

PRACTICAL FASHIONS SKATING COSTUMES

A PAGE FOR MISSES

In order to be a true sport it is not necessary for a girl to array herself like a tomboy in unbecoming, ungainly garments simply because these chances to be particularly practical for the special form of athletics in which she may chance to indulge. It is quite as possible for a skating or toboggan costume to be at one time becoming and in keeping with the sport as it is for a party frock to be both pretty and suitable for the occasion, and the agile tennis player or clever skater will elicit double admiration if she herself looks charming and smartly gowned. On the other hand, there is the reverse extreme to be avoided. Nothing is in worse taste than any elaboration or costliness in a gown for country or out of door wear.

Of all sports that of skating is surely the most delightful; unquestionably it is the most invigorating and most health giving, and the girl who can not skate forfeits half of the pleasures of winter. For the city girl a few lessons taken in a rink will give her sufficient ideas of balance and of the rudiments of the sport to make it possible to soon become a proficient skater on real ice.

The correct skating costume is of a rough material, with skirt shorter than the ordinary and a half fitted jacket of three-quarter length, while the hat should be small and should fit snugly on the head. Plaited skirts are not worn this year, but a skirt to be comfortable to skate in should have greater width and flare than is given in the regular fashionable model this season. An excellent style of skirt is one that closely resembles the old golf skirt of heavy tweed, made circular, with a deep double stitched hem at the feet to keep the material from blowing about in the wind. A plain gored skirt is also good for the purpose, but no matter what the design the material should be of fairly heavy quality.

For outdoor skating a good length of skirt is one which reaches just to the top of the laced boots, but for the girl whose skirts are still short this one may be of the same length as the rest of her gowns.

The jacket for a skating costume should be made full large, to allow of a sweater being worn underneath, as there will be few days so mild as to make this added protection unnecessary. The old Norfolk jacket is an excellent model for this dress. A medium three-quarter



length is best for a skating jacket, as, unless it is extremely cold, too long a coat is a great inconvenience. Straps of the same material or of leather may be used on

this coat, and leather collar, revers and cuffs are always smart on the Norfolk jackets.

Rough tweed, homespun, heavy ribbed serge, cheviot and camel's hair cloth all are excellent for a skating costume, while for a rather smarter style of costume corduroy is exceptionally pretty. The coarse ribbed serges are perhaps newer than any other of these textures, and in the bright reds and warm taupe and browns are most attractive. Strange to say, the Directorate coat, with its loose back and trimmings of straps and buttons, does not look too exaggerated for a skating costume, and many of the rough serges are made in a much modified Directorate design that is extremely smart.

The best color for a skating dress depends, of course, wholly upon the wearer, but red, if it is at all becoming, is sure to look charming, and all reds, from the deepest in tone to the most brilliant, have ever been the favorites for this style of dress. Brown, green and dark blue are all serviceable colors, while the lighter shades are sure to be attractive if not quite so useful.

Corduroy is an excellent material for hard wear, and even in the light shades is frequently made use of for the skating costumes. Even white corduroy will not prove such a bad investment, as the material can be either washed or cleaned, and for the girl who spends all or a great part of her winter out of town a white corduroy costume will give an attractive change from the darker shades that have such constant wear.

Save in the most bitterly cold weather a felt coat is too warm for skating, and it will be but seldom that an ordinary well lined coat, with sweater underneath and perhaps a wide fur collar or stole, will not be sufficiently warm. An extra wrap will be necessary, however, to slip on whenever an occasional rest is indulged in, and for this a medium length fur lined cloth coat is most useful. This

wrap will be especially attractive if made of the same color as the rest of the costume.

A small hat is essential for skating, as any width of brim will make out of door life in windy weather a misery instead of a pleasure. The little fur turbans that can be bought so reasonably at this time

of year make about the best skating hat procurable. Black fur is, perhaps, the most useful, as it can be worn with any gown, but the brown mink or fox and the gray squirrel will prove intensely becoming, besides being more youthful for young girls. The white toques are exceedingly becoming also, and these are undoubtedly the most effective of all.

For indoor skating a rather more elaborate style of dress is worn than is considered appropriate for the country. A simple but pretty gown throughout of smooth cloth or serge will be warm enough for active exercise, with a fur or fur lined coat to put on the moment that one leaves the ice. It is essential that the dress itself not be too heavy, as in a rink the damp air is peculiarly penetrating, although the cold is scarcely noticeable while one is actually skating. If proper precautions are taken that the coat be put on immediately one sits down and that

rose being especially pretty. A gown throughout of deep pink cloth, with a long fur lined cloak of the same shade, trimmed with mink or white fox and a hat of the same fur, makes an extremely attractive skating costume.

The accessories also should be most carefully worked out if the skating costume is to be really smart. Upon the veil, gloves and boots much of the effect of the whole will depend. The girl with straight hair will do well to wear a fine thread veil with her little fur toque. The veil will not show, but her short ends of hair will be kept from blowing in her eyes, and the veil will also help somewhat to keep her hat in place. Veils are not generally considered in good taste for a girl whose hair is not yet up on her head, and she should certainly not wear a dotted veil or one of a conspicuous pattern, but if her hair is not still worn hanging loose or in a braid, this fine veil is quite permissible.



too heavy garments are not worn while on the ice there is little or no danger of taking cold in a rink, but so soon as the skater becomes overheated and then rests in the damp, unnatural atmosphere a risk is incurred.

An ordinary walking suit with a silk or wash waist can be worn in a rink provided there is an extra wrap also at hand. The skirt is of course longer for indoors, and as the skates lift one some two inches from the ice the regular school dress will serve perfectly. Light colors are also often seen in a rink, the pastel blues and soft raspberry pinks and old

In gloves, heavy pigskin or gray castor are both smart, while for the country fur lined leather or white woolen gloves are equally popular, the woolen being of course the more thoroughly comfortable as well as the more durable.

High brown laced boots are now the accepted skating shoes. A laced boot is practically obligatory for skating and the higher this shoe the more comfortable it will be. These boots can be lined with a soft leaser for the girl who suffers in cold weather, but as a rule heavy brown stockings will be sufficient.

PRACTICAL TALKS BY THE APRIL GRANDMOTHER

"LOSE your eyesight," exclaimed the April Grandmother as a shrieking whistle, a clanging bell and a frantically waved police club announced the approach of a fire company equipment. "Cinders or pieces of coal with projecting points lodging in the eye cause more acute pain than smooth objects, which almost invariably are passed on by the tears or by the action of the lids. But," she added, in tones gently expressive of annoyance, "the dust of a great city's streets is scarcely more harmful to the eyes than is the constantly looking at objects within close range of the vision such as a seemingly endless procession of rapidly moving vehicles and pedestrians."

"Still more trying is the going from darkened theatres, the strong sunlight of the streets, for, as the pupils of the eyes expand in the darkness, to be suddenly exposed to a bright light is extremely injurious. An abrupt transition from light to darkness is often attended with less serious but none the less certainly injurious consequences, particularly if there is a reflection of the light on snow. It is not because I am interested in the features of those perennially young and handsome musical celebrities that I linger before their photographs stands in the bright foyers when leaving an afternoon concert," she explained, "but because after prolonged use in an artificially lighted room the eyes should be gradually accustomed to the sunlight."

"But the damage that can be done to the eyes when one is in the streets is as nothing to that which results from indoor use. A sense of fatigue is often experienced from reading for a long time, in which event the vision, instead of being sharp and clear, gradually becomes blurred and misty, if not absolutely obscured. Of course it is possible to obtain temporary relief from this condition by bathing the eyes, but to persist in struggling against such a strain is apt to induce a headache, accompanied by dizziness or irritation. In any event it is difficult to interrupt the strain of long continued reading by occasionally raising the gaze from the page and looking into space, although in studying or perusing anything that requires thought this is likely to be done unconsciously. It is a mistake to persist in reading when overcome with sleep, as the constant tendency of the eyes is to diverge, and they have to be forced back by a supreme effort of the will. This often results in congestion of the blood vessels of the mucous membrane which covers the external surface of the ball of the eye and the inner surface of the lids."

"It matters how weary a girl may be when studying or with pleasure she should never go to bed without first washing her eyes in order to remove any dust which may have gathered on their lids during the day. The sleeping room should be kept dark, as 'crows' tracks' will form under any sort of artificial light, particularly that of gas, which also consumes oxygen."

"The eyes should not be exposed to a bright light immediately after awakening in the morning. For a few moments after arising it is better to get about the room by the aid of whatever light may penetrate the drawn blinds, meanwhile bathing the eyes in pure, cool water. On no account should the lids be rubbed, as that process will wrinkle them as quickly as will weeping. But if such an expression of grief is unavoidable be sure to gently massage the cuticle beneath the eyes with a little cold cream, as that is where lines first of all form, and if the skin is thin they are quite as likely to arrive at sixteen as at sixty."

Novelties in Veil Pins.

Collar, cuff and veil pins contribute so materially toward the trim effect of the costume that every young girl should have a collection of them. With ordinary care such pins will last indefinitely, as they are substantially put together and fitted with a catch back and pin that are joined without the use of soldering or rivets.

They are of three distinct sizes and of innumerable patterns. The simplest designs are plain, flat surfaced oblongs, or curved, narrow ovals of rolled gold plate, dull or brilliant silver, jet or gun metal finish, mother of pearl, white or pink coral, crystal, Australian green stone, matrix, onyx and jade. Some of the pure and alloyed metals as well as those of composition have doubly bevelled edges, while others have leading borders or surfaces chased in Romanesque, Oriental and Greek designs.

Dutch silver pins of exquisite workmanship, similar to that employed on the brooches and stickpins, are of both flat and oval shape, and in some of them are set the tiniest of brilliants, emeralds and rubies.

Many of the French gold and silver pins have small brilliants, turquoise, pearls and corals sunken into their centres, designs picked out with tiny clips or jewel headings and margins.

According to the length of the pin, rows of fresh water or Roman pearls, garnets, French emeralds, moonstones and rubies are set in gold, silver or platinum in such a manner that only the semi-transparent mineral is in evidence. When these are exceedingly attractive because the settings are naturally less trustworthy and are those of the wretched old-fashioned

Delicious Sandwiches for Afternoon Tea.

SANDWICH making is a culinary art which should be cultivated by the girl who likes to get up impromptu collations for her schoolmates. To make attractive looking sandwiches there should be provided an assortment of special cutters for the correct shaping of circles, diamonds and triangles, the square forms having utterly gone out of fashion. An other requisite is an exceedingly sharp knife with which to snave water thin slices from bread baked the previous day. Perfectly fresh loaves are apt to crumble unpleasantly while being cut.

In addition to fresh and potted ham, tongue and chicken sandwiches made by dipping or spreading the meat upon buttered bread from which all the crust has been saved, there are many kinds of appetizing cheese sandwiches. One variety is made of a mixture of cream cheese and finely chopped stuffed olives, and another has a mayonnaise and cream cheese and still more satisfying are those of crisp fried bacon mixed with minced chicken placed between toasted bread.

An easily made sandwich is composed of slightly flavored Dutch mustard, wheat bread for a filling of salted goat cheese and graham bread for an oil.

Sweet pickles chopped and spread between sliced bread make appetizing sandwiches, and still more sweet are those of powdered chocolate or maple sugar made by adding an equal number of spoonful of boiling water, stirring it over a fire until smooth and then spreading it upon buttered bread. Melted chocolate cream and marshmallows are also excellent sweet sandwich materials, and so are any of the queer preserved fruits imported from China and Japan. The best known among these fruits are ginger beet which have thick syrup, and are themselves so liquid that they may easily be reduced to a paste consistency.



Social Amenities for The School Girl.

GIRLS who are creeping out from under their mothers' protecting wings and are beginning to act for themselves in regard to things social often feel that one of the most trying of their new responsibilities is the writing of formal notes. Yet these should not be a big bear, for there is a certain knack about them which, once acquired, makes them a really simple matter.

If they have not yet made their debut girls rarely receive engraved invitations, as they belong distinctly to formal life, but they receive many formal written invitations, to which they must respond. These are usually written in the first person, but sometimes the third is employed when the writer wishes to be particularly formal and imitate the style of an engraved card.

When you sit down to respond to an invitation carefully study its form and imitate it as nearly as possible in your reply. If the first person is used reply in the first, but if the invitation reads "Miss Blank requests the pleasure of," &c., be as formal in your response and say "It will give Miss Smith much pleasure to be present," &c., which is a newer, smarter form than the stereotyped "Miss Smith accepts with pleasure," &c., so long used.

Be very careful about all the little details. If a note or an invitation begins "My Dear Miss Smith" do not make the mistake of replying "Dear Miss Brown" when you should say exactly what she does, "My Dear." But when she writes "Dear Miss Smith," why, then, you do the same. This is so simple a rule that there is positively no excuse for not following it. In regard to the ending of a note, too, the same rule applies. If the note to you ends "Sincerely" or "Most sincerely" it is very bad manners for you to end your reply "Cordially" or "Most cordially." There is a shade of meaning between the two which the words themselves convey, and when a person uses the warmer of the two etiquette as well as proper feeling requires you to respond in the same tone.

In correspondence two of the rules which girls should have by heart are promptness and brevity. The girl who answers her invitations at once endears herself for that if for no other reason, just as one does with note paper.

Reply the same day you receive it, even within the hour if you can. Remember you cannot do it too soon and that, after all, it is just as easy to do it that day as several days later. Remember, too, that if you are prompt in replying you put yourself on record as an extremely well bred young person, whereas if you are dilatory you are thought just the contrary and besides giving persons reason to have a poor opinion of you you cause them annoyance by leaving them in doubt as to whether or not they are to have you as one of their guests.

If the note you receive covers only one or two pages confine yourself to as few in replying. It is an art, of course, to be concise, but why should not you acquire the art? Are you not as clever as the person writing to you? If you feel that you are not, then make up your mind at once to become so, and go about it by imitating the style of the note to which you are about to reply. This, if your model is a good one, will teach you how to turn phrases and give you facility and felicity of expression.

Of course, invitations are not the only form of formal correspondence. Girls are required to write notes about all sorts of things, to acknowledge presents, to felicitate their friends on any new happiness, like an engagement, a marriage or the birth of a baby, and there are also the occasional notes of condolence. All of these, unless one is writing to an intimate, should be brief and to the point. In writing congratulatory notes do not use the words congratulation or congratulate. They are obsolete, and good usage now requires that one shall say "felicitate." Always put considerable warmth into a note of felicitation. You are writing of happy things and you should let your words convey a spirit of joy in the other's joyousness. But try not to gush, for that is overdoing it, and sometimes has a false ring.

Scented note paper has gone out of fashion, and so have vivid colors, huge monograms or anything that borders on the extreme. For formal writing the large correspondence cards of white linen are popular this season. They may be written on on both sides, but for the brevity of a very formal note one side suffices. A margin should be left on each edge just as one does with note paper.