

Layered leg looks for fall '82

The layered leg is striding into fall as both a functional and fashionable asset to your wardrobe.

Now worn throughout the year, legwarmers have followed the trend of the leotard out of the dance class and into your everyday dressing.

Worn either in the exercise salon, with coordinating leotards and tights, or with sportswear's newest cheerleader skirt, no accessory is more current with today's fashions than the legwarmer.

Since 1980, legwarmers have steadily been sneaking into the ready-to-wear collections of the trendiest designers in New York, Paris and even Tokyo!

Women loved the long, leggy look it gave them and, although cold weather is an important factor, the legwarmer "look" is what is selling.

Many major sportswear trends begin on American college campuses even before hitting international fashion runways and the layered leg look was definitely one of them.

College girls began wearing legwarmers over their jeans more than three years ago. The coeds even got some of their boyfriends to try the layered look, and you can now see both men and women wearing them for warmth and fashion.

Once this fashion trend was set, stores couldn't keep up with customer requests for different styles, patterns and up-beat colors in legwarmers. This popularity made them the most sought after item in hosiery departments across the country.

According to JCPenney associate hosiery buyer Gary Wehren, "Millions of American women have discovered aerobic dancing and love the idea of looking pretty while exercising."

"Women are into body perfection more than ever before, based on national statistics, and we are backing them up by offering the best fashionable and functional legwarmers for their exercise needs."

For fall '82, JCPenney is stocking up on a collection of legwarmers for every possible fashion and functional need you may have. The color palette offers soft heather tones, neutrals and high voltage

brights to blend with sportswear.

You'll also find the newest stripes, Fair Isle and jacquard sweater patterns in both acrylic and wool blends.

Different lengths in legwarmers are also at JCPenney. The classic over-the-knee dancer style is joined this season by a shorter version that stops at the knee and may be cuffed over the top of your boots.



LEGWEAR FASHIONS FOR FALL '82 add new dimension to your sportswear wardrobe. Worn with your favorite knickers or under your shortest cheerleader skirt, these jacquard pattern or solid tone legwarmers combine fashion, function and warmth. Available in the hosiery department of larger JCPenney stores.

Be kind to your feet...they'll be kind to you

Happy feet are healthy feet...and ones that don't hurt. Here are some footcare tips from experts at Pennwalt Corporation, manufacturer of Desenex® Athlete's Foot Medication.

1. Wash your feet daily with soap and water, and carefully towel dry. Take particular care to keep areas between the toes clean and dry.

2. Keep nails filed straight across. If they tend to grow in, cut them in a shallow inverted "u."

3. Powder your feet daily with medicated powder or spray-on foot powder. Also shake powder into your shoes, socks and stockings.

4. Air your feet. Walk barefoot when you can.

5. Maintain good circulation. Avoid tight-fitting elastic leg bands.

6. Change stockings or socks daily.

7. Don't wear the same shoes every day. Change shoes during the day when it's convenient or get into slippers at home.

8. Don't wear sneakers or rubber soled shoes for long periods of time.

9. Buy shoes to please your feet as well as your eyes. When you're not wearing



them, keep them on shoe trees. 10. If there is any indication of Athlete's Foot -- blisters, itching, burning, peeling, scaling, or cracks between the toes -- start a treatment routine. Athlete's Foot is one of the most common discomforts experienced by runners and other

physically active people.

It is often caused by infectious fungi in locker rooms, showers and gyms. Once on the skin, these fungi breed. They bring on itching, burning and raw and cracked skin between the toes. Perspiration-dampened socks, athletic footwear, and regular shoes and

boots aid in the growth. If not treated effectively, the disease may spread to the insteps and soles of the feet.

A regular morning and nighttime routine can help in the treatment of Athlete's Foot. Remember, though, to keep your hands off the infected area except when treating it.

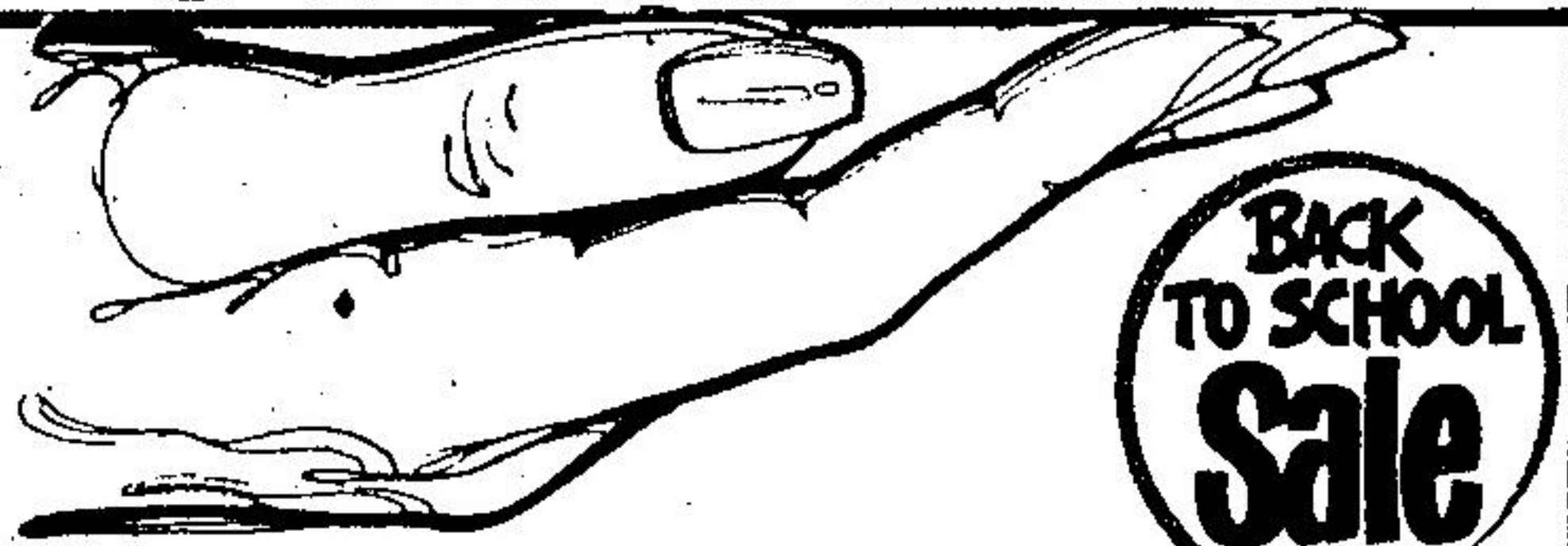
At night, wash your feet thoroughly with warm water and soap. Liberally apply antifungal ointment or powder to the affected areas and areas surrounding them. Be especially generous along the base of the toes.

Gently rub the ointment into all infected regions, being careful to push the ointment down between your toes.

In the morning, again wash your feet thoroughly with warm water and soap. Dry them thoroughly.

Then dust your feet liberally with a medicated foot powder. Also, dust inside your shoes and stockings. Regular use of medicated powder will aid in the prevention of Athlete's Foot recurrence.

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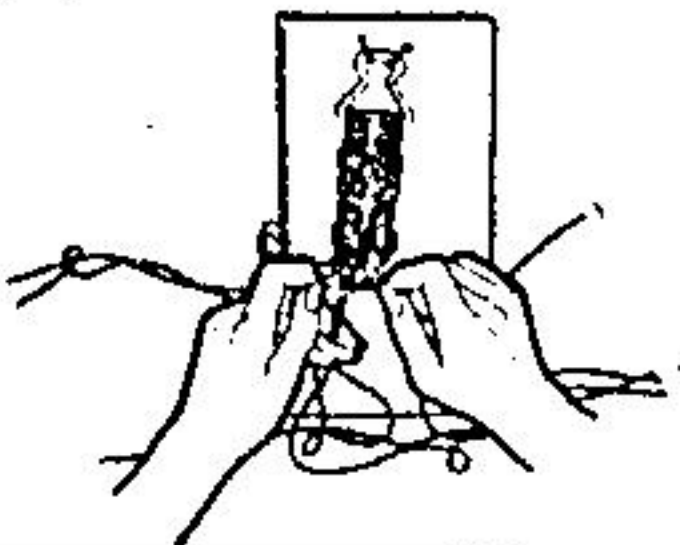
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