



This week's Theme is shoes.

We all have them, some fit better than others.

Apparently, there was an old lady who lived in one!!

Have a great week!!

Yvonne and the Caladenia team



## 9 Fun Facts About Shoes and Feet

1. Shoe sizes were first established in the year 1324! in England by King Edward II. He declared in 1324 that the diameter of one barley corn (one third of an inch) would represent one full shoe size. This standard of measure is still used today!!

2. The best-secomm-des-garcons-shoeslling shoe size in the US is an 8.5 for women and a 10.5 for men. Those numbers are both up a full size from 30 years ago.

3. If you think you know your foot size most likely you could be off, 85% of people underestimate their size by at least a half size.

4. Most people don't realize that your foot size can increase 1 ½ sizes or more throughout your adult life. As you age, your feet are likely to flatten out causing an increase in length and/or width. Other factors such as changes in weight, surgery, and pregnancy can also impact your foot size.

5. Compared to fingernails, toenails grow much more slowly. They grow about 1 mm a month, where fingernails can grow an average of 0.1 mm a day. Did you know it can take up to 5-6 months to grow an entirely new toenail? Your toenails also aids to clue in doctors on whether you

are anemic (spoon shaped indentations) psoriasis (pits in your nail surface) or even poor blood circulation (hairless toes).

6. Did you know each foot contains about 250,000 sweat glands? People think that if your feet sweat that is what causes them to smell. However



that isn't true your socks and shoes trap odor causing bacteria which thrives in dark and damp environments.

7. Ancient Romans were the first to construct distinct left and right shoes. Before that shoes could be worn on either foot.



8. The average woman walks more than 3 miles more per day than the average male.

9. People always think baby's feet are so cute, but did you know there might be a reason for that? All babies are born with a pad of fat where the arch in an adult foot would be. Children's arches don't usually appear until the child is about 2-2 ½ years old!



# Boot Art!



## Foot Talk

Unscramble these words that have something to do with your FEET.

1. e s o h

\_\_\_\_\_

2. o t o b

\_\_\_\_\_

3. e t o

\_\_\_\_\_

4. i l a n

\_\_\_\_\_

5. k e l n a

\_\_\_\_\_

6. k s c o s

\_\_\_\_\_

7. p l i e s s p

\_\_\_\_\_

8. e l e h

\_\_\_\_\_

9. n b o s e

\_\_\_\_\_

10. s i t o j n

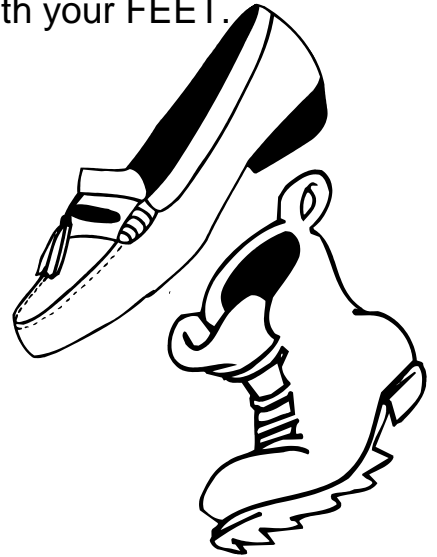
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11. c r h a

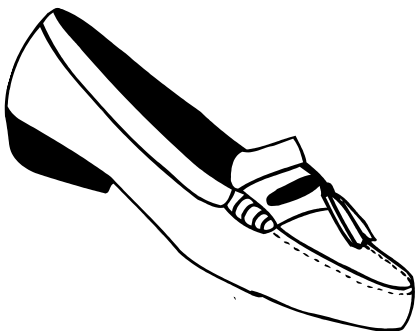
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12. s c l u e m s

\_\_\_\_\_



Now circle the shoe that has no match.



## Answers

1. shoe
2. boot
3. toe
4. nail
5. ankle
6. socks
7. slippers
8. heel
9. bones
10. joints
11. arch
12. muscles

This shoe has no match:



# 14 Fun Facts About Shoes

## **1. Way Back In The Day, Barleycorns Were Used To Measure Shoe Sizes**

Before we had all the established systems of measurement we know today, folks used items, body parts or types of action as basis for measuring. For example, the tradesmen of old may have used the length of a hand or the length of an outstretched arm to measure fabric or leather. In England, they used barleycorns as the basis for standardizing shoe measurement. In 1324, King Edward made a royal decree ruling that three barleycorns were equivalent to an inch. This "barleycorn" system is still in use today in the UK and Ireland.

## **2. Heels Were First Worn By Men**

High heels were first made for riding - horseback riding, that is. Apparently, they were worn by the riders of the cavalry of ancient Persia. The heels in their riding boots allowed them to stay secure and stable in their stirrups during battles. Later on, as Persian influence spread throughout Europe, this style of footwear became popular among the European upper class and became a symbol of social status. Years later the trend eventually spread to everyone, both men and women, and many more years later it became known as a feminine style of footwear.

## **3. Greek Actors Used To Wear Platforms On Stage**

Greek stage actors playing tragic roles wore platform-heeled shoes or thick-soled boots to signify their superior status on stage. The shoes were meant to elevate their stature to distinguish them from the other stage players who wore low shoes or socks.

## **4. The First Elastic-Sided Boots Were Made For Queen Victoria**

The innovative boot was invented by London shoemaker Joseph Sparkes Hall and presented to Queen Victoria in 1837. Sparkes Hall created the design to do away with the difficulties of fastening boots with buttons and laces. He presented his first prototype of the boot to Queen Victoria on the year she ascended to the crown. He patented his design, the first one ever to feature elastic, in 1840.

## **5. The Largest High-Heeled Shoe Measures 6 Ft And 5 In Long And 6 Ft And 1 In Tall**

It was created by fashion designer Kenneth Cole and Today Show contributor Jill Martin in New York, USA. The shoe is a replica of Kenneth Cole's New York Otto bootie and was recognized by the Guinness World Record for being the largest high-heeled shoe in 2014.

## **6. The Term "Sneakers" Was Born Because The Rubber Sole In The Shoes Allowed You To Walk Around Without Being Heard**

In the late 1800s, rubber-soled shoes became known as "sneaks" because the sole made the shoes quiet and noiseless. Later, "sneaks" gave way to the term "sneakers".

## **7. Jimmy Choo Created His First Shoe At Age 11**

The son of a shoe cobbler, Jimmy Choo grew up in the world of shoemaking. His father wanted him to follow in his footsteps and by age 11 he was able to make his first shoe. Years later, he would continue his study of the craft at the Cordwainers Technical College in England then open his first shop in 1986, and the rest is history. Impressive, right? Are you inspired to construct your own shoe but don't have the knowledge and tools? Give our shoe designer a shot!

## **8. Wedges Were Invented By Ferragamo When He Couldn't Use Steel For Heels**

Salvatore Ferragamo came up with the wedge shoe in the 1940s when he was unable to purchase steel for the heels due to the economic sanctions against Italy. He was experimenting with Sardinian cork - gluing, trimming and fixing pieces of it to the sole - and inadvertently created the wedge design.

## **9. The Iconic Red Soles Of Louboutin Shoes Were Inspired By An Andy Warhol Drawing**

In 1993, French designer Christian Louboutin wanted to make a shoe inspired by Warhol's "Flowers" piece. When he saw the prototype of the shoe, he liked it but felt that it still lacked something. He saw an assistant painting her nails red and he grabbed the nail polish and started painting the sole of the shoe red. Thus, the iconic red-soled Louboutins were born.



## **10. The Original Dr. Marten Boots Were Meant To Be Reliable Work Boots**

In 1945, Dr. Klaus Martens, then a 25-year old soldier, created a prototype shoe with air-cushioned soles instead of the traditional hard leather ones to help his recovery from a broken foot. He partnered with his old friend, Dr. Herbert Funk, a mechanical engineer, to produce the unique shoes. In the 1960s, Griggs, a British company, acquired an exclusive license to produce the shoes in England. When the 70s rolled in, the boots became popular with the punk subculture. These days, the iconic boots are known for being the mark of self-expression.

## **11. The Most Expensive Shoes Sold At An Auction Were The Ruby Red Slippers From The Wizard Of Oz**

One of the original pairs of ruby red slippers worn by actress Judy Garland, who played Dorothy in the 1939 classic film *The Wizard of Oz*, sold for over \$660,000 at an auction in 2000. There are only four known surviving pairs of the glittery shoes, which are made from red silk faille overlaid with a sequined georgette.

## **12. Celine Dion Has Admitted To Owning Thousands Of Pairs Of Shoes**

Yes, the world famous Canadian singer is a huge fan of shoes. In 2017, she confessed to WWD that she had 10,000 pairs of shoes. A few years before that, she mentioned having 3,000 pairs in a 2013 interview with Ellen Degeneres.

## **13. There's A Scientific Explanation Why Women Collect Shoes**

According to Suzanne Ferriss, PhD, editor of the book *Footnotes: On Shoes*, buying shoes triggers the "collecting spot," an area of the brain's prefrontal cortex. She explained that "shoes are a collector's item, whether women realize they perceive them that way or not."

## **14. In Dreams, Shoes Represent Your Approach To Life**

According to dream dictionaries, if you're wearing shoes in your dream, it means you are well-grounded or down to earth. Not wearing shoes may mean being carefree or it may symbolize poverty or having little or no resources. Dreaming about changing shoes can mean a major change in your life - a new job maybe or a new relationship. Dreaming about finding shoes may mean getting back on the right track or finding a new hold in life.

# Ha Ha Ha!!



Three women -- one engaged, one married and one a mistress --- are chatting about their relationships and decided to amaze their men. All three buy black leather bras "stiletto heels, and masks for their eyes. After a few days, they meet over lunch to compare notes. The engaged woman says: The other night when my boyfriend came over, he found me in the black leather bodice, tall stilettos, and a mask. He said, "you are the woman of my life. I love you". Then we made love all night long. The mistress says: I met my lover at his office and I was wearing the leather bodice, heels, mask over my eyes and a raincoat. When I opened the raincoat, he didn't say a word -- but we had wild sex all night. The married woman says: I sent the kids to my mother's house all excited about having alone time with my husband. Had the lights dim, candles going, I was wearing the leather bodice, black stockings, stilettos heels and a mask over my eyes. As soon as he came to the door and saw me and said, "What's for dinner, BATMAN?

God invented high-heels so women could put dishes away on the top shelf.

Knock Knock Who's there? Wooden shoe. Wooden shoe who? Wooden shoe like to hear another knock knock joke?

What do you call a race horse with only 2 legs? Goody two-shoes.

**What heel outruns all the others? Forest Pumps.**

A man is cleaning out his grandfathers home after the grandfather passed away at 90. In one of the grandfathers old overcoats pockets he finds a ticket for some shoes that the grandfather had left to be repaired, dated from 1955.

In curiosity the man checks online and is surprised to see that the shoe shop was still in business and is still at the same location.

The man enters the shop and starts talking to the owner. The owner explains that he is, in fact, the grandson of the original owner and has worked in the shop all his life.

The man gives the ticket to the shop owner and he heads into the back of the shop just to see if the shoes are still there.

After some time he returns from the back of the and exclaims "Amazingly I was able to find the shoes! They will be ready on Monday."

**Don't judge a man until you've walked a mile in their shoes**

By then you're a mile away, and you've got their shoes.  
**A married man was having an affair with his secretary**

**One day, their passions overcame them in the office and they took off for her house. Exhausted from the afternoon's activities, they fell asleep and awoke at around 8 p.m**

**As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt.<br>Confused, she nonetheless complied and he slipped into his shoes and drove home.**

**"Where have you been?" demanded his wife when he entered the house.**

**"Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock."**

**The wife glanced down at his shoes and said, "You liar! You've been playing golf!"**

**I thought orthopedic shoes would fix my limp but they didn't work.**

I stand corrected

**My sister had really loud shoes that sounded like a horse, so some family members started calling her that. I could see this was upsetting her.**



"Guys, we have to settle this," I said.

"If you think Jessica's a normal girl, say 'Aye,' but if you don't, say 'Neigh.'"

### **Smart shoes**

A friend of mine bought some new shoes a while back, they were called smart shoes, no matter how drunk you were they could always walk you home!

One day my friend got blind drunk and woke up miles from home near the beach, apparently the shoes got bored going from his local bar to the flat, they wanted to see the world, you know?

He tried getting rid of them a few times but they always seemed to turn up again sooner or later!

The last he heard was that the shoes had hijacked a car and drove it into the river, they couldn't steer the wheel you see.

My friend was really down about it so he decided to go see a Priest.  
The priest told him that the shoes were happy and in heaven and for my friend to not worry!

As it turned out... shoes have souls



# More Shoe Art





# Buckle Your Shoe

I A R D W U F S K S R Q I B R S I  
N H N M T L P F J X M W J I C L A  
V R X K L M P F W D O A E X N A O  
W U E K U P T D W N C S S R J D A  
W A R P N R X D H L C L S D H N O  
Z F P Q R G A O O Y A I F I R A F  
S W O A W P J T G X S P B C W S L  
P T Z M O S T S P F I P N B G V C  
O K K X Q E D D P B N E C P X Z W  
L S A P L G Q O J G S R Q D D Y I  
F M S I O X F O R D S S M S G N N  
P H T D Z U E S G O L C L T Q S G  
I S I B P M N L Z W Q B Y A S J T  
L I S R E F A O L F E D X L T R I  
F K J M N B H A A M H D Q F O U P  
T V A R I J V B X U T G G O O Q S  
S H I G H T O P S W U U L E B V H

wedge

stiletto

pumps

oxfords

loafers

moccasins

wing tips

high  
tops

boots

flip flops

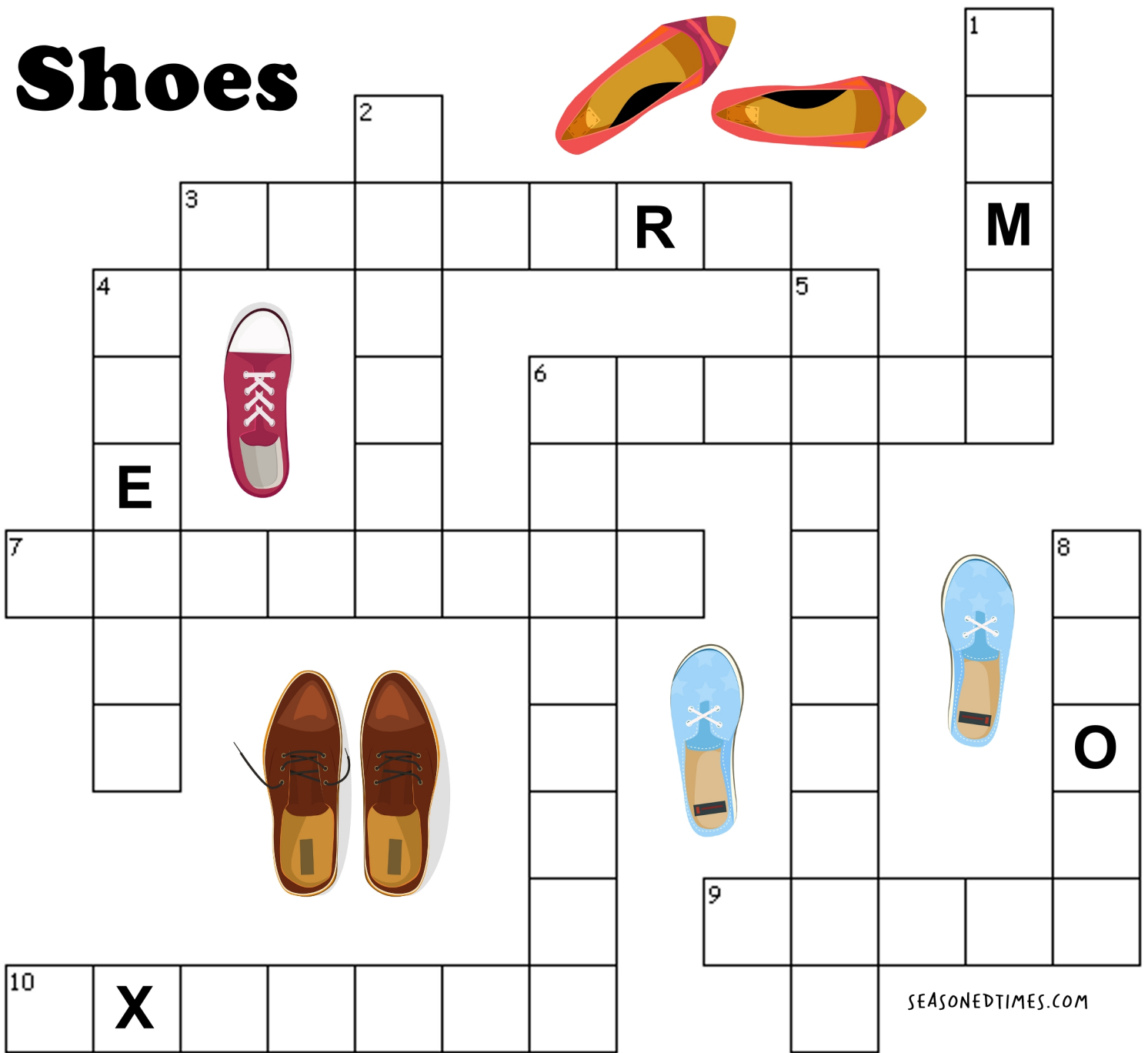
sandals

slippers

flats

clogs

# Shoes



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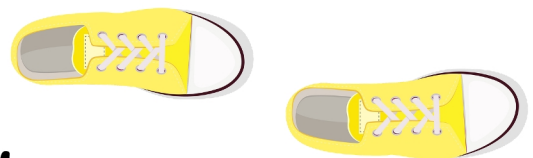
## ACROSS

3. Shoes that can be slipped on the foot
6. Attached to a runner or a set of wheels
7. High waterproof shoes, usually made of rubber
9. Cover the feet, ankles, and sometimes the lower leg
10. Leather shoes that lace



## DOWN

1. Shoes with a kitten or higher heel
2. Waterproof attached boots and pants
4. Shoes with metal, rubber or other material protruding from sole
5. Shoes with high, very narrow heels
6. Casual shoes with rubber sole designed for exercise
8. Shoes with a thick wooden sole



# Shoes Crossword Solution

## ACROSS

- 3 – Shoes that can be slipped on the foot – **LOAFERS**
- 6 – Attached to a runner or a set of wheels – **SKATES**
- 7 – High waterproof shoes, usually made of rubber – **GALOSHES**
- 9 – Cover the feet, ankles, and sometimes the lower leg – **BOOTS**
- 10 – Leather shoes that lace – **OXFORDS**

## DOWN

- 1 – Shoes with a kitten or higher heel – **PUMPS**
- 2 – Waterproof attached boots and pants – **WADERS**
- 4 – Shoes with metal, rubber or other material protruding from sole – **CLEATS**
- 5 – Shoes with high, very narrow heels – **STILETTOS**
- 6 – Casual shoes with rubber sole designed for exercise – **SNEAKERS**
- 8 – Shoes with a thick wooden sole – **CLOGS**





BALLET FLAT  
CLOG  
COWBOY BOOTS  
DOC MARTIN S  
ESPADRILLES  
FLIP FLOPS  
LOAFERS  
MARY JANE S

MOCCASIN  
MULES  
OXFORDS  
PEEK TOE  
PENNY LOAFERS  
PLATFORM HEELS  
PUMPS  
SADDLE SHOES

SANDALS  
SLING BACK  
SLIPPERS  
SNEAKERS  
STILLETOS  
WEDGE  
WINGTIPS