



## SPOTLIGHT

# THE JOY OF SOCKS!

Who does not welcome winter in a warm country – bouts of sipping tea or hot cocoa, wearing chic shawls and those lovely boots? Lovely!

You mumble? Sounds like dreams coming true! If we look aside a little from the utopia, this is also the time to catch major colds, experience serious headaches and suffer from acute arthritis.

There are ways to prevent these agonies even before they hit, with a little thoughtfulness. That is where all the 'preventive wear and gear' comes in, of which the smallest and easiest to lose and forget items are socks.

When you go sock shopping in one of the shopping plazas dotted around the town, choosing the shapes or sizes are probably the last thing on your mind.

Here's where we come to help you out because not all socks are meant for winter!

## GYM SOCKS

Usually white in colour and lightweight, these are loaded with moisture wicking fabric that absorbs all the accumulated dampness during any work-out.

## WALKING/RUNNING SOCKS

These have slight cushioning at the base to prevent foot fatigue and comprise fantastic moisture absorption capability.

## MOUNTAINEERING SOCKS

Typically made for extreme conditions, these are heavyweight socks with extra bulk and padding.



## CASUAL SOCKS

These are the ones you are probably looking for usually. Distinguished by casual styling like bold colours, stripes, patterns etc; casual socks, are usually lightweight and made of revolutionary fabric such as the merino wool. Yes! Gone are the days of the ragged-wool, which caused a whole lot of itching and nuisance.

## TOE SOCKS

If you are an avid walker, pacing your way through rain, shine or chilly winter mornings, these may just be what you were

looking out for. Walking, while good for the overall health, may sometimes cause blisters between the toes. The synthetic toe socks, like gloves for the feet, prevent the formation of swellings.

## FLEECE SOCKS

Regarded as the cosiest choice for those who need an extra bit of warmth in winter, these are also worn as slippers at home and are the best choice to retire-in at night with. Toddlers and children are usually made to wear fleece socks to prevent cold creeping in.

## LINER SOCKS

Best worn with those coveted ballet flats or that stylish stone-studded shoe purchased online. These particular types of socks make-up for the little cold that we may be experiencing while allowing us to flaunt all that we need to.

## LEGGINGS/TIGHTS

No! These are not a variant for socks, but are



usually worn by women in our country to fight the bite of winter, comfortably. Leggings are footless tights, usually made of heavier materials. Tights in nude colours are popular in Bangladesh, and pairs well with skirts, saris, kameez, kurtis – you name it.

## THE JAPANESE TABI

Strangely, the Tabi or the two-toed socks are very popular in Bangladesh and are especially worn by the elderly and those who seek respite from cold feet at all times. Available almost everywhere, these specialty socks claim to provide many health benefits.

## LEGWARMERS

A 90s must have are really long socks that are meant to be worn as a retro style statement. Another name for the legwarmers – 'slouchy socks', taking up after the way it is worn.

Now, personally I am an avid fan of socks. They keep me warm and comfortable, but there are people out there who like socks for entirely a different reason. Whatever it may be, many options are available to meet almost every taste at Badruddoja Super Market, College-Gate Market, New Market, Gausia Market, Bongo-Bazaar, Bata Shoes, Apex Footwear, Spark Gear, etc.

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