

Costumes for Outdoor Sports



PART of the modern girl's wardrobe, and no inconsiderable portion at that, is her outdoor clothes, especially when she enjoys several different forms of sport, for each requires a costume specially adapted to that particular kind of exercise. Skating calls for

a quite different style of dress from that most suitable for tobogganing; basket-ball needs one kind of outfit, indoor tennis and badminton another. One of the best of winter exercises, a brisk walk, is made more enjoyable and of more value if one is clothed to best take advantage of its Comfort and convenience are the first requisite in every out-door costume, and with these the designers have combined grace of line and an attractive effect.

Many woollen materials are now of so light weight that the winter walking costume may be warm without being heavy. The "Russian blouse" style, which is again becoming popular, is an excellent model for the walking costume. In this winter's revival of the Russian coat, the skirt portion is long, following the trend of coat fashions. A smart costume was of dark blue cheviot serge, of a fine pliable weave. The coat fastened at the left side, and fitted smoothly across the bust and shoulders, and was bloused only slightly at the belt, which was drawn down to give a sloping line. The skirt portion, joined under the belt, came well below the knees, and was bordered with a two-inch band of black Astrakhan, which was continued up the opened side to the shoulder. A high military collar of the fur finished the blouse, and the short skirt also had a band of fur at the hem. A turban and Astrakhan muff completed the costume. The model is a smart one that could be developed effectively in hunter's green cloth and Persian lamb, red cloth and black fox, and in various other ways. In the matter of under-clothing, one does not now put on extra petticoats when one goes out. The lines of the outer garments forbid it, even if one had not discovered that the close-fitting equestrienne "tights" were warmer. It is the foot-wear that is the real problem in dressing smartly and comfortably for walking, in cold weather. The rather extreme shortness of the fashionable skirt makes it essential that the shoe be neat and shapely. Calfskin boots made to order make excellent walking boots. They are soft and warm, and, laced up snugly around the ankles, are both neat and hygienic. Boots with cloth tops are popular, and comfortable. The vamps are of kid or fine leather, and in the snow they must be worn with rubbers. Not only for the enjoyment of the walk, but for hygienic reasons also, the feet should be kept warm and dry in the winter walks.

Skating costumes copy the Russian style with smart effect. Others have jaunty jackets with fur cuffs and revers, and either short plaited skirts or plain skirts bordered with fur. The skirt of the skating costume must be very carefully cut and finished, for any little unevenness or fault in the "hang" of the skirt is conspicuous when it is raised on skates a few inches above the ground. By the same token, the skirt should not be too short to begin with, or the extra uplift of the skates will make it look awkwardly abbreviated. An important part of the skating costume is the head-gear, and here the popular fur turban comes in. It fits so well on the head that one need not worry about its keeping straight and it looks smart and most appropriate. If the fur hat seems too warm for the purpose, a toque of cloth matching the costume with a fur brim looks equally well. Skating boots are laced high, and brown boots are liked with any costume with which they harmonize. In very cold weather or

when one lives some distance from the rink, it is advisable to have an ulster or top coat to slip on for going home.

The revival of the old-time jersey which can be worn over the blouse and pulled down over the skirt, gives another suggestion for the winter sporting outfit. It is smarter and neater than the sweater, as it adjusts itself close to the figure. The wool jerseys and fleecy, warm crocheted and knitted jackets come in all colors, and there is a fancy for having them to match the serge or tweed skirt. The knitted or crocheted caps match the jersey. A smart suit has a skirt of hunter's green serge, a plain gored model reasonably full at the hem, with a comfortable flannel blouse. Over this is worn a wool jersey, of the same shade of green, the collar and wrist facings of a bright golden brown or yellowish tan. The "tuque" combines the same tones, and the suit altogether is very smart. For tobogganing, ski-ing, and snow-shoeing, warm woollen gloves with long ample wrists are the best.



The Girls in Sports

Skating is the form of out-door sport most generally enjoyed by girls throughout the Dominion. Canadian women skaters are, as a rule, graceful and vigorous on the ice, which is not to



Russian Coat Suit

The Russian style of blouse coat has been revived. As shown here it is developed in dark blue cloth with bands of Astrakhan fur; muff and turban to match.

—Illustrated London News.

be wondered at in those who have been at home on their skates from childhood. The enthusiasm of the members of the vice-regal families in recent years has done much to make skating regarded as an accomplishment. At the Rideau Rink, near Government House, a series of skating and tobogganing parties is given by Her Excellency during the winter. In the Minto Club, the Earl Grey Club, and similar organizations, there are ladies who are very proficient in the figure skating, ice waltzing, and social skating exercises, which these clubs are organized to promote.

Ice curling has been taken up with enthusiasm by women in some parts of Eastern Canada. Curling is a game that provides not only healthy exercise, but some excellent training as well. Circumstances continually arise, as the game proceeds, calling for good judgment and prompt action, while the "skip" must display tact, self-control, and confidence in her followers as she stands at the tee directing and advising the play. The vision is trained in calculating distance, and the exact angle necessary to "cannon" an opponent's stone, while the players of one rink may often be called upon to show the true sporting spirit by preserving their good humor when a critical shot from the other side turns an almost assured victory into defeat. It may be taken for granted that the judicious sweeping, on which so much of the success of the game depends, is accomplished with native skill by the women players.

Snowshoeing is a popular sport among Canadian girls. In the early days of settlement, when the houses were far apart, and neighbors were too few to keep roads open after the heavy snowfalls, young men and women strapped on their snowshoes and tramped to gatherings and parties, held in the settlers' homes in turn through the long winter. The snowshoe was then a factor in the social life of the country, and it is so to-day in all parts where the conditions are favorable, in cities and towns as well as country districts. Snowshoe parties are many during the season, either afternoon or evening. The long, even, rhythmic stride which carries one rapidly over the surface of the snow without fatigue and keeps one in a warm glow, makes a snowshoe tramp delightful.

Her fondness for tobogganing is a proof of the Canadian girl's healthy superiority to "nerves." Seated or reclining with two or three others on the long-cushioned toboggan, she merrily takes the plunge over the edge—a plunge into space it seems at the starting point—and goes whizzing down the icy groove at a great rate of speed. Then comes the walk up to the top again by the side of the incline, when she doesn't mind giving her assistance in helping to haul the toboggan at the steep places.

Women are beginning to understand the joys of ski-ing, a sport comparatively new in this country. The snow-clad slopes and declivities are tempting, once the exhilaration of propelling oneself down them on the swift, runner-like skis has been experienced.

There are just a few ladies' hockey clubs, although girls are among the most excited on-lookers at many of the matches in which their brothers or friends are engaged, or between the home team and some other. In their own matches it may be said that girls play with a fairness that seldom gives the referee the unpleasant duty to send someone to the fence.

Besides the beneficial effects out-door winter sports have had on her health and spirits, the Canadian girl's athletic clubs have taught her to be sociable in her pleasures, to estimate the value of co-operation, to subordinate personal feeling to the interests of the association, and to deal honorably and fairly with her opponents—in short, to "play the game."