

warmup

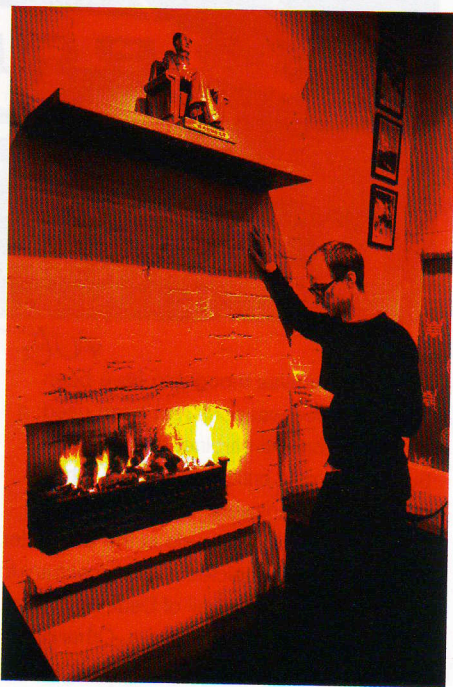
Four ways to warm your bones this winter

1 Visit a snug bar with an open fireplace.

Double Happiness in the city's Liverpool Street has a central open fire you can gather around (pictured right), and warming steamed dumplings on the bar menu. St Kilda's Veludo (175 Acland Street) has two large fireplaces: a vast stone number downstairs in the restaurant area and another in the upstairs bar. Possibly the cheeriest of the lot, though, is Bar Nothing in North Carlton (16 Pigdon Street), a cosy converted stable with lots of exposed beams, stone-flagged floor warmed up with scatter rugs, candles melting onto the bare wood tables, and a roaring fire.

2 Dress like you're about to climb Everest. Outdoor store Kathmandu suggests you start with soft merino wool underlayers (from \$99.95), with a Gore-Tex Iceline jacket over the top (\$800), which comes with a storm hood designed to fit around your mountaineering helmet.

3 Stand in the doorway at Myer or David Jones. Both stores have what's called an air curtain, a stream of warm air that blows across the entrance to stop cold air coming in. The one at David Jones comes from Sweden, where it was designed to keep out



minus 30-degree winters and to heat commercial spaces as quickly as possible.

4 Buy a doona filled with goose down. The Bedspread Shop (72 Glenferrie Road, Malvern) recommends a goose down quilt to people with poor circulation or no heating in their homes. It's not cheap at \$350 for a queen size, but should last forever.