

The soles of new shoes should be roughened with sandpaper to avoid children slipping. Socks or booties which have become shrunken during laundering, or outgrown, should be discarded.

A good way to ensure that the baby's first shoes are comfortable, and do not restrict his feet, is to make the shoes from glove leather or an old soft felt hat.

To make the shoes, place baby's foot on a piece of paper, and pencil the outline of the foot. For the upper part of the shoe make use of an old shoe as a pattern.

Remove the sole and open the back seam. If the seam which joins the sole to the upper part is sewn on the outside of the shoe, baby will have a comfortable shoe.

### Important

It is extremely important that children should wear well-fitting shoes. Mothers should buy their children's shoes with great care, making quite certain that they are long enough and broad enough not to cramp the foot in any way.

The heel should be deep enough to fit snugly at the back. A good way to test whether the shoes are right is to place the child's heel into the heel of the shoe so that the rest of the foot is resting on the outside (top) of the shoe. If you can see half an inch of shoe extending beyond the child's foot all round the toes, then the shoe is the right size.

If the toes reach to the edge of the shoe, the shoe is too short; if the shoe cannot be seen on either side of the child's foot, the shoe is too narrow.

An alternative method is to trace the outside of the child's foot on soft cardboard, cut out, and use as a guide when buying shoes; if the cardboard curls up around the edges after being placed in the shoe, then the shoe is not large enough.

Sandals are not suitable for everyday wear or at any time for very young toddlers. Every child should be given at least one pair of good, strong, lace up shoes of the correct size, with flat, broad heels. These will support the foot and ensure correct development.

If there is no danger of the baby's feet being injured, for example, from broken glass, pins, etc., it's a good idea to let the baby go barefooted.

*(From "Our Babies", published by the N.S.W. Department of Public Health)*



# Smoke Signals

**TIP FOR THE MONTH** Fill scratches in furniture by rubbing with a walnut. Finish the touch-up job with furniture polish.

► Griffith Aborigines Advancement Organization urgently needs more members. President E. T. Linacre, in the annual report of the G.A.A.O., outlined some of its activities, but stressed that more could be done if membership was larger.

► The sudden death of Mr Harold Ernest Duke in July came as a deep shock to his family and many friends. Mr Duke was only 51 years old. Mr Duke was born at Terry Hie Hie and spent most of his life in Moree. He worked for many years in pastoral and building industries, and was a keen follower of sport. Mr Duke represented Moree in football and was a keen club man for the Shamrocks team. He is survived by his widow, three sons and two daughters.