

# A review on panorama of footwear : Styles, etiquettes and maintenance

■ S. Aishwariya

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■ **ABSTRACT :** The choice of footwear is believed to be directly reflecting the personality of the wearer and their attention to detailing. This paper deals with interesting choices of footwear for men and women. Detailing to the silhouette of the shoe, the nature to raw materials used and the significance in selecting a particular footwear is discussed. As the review moves ahead, the factors to be considered in selecting footwear, the way it can accessorise a suit or dress are also explained. Appearance, sizing, fitting the key elements that are to be kept as the focal point in shopping are also explained in detail. The last part of the paper implies awareness that it important in caring and maintenance of the shoes.

■ **KEY WORDS:** Footwear, Shoes, Styles in shoes, Shopping shoes, History shoes

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Author for correspondence :

S. Aishwariya

Department of Textiles and  
Clothing, Avinashilingam  
University for Women,  
Coimbatore (T.N.) India  
Email : aishu55@gmail.com

Footwear is a billion-dollar industry in today world. The new born's tender feet are required to be covered with soft wool like socks. The toddler wears pretty design and lights incorporated at the sole to make the shoe more attractive. It is inevitable to think of a school going child without the shoes. The professional look of an adult is never achieved without a formal shoe. It can wedding, reception, get-to-together, outing or a girls party, women have a clear picture on what can be suitable for that occasion. In gymnastics and sports, the efficiency of the person and performance depends on the shoes. There is one shoe for everyone who has a need: athlete, cyclist, trekker, biker, football player and ski diver. This marks the worth of elaborating on the panorama of choices in footwear for both men and women along with the way it can be worn and the

basic care and maintenance required [1].

Shoes helps in giving a professional outlook, where even a bit of height in a person can imprint a majestic look and grace on a person. Heels are the extra height that is incorporated by shape modification in footwear. These are usually done by sing strong material like wood or hardened rubber. Some popular styles are explained.

## Women's footwear choices: Heels

### Kitten heels:

This heel type has average height. It is a short, delicate and very flattering look on the wearer. The advantage of this heel type is the fact that is highly versatile and has a great comfort level.



*Wedge heels:*

The construction of this made such the heel and sole is made as one piece. This flat bottomed gives extreme sense of comfort for the wearer enabling ease in whole day wearing. It can be a good choice for anyone who wanted an increase in height, through heels. It can be a good way which does not require much practice in walking and also may not have huge health hazard on the wearer.



the sole, that helps in reducing the impact of the lower part of shoe with the ground. These are mostly used by every age group and in specific the adulthood women as a casual wear. Short or long skirt, skinned or flared pants, this shoe can fit in the fashion look perfectly.



*Stacked heels:*

The shoe that is used best for the formal occasions and other western wear like trousers are stacked heels. This style offers additional formal look by the use of leather and accessories like metal zip that enhance the appearance beautifully.



*Platforms:*

People who are short and required gradual height increase but worried on trying pumps, and feeling old fashioned to wedges, usually opt for the stylish platforms. These are shoes that have heel and the shoe base both working towards increasing the overall height of the person. Technically the heel is very high among all choices. There is more support and stability in these styles.



*Stiletto/ pumps heels:*

The sexiest and glamorous looking heel type is called pumps and stilettos. This is usually referred to heel that has height more than six inches and best suited with skirts and trousers. It can be very dangerous when sharp and pointed heels are used, as one might step on someone's foot in a crowd and that can be dangerous.



*Sling back heels:*

When the shoes are having a buckle or elastic band behind the shoe to hold the shoe from removing off they are called sling backs. This is expected to be the most comfortable shoe type.



Co-stars of the 007 movies, are commonly seen with such heel types and performing even stunts in these heels. The noteworthy fact is, it needs through practice not to incline forward and to walk without dripping off. It is one of the trending topic in the you-tube, where fashion bloggers teach how to maintain balance and grace while walking in a stiletto.

Pumps are heels that are upto one inch. It differs from stiletto in terms of heel size only. The end is usually closed and sometime semi opened – peep toe type. This is a very elegant and stylish shoe type that is suitable for any category and much preferred by females. The characteristic feature is low cut vamp and usually with no fastening.

*Ankle strap heels:*

When the strap has buckle at the ankle level. It will look in a horizontal manner showcasing a very stylish and fashionable look. Other petty varieties include cone heel, spool and chunky heel, which are named based on the shape of the heel [2-7].



*Flats:*

These are shoes that has the minimum heel, through

It is important to start with the minimal heel size in the beginning to enable practising in walking as well let the body be used to placing the weight on the knees. Walking here should always be done by kicking in the heel and then placing the foot on the ground. This gives good posture in walking. Also, it is quintessential to never wear the new slipper on a big day, but to practice it nicely before wearing it. The choices of heel types to the garment is suggested as below :

- Ankle length flowing skirt : Wedges
- Pencil skirt : Wiletto

- Loose trouser : Platforms
- Flats: cropped pants : Knee length straight skirt
- Boots : Western outfit
- Tapered jean : Wedge heeled boots
- Stacked boots : Flared culottes [8]

### Men's footwear choices:

A survey done in the US reveals the fact that 64 per cent of women, judge the fashion sense of the men by looking at his shoes [9]. It was also suggested that his personality, attention to details and financial position is all evaluated by looking on his shoe selection.

#### Oxford shoes:

This is the most preferred footwear for formal occasion. Oxford have lace and tongue and has a very sleek look.



#### Wing tip brogue:

These are low heeled oxford shoes. Oxford is called as brogue in Ireland and Scotland. This has a little bulky appearance. Wing tip is the name given considering the look of the shoe which resembles the flying birds wing. This is best matched with heavy fabrics and tweed and flannel woven socks.



#### Blucher shoes:

These shoes are made inspired from the Napoleon's opponent General Blucher. The beauty of the shoe is that the sides of the shoe, is overlapped in the front and lace is used to wrap up the shoe. Another stylish part is the front of the shoe extends behind to form the tongue that enable closure.



#### Slip on:

The college goers most preferred shoes are slip on. These are the most comfortable and convenient among the shoe category. When it is in a low-cut



form, it can be used in formal wear too. Casual slip on is called weejun or moccasin, this is made from leather and soft sole in the lower portion.

#### Side gusset shoes:

The shoe designer of Queen Victoria J.S. Hall. The most stylish shoe has elastic on its sides, that enables easy flip on.



#### Monk strap shoe:

The European monasteries was wearing this style for many centuries. The broad strap and tongue makes it extremely comfortable. The saddle buckle is a very iconic feature in this shoe.



#### Turf shoes:

The two eyelet shoes, that extend upto ankle length is called turf or suede desert boots. This is unlined and usually made of leather or rubber. These can be extremely durable and less formal than brogue.



#### Spectator:

John lob designed a specific style of shoe for the cricketers. This is made using black leather in the front where the abrasion can be maximum and the combo white is made from white suede/ pseudo leather.



#### Norwegian:

This is the best shoe for outdoor activities. One can observe vertical hand stitching, thick leather and country type hard sole [10-12].



#### Toe styles:

The rear end of the shoe is called toe opening which

has different styles as pictured below. The commonly used styles are peep toe, key hole, round, almond, square and pointed. Based on the occasion and fashion choice of the particular person the toe type can be selected. The peep toe is great for post- pedicure invite. The short skirts can be matched with key hole. Exposing of the toe, gives an illusion of added height of the particular person. Round and square are mostly associated with school and university for formal wears. Almond and pointed are common among female footwear fashion.



### Styling with shoe:

The best way to choose a shoe, is to match the texture of the dress and that of the shoe. Colour of the shoe should be precisely based on the colour of the dress as well. Example. Black and brown shoes go very well with shades of grey and blue. Any shade of leather will be a suggestable one for blue and grey suits. The wooden base colours do not match up with black. Similar note black is always associated with black shoes only [13].



The best combos of shoes and dress types are suggested below

- Lace up : executive wear
- Slip on : casual wear
- Moccasins: casual wear
- Sneakers/sports shoe/ sandals: Jean/ track pants

- Jooties: Indian traditional wear like lungi, sherwani.

### Tips to remember while selecting shoes:

After having to known on the varieties, it is important to remember few important points. One should remember that evening is the best time to go for shoe shopping, because of the nature of foot to be swollen during evenings. In the online shopping, the length of the foot is measured by using a scale looing on the thumb and the back of the sole, the highest point in the foot. It is a fact that six among ten, have one feet larger than other. Considering this it is important to choose for a larger size and for the smaller foot, an insole can be used to manage the extra space. In order to check the fit of one shoe and determine if it is right or wrong, we can place one finger in the top of the feet. This one finger gap is irony for good fit of shoes. In case of sandals or slipper, one can check the fit by using the floor-level mirror installed in the footwear shops. One should understand that the feet lends to grow long and wide. Size will change every two years. We can check the foot scale kept in a footwear store for the latest size. For the same reason, fashion consultants suggest not to invest more into shoes of children below twelve years [14].

### Appearance, size and fitting:

Footwear should be selected based on the occasion to wear it, body type, height, comfort, shape of heel and shape of body should be matched. Silk, satin and velvet are the common materials used in making the top layer of the shoe. Panty hose, shoe liner, socks can be used to accessorise footwear. When the shoes are worn in contrast colour it breaks the height of the silhouette. When nude shades give an illusion of the person appearing taller. It is important to wear proper shoe for the right occasion: Eg: a narrow stiletto will be a bad choice for a running around event like college function or a cousin s wedding. A comfortable shoe will enable you to walk around freely without hurting the skin and feet. Eg: wedges and platform s area a good option for regular wear [15].

Size and fit are very important factors and different brands have different size. Usually a new shoe is meant to be worn quiet often to get the set right for one's foot size, both in the left and right. During selection of high heels, one can try wearing the shoe and then lift the body a bit up standing on the shoe and if balance is able

to be maintained, it can be purchased.

As per words of fashion consultants, it is advised not to use footwear all the time but only when it is needed. Polishing shoes is done in circular motion. When shoes are made from pure leather, it is advised not to expose to direct sunlight. Storing of shoes can be done by stuffing with shoe shaper as dummy or just crushed papers. Also, the stacking of shoes is advised to be done one above other and variety of box varieties made of plastic, wood, paper, cloth and bags are available [16].

### Care and maintenance of footwear:

#### *Cleaning the shoes:*

The proverb stitch is nine saves nine is very much associated with shoes. It is always manageable to handle mild issue and to get it fixed on spot. This applies to the fresh dirt as well. In order to keep white shoes clean, baking soda can be used. Mixing soda and water along with gently rubbing over the shoe helps in restoring the whiteness. In order to create dual benefit, lime water with vinegar in 1:1 can be sprayed. This removes yellowness and also the foul odour from the shoes. In leather shoes, stains can be easily removed by using nail remover. Many DIY spot the use of Colgate tooth paste as the best life hack for white shoes. To avoid shoe being spoilt during rain walks or trekking, it can be waterproofed by dipping in wax-based liquid that makes it waterproof. The expensive shoes, soiled and gone old, can usually be used for gardening purpose, rather than discarding [15-17,20].

#### *Foul odour:*

The British invasion brought in the system of the not so good idea of shoes symbolising formal wear. Everyone might have thought in one point on how it is advisable when people in tropical country like India, exposed to sweat tend to use shoes. Foul odour from the shoes can be the biggest issue for men who wear shoe in such a tropical country like India. In order to overcome foul odour, two to three tea bags can be kept in the shoe overnight. Another alternative is by spraying vodka or hydrogen peroxide. Changing insoles frequently and use of socks can avoid foul odour from shoes [15-18]

#### *Blisters:*

The thumb rule in having a friendly bond with the footwear is to wear it when foot is dry. Similar to wearing

dresses when being wet, slippers can cause blisters when worn in wet feet. Shoes that are just fit, can be made a bit more comfortable, by wearing sock and shoe at home, so that it just eases a bit. Still the tight and crunched feeling stays, the blow drier can be used to blow hot air over the shoe on wearing it. This makes the fabric to expand a little giving some room for the fingers.

In cases where the shoe cause blisters or small wounds, deodorant can be applied on the feet, that help in easy gliding. Baby oil or talcum powder can be used for the same purpose. The band-aid from the first aid kit is extremely beneficial to be pasted on the skin and avoid the contact points between skin and shoes. It is also very interesting to see silicone stickers and also self-stick fabric tapes safe for skin, used along with footwear, to prevent abrasion and rashes on the skin. [16-17]

#### *Footwear etiquettes:*

Covering the toes is essential, even if they are very well maintained. Jean pants should never match with shiny shoes. Patterned socks are the best in comparison with white socks. Exposing of white socks is not very appreciated, even if worn, it should not be exposed. The best way to match the shoe is to match it with the colour of the belt. While walking, it is important not to drag the shoes which is seen as a sign of immaturity and sluggishness. One should avoid walking in dirt and dust to maximum possible. Also, shoes are an accessor that should not be exchanged. [19]

### Conclusion:

Footwear industry is growing at an enormous rate. Everyone around the globe own on an average three to five shoes, and shop thrice annually. These are facts and reports that suggest the importance of knowing on the different styles available, its history, the ways to style a shoe, care, maintenance and basic walking etiquettes which has been addressed in the paper.

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