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Probably

shoes cause bunions.

THE BULLETIN. MOUNT JOY, PA.

WEDNESDAY, AUGUST 2, 1967

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Feet By Age 40

When you walked down the aisle with your prince and older. Charming at age 20 chances are that in addition to your erly fitted shoes can prevent supply your daily needs. And, slim waist you possessed a bunions, and surgery can it has only 60 calories. pair of pretty, healthy feet.

your pretty feet are marred ery is major, he warns, and meals. You may want to by an unsightly, painful bun- prevention is preferable. ion. Why?

fessor of orthopedics at the and vegetables add a flair to cream, or pureed in ice cream Louisiana State University summer eating. Some of these or molded salad. For recipes School of Medicine here, ill- fresh foods are rich in Vita- and more ideas for serving fitting, too narrow or short mins A and C. If your guide cantaloupe, check your favto buying food is getting orite cookbook. Bunions are appearing earl- necessary nutrients for your

ier than they used to, accord- money, consider cantaloupe.

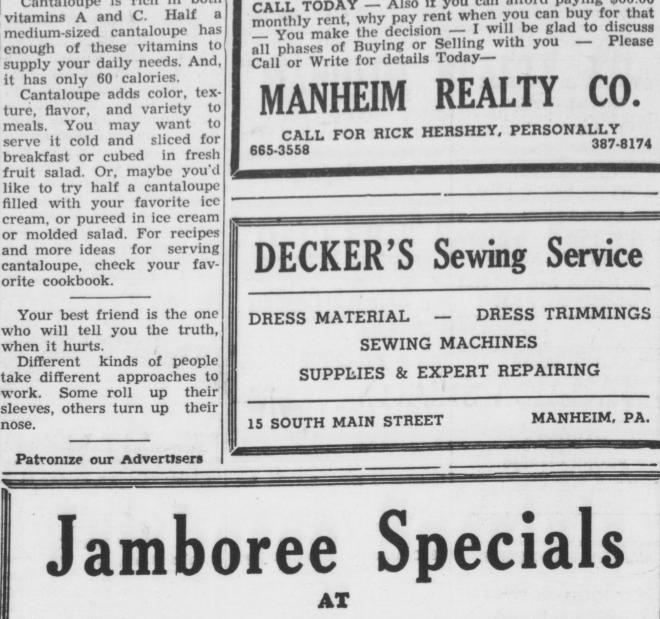
ing to the physician. Now You can serve it simply or Bunions Change women in their 40's suffer elegantly. Either way, family from the complaint, he says, or guests will enjoy this whereas in the past bunions fruit.

when it hurts.

nose.

were an affliction most often Cantaloupe is rich in both seen in women in their 50's vitamins A and C. Half a medium-sized cantaloupe has Dr. Cahen notes that prop- enough of these vitamins to

correct them after the harm Cantaloupe adds color, tex-Chances are that at age 40 has been done. But the surg- ture, flavor, and variety to serve it cold and sliced for breakfast or cubed in fresh fruit salad. Or, maybe you'd like to try half a cantaloupe view of Dr. Irvin Cahen, pro- Good tasting fresh fruits filled with your favorite ice



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