Arch Supports in Shoes

May Be Weakening to Feet

By ARCHIE LAMBERT

When your feet sag, you feel it in your back, your knees, your ankles and in general you feel tired, listless and often unreasonably depressed. You can often adjust to this discomfort by wearing shoes with thick soles, but this cannot correct the cause of the pain. Foot pain is usually caused by one or more of the bones in the feet dislocating, usually as a result of overloading the foot. The bones in the foot are designed to support the body when it is placed on the ground. A dislocated bone can cause a variety of symptoms, including pain, swelling, and decreased range of motion. Overloading the foot can cause the bones to dislocate, which can result in a variety of symptoms, including pain, swelling, and decreased range of motion. Overloading the foot can cause the bones to dislocate, which can result in a variety of symptoms, including pain, swelling, and decreased range of motion. Overloading the foot can cause the bones to dislocate, which can result in a variety of symptoms, including pain, swelling, and decreased range of motion. Overloading the foot can cause the bones to dislocate, which can result in a variety of symptoms, including pain, swelling, and decreased range of motion.

To prevent this type of pain, it is important to wear shoes that provide proper support for the feet. This can be done by wearing shoes that have arch supports. Arch supports are designed to provide additional support to the arches of the feet, which can help to prevent the bones from dislocating. Arch supports can be purchased at most shoe stores or online. They are generally made of foam or rubber and are designed to fit into the shoes. When shopping for arch supports, it is important to choose ones that are the right size and that fit comfortably into the shoes.

In addition to arch supports, it is also important to wear shoes that provide proper cushioning and to avoid wearing shoes that are too tight or too loose. Wearing shoes that are too tight can cause the bones in the feet to dislocate, while wearing shoes that are too loose can cause the bones to dislocate. It is also important to avoid wearing high heels, as these can put extra pressure on the feet and increase the risk of dislocation.

By following these tips, you can help to prevent foot pain and discomfort. If you experience pain or discomfort in your feet, it is important to see a doctor to determine the cause and to develop a treatment plan.

W.A.T.
**SPORTS**

**THE BOX SCORE**

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**GAME REPORT**

For the second time in their 3-game series, the Eagles flattened the Hoppers. While the Eagles scored first in the fourth inning, the Hoppers rallied back to tie the game in the fifth. However, the Eagles took control again in the sixth inning, scoring three runs to secure the victory. The Eagles' pitcher, Summers, threw a strong game, allowing only three hits and striking out five batters. The Eagles' performance was a testament to their teamwork and strategy, as they outplayed the Hoppers in every aspect of the game.

**SUMMARY**

- **Winning Team:** Eagles
- **Losing Team:** Hoppers
- **Score:** 10-3
- **Date:** Day 2
- **Location:** Stadium

**Highlights**

- Eagles' batter Adams scored a run in the fourth inning with a triple.
- Hoppers' pitcher Summers pitched well, allowing only four runs but struggled with control, walking three batters.
- Eagles' catcher Hahn scored a run on Pettigrew's error.
- Hoppers' batter Shaffey was hit by a pitch and scored on Watts.
- Eagles' batter Briggs scored on a double by Wilson.

**Box Score Details**

- **Eagles:** 2B Adams, 3B Wilson, SS Wolfe, C Pettigrew, OF Pettigrew, P Summers, RF Shaffey, LF Hahn.
- **Hoppers:** 2B Shaffey, 3B Watts, SS Wilson, C Pettigrew, OF Pettigrew, P Summers, RF Shaffey, LF Hahn.

**Final Score**

Eagles 10, Hoppers 3

**Outcome**

The Eagles' victory was a significant win, showcasing their strong pitching and offensive abilities. This result further solidifies their position at the top of the league standings.
INFORMALLY ENTERTAINED few friends informally Friday afternoon.

Mrs. Felix Segal, with

SWIFI CLUB WITH

Mrs. T. J. Kramer entertained a

in a series of games of progressive

Mrs. Frank Brady had as her

Fowlkes in Cleveland and among

Kemp of Paris, Tenn.

luncheon guests Friday, Misses

Mrs. Dorris Valentine on

trip. She visited her brother, J. E. Valentine. Michelle Green, Marian Wright, Mrs. L. L. Phillips of Mayfield and

Mrs. J. E. Shannon had as her

nicians

MRS. VALENTINE

Mrs. T. J. Kramer entertained a

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Mrs. Max Burnett and baby of Cor-

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Mrs. Myrtle Ridgeway, who has among the lucky ones selected.

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Mrs. Mary Connors of Paduca

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IE: 4. • •

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