

Shmanners 180: High Heels (LIVE!)

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Teresa: Let me tell you about a shoe.

Travis: Bless you.

Teresa: No, it's Shmanners!

[theme music plays]

[audience cheers]

[cheering continues and gets louder]

Travis: Hello, internet, and Pittsburgh!

[audience cheers]

Travis: When I started to say the name of the city, for a second nothing came to mind.

Teresa: [laughs]

Travis: And I almost said another word. I don't know what that other word would've been, but anyways, here we are! I'm your husband host, Travis McElroy.

[audience cheers]

Teresa: And I'm your wife host, Teresa McElroy!

[audience cheers louder and longer]

Teresa: They do that on purpose, you know.

Travis: I know.

[audience laughs]

Travis: And you're listening to and watching Shmanners!

Teresa: It's extraordinary etiquette...

Travis: For ordinary occasions! Hello, my dove.

Teresa: Hello, dear.

Travis: How are you?

Teresa: My feet hurt.

[single loud cheer]

Teresa: I'm pregnant, so everything hurts.

[audience cheers]

Travis: There are some people here that are really excited that you're pregnant!

[audience laughs]

Travis: What do *you* know?

Teresa: Let them be excited. They don't know.

Travis: I'm a little sleepy because our darling, darling, beautiful child today decided she did not want a nap.

Teresa: Mm.

Travis: And, in turn, also did not want me to.

Teresa: [laughs]

[audience laughs]

Travis: And she just wanted me to keep my eyes open and look at her. And finally I said, "Hey. Daddy's gonna sleep for, like, 40 minutes. Please let him sleep."

And then she *did*? And then I woke up, and she was still there, fine. But then I had the thought, "What have you been doing for the last 40 minutes?"

[audience laughs]

Teresa: [laughs]

Travis: No idea. So, this episode, tonight, I wanted to learn about—so I asked my wife to research—the history of high heels.

Teresa: Gave me a job to do.

Travis: Yes. Uh, because I am a recent, new high heel-wearer.

[audience cheers]

Travis: Um—

Teresa: Now, I would argue that you have been wearing cowboy boots for several years. Maybe a decade, and those are high heels!

Travis: I mean... yeah.

Teresa: They're not flats!

Travis: But I think you would be hard-pressed if you said "Nice heels" to somebody in cowboy boots that they would know what you meant.

Teresa: They're still heels. They're not flats.

Travis: I mean... yeah, I get what—you're right. You're technically correct—

Teresa: I am.

Travis: —which is the best kind of correct.

Teresa: Yes.

[audience cheers]

Travis: But we all understand that they're not normally referred to as "heels."

[pauses]

Travis: Okay.

Teresa: Maybe.

[audience laughs]

Travis: Are we gonna talk about this in the car?

Teresa: [holding back laughter] I think we are!

Travis: [holding back laughter] Okay.

[audience laughs]

Travis: Well! Uhh... that was it, folks! The end of the podcast. Um, but—so, I'm—okay. We've done a lot—this is, like, part of our accessories series, right? And I'm going to bet that heels is something that falls into, like, we've been doing it for a way long time, right?

Teresa: Absolutely.

Travis: Like, I don't—I'm not thinking BC, but I'm not *not* thinking BC.

[audience laughs]

Teresa: Um... evidence of heels before BCE are really, like... probably nonexistent. But! But ancient Greeks, um, also ancient Egyptians, also the ancient Japanese! So—

Travis: Okay. So, long, long ago.

Teresa: —a long time. A long time.

Travis: Okay.

Teresa: A long time. So, okay. Like a lot of things that become popular in fashion, like makeup, like wigs, it was a male thing!

Travis: Okay.

Teresa: It started out—you—you look incredulous, but we've talked about this—

Travis: No, no, I already knew that.

Teresa: Oh, okay.

[audience laughs]

Travis: Sorry, that was my "Uh-huh?" face.

Teresa: I see.

Travis: I don't get to use it a lot.

[audience laughs]

Teresa: I see. Um, so then—let's break it down into the different kind of styles of heel, because it also corresponds throughout history.

Travis: Okay. Cowboy boot.

Teresa: No.

[audience laughs]

Travis: Ah!

Teresa: I mean... not yet.

[audience laughs and applauds]

Travis: Got her.

Teresa: Not yet. Although—okay. You're getting ahead of me! Please let me talk about my timeline!

Travis: Okay.

Teresa: Um, so the first recorded, uh, records, [fake laughter]—sorry for the redundancy—um, of elevated shoes belongs to ancient Grecian actors, so these were known as cothurni.

Travis: Okay.

Teresa: [sounding out the word] Co-thur-ni. Yeah, I said that right. Yeah.

Travis: I understand why they're not called that anymore.

Teresa: Um, and basically these were shoes made with wooden or cork bases that could be up to four inches tall, four inches thick, and basically it was part of the costume. It let the audience know the status of the characters. So, the higher the shoes, the higher the status.

Travis: So, like, *very* literal. Very, like—

Teresa: Absolutely.

Travis: Much like cats.

[audience laughs]

Travis: The higher the cat... the better the cat.

[audience laughs]

Travis: That's just true of cat psychology. That is a thing, I'm not making that up! [laughs] It's not like I, Travis McElroy, think "Ooh, that cat's way up there! *Nice.*"

[audience laughs]

Teresa: I'm unfamiliar with the cat thing. I mean, I—

Travis: What? That's why you get cat trees! With different levels so it's like, "Hey, cat. You're the—" that's why there's the phrase "top cat!" And a cartoon! 'Cause he's the top cat. 'Cause the higher the cat... the better the cat. That's just science!

[audience laughs]

Teresa: Like catnip?

Travis: No, not like catnip! Not a drugged cat! I mean, physically, vertically higher! A cat on the plane is the best cat.

[audience laughs]

Teresa: [through laughter] Cats do not like being on airplanes.

Travis: No, because it's too much power!

[audience laughs loudly and applauds]

Teresa: Anyway, what was I talking about? Shoes.

[audience laughs]

Teresa: Not cats. Um, so—

Travis: Cats—cats in shoes. Hm, could make a good story.

Teresa: Stop.

[audience laughs]

Teresa: [sighs] I spoke about the ancient Greeks. Next are the ancient Egyptians. They wore elevated shoes as well, but probably not, again, for everyday use. Mostly for religious ceremonies and in, you know, different kind of murals and such.

Um, we're not exactly sure why, couldn't ask 'em, so, uh... probably—

Travis: Not yet.

Teresa: —probably, again—

Travis: Time travel.

Teresa: —has something to do with being higher, being close to the gods, in that sort of idea. Um, so how did the high heeled—the platform shoe, at this point—the platform shoe get into our everyday kind of spaces? Uh, Elizabeth Semmelhack, who was the curator of the Bata Shoe Museum in Canada, which, by the way, looks like a shoebox.

[audience laughs]

Travis: Don't most buildings look like shoeboxes, when you think about it?

Teresa: Yes, but this one on purpose.

Travis: Oh, okay.

[audience laughs]

Teresa: Um, her theory is that Persian riding shoes were what got the high heel from ceremony to the streets, which is why cowboy boots make a lot of sense as high heeled shoes, because the space between the sole and the heel helps keep your foot in the stirrups.

Travis: Okay.

Teresa: Ya burnt.

[audience cheers and applauds loudly]

Travis: I have to do a lot more show tonight, and now I'm devastated.

[audience laughs]

Travis: I don't know how I'm gonna move forward—you know what? [holding back laughter] The rest of the show's canceled.

Teresa: [laughs loudly]

[audience laughs]

Travis: It's Teresa's fault. Okay.

Teresa: So, these Persian riding shoes, um, were made in order to, like I said, help keep the foot in the stirrup. Also, uh, help one to stand up on the horse so you can shoot more accurately.

Travis: Mm-hmm.

Teresa: Um, so—

Travis: I don't know why I disagreed. Like, yeah, of course.

Teresa: Mm-hmm. Yes. Mm-hmm. Makes sense.

[audience laughs]

Travis: Of—yes, totally.

Teresa: Have you ridden a horse and shot a bow and arrow?

Travis: Not at the same time... yet.

Teresa: Yet.

Travis: Still wanna get good. [laughs]

Teresa: [through laughter] Okay.

Travis: I don't want my first time doing either to be at the same time.

[audience laughs]

Travis: That feels like hubris.

Teresa: Got it. Um—

Travis: Also, the horse would see me coming and be look, "Ooh... could we *not*?"

[audience laughs]

Teresa: [laughs] Uh, like a lot of things that the Persians did at the time, they were very fancy shoes. They were blinged out, um, they were often made of

luxurious materials, they were bright colors and designs. You could really, like—they were eye-catching fashion pieces.

Um, and so when the Shah came to touring Europe in the 1500s, not only were they like, "Hey, this—you're a really cool dude. *Dang*, look at those shoes!"

Travis: Yeah.

Teresa: And so everybody wanted 'em. Um, and at that point European heels became status for royalty. Um, because you pretty much had to get them custom made. The materials weren't very sturdy. I mean, if you're talking about a wooden shoe, it's not gonna last a super long time.

Travis: Not very practical.

Teresa: Yeah. Um, and the uppers of the shoe usually had to be made from things like silk, or animal hide. Which I think you could probably sweat through really easily, right?

Travis: Yeah. Yeah.

Teresa: Yeah, totally. But—

Travis: [emphatically] Trust me.

[audience laughs]

Teresa: Oh. So—but if we're gonna talk about the European style, we *have* to talk about the Sun King, Louis XVI.

Travis: Yeah! I assumed so.

[scattered cheers]

Travis: That fool *loved* heels.

[audience laughs]

Teresa: Loved 'em.

Travis: Did he?

Teresa: Yeah!

Travis: Okay! I figured I could go either way. If you were bringin' him up, he probably didn't have *okay* feelings about them one way or the other.

Teresa: Uh, so he only stood 5'4", um, which really wasn't that short for the time, but being tall was associated with being dominant, and so in an effort—

Travis: That's why I'm glad I'm 6'9". *Nice.*

[audience laughs and applauds]

Teresa: [indulgently] Yes you are, honey.

Travis: I'm very tall!

Teresa: You are.

[audience laughs]

Travis: Wait, what did you say?

Teresa: Um, so he would have up to four inches on his own shoe added, and he even developed kind of a trademark look, which you can see in a lot of portraits, of the heels are colored red, which supposedly was the inspiration for Louis Vuitton, uh, when he created his trademark—

Travis: Oooh!

[audience laughs]

Teresa: —trademark red soles.

Travis: Okay.

Teresa: I mean, that's pretty—

Travis: Okay.

Teresa: —well, fine.

Travis: I thought you were gonna say, like, "Supposedly because he was walking in the blood of his enemies."

[audience laughs]

Teresa: No...

Travis: No.

Teresa: No. Um, he—

Travis: That's probably what he said, though.

[audience laughs]

Teresa: Everybody wants to dress like the king, though, and so it was very popular to paint the heels of your shoes red, but, like, Louis was like, "No, this is *my* thing." Uh, so he actually outlawed the color for people other than his very close circle.

[audience laughs]

Travis: Outlaw—wait. Outlawed the color red?

Teresa: On your shoes.

Travis: Oh, okay. I thought you were just saying, like, "From now on, red's mine!"

[audience laughs]

Teresa: The red *shoe* is—is his, basically. Okay. So, all of this has been about the kind of male domination of this fashion statement.

Travis: Yes. This is what—this is the main reason, like, I asked about it as a recent, uh, wearer of high heels, right? I knew that that was a thing, especially, you know, 1600, 1500s Europe. Why did it go out of fashion for dudes and become predominantly seen as, like, a female, like, woman's fashion?

Teresa: Well, first of all, like everything that's cool, the ladies stole it. And in the 1400s, um, specifically people in Venice, women in Venice, started to wear something called a chopine, uh, which is... like, it's like the Lady Gaga style, like, giant platform heel. Uh, could be up to two feet tall—

Travis: [loudly] What?! Those are called stilts!

[audience laughs]

Travis: No, no, no! That's a household device to help get things off tall shelves.

[audience laughs]

Teresa: They—

Travis: That's a shoe you put on and say, "I'm doing *nothing* else today!"

[audience laughs]

Teresa: Yeah. Well, so they were used in order to keep ladies' other shoes, like the ones made out of silk, out of the—the wetness of Venice. Um, so I mean, it was basically just, like, glorified galoshes, right?

Travis: Well, two foot tall galoshes.

Teresa: Well, yeah. Um, so then—the thing about these shoes, uh... the Italians were like, "These are amazing, we invented them," and then Japan was like, "What? We've been doing this forever. You totally stole this idea from us."

So, in order to keep very expensive kimonos from getting wet when walking through puddles, they would wear something called okobo, which were solid wooden blocks, like, basically these little—like, I mean, stilts, like you said. Usually around seven to ten inches tall. Um—

Travis: You know, though, even as I'm saying it, high heels are also like little stilts.

Teresa: Yeah!

Travis: You know, when you think about it, aren't all shoes stilts?

[audience laughs]

Travis: [sing-song] All shoes stilts.

[audience laughs]

Teresa: [laughs] But they really didn't become a woman's item, a quote "woman's item," until Catherine de' Medici, when she married the Duke of Orleans, she was 14 years old, which is, like, a whole other.. thing. [sighs] That I'm not gonna talk about today.

[audience laughs]

Teresa: But, she wore a pair of heels during the ceremony in order to make her look taller, therefore older, therefore—

Travis: Less weird.

Teresa: —less weird. So this was, like, a major gender role bending move, uh, for the age. And this was... the sort of—like, this was the catalyst that made it so that, "Ooh, look! The Queen did this thing, and this is usually for men, and she's very powerful, so I'm gonna do it and feel powerful, too."

Travis: I hope that someday, hundreds—centuries from now, hundreds of years, someone is doing whatever form of podcast exists then—maybe it'll be exactly the same, because it's perfect—someone'll sit there and go, "When did such and such, this huge, huge trend start?"

Like, "Well, one day, this one guy named Travis did something, and everybody was like, 'We're all going to do that now!'"

That's my dream. That's how I've decided to live the rest of my life.

[audience cheers and applauds]

Travis: [through laughter] I just need to figure out what it is.

[audience laughs]

Teresa: So, heels for women really just hit, like, the very tip top in the 1630s, because this was a time where women in general became fascinated with the

androgyny, right? Uh, the idea of smoking pipes and dressing masculine and wearing heels was kind of a... you know, an assertion, you know—

Travis: Yeah.

Teresa: —asserting their—their independence and, you know, "We're just as good as men" type deal.

Travis: Yeah, you know what?

Teresa: Preach.

[audience cheers]

Travis: Yes.

Teresa: And then people tried to outlaw it. [laughs]

[audience laughs]

Travis: Huh!

Teresa: Yeah. Uh, so in France particularly, women were, uh—were forbade by law from wearing them, because they were blamed on traffic accidents?

[audience laughs]

Teresa: And miscarriages.

Travis: Huh!

Teresa: I know, right?

Travis: I'm no scientist, but no!

Teresa: Probably not!

[audience laughs]

Teresa: Um, and most chopines at this time were primarily worn by sex workers, so that they—you could see them above the crowd and pick 'em out, "I want that one."

Travis: [laughs] I mean, that both makes sense and is, for some reason, very funny to me.

[audience laughs]

Teresa: Yeah.

Travis: "[quietly] Hey, um... do you think she's just tall, or...?"

Teresa: [laughs]

[audience laughs]

Teresa: Um, this really continued throughout the French revolution, where anything seen as aristocratic was bad news, and was about this kind of new world order. Um, and so people—they fell out of fashion almost completely. Uh, same thing here in the US. The Puritans banned heels, saying that they were—

Travis: Because they're Puritans and they banned everything. Boo, Puritans!

[audience laughs]

Travis: Booo.

Teresa: They said specifically that they were seductive, and instruments of witchcraft.

[audience cheers]

Travis: Eh... I've got some pretty witchy boots.

[audience laughs]

Teresa: But, who do we have to thank for a lot of the things we love today? Those Victorians, they brought 'em back.

[scattered cheers]

Teresa: Uh, it wasn't the focus on the heel, though. The height of the heel was used to create a curvature of the instep, so if you take a look at—that's the top of your shoe.

Travis: No, I know.

Teresa: Okay. If you take a look at a lot of Victorian boots of the era, there's this very exaggerated kind of mound of the instep, and that's all created by the placement of the heel, even though a lot of them are very small. Um, it was synonymous with femininity, and refinement, and sophistication.

Travis: So, if I'm following this timeline correctly, I'm actually a little disappointed that it doesn't seem like there was a clear, like, "And that's why dudes stopped wearing heels." It just seems like they fell out of fashion, and then when they came back in fashion—

Teresa: They were for ladies.

Travis: —like, guys just didn't pick it up. So it's almost like—it makes no sense why anyone would not wear them. Like, everybody can wear whatever they want, is what I'm saying.

Teresa: Yeah.

[audience cheers loudly]

Travis: 'Cause I tell you what, I got—I got some pairs now, and when I put them on, I do go from, like, 5'10" to, like, 6'2", and it *rules*.

[audience laughs]

Travis: And another addition: walking stick? It's great.

[audience laughs]

Travis: Walking stick and high heels. Oh! Oh my! Bringin' it back!

Teresa: It's a look.

Travis: Oh, it makes you feel *really* cool!

[audience laughs]

Travis: And a smoky eye? Oh ho ho! Look out!

[audience cheers and applauds]

Travis: And a pet dragon? [quietly] Okay.

[audience laughs]

Teresa: No. you don't have a pet dragon.

Travis: That's the next step.

Teresa: Uh, so—

Travis: Give me a Tad Cooper.

Teresa: —those plucky Victorians, not only did they make the instep part of the sexiness of the lady, they were also the—like, they were prolific with their erotic, uh, photography?

[scattered cheers]

Travis: For a second were you about to say fanfiction?

[audience laughs]

Teresa: No.

Travis: I thought you were gonna say, "Yeah, the Victorians wrote a *lot* of erotic fanfiction."

Teresa: They probably did.

Travis: They probably did.

Teresa: Probably did. That's what happens when your society is repressed.

[audience laughs]

Teresa: Okay. So, uh, the modern era of heels...

[scattered cheers]

Teresa: ... really starts after World War II with the invention of the stiletto.

[scattered cheers]

Teresa: Super sexy, right? Um, and we—

Travis: Dangerous, mostly.

Teresa: Dangerous.

Travis: When I think of a stiletto... I just see a weapon. In the right hands.

Teresa: Yeah.

Travis: *My* hands.

[audience laughs]

Travis: Coming this fall: Travis McElroy: Sexy Assassin.

[audience cheers and applauds]

Teresa: I'd watch that.

Travis: Right?

Teresa: Uh, they were invented by Roger Vivier for Christian Dior's fashion collections. Um, and it was, like I said, made possible by the war effort, because there would be no way to support a person's weight on such a small space were it not for steel.

Um, they had a steel kind of, like, inside backbone type deal, whereas if you were to try and make the same shape with, like, wood or even the early forms of plastic, it would just shatter under your weight.

Um, another big historical moment actually came a lot more recently. Uh, with [sighs] Sex and the City!

[audience laughs]

Travis: Huh!

Teresa: Yeah. They really revived, uh, the high heel, like, fashion market. Uh, between the two—I mean, eras—[laughs quietly] you know. Uh, high heels were kind of seen as—

Travis: You know. World War II, and Sex and the City.

[audience laughs]

Teresa: And Sex and the City.

Travis: Two of our biggest eras.

[audience laughs]

Travis: Right—neck and neck.

Teresa: They were kind of seen as, you know, shoes, you walk around in 'em. But once they started being featured on television, the fashion behind the shoe really, really blew up. And then, that's how we get—a lot of these, like I mentioned, like, Lady Gaga style shoes, the kind that force you onto a point of your toe. They kind of make you walk with your knees bent.

Um, also crescent heels, if you've seen any of these. So, the heel is actually supported by, again, steel, that's been bowed into a crescent, and this is one of the new things. 3D printed heels are now a thing, too.

Travis: Do the—do the crescent ones help you jump.

Teresa: No.

[audience laughs]

Travis: Dang.

[pauses]

[audience laughs]

Teresa: [sighs] You're so disappointed!

Travis: I just—I was picturing it of, like, "Oh, those are very fashionable. Oh no, some kind of bank robbery. Awayyy!"

[audience laughs]

Travis: I was very excited about the ver—ugh. Maybe I'll have to invent them.

Teresa: I'm sorry. You will.

Travis: Maybe that'll be my thing!

Teresa: [gasps]

Travis: "Ooh, Travis is making moon shoes a fashion item!"

[audience laughs]

Teresa: Hmm! So—

Travis: Do you have anything in there about, like, the 70's, when people had, like, goldfish and stuff in their shoes?

Teresa: No, not really. Those poor goldfish.

Travis: Those poor goldfish, indeed.

Teresa: Um, but—

Travis: Let's all take a minute—

Teresa: —the 70—[laughs]

Travis: —to think about the goldfish.

[audience laughs]

Teresa: The 70's were an era that went back to the platform style which, like I've told you, is a very old style of shoe.

Travis: Do you think that that did a lot to inform disco? Because if you think about the movements of disco, it's not a lot of footwork. Right? Lotta arms. Lotta arm work, because your feet were probably very heavy.

[audience laughs]

Teresa: Well, the steps are definitely slower than a lot of other dances, if you think about, like, the hustle, right?

Travis: Uh-huh.

Teresa: Yeah, totally. I can—I can dig it.

Travis: Yeah.

Teresa: Um, so real quick—

Travis: I have an insight.

[audience laughs]

Travis: Thank you.

Teresa: Real quickly, I'd like to go over some tips and tricks, not only about walking in shoes, but also when to wear them.

Travis: This is very helpful, by the way. Teresa was my coach as I was wearing high heels for the first time, and I could not have done it without her! [laughs]

[audience laughs]

Travis: She also helped me pick 'em out, too, which was also incredibly helpful, 'cause I kept picking what—what—thankfully my wife was there to say, "You'll die." Uh—

[audience laughs]

Travis: "—please do not wear those." And she would've been right.

Teresa: So, one of the things that you need to do it make sure that you buy the right size shoe. It's important when shopping for heels especially, because there is going to be a lot of weight on very small points of your foot, that you shop for them when you can try them on at the end of the day, after your feet have been walked on all day, and they're usually a little bigger at the end of the day. Um, and so you'll make sure that you actually have enough room in your shoe. That can prevent things like broken toes and arthritis and cramping in your calves and other places.

Um, also you really... you really shouldn't wear a heel every day, and that heel should really never go over four inches, um, unless it has a platform on it, because just, like, the spine and the way that the human body kind of, like, walks—[through laughter] which is a miracle anyway—but, like—

Travis: How do we do it?

Teresa: How do we do it? It just creates too much stress on your bones, and if you wear one that's over four inches high, those become sitting shoes.

Travis: Um... this is just a tip from me. Um, wear two. Don't just wear one heel and one flat.

[audience laughs]

Travis: That will—it will ruin your day.

Teresa: You know what, Travis? There's a rumor that Marilyn Monroe used to shave off, like, half an inch of one shoe so it would make her wiggle more when she walked.

[pauses]

Travis: Okay.

[audience laughs]

Travis: That seems wildly uncomfortable. That also sounds like, "Hey, you know, you could just do it."

Teresa: Just wiggle?

Travis: Yeah. You could just wear normal shoes and, I don't know, walk however you want.

Teresa: Uh, the other tip that is offered often is the idea of pushing the weight through your pelvis. Um—

Travis: Don't put high heels on your pelvis!

[audience laughs]

Teresa: No, honey, and keeping your shoulders back, because the more that you pitch forward, um, starting at your head, the more likely you are to trip and fall, so you wanna push back with your shoulders and push forward with your pelvis so that you can negotiate that. Um, and last of all—

Travis: And if you're about to be a first—uh, this is another piece of advice my wife gave me, which I hope I'm not stealing your last thing. But that is, uh, bring flats with you.

Teresa: Yeah. [laughs]

Travis: Um, because you will reach a point where you're like, "Oh, I've made a terrible mistake!"

[audience laughs]

Travis: "Everything I've done in my life has brought me to this moment. What was I thinking?" And then you'll put on, like, sneakers, and you'll be like, "[loudly] I'm freeeee!"

[audience laughs]

Teresa: And—and I told him to make sure that you are really done wearing those heels, 'cause you will *never* get them back on after you put the flats on!

Travis: And she was right.

Teresa: Yeah. Um, and then the last one is, you need to shorten your stride when you use a high heel, because the longer your stride is the more pressure

gets put on that heel, and it's more likely to break. So you want to shorten your stride, take smaller steps. You know, take your time! You look great. Let everybody look at you.

[audience laughs]

Travis: Also, just one more time, walking stick.

Teresa: [laughs]

[audience laughs]

Travis: It rules. And maybe, like, some kind of really quick parachute.

[extended laughter]

Teresa: [pauses] Okay.

Travis: Maybe a bungee. That might work better. And—and a friend you trust.

Teresa: Yeah.

[audience laughs]

Travis: "Whoa—whoa! Thanks, Bill."

[audience laughs]

Teresa: Now, if I may, I'd like to offer some excellent advice from our, uh—I wanna call her our patron saint, Emily Post.

[scattered cheers]

Teresa: She says, uh, "Here are some scenarios that you may encounter that you want to wear heels." And here is her suggestions.

For a job interview, the suggestion is, uh, a shorter heel with a closed toe. It looks, in a way, more conservative, right? And that's a lot of what people want to present for a job interview.

Um, for a wedding, you really want to kind of match it to the wedding's dress code, and don't wear white shoes, because... white is for the bride, apparently, all the time.

Travis: Yeah. Just like red is for Louis.

[audience laughs]

Teresa: Yes. Yes, you're right. Um, for a funeral, again, conservative shoes are recommended, and red is not a color you want to wear to a funeral in the US, as it is seen as celebratory, [holding back laughter] and one might, uh, think you are going to dance on someone's grave.

[audience laughs]

Travis: Now, if that is your plan...

[audience laughs]

Travis: I would also recommend, like, super high, super sharp stilettos if you plan to pick up litter on the beach—

[audience laughs]

Travis: —and you don't wanna bend down. You'll get it.

Teresa: Uh, Emily Post also says at the airport, don't wear heels!

[audience laughs]

Teresa: Uh, but if you—if you do plan to wear heels on your flight, do make sure that your shoes are comfortable and easy to take off, for security reasons. And I can't imagine that Emily Post wrote that. Probably her grandchildren added that.

Travis: "And someday I envision some kind of flying metal bird."

Teresa: [laughs]

Travis: "And you would have to go through, I don't know, some kind of doorway... that would check to see if you were cursed."

Teresa: Now, listen—

[audience laughs]

Teresa: She did—

Travis: I don't know when Emily Post lived.

Teresa: [laughs] You do too, we did a whole thing!

Travis: [simultaneously] Is what I'm realizing as I'm saying this out loud.

Teresa: We did a whole thing on Emily Post!

Travis: Yes but that, you see, is in my past.

[audience laughs]

Teresa: Uh-huh. Her book on etiquette was published in 1922, but receives continual updates by the Emily Post Institute, so she didn't write about airports, but somebody did.

Travis: Yeah. And what's the deal with airline food? Alright—

[audience laughs]

Travis: —so that's gonna do it for us, for Shmanners.

[extended cheering and applause]

Travis: Thank you so much. Thank you. Uh... thank you to you, Pittsburgh.

[audience cheers]

Travis: Thank you to Paul, our tour manager.

[audience cheers]

Travis: Uh, thank you to Maximumfun.org, our podcast home.

[audience cheers]

Travis: Um, thank you—let's see. Uh, you can tweet at us @shmannerscast, and you can email us if you have, like, a topic suggestion or something you'd like us to talk about, shmannerscast@gmail.com. Who else do we thank, Teresa?

Teresa: We always thank Brent "brentalfloss" Black for writing our theme music, which is available for as a ringtone, 'cause it's a banger—

[audience laughs]

Teresa: —where those are sold. Also, thank you to Bruja Betty Pinup Photography for the cover banner of our fan-run Facebook group, which is called Shmanners Fanners. You should join that if you are looking to give and get excellent advice from other Shmanners fans.

Thank you to Kayla M. Wasil for our beautiful Twitter thumbnail art, and, uh, if you're going to submit a topic, submit it to our email, but always ask for questions for our shows we do at home from the Twitter feed.

Travis: So, that's going to do it for us. Please join us again next time.

Teresa: No RSVP required!

Travis: You've been listening to Shmanners...

Teresa: Manners, Shmanners. Get it?

[audience cheers]

[theme music plays]