

**RESPONSIBILITY OF CONGRESS.**

By J. E. JONES

WASHINGTON, D. C.—Again we have with us that branch of the government that occupies spot number one, immediately following the preamble of the Constitution of the United States. "All legislative powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representa-

tives," the Constitution reads. "The Executive power shall be vested in a President of the United States of America." "The judicial power of the United States shall be vested in one Supreme court, and in such inferior courts as Congress may from time to time ordain and establish." Those two declarations are also from the good Constitution. It all explains how necessary it is to have Congress functioning on the job. The President only "recom-

mends" to Congress. After that he waits for orders and authorization. The Supreme Court adjusts all the troubles that result from the laws passed by or without the Presidential recommendations. Congress is the Big Boss over all things. That's why every state and district elects its own members. Of course we all believe in the Constitution, and fight for and

swear by it 24 hours a day. Next to the Bible it is the final authority on human affairs. According to the Constitutional program devised by the founders of the Government our Congress is supposed to square its acts with the Constitution and the Flag. There are 531 members in the two Houses of Congress, and they can't always be wrong.

**How Can You, Tell They Fit?**  
*Children's Shoes Receive Attention of Medical Men*



**F**ROM infancy children's shoes have been found to be a future health menace if they are not fitted correctly and made of suitable, pliable leathers. This was brought out recently in discussion among child health authorities concerning the part played by shoes worn in the formative stages of childhood upon the general welfare of the school generation. Dr. Joseph Lelyveld, head of the National Foot Health Council and specialist in the care of children's feet, remarking in Parents' Magazine upon the results of a survey of high school children says it "discloses 65 percent of the boys and 80 percent of the girls victims of foot ailments. It has been proven that the foot ills of adults are the result of neglect of their feet during their childhood." Further statistics show that out of 1900 high school girls examined only 52 percent walked correctly and as many as 72 percent were wearing improperly fitted shoes. The high school boys in the same survey had a better average as only 29 percent walked incorrectly and 57 percent wore ill-fitting shoes. These youngsters have gotten a start toward adult foot ailments that have their origin in negligent shoe-fitting and lack of foot care during the ages of two to twelve, during the first stages of development and growth. Corns, callosities,

weak arches, bunion formations and poor posture are the visible gauges of badly fitting shoes. "In most instances," says Dr. Lelyveld, "foot defects in childhood can be remedied by wearing correct shoes; that means, shoes that give the foot ample space to grow, and that are made with flexible soles that bend freely at the ball of the foot where the foot bends." It is a mistake to let children, especially boys who romp actively from the time they take their first step, wear shoes made of the kind of tough, thick shoe leather that goes into men's shoes to give durability. This type of leather has not the necessary elasticity to permit of a correct tread, to allow the foot to develop its muscles properly, and the bones to grow straight. Because of its iron-like strength, it may cramp the constantly growing foot of the child so that the toes become curved and the arches weakened. At certain ages, some children's feet will outgrow shoes in from four to eight weeks and for this reason alone, parents must be constantly on the watch for the visible signs of shoe trouble. Shoes must be replaced as soon as they are outgrown. The normal age cycle of a good shoe allows for foot expansion of five-eighths of an inch during the lifetime of the shoe and more cannot be expected.

**The SNAPSHOT GUILD**  
Make a Christmas Picture Book



Let pictures tell the story. Bedtime on Christmas Eve is as important to the story as discoveries at the tree next morning. Amateur flood or flash lamps and supersensitive film put the pictures on a snapshot basis.

**P**LANNING our Christmas pictures is very much like planning our Christmas shopping. Far in advance we resolve to do it early. Day after day we resolve to do it early. And then all of a sudden the time is up, we can't do it early—and we don't do it well. So, here's sound advice. Do it now! Get yourself pencil and paper and work out a Christmas scenario, a series of pictures that will tell the whole Christmas story and give material for the pictorial Christmas book you have always wanted to make. Then, first thing tomorrow, lay in a proper supply of supersensitive film and amateur flood or flash bulbs, so they will be ready to hand when Christmas comes. Don't skimp in planning your picture series. Remember, it's an occasion that comes only once in a year and even if the children are still young, they are growing up rapidly as far as Christmas is concerned. You will want at least one picture—perhaps several—of decorating the Christmas tree. If you use a self-timer, the whole family can appear in one picture. Another "must" will deal with hanging up the Christmas stockings. Other pictures can be related to these—for example, the children peeping up the chimney to make sure it is big enough for Santa's entrance. A flood bulb, tucked away in a corner of the

fireplace, will give a proper firelight effect. Then, there should be a pajama picture with the parents admonishing the children to go to bed and be good and stay there. There should be a picture of the children asleep—they seldom are on Christmas Eve but they can at least close their eyes and pretend. Next morning, a picture of them peeping down the stairway. Joyous snaps as the new toys are discovered. A snap of father trying to put Junior's new train together—or of Junior struggling for a chance to play with it himself. Snaps of the Christmas dinner, the afternoon nap, the new sled getting a tryout... There is material here for a whole album, a book for the years. Watch your exposures, for these are pictures you do not want to miss. Inexpensive reflectors help increase and control the light. With a box camera at its largest lens opening, you can take snapshots using supersensitive film and two big No. 2 flood bulbs in cardboard reflectors, three and four feet from the subject. For the Christmas tree, which is dark, use three bulbs, or more if it is a large tree and the lights have to be farther back from it. And where possible, try to arrange a balanced lighting, without harsh black shadows, for these especially injure a child picture. John van Guilder.