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Stocking stuffers to pamper tired toes

REMEMBER THE childhood Christmas stocking, embroidered with your name, that you carefully hung on a hook screwed into the fireplace mantle?

When you last saw it each Christmas Eve, the stocking flapped limp and forlornly above the cooling embers of the fireplace. Yet every Christmas morning it awaited you, plump with special little gifts from Santa Claus that often were more fun to open than the new toys resting under the tree.

Even though people grow up, a stocking loaded with goodies still is a warm and welcome sight on Christmas morning — and is almost as much fun to give as to receive. It's an ideal "extra gift" to give to a special person in your life.

A stocking crammed with nuts, candies and fruits however, might be too caloric for today's fit-conscious woman, so consider giving her one brimming with tiny, gaily wrapped gifts selected with a unifying theme.

ONE idea might be to prepare a stocking full of surprises designed to flatter and pamper her feet and legs. After all, stockings normally belong

on the feet, not tacked to the mantlepiece.

For today's woman on the run, often in uncomfortable high-heeled shoes, such a gift would be a relief and a luxury. Here are some suggestions for a toe-tingling stocking. Many of the items can be found in one stop at a drugstore.

- A pumice stone, to rub away calouses.

- Powdered foot soap. Added to a basin of hot water, it soothes, softens and relieves feet after a hard day and is an ideal first step in home pedicure.

- Toenail clippers or scissors.

- Emery boards.

- Cuticle remover.

- Cotton balls.

- Nail polish in her favorite shades or in wild fashion colors.


- Cushioned mini-soles that prevent feet from sliding inside shoes, especially high-heeled shoes.

- A pair of pastel cotton athletic socks to wear for jogging and aerobics or just to look like a good sport.

- A gift certificate for a professional pedicure at a beauty salon.


- Foot warmers to keep her newly pedicured toes warm and dry in winter dress boots and shoes.

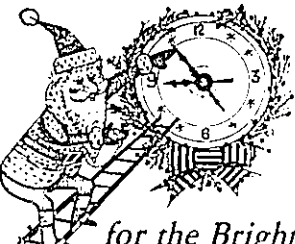
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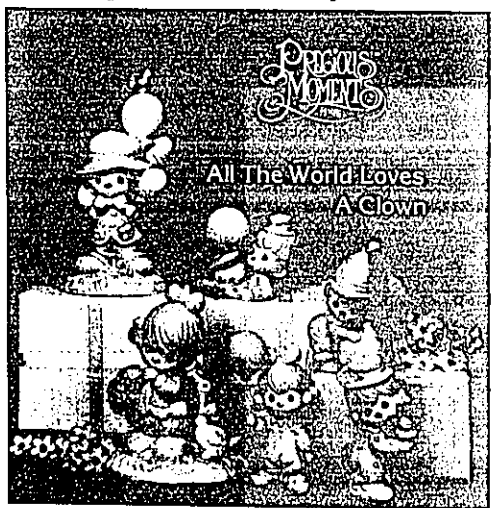
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