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## Adjustable heels give best of both heights

By [Sara McDonald](#)

The Daily News

Published November 18, 2007

All around the world, tall women with short boyfriends or blind dates in their future are rejoicing.

At last, shoes suitable for photos with short men and long walks through the mall as well as cocktail dresses and dinner dates have arrived.

Camileon heels, which can be easily transformed from a 1 1/2 inch kitten heel to a soaring 3 1/4inch stiletto within a few seconds, give women two shoes in one.

Lauded by Time Magazine as one of the year's best inventions, this could easily be the best invention of the decade for some women.

If your feet ache after standing in 3-inch stilettos, switch to kitten heels.

If you need a taller heel to complement longer pants, the problem is solved.

And, of course, there's the possibility of being shorter than men during photos or dances without ruining the look of your outfit for the whole night, which is what I immediately think of, being a 5-foot 7-inch tall woman with a 5-foot-9-inch tall husband and scarcely a shoe in my closet less than 3 inches high.

It brings back memories of a blind date I had my senior year of college, where extensive outfit planning was required to allow low-height heels in case the guy turned out to be short. If only this had been around back then, I could have made a quick trip to the bathroom to bridge the 8-inch height difference we ended up having.

I realized that with ballet flats in style, there's not as much of a need for short heels. But I've frequently found myself in the position of wearing high heels to work and later wishing I hadn't while I'm at the grocery store or mall on my

[Victoria's Secret Heels](#)

Must Have Pumps. The Season's  
Shoes for Work or Play.

way home.

The shoes work like this: Instead of the heel attached to the shoe with nails or glue, Camileon heels are attached with four screws, according to the company's Web site. It stays in place for both height positions with a stainless steel rod, the site says.

The higher heel can be removed by pulling the bottom out of its locked position and pushed under the heel cavity. That way, there aren't any heel bottoms shifting around the bottom of your purse.

They come in several classic designs, mostly variations of black pumps with mary jane straps, slingback heels or decorative details.

The bad news is, these aren't exactly Payless prices. They sell for \$225 to \$310, depending on the design, and aren't sold in any stores in Texas yet. You can buy them online at [www.camileonheels.com](http://www.camileonheels.com) or [www.zappos.com](http://www.zappos.com).

But at least you can sort of get two pairs of shoes in one purchase, ready for every situation.

Have a fashion issue or question? Contact Sara McDonald at [sara.mcdonald\(at\)galvnews.com](mailto:sara.mcdonald@galvnews.com)

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