

HORN-FLY VS. POTATO BUG.

The horn-fly like the potato bug has come to stay. Intelligent farmers do not smear the potato leaves with filthy greasy mixtures to keep off the bugs, no, they use something to kill them, so with the horn-fly, the sensible up-to-date farmer does not cover his cattle with kerosene or axle grease, because he knows these things will not kill a single fly while they taint the milk and injure the health of the animal, but they do use

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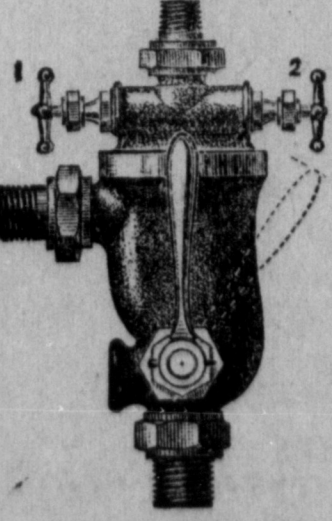
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WOMEN'S FEET GROWING.

Flatter and Broader and Evidently Somewhat Larger.

Says a Chicago Journal recently—
 Women's feet are growing larger. There is no doubt about this. They are gradually lengthening and broadening, and if they keep on developing at the present rate the dainty No. 1 and No. 2 shoes will probably be unheard of in ten years. They will go the way of the No. 17 and No. 18 corsets. So the men about town who always look at a woman's face first and then at her feet will have to change their tactics. They are destined to receive some severe shocks if they don't—that is, those who have a liking for a small foot with a very high, arched instep. The men who pretend to admire a broad flat foot of ample proportions, and they are few and far between, can keep up their old plan of looking first up, and will seldom be disappointed.

"Women's feet are growing larger," said the manager of a shoe store which supplies well people and actresses with footgear. "Many of our customers have been coming here for years, and I know plenty of grown women whose feet have increased in breadth and length by actual measurement within the last five years. Some people think that the increase in size is only apparent, and that women's feet seem only to be larger on account of the very pointed shoes which have been fashionable for the last two seasons. The shoe men know better, but they let it go at that and say nothing."

"There are several reasons for women's feet growing larger. Mothers are largely to blame if their daughters have big feet. It doesn't come through heredity, either, because in nine cases out of ten the daughters of to-day have larger feet than their mothers."

"Of late years American women have been following one of the customs of French mothers, that of trying to keep their children as children as long as possible. They keep a great big overgrown girl in skirts up to her knees, and, of course, would not dream of permitting her to wear anything so grown-up looking as boots with heels on them. Little do these women dream that by keeping their girls in spring-heel shoes during the period the child's foot is developing into the woman's foot, they are bringing a great misfortune on their daughters. It is a misfortune for a woman to have unshapely feet."

"A child should not wear a spring-heel shoe after she is twelve years old, and certainly not later than fourteen, for it allows the instep to drop down and has a tendency to flatten the foot. There is absolutely nothing to support the natural arch. God provided everybody with an instep—a hinge, as it were—to give that springy, graceful motion in walking so much desired and if we allow it to drop down and become utterly useless by wearing a spring-heel shoe until the foot has attained its full growth, we simply can't walk with a spring, but will find ourselves shuffling along."

"Did you ever hear that expression, 'She walks like a cow,' applied to a woman with a high-arched instep? No, and neither did any one else. The next time you hear that remark made about a girl or woman look at her feet closely; you will find that they are spread out over a good deal of real estate and that instead of being curved on top they are perfectly flat. Cows, if you will notice, are perfectly flat-footed, but horses are not. Who ever saw a horse's hoof that lay perfectly flat on the ground as it walked along? And a horse that is well treated, no matter how common its blood, will walk along with that springy motion which it was intended that human beings should have."

"But aren't people naturally flat-footed?" asked a customer. "Didn't the Creator intend our feet to rest flat on the ground so that the weight of the body should be equally distributed over them? It doesn't seem to me right that the entire weight, say a 200-pound woman, should be thrown entirely on the heel and the ball of the foot. Now, I thought that the habit of wearing shoes for thousands of years had produced the arch of the instep, and that it was abnormal."

"My dear lady," exclaimed the manager, "your ideas are altogether mistaken. It is no more natural for a woman to be flat-footed than it is for a horse. In nine cases out of ten splay-foot is caused by wearing spring-heel shoes too long, or by wearing ill-fitting shoes. You say that when a woman wears a shoe with no heel, her weight is distributed evenly over her foot. That's where you are wrong. It falls on the heel and ball, and the instep catches not one bit of it. Why? Because you put a foot into a shoe with a perfectly flat sole. The heel has a rest, but the natural up-curve of the part between these two points has absolutely no support, because it cannot yet reach the sole of the shoe. But very soon it does, you may be sure. The instep is gradually pushed down by the weight of the body, and begins to spread out toward the toes as the fore part of the foot is more pliable than the heel. What is the result?"

"Very soon the foot begins to grow broader and broader and flatter and flatter, and then you begin to make your poor girl uncomfortable by constantly reminding her of her large, unshapely feet, and saying, 'Where you get them from is a mystery to me. They must come from your father's side of the house, for none of my people ever had such feet. Why, your grandmother, the day she died, wore a No. 1, and to-day I wear only a 2 B last.' Now, isn't that true?"

"Yes, it is," admitted the customer. "Only yesterday I said just about those same words to my 15-year-old daughter. Here she comes now. Her feet are a disgrace to me, and I want you to see if the proper shoes can make them look any more presentable."

A jolly schoolgirl bounded in and took her seat, throwing one foot up on a stool. She was not very tall for her age and weighed not more than 120 pounds. The manager removed a boot that might

well have belonged to the fat woman in the side show of a country circus. Then he examined the foot critically.

"Ah, ha," he half-muttered to himself. "So you blame her for having big feet? It's all your fault. The idea of keeping a girl of her age in spring-heel boots! You've simply ruined the shape of her foot forever, but perhaps if you have the right shaped boot made for her it will build her foot a little. By actual measurement her foot is 11 1/4 inches long and 3 3/4 inches on the ball, and perfectly flat."

"Stand up, young woman. See, you have destroyed the last vestige of the arch of your instep. Now I will have you a boot made with a heel and a sole that fits well up under the instep, and you will find it much more comfortable."

"Did you ever see such a foot on a girl?" asked the mother, with a ring of despair in her voice.

"Dear me, yes. Her foot is not an uncommon one nowadays. She takes a No. 9 1/2 C last. Of course it is longer than the average, but it isn't much wider. The vanity of mothers in wanting their children to appear young is visited on the children, and it is nothing uncommon for girls from 15 to 20 to call for Nos. 48, 58, 68, or 78."

"That's not the worst of it. Women's feet, as well as those of young girls, are growing larger. Now, the women deny this, and say that it is their heads that are growing larger, and that they shoe themselves more comfortably and sensibly than they ever did before. There is a great deal in this, too, but still the tendency of women to physical culture and athletics has increased the size of their feet. The college women who jump hurdles, run races, do pole vaulting, play basket ball and tennis, and exercise an hour or two a day on the field or in the gymnasium, one way or another, all wear shoes with no heels, or very low ones. Of course their feet spread out and develop, and I know of nothing that increases the size of the foot like playing golf. I can name a dozen women whose feet have become two inches broader and longer since they became so enamoured with going two or three years ago. Bicycling also makes the foot spread some, but perhaps not so much. It is natural for the fore part of the foot to spread when the entire weight is thrown on the ball, as it is when pedaling over car tracks or up grades."

"What is the proper way to shoe one's self in order to preserve the natural beauty of the foot?" asked the customer.

"As I said before, as soon as a child's foot begins to develop into that of a woman make her discard shoes with no heels. Let her wear a shoe—and this applies to women too—which fits well up under the arch of the instep, because then the weight of the body is distributed evenly in three parts instead of two. One falls on the heel of the shoe, another on the shank, and the third on the ball. Heels should be not higher than an inch or an inch and a quarter, and as for these exceedingly pointed shoes, why they would have deformed the foot of Venus herself. Avoid pointed toes and wear those that are rounded, taking care to give plenty of room to the web of the foot, and favor an extra broad sole on the outside of the shoe. The woman who wears a shoe that is the least bit too short does her foot irreparable injury. Short shoes enlarge the joints, and once the ball of the big toe leaves the socket of the foot and becomes hardened there is no getting it back. Chiropractors claim to cure enlarged joints, but they can't do it. How can they? The socket fills up with cartilage and the ball can't get back. There is no room for it, and so out it sticks, looking uglier than sin and causing women more physical and mental pain than almost any other ailment."

—New York Sun.

THE YOUNG MAN'S LIFE WORK.

What He Does Not Do Heartily He Never Quite Does.

"Any man is unfortunate who devotes himself to an occupation that is vetoed by his own tastes and preferences," writes the Rev. Charles H. Parkhurst, D.D., discussing "Selecting a Career," in a paper addressed to young men in August Ladies' Home Journal. "The Scriptural injunction, 'Whosoever ye do do it heartily,' is one to be respected quite independently of the moral consideration that was weighed by Saint Paul when he wrote it. What a man does not do heartily he never quite does, which is to say, what a man does not do with his touch of excellence to which an effort does not attain except as it is the outcome of a certain amount of enthusiasm. Work is doing a thing because we have to. Play is doing a thing because we like to; and there is a great deal more of one's true self in what he does because he likes to. Only a part, and that the dullest part of any workman is enlisted till his endeavors emanate from a spot deeper down than the level at which he keeps his intelligence and his skill, and begin to flow out from the fresher and jelier regions of the heart. So that in settling this question of a vocation it is a matter of prime importance for a young man to decide what that particular business or profession is into which he can go without a remainder, into which he can throw himself in unreserved investment."

A Novel Revenge.

Two young men of Boston, formerly fast friends, recently had a falling out. Indeed, the offence of the offender was so serious that the affronted one determined upon a means of revenge as unique as it was deadly. Knowing that his now made enemy was largely occupied in the avoidance of creditors, he at once inaugurated a subtle system of conveying information to the creditors as to where his victim could be found. The result was as expected, but the retribution came promptly in the shape of similar information conveyed from an obvious quarter to his own numerous baffled creditors. The results are interesting. Each man is now put to his wits' end to meet or avoid embarrassing demands, and it cannot yet be determined as to which is getting the better of the Boston Traveller.

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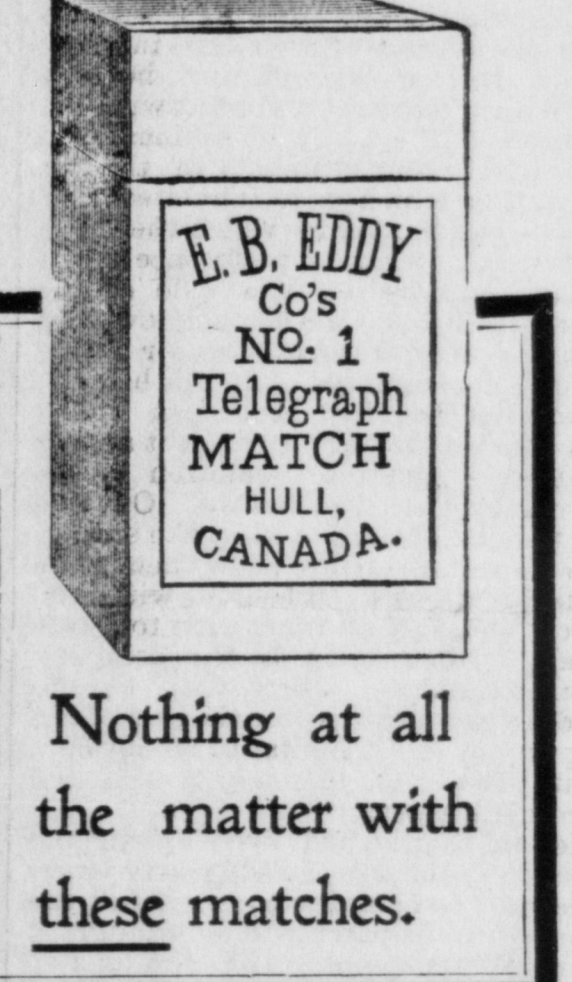
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