1934

Feet Bear the Burden

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Recommended Citation
Anspach, Karlyne (1934) "Feet Bear the Burden," The Iowa Homemaker: Vol. 14 : No. 6 , Article 11.
Available at: http://lib.dr.iastate.edu/homemaker/vol14/iss6/11

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When Silks Split
by Elizabeth Foster

WHAT woman has not had her best Sunday – go – to – meeting blue silk frock split out at the armseye or her favorite wool plaid stretch out of shape?

Because 90 out of every 100 women do experience stretching and slipping of the yarns in wool and silk fabrics, Eleanor McFadden chose that subject for her research problem for her master's degree in textiles and clothing. She found that some of the factors in stretching, shrinking, and slipping of yarns in wool and silk fabrics were the twirl of yarns, weave of the fabric, number of threads to a square inch, laundering and dry-cleaning, and poorly balanced warp and filling yarns.

Eight times 13 different wool and silk fabrics were laundered. Eight times these same materials were dry-cleaned. Results showed that the silk fabrics were weakened more than the woolens from these tests. Also, that dry-cleaning weakened the woolens more than laundering whereas laundering was harder on the silks.

As might be expected, the filling of these 13 samples were stretched to a greater extent than the warp. Laundering seemed to cause more shrinkage than dry-cleaning did; the woolens shrunking more both in dry-cleaning and laundering than the silks. Miss McFadden stated that the variation in shrinking and stretching was due frequently to the tension which the fabric underwent during pressing.

The better-balanced a fabric was as to warp and filling, the less the stretching; the greater the number of threads to a square inch, the less the stretching in a fabric.

One manufacturer of cloth in answer to a letter from Miss McFadden said that practically all fabrics can be made free from stretch if the consumer is willing to pay for it.

Feet Bear the Burden
by Karlyne Anspach

JUST consider, as you eat that chocolate mint sundae that you are putting on one more pound.

You did tip the scales at 115, now the needle pulsates between 145 and 150. Who bears the burden of all this? No one but your feet. It seems that the very least return you can make is to let the clerk measure your foot for the size.

He will get a length that is from 3/4 to 1 inch longer than your foot, and of a width sufficient to permit foot movement in weight bearing. Remember standing on that sliding rule apparatus when he takes the width and length of your foot? One hundred pounds pressure, more or less, certainly makes a difference in the width of your foot. If the friendly-eyed clerk does not do these things, you should see that he does.

A GOOD looking shoe is admired. Fits make for good looks. These are the points that make for fit. They are suggested by Miss Cranor:

1. The shoe should fit snugly at the ankle but not tightly enough to press into the heel.
2. The ball of the foot should come at the break of the sole.
3. The arch of the foot should fit the arch of the shoe.

If you are looking for comfort as well as correct size and fit have heels not more than 3/4-inch high. What an aid to posture these give! Laced shoes are the best for support and comfort. The laces should be one inch apart. For the sake of comfort be sure the shoe gives as little pressure as possible on any portion of your foot.

Exercise self-control! If you follow the advice of Miss Katherine Cranor, professor of textiles and clothing, you will let the clerk measure your foot for the size.

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Resolutions
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