

Why Your Feet Hurt



A. C. Gilbert photo

A VIBRATOR that slips over fingers can be used to give feet a gentle massage that will help to ease cramps and aches.

By **JEANNE D'ARCY**

"My feet hurt," says the lady.

Whose don't? Seems like all we women have the same complaint, and there's no one to blame for it but ourselves.

For Sweet Vanity

Sure our feet hurt and why wouldn't they? We trot around in the highest heels going—and all for the sake of sweet vanity. It's a well-known fact that legs look lovelier in spikes but we pay the price with corns and calluses.

What's to be done about it?

Sensible Shoes

A little common sense is called for. Save the high heels for dress-up events. Wear sensible shoes for housework, for the office, for all the occasions when the man of your life isn't on hand. Why go all out for vanity when there's no one around to notice?

We know one working girl who wears high heels to work because she usually runs into men she dates on the commuter train. She keeps a pair of sensible shoes in the office, slips them on as soon as she arrives.

If she has a big lunch date, her heels are handy and they're right there when she wants to put them on at 5 P.M. to head home or out to dinner and dancing.

Vibrating Treatment

When your feet do hurt, don't just complain; do something about it. A foot bath is soothing, so's a vibrating treatment. You can purchase a vibrator that slips over your fingers and can be used to give the soles of your feet a gentle massage that eases cramps and aches.