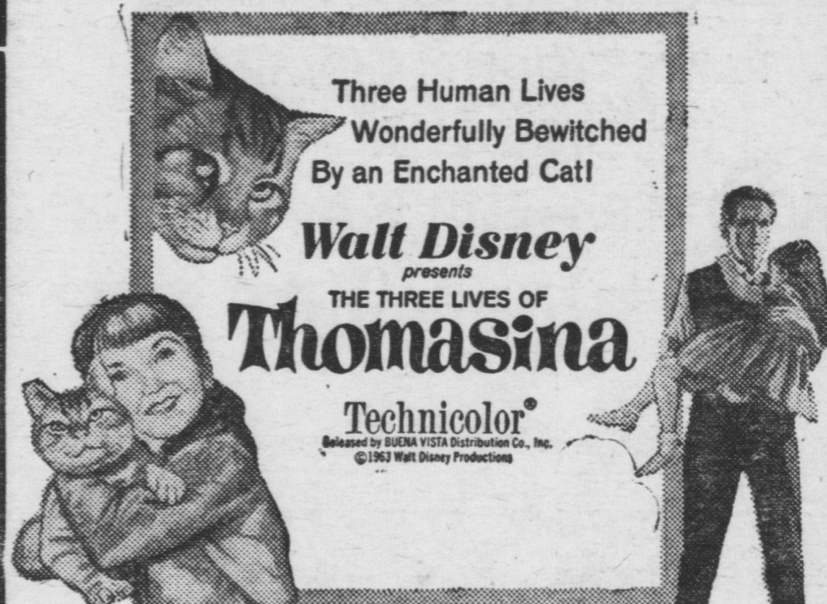
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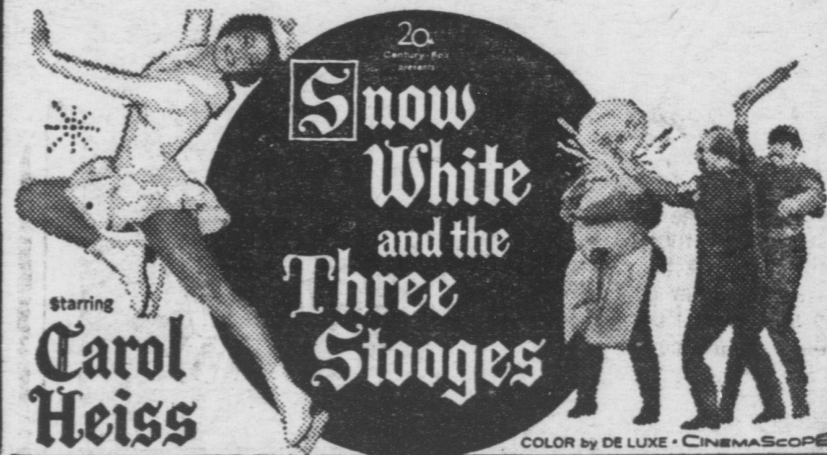
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