

Page for Misses

ICE SKATING A FASCINATING AND HEALTHFUL SPORT

OUR best skaters begin early...

It is quite true that the young school-girl has a great advantage over her older sister...

A new impetus has been given to ice skating since the New York Public Schools Committee on Athletics has decided to introduce it in public school training...

Physicians say there is no more invigorating exercise than skating. Every muscle in the body is used, the lungs are expanded with each stroke of the skater and the blood is sent tingling through the veins...

BECAUSE it is so invigorating and exhilarating the skater should dress with the greatest care. The amateur usually puts on too many wraps for fear of feeling cold in the crisp air...

A medium weight costume is the best to choose to protect the wearer against the cold and yet not feel too heavy when the skater is exercising.

Even in this day of extremely narrow skirts skating costumes are made sufficiently wide to allow of the greatest ease of movement. Skirts that are short look even shorter when worn by the skater...



Ready for a Turn Around the Rink

shorter than the fashionable walking length for comfort. Staff collars, tight belts and even stays are abandoned by many young skaters now.

The graceful skater must not be hampered by anything tight at the waist, as many of the postures make bending necessary and a rhythmic swaying essential to the execution of the figure.

Expert skaters lay great stress on the boots and skates which are attached. The boot which laces down the front almost to the toe is preferred to any other this season.

Strokes can be learned only on the ice. A beginner may read pages and pages of

rink or the lake accompanied and supported by an instructor the difficulties seem to disappear.

The graceful skater stands erect, knees apart and not rigid. The rigid kneed skater can never hope to achieve grace. Beginners usually feel that they must keep their knees and their feet close together, as they learn to place them when walking.

Balanced thus, with the shoulders held

FOR instance, it is most important to swing the arm when skating. The arms should not be held above the waist line, but should be allowed to drop at the sides away from the body.

ahead, to teach the eye to judge distance quickly and accurately and thus avoid accidents, and to let the body follow the direction of the eye almost unconsciously. At first this is difficult to do,

done by a skater alone. As the feet are swung first one over the other and then the movement reversed it is easy to see how important it is to have the whole body sway in unison.

One reason for recommending the fancy figures is on account of their value in strengthening the ankles and improving the balance. In all the fanciful motions, which must be quick if they are to be effective, the balance is shifted almost instantaneously from one foot to the other.

Young girls learn the waiting step almost as easily as they do the "roll." In the dancing figure each skater must turn at intervals and skate backward. The quick recovery from the forward to the backward position is excellent practice and helps with the execution of the more intricate figures.

Skating clubs are always a delightful feature of this winter sport. Girls who live in town can have their clubs meet at the rinks if the weather is not propitious for trying the exercise outdoors.



Finishing Figure on the Toes

material describing the different poses and postures, but they will mean practically nothing until she has tried them herself on the ice.

BALANCE is the important thing when learning to skate. At first the art of standing on two thin steel blades seems almost impossible to acquire, but after a few turns around the

well up and the knees apart, the skater is ready for the first stroke. This is made by the entire body.

Unless the waist, shoulders, legs and arms move in harmony there can be no such thing as grace, and the young girl skater desires this distinction in her winter sport quite as much as anything else.

in this position they swing easily with each forward or backward motion of the skater, while in straightaway skating they sway gently, as if watted by a breeze.

The correct way is to look far forward and backward motion of the skater, while in straightaway skating they sway gently, as if watted by a breeze.

Learning to Waltz

but practice soon makes it easy. The girl skater should not be content to learn straightaway skating. This is an excellent accomplishment and is the foundation for fancy figures, which are, after all, the real pleasure and goal of the ice enthusiast.

The "roll" is one of the easiest of these, and is used in many of the fancy figures. A long stroke is taken on the skating foot and the balance foot is brought over its mate as the skating stroke is finished.

THIS is a popular figure for fancy skating in pairs, and it is also wonderfully graceful and effective when

VELVET and velveteen dresses are being worn by girls who have special costumes for skating. One of the prettiest of these seen the other day had a plain skirt edged with fur, and at each side a panel of pleating inset to increase the width when the wearer was in motion and yet give the skirt a fashionably narrow look at other times.

The waist was made with a soft, loose, semi-fitted blouse trimmed with a deep collar of velvet edged with fur, and a small velvet hat with a fur band completed the simple and effective costume.

A dress made all in one piece recommends itself to the girl skater on account of its simplicity and the ease with which it can be adjusted. The skirt of such a dress seen the other day had a turtleneck section, sloping upward in front, where it buttoned down to the hem.

White is a favorite color for very young girls. Some of the tiniest of these skaters dress in all white, with white or black skating shoes, white or black hat and white gloves. The hat should be small and light and have a flexible brim that will bend in any shape and keep any position.

Class of Fashionable Girls Learn Hat Making

HAT young and fashionable girls have formed classes to learn how to make their own hats is one of the strongest protests yet made against the high prices now prevailing for headgear.

The largest and most conspicuous of the hat making classes this season has been organized by a daughter of a many times millionaire, at whose home the meetings are held one morning each week.

At the first meeting of the class a general talk on hat making was given by the instructor, to which the girls listened eagerly. At the second meeting the work was begun; that is, the really serious part of hat making.

The first thing the girls of this class learned to do was to make the wire frame of hats, and to make them of a size and shape suited to their own heads.

The teacher provided the requisite amount of heavy and very fine wire, also tweezers, the only necessary implements. At first the girls thought this uninteresting, dull work, saying that they could buy these wire frames already made for fifty cents apiece.

The proper covering of the frames, its facing and binding were lessons then taken up in succession. When goods should be cut on the bias and when on the straight were also subjects discussed, as well as how seams should be joined and the manner of their pressing.

and their covering with velvet the most difficult part of the work, a few of them having to do it over and over again before it could be declared satisfactory.

The lessons in trimming came last of all and have not yet been completed. They include special instructions in the making of rosettes, the handling of fur and the arrangement of feathers, besides the uses of ornaments. The proper lining and finish of a hat will also be taken up in turn.

The girls of this class expect to wear the hats that they make during their lessons. In fact, special hats that they wished to wear on various occasions were planned in the beginning. Some of the girls are already wearing their so-called "class hats," and more stylish looking ones would be hard to find, even in the windows of extravagant shops.

"Your hat is charming," she was told. "I made it," she replied. Now, as this girl is known to have abundant means the reasons for her making her own hat were questioned.

"The class is teaching me," she said, "not only to make hats but to know something of their value. I shudder to think of the hats with really glaring faults that I have bought. Some milliner told me that they were becoming. I paid a high price and put them on and wore them. I know now that the foundations of many of them must have been made by apprentices, and poor ones at that. Even though it is not obligatory for me to make my own hats, a knowledge of how they should be built will help me to select those that I buy in the future. After I have had the full number of lessons I can show other girls who have small incomes how to save a good bit of money on their headwear. Oh," she continued, "this hat is nothing to what I shall do before the class is over. Already I have started one to wear at concerts and when I sit in boxes at the theatres. It is of turquoise blue tulle and velvet, with a wonderful ornament that I shall also make. Oh, a dream!"

HER VELVET GIRDLE.

THE term "girdle" used to suggest rather bulky swathings of folded silk or satin, sometimes brought to a point high up in the middle of the back.

It is, in fact, only a flat, narrow band around the waist with perhaps a single little fold to soften the severity of the effect. From one side it hangs flat ends, two of them, perhaps a couple of inches wide, finished with a heavy deep silken fringe of the same color as the velvet.

These girdle ends can hang any length that one pleases, to suit the lines of one's gown, but the prettiest ones are those which fall no more than fifteen inches for the longer end, the shorter one's fringe coming exactly to the top of that on the longer one.

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Practical Suggestions for the Girl Who Sews.

A BRIGHT young girl whose pet had a harmony in the matter of the little details of dress, devising always some original touch which will tell those who see that her costume was designed as a whole, not being merely a chance collection of dress and accessories, evolved a charming and graceful fichu and cuff set to which any color touch desired can be added, according to the dress with which it is to be worn.

The fichu itself is of the usual draped surplice shape, curved to fit over the shoulders, and trimmed with dainty lace frills. The inner edge is also of lace. Along the middle of the fichu, following its longest line is a strip of velvet ribbon or folded satin of a tint to match the gown, that is held in place by little cross straps of lace about three inches apart, from which it can be drawn when the fichu is laundered, or when it is to be replaced by some other color.

The cuffs to match this were deep ones, turned back, with double rows of lace frills an inch deep at the upper edge. Around the body of each cuff went the strip of satin or velvet to match that used on the fichu, and this, again, was apparently secured by the tiny straps of lace which crossed it, but which was also, as in the case of the fichu, caught here and there by an invisible stitch to prevent any accident or slipping from place.

THE most troublesome "wearing" however, is that of the dark wool or silk waist which is so often part of one's every day costume in cold weather. Before any other part of the garment begins to show signs of wear the wrist edges are hopelessly frayed, and a couple of hours must be spent in ripping and remaking. But there is a remedy.

The wise girl or woman will either make for herself or have made of the odd pieces of the waist material several sets of turn-over cuffs, with edge of braid, bias silk or over cuffs. A pair of these tucked beneath the jabot, and with the same rosette and tassel pendant effect. A tiny lace edging could be used with both jabot and cuffs if the plain hemmed finish of the silk net be more severe than is desired.

THESE are two most excellent reasons why a pair of tiny eyelets worked in the front edges of a turn down collar will prove noticeably worth while the bit of time needed for working them. No matter how plain and severe the collar, if it is to be worn with a "pinned out" tie, bow or jabot, the passing through the fabric of the pin, never twice in exactly the same part of the edge, will assuredly wear a hole through the linen long before the rest of it has begun to give out.

With the two little eyelets, through which the pin can be passed, there is no wear whatever, and the pretty hand embroidered collar will give far better and longer service for the precaution. In the case of a perfectly plain collar, the lack of other embroidery has no bearing on the question, as the ends of the pin are quite certain to cover the eyelets. It will pay to have these tailored collars washed out soft, and to work the holes in them before they are again laundered.

SOCIAL AMENITIES FOR THE SCHOOL GIRL

THERE is one point of etiquette on which there is always a debate and uncertainty in a girl's mind—the etiquette of visiting cards. When a girl comes out her mother is only too glad to shift this part of the social duty on her daughter's shoulders, and she must know just how many cards to leave in varying circumstances.

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When a girl is paying a party call for a luncheon on people that she knows slightly she must, of course, leave a card for the girl's mother, even if she has never met her. When a girl goes to any kind of reception she must leave cards. There is usually a tray left in the hall for this purpose. If a girl and her mother are prevented from attending a reception they must send cards, and just the same quantity as if they had called personally. Never send cards to "days" until the last day.

A girl should always leave cards on people in mourning, and as soon after their bereavement as possible. Never ask to see any one; just leave the card. It is also polite to leave cards when one knows of illness in a house. In this case it is polite to inquire for the sufferer. If a friend moves into the neighborhood a girl should leave cards on her within the week, or if the girl's family move and the neighbors call on them the girl should see that the courtesy is promptly returned. All these little things mean so much and require the most judicious care if a girl is going out at all.

CHARMING little calendars are to be made with the aid of bevelled edged white cards of about two-by-five-inches, a silk or tinsel cord, a cluster of finsel or silk flowers or a bow of ribbon and a year calendar scarcely more than one and a half inches square. Having punched two holes close to the top of the cardboard panel, gold or silver paint the ragged edges and then run through the apertures the cord-hanger, which should be joined beneath a pair of tiny tassels of matching material.

A third of the distance from the lower edge of the panel is the proper place for the calendar, which can be pasted on with glue and allowed to dry while you are making the cluster of silk flowers or the cluster bow of narrow ribbon to be placed midway between the top of the calendar and the hangers, also secured by means of glue.