

APPENDIX D.

A SUITABLE DRESS FOR GIRLS.

A simple dress for girls suitable for taking physical exercises or games (and as illustrated in the Syllabus) consists of a tunic, a jersey or blouse, and knickers. The tunic and knickers may be made of blue serge, and if a blouse is worn, it should be made of some washing material.

The tunic, which requires two widths of serge, may be gathered or, preferably, pleated into a small yoke with straps passing over the shoulders. The dress easily slips on over the head, and the shoulder straps are then fastened. It should be worn with a loose belt or girdle. In no case should any form of stiff corset be used. (See Fig. 75.)

The knickers, with their detachable washing lining, should replace all petticoats. They should not be too ample, and should not be visible below the tunic. They are warmer than petticoats and allow greater freedom of movement.

Any plain blouse may be worn with the tunic, or a woollen jersey may be substituted in cold weather. (See Fig. 76.)

For the tunic some 2 to 2½ yards are usually required, and for the knickers about 1½ to 2 yards. It may be found possible in some schools to provide patterns, or to show girls how to make such articles for themselves. Such a dress, though primarily designed for physical exercises, is entirely suitable for ordinary school use. (See Fig. 77.)

Though it is, of course, not practicable to introduce this dress into all Public Elementary Schools, or in the case of all girls, yet in many schools there are children whose parents are both willing and able to provide them with appropriate clothing. The adoption of a dress of this kind, which is at the same time useful and becoming, tends to encourage that love of neatness and simplicity which every teacher should endeavour to cultivate among the girls. And as it allows free scope for all movements of the body and limbs, it cannot fail to promote healthy physical development.



FIG. 75.



FIG. 77.

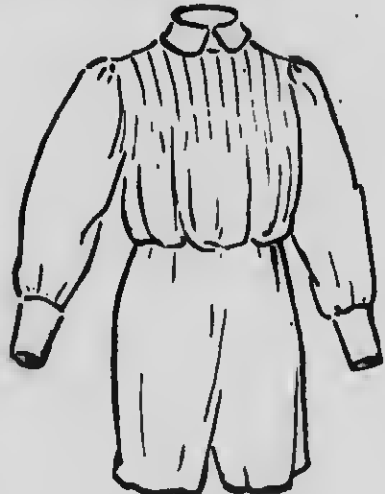


FIG. 76.