



Q My winter shoes look good, but they smell horrible. Do I have any options besides throwing them away?

WINTER CAN BE A CRUEL season for your feet. Blame closed-toe shoes and boots, which thrust the feet's 250,000 sweat glands into over-drive. "Normally, foot perspiration is odorless," says Oliver Zong, a New York-based podiatrist and director of NYC FootCare. "But when sweat mixes with bacteria and starts to decompose-particularly in warm, moist, dark environments like shoes-foul smells and foot fungus can occur."

To kill these germs, spray a disinfectant such as Lysol on the insides, or saturate a tissue with rubbing alcohol and insert it overnight. Another idea: Fill knee-high nylons with cat litter, knot them at the top, and leave them in shoes for at least 24 hours.

When possible, don't wear the same pair of shoes on consecutive days, and always let them air out before putting them on again (especially important during the slushy months). If smells don't cease, consider scented insoles. We like Dr. Scholl's Odor Destroyers Shoe Freshener Women's Insoles (\$5.69).-Leah Wyar

Visit Oliver Zong's website at www.NYCFootCare.com