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Katherine Dodds

Iowa State College

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Oh Say, Can You Ski!

by Katherine Dodds

LETS go skiing! You may say you don't know what goes on for a ski party, so we'll work from the bottom up, dressing attractively and appropriately and then we'll learn the correct technique.

Skis should be rubbed with ski wax to prevent weather damage. They should be as high as the middle of your palm when your arm is stretched above your head.

Regular ski boots are most desirable. They are stiff to provide sufficient support and should be fitted over two pairs of socks. After you have gone skiing you want to keep your boots in good condition. When they are still wet, grease them with leather oil. Occasionally use natural shoe polish. This will act as a water repellent and will close the pores.

Two pairs of socks are sufficient. The outer ones will be of unscoured wool, heavy and retaining the natural oils. The under sock is short and of a soft wool.

Try long underwear. Yes, just plain old-fashioned long underwear. Garment manufacturers have caught the cry for the outmoded undergarment and have made capital of pink and blue, as well as vermillion red and the usual white underwear. And it isn't the scratchy kind, in which grandpa used to suffer. If this doesn't appeal, wear those soft knit one-piece pajamas. They are not as closely knit as the undergarment and have made their way into the dress fashions home with you. After removing this point for skiing. Tweeds, poplins, gabardine, closely woven worsteds, any-

thing hard surfaced that is light weight, are excellent choices. Sail cloth and gabardine suits with wind breaker linings are ideal for warmth, wind resistance and appearance.

There are the short coat, the button-over windbreaker and the slip-over jacket. Sweat shirts have been glorified. The jacket should be chosen with care because it is probably the reason you are often bundled up and still hot and cold.

Let the men laugh at your funny dress hats. But they'll admire you for your sensible sports bonnets. Parka-like or baby-like, headgear ties under the chin. Reversible jersey and knitted hoods peak up top and bow below. Fur hats with a Russian air return.

So you won't lose your college complexion, use a complexion cream. Rub it to a sheen not a shine. Now, because you aren't sure about your knowledge of your skiing ability, you feel all dressed up with no place to go. Get into some shorts and a shirt and take off your shoes. You are going to practice the same way that the European skiers do who practice long before there is any snow.

Keep your feet flat on the floor, one foot slightly forward. Lock your knees, spring to a squatting position with your weight forward on the balls of your feet so that your knees will be well ahead of your toes. You are now in a ski running position.

For a high speed running position, which you will worry about later, the knees are slightly apart, the feet are still flat on the ground. You lower yourself still ahead of your toes.

You will feel quite clumsy when you try to stem. Stemming is the art of slowing down. Spread your legs far apart, point your toes in, then flex your knees elastically until they bend low in front of the toes. Keep your shoulders relaxed and have the feeling you are going to sit down. The stembogen, which is the graceful left-to-right turning of the descender, is a variation of the stem. In the same position as the stem, keep one leg straight, not stiff, and bend the other knee forward and low. Come to a stem position and repeat with alternating legs.

The christie is the abrupt stop at the end of the ski run. While it is the most skillful of ski antics when done well, in pantomime it seems hopeless. Since it is done at a good speed, the end result is much more satisfactory than the mere bodily actions would indicate.

Keep your feet parallel; lock your knees; the balls of the feet carry the weight. Swing gracefully from the shoulders into a low crouch to the right; at the same time turn your head, shoulders, hands and knees to the left.

Now you are stopped at the bottom of the hill you might take a few suggestions home with you. After removing those snow-loged ski boots and that frozen snow suit a hot epsom salts bath will help any aching muscles. And soft moccasins will be comforting after the sturdy leather prisons of the afternoon.