

# Women's Fashion & Society Page

## FASHION CORNER

### Your Feet

Some may think that the feet are not important as far as beauty care is concerned because they are not open to public view as are the hands, hair, or skin. Well if you don't believe your feet are a vital part of your good looks, think back to that party or dance where you had to stand on them most of the evening. Remember how they hurt? Maybe the cause was tight sandals, or maybe you had done a lot of walking earlier that day. Either way, your feet hurt -- and don't think the pain didn't show up on your face. That make-up you'd put on so carefully, that lovely dress, didn't mean a thing; you felt miserable and chances are you looked it, too.

Many a woman who is smart about the care of the rest of her body just seems to draw a blank when it comes to her feet. Our shoe manufacturers give us such a variety of attractive footwear to show off our feet, that most of the time look fine from the outside. The trouble is most women think that's enough. It just isn't true.

You've got to learn to lavish a lot of care on your feet. For one thing, we're getting out-of-doors more often these days, and our bare feet are seen by others more and more. There's an even more important reason, though, for foot care. Covered up or not, they are literally your only support in walking, standing, moving about. Next to the heart, they carry the greatest load of any part of your body. Obviously the shape they're in has a tremendous effect on the rest of you.

Tired, weak, badly fitted footwear, any of these can give you a tense, unhappy expression, bad posture, backaches and a



Sondra Reid

number of other ills that just don't go with good looks. What's more, you tend to drag such feet. That ungraceful habit alone makes you seem years older.

Once in a while you may have a food problem serious enough to require medical attention. But, on the whole you can keep your feet in tip-top shape all by yourself. Here's what you have to learn; how to bathe your feet properly; how to relieve your feet when they're tired; how to exercise them; how to cope with minor foot disorders; how to make sure your footwear fits; and finally, how to do a pedicure.

#### HOW TO BATHE YOUR FEET PROPERLY

Don't scoff at the suggestion that you may not know how to bathe your feet properly. Like so many other simple facts of beauty care, this is one you're apt to take for granted, that one can cause you trouble. There's more to bathing your feet than just casually dabbing them with soap when you bathe. Not that you need a special session for footbathing. Daily bath or shower time is fine, but you must pay a lot more heed to the foot part of the cleansing.

Here's why. Because they're usually encased in soles and stockings, feet retain perspiration much more than less restricted parts of your body. This leads not only to unpleasant odor, but to the accumulation of rough or dead skin, which can cause actual irritation.

Tackle foot-bathing

## PEOPLE, PLACES AND THINGS

Jackson Street shows signs of coming to life .... Q.B. Bush's El Morico Club has become the weekend center of young adult activities. Spotted oodles and oodles of West Vegas young ladies being pursued by, it seems, every eligible young man on this side of town. The guys and dolls were jumping to Little Herman Beam, who has a slow beat that furnish opportunities for close clinches. Ruth, Thelma Simpson and Louise Henderson are the lassies serving the tall cool ones. Bobby Bates and Red Williams were stretched out behind the bar. Q.B. may have a winner among the young adults in the El Morico. At least Sheri Tate and party seem to think so last Friday night .... The Little Casino, local club, now receiving card player preference is the only club in the State of Nevada having a Po-Ke-No license. The Gaming Board had to set up special rules, for Po-Ke-No, may be licensed as a parlor game, and must operate from the rest of the gaming operations. It is drawing many Westside ladies to compete for a \$500.00 jackpot on a free card given with each game. The Little Casino plans to move next door to the Old Cotton Club. Could grow into a big operation. Slim, a good host, Chuck on the Black Jack Table and Roosevelt on the Cosech Table, entertaining nightly. Evelyn Crockett, covers the swing shift on the Snack Bar .... Queen Christine Chapman, presided over a session Saturday night at Ruben's supported by her Combo and Strip Musicians until 5:00 A.M. Christine and Company rocked the joint. Even the regulars lost their cool and danced among Ruben's tables as if they were attending a voodoo ball. Prince Chanu of Tanganyika added the African beat with his drums. Carl Diether, Pat Roach and Marge Elliott just didn't go home. Bobby Atkinson, Venita Strickland and Minnie Tillman tore themselves away at -- a.m. The wife of one of the local gamblers got hung up on the Twist and couldn't stop. Even Arthur DeVore and his party were glued to their chairs longer than usual. Hail Queen Christine! Long may she reign! .... Traffic stopping Maggie had them tied up one half block early Sunday afternoon on Jackson Street .... The guy causing the traffic jam lost his cool. Maggie could stop traffic on Fremont .... Doc Young, Author and Newspaperman is going a spread for Sepia Magazine on the local scene is training under the Manpower Development and Training act .... Chet Kranz, local photographer and illustrator is doing the picture story. .... Rumor has it that local Masons appealed to Mr. "K" for police protection to restrain one of its high officials. Reb "W", no less.

with a real vim. Right handy by your tub or shower keep a moderately stiff hand brush, and old toothbrush, pumice stone, and an orangewood stick. First, scrub your feet with the hand brush. Use plenty of soap, warm water, elbow grease, don't neglect the soles. Next, wash between the toes. Use the toothbrush here because these places are hard to get at otherwise. Next, wrap the orangewood stick in cotton, dip it in soapy water, and use it to clean under and around the toenails. Next, rinse your feet, and while they're still wet, rub the pumice on any part of the foot that feels tough -- usually the heel and the balls of your feet. Use the stone with a gentle, rotary motion, it softens the skin and

discourages calluses. Dry your feet well especially between the toes. As you dry, also take the opportunity to push back the cuticles of your toenails. They're soft at this time, and this prevents them from growing wild and hard. Finish off the foot-bathing with a quick rub of hand lotion and dust your feet with talcum powder.



BRIDE AND GROOM OF THE WEEK

Leon, and charming bride, Betty Ann Hardison cut their wedding cake as Leon appears to be concentrating on the lifetime of happiness that the Voice wishes them.

The Leon Hardisons are an inspirational young couple. They exemplify the national movement of today's Negro youth. The bride is one of the most youthful teachers at Western High School. The groom doubles as a college student at Nevada Southern, by day, and as a staff member of the Clark County Juvenile Home by night. Both are products of Las Vegas schools. The former Betty Ann Jones was an honor student at Rancho High, as well as at the University of Nevada, at Reno. Leon is best remembered as one of the Fighting Hardison brothers, who cut some fancy capers in the squared circle.

The young couple tied the marital knot Friday, February 7th, 1964. Ira Alston was the groom's best man, while lovely Miss Rosalyn Harris added to the glamour of the wedding, as the bridesmaid.

After the ceremonies, friends and relatives joined the handsome couple at a reception at 525 Leonard in the home of Mrs. Vellar Brimmer, grandmother of the bride.

The bride is related to the Snowden family, one of the largest, oldest, and most respected families of the community. Mr. and Mrs. James Snowden, Sr., titular heads of the Snowden clan, and all of their brood were much in evidence.

Leon is the son of Mr. and Mrs. Otto Hardison, of 1101 Cunningham Drive.

The newlyweds did not reveal their honeymoon plans.

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