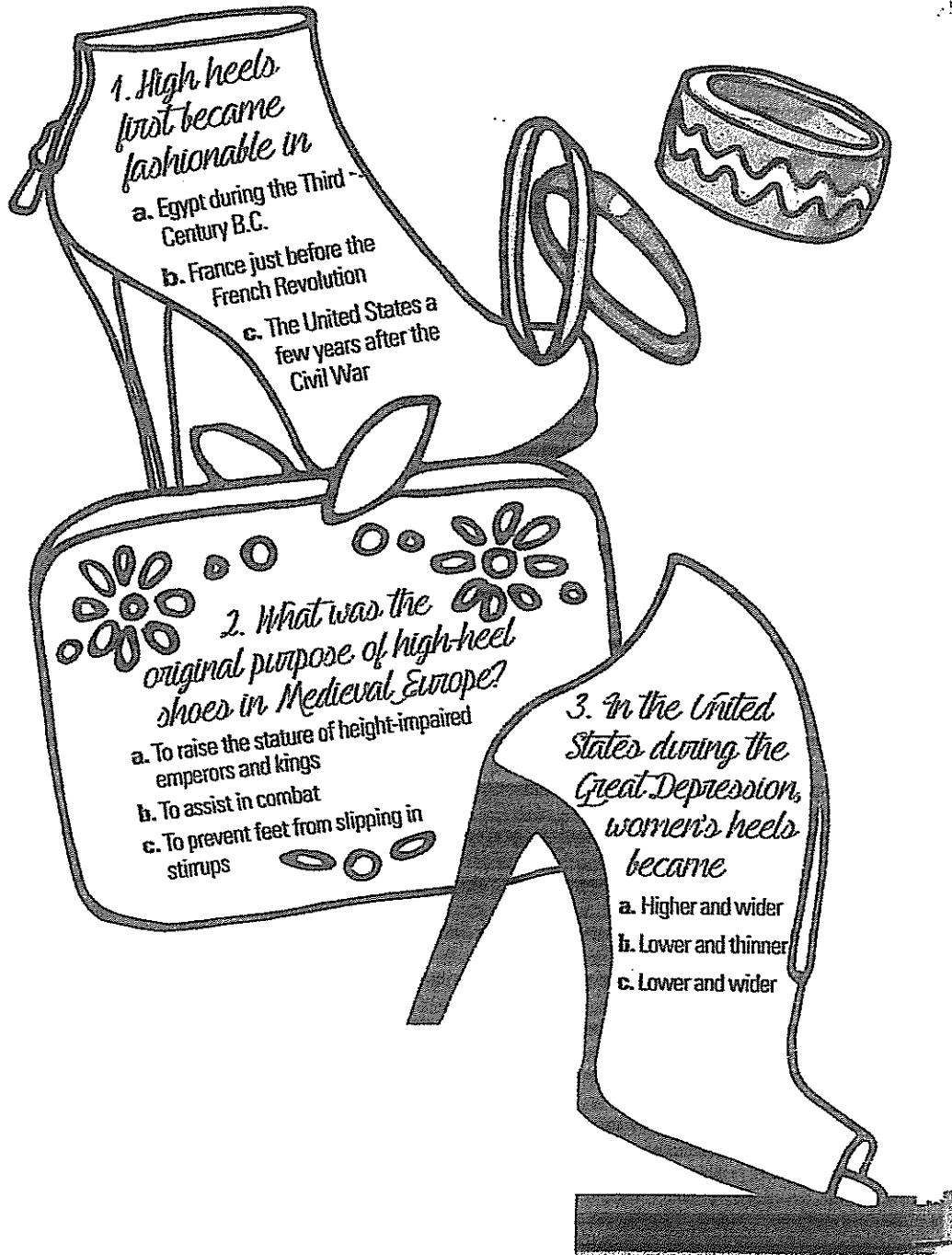
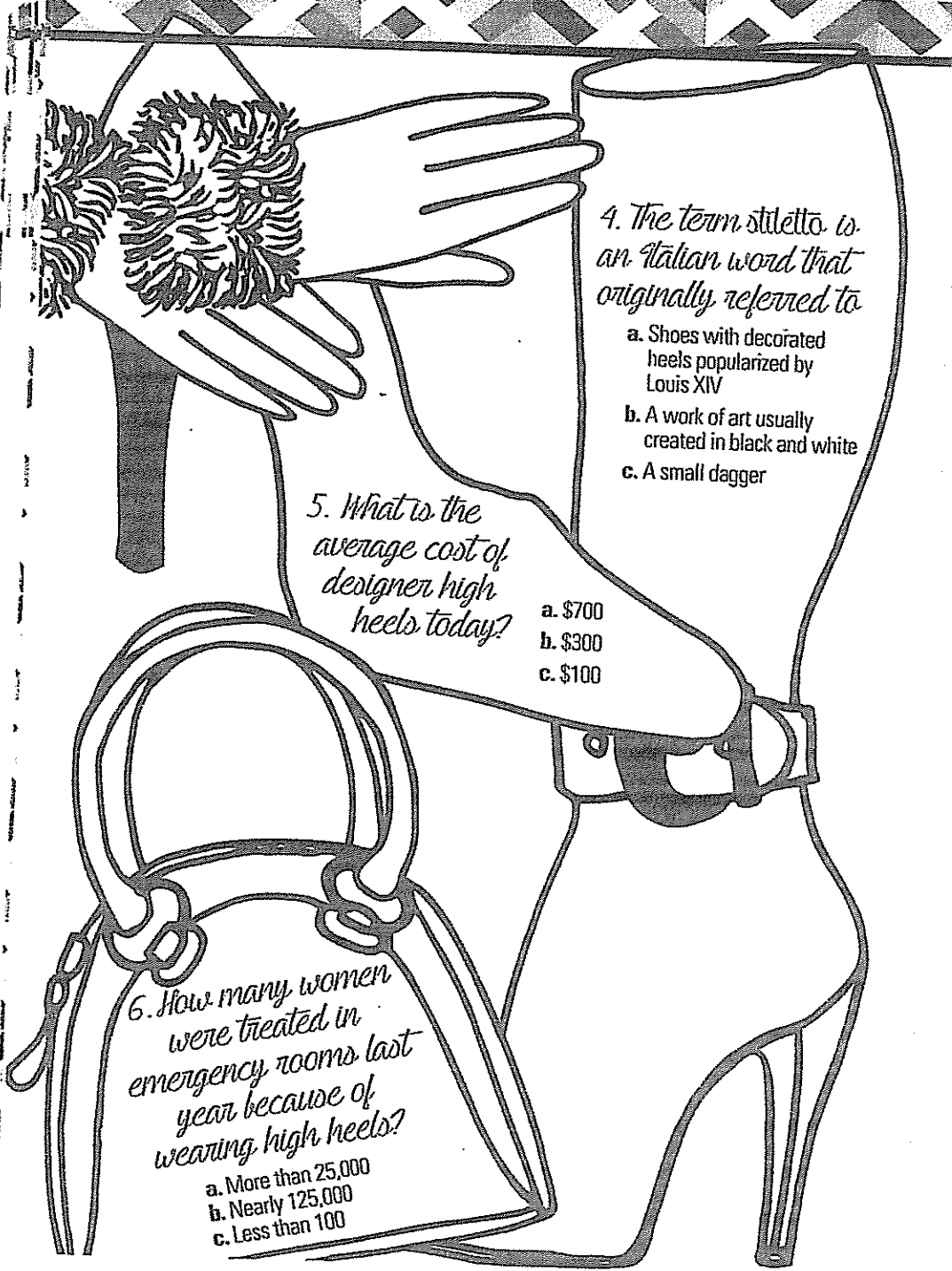


For Fun & Friendship

Work with a partner or in your small group to see how many of these questions about high heels you can answer correctly.



Answers: 1. Ancient Egyptian murals dating several centuries before Christ depict the nobility--- both men and women---wearing high-heeled shoes, possibly to distinguish themselves from the peasants who ordinarily went barefoot or wore sandals. 2. During the 1600's, riding boots in Europe had large,angled heels to keep a rider's feet from slipping in the stirrups. Modern-day cowboy boots kept this design for the same reason. 3. Lower and thinner. In the 1930's, Audrey Hepburn popularized "kitten heels" in movies like *Breakfast at Tiffany's*.



4. The term stiletto is an Italian word that originally referred to

- a. Shoes with decorated heels popularized by Louis XIV
- b. A work of art usually created in black and white
- c. A small dagger

5. What is the average cost of designer high heels today?

- a. \$700
- b. \$300
- c. \$100

6. How many women were treated in emergency rooms last year because of wearing high heels?

- a. More than 25,000
- b. Nearly 125,000
- c. Less than 100

Answers: 4. *Stiletto* is the Italian word for a small dagger with a slender, tapering blade. 5. The average cost of true designer heels today is around \$700.00. 6. Nearly 125,000 women seek treatment each year for injuries caused by high heels. These include some falls and broken bones, but most injuries are sprains. Podiatrists also believe high heels are responsible for spinal misalignment, foot pain, and musculoskeletal issues in the lower back, legs, ankles, feet, and toes.

For Fun & Friendship

See how quickly you can unscramble the following letters to spell different types of footwear.

1. PERLISP
2. YOBOCW TOBO
3. TALFS.....
4. FLLIOPP.....
5. UMPSP
6. TLESAC
7. FLAER.....
8. HHIG EHESL
9. KESAENR.....
10. APT OESHS.....



Answers: 1. SLIPPER, 2. COWBOY BOOT, 3. FLATS, 4. FLIPFLOP, 5. PUMPS, 6. CLEATS, 7. LOAFER,
8. HIGH HEELS, 9. SNEAKER, 10. TAP SHOES