

Bunions Change Feet By Age 40

When you walked down the aisle with your prince Charming at age 20 chances are that in addition to your slim waist you possessed a pair of pretty, healthy feet.

Chances are that at age 40 your pretty feet are marred by an unsightly, painful bunion. Why?

Probably tight shoes, M'lady, tight shoes. In the view of Dr. Irvin Cahen, professor of orthopedics at the Louisiana State University School of Medicine here, ill-fitting, too narrow or short shoes cause bunions.

Bunions are appearing earlier than they used to, accord-

ing to the physician. Now women in their 40's suffer from the complaint, he says, whereas in the past bunions were an affliction most often seen in women in their 50's and older.

Dr. Cahen notes that properly fitted shoes can prevent bunions, and surgery can correct them after the harm has been done. But the surgery is major, he warns, and prevention is preferable.

SERVE CANTALOUPE, A NUTRITIOUS FRUIT:

Good tasting fresh fruits and vegetables add a flair to summer eating. Some of these fresh foods are rich in Vitamins A and C. If your guide to buying food is getting necessary nutrients for your money, consider cantaloupe.

You can serve it simply or elegantly. Either way, family or guests will enjoy this fruit.

Cantaloupe is rich in both vitamins A and C. Half a medium-sized cantaloupe has enough of these vitamins to supply your daily needs. And, it has only 60 calories.

Cantaloupe adds color, texture, flavor, and variety to meals. You may want to serve it cold and sliced for breakfast or cubed in fresh fruit salad. Or, maybe you'd like to try half a cantaloupe filled with your favorite ice cream, or pureed in ice cream or molded salad. For recipes and more ideas for serving cantaloupe, check your favorite cookbook.

Your best friend is the one who will tell you the truth, when it hurts.

Different kinds of people take different approaches to work. Some roll up their sleeves, others turn up their nose.

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