

# warm cold-head to toe

**K**EEPING WARM is an art. And many will need to know that art during the outdoor events of Birmingham's Winter Carnival.

Some folks bundle up in everything they have with any warmth and walk around looking like chubby snowmen. Macho men and women venture into the elements with no gloves, a thin jacket and the fortitude of saying "I'm tough." Somewhere in between is a credible way of facing the cold.

"The layering system is the best way to control the cold," said Charlie Wilson, owner of The Sportsman in Birmingham. His store specializes in outdoor and sporting activity wear.

"If you're ice fishing, a sport that requires little activity, you'll need more layers than someone participating in an active sport like skiing or ice skating."

Your jacket or outer layer is very important, because it breaks the blow of the wind, he said. This helps protect from the wind chill factor, which makes a drastic difference.

"A goose down jacket is the finest way to insulate," said Sara Baluk, administrative assistant for Eddie Bauer, sporting outfitters in Oak Park. "The goose down acts like a heating blanket." She recommends natural fibers and believes this produces a better warmth, "as the fibers are breathable. Synthetics produce a clammy warmth because body perspiration cannot escape."

**SWEATERS, TURTLENECK** liners and wool pants are classic winter wear gear, but some people have discovered the use of silk underwear and Norwegian webbed underwear not only for outdoors, but everyday dressing, too. These give warmth without weight and bulk.

During the social times of December, chic and beautifully dressed party-goers ventured out in cocktail dresses and tuxedos with silk camisole and tap pants or trouser liners under all that finery. Both stores, The Sportsman and Eddie Bauer, report a short supply of the precious stuff. Silk underwear also is sold in lingerie departments and can come complete

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owner, The Sportsman

with feminine touches of lace and ribbons.

"It seemed everyone wanted silk underwear before the holidays. The word got around about how warm it could be," said Beth Frantz, publicity coordinator of Jacobson's in Birmingham.

**KEEPING HEAD,** hands and feet warm is most important to keeping you feeling toasty. Your mother probably told you never to go out without a hat. Sara Baluk said, "You can lose almost 50 percent of your body heat by not capping yourself."

In case keeping hands and feet warm is a problem, try boot and glove liners. These add another layer between you and gloves or boots. The trapped air between the two will be heated by your body, and you'll feel warmer.

Also, try a pair of fingerless gloves over your regular ones. Handmade fingerless gloves can be found at the boutique of Lisa Parks called Bayadere at 124 S. Woodward in Birmingham.

In Europe and the Orient, most people wear masks for face protection. This trend has not caught on in America, but it really works. Most drug stores sell specially made ones that warm up the cold air before you breathe it.

A big wool scarf makes a pretty and warm layer over a coat. You can wrap your head, neck and ears in it. These can be beautiful, and you can create your own color story or select a handloomed one designed by Julie Stowe of the Weaving Room on the second floor of the Continental Market, corner of Woodward and Merrill, Birmingham.

Keeping warm and snug is a problem that has faced Michigan residents beginning with the first Indian. So enjoy the season and its sports by knowing how to beat the cold.

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