

ADAM SAYS

O's creative director, **ADAM GLASSMAN**, tells you what your best friends won't.

Q How do you feel about leggings? If I wore them in the '80s, can I revisit them now?

Yes to leggings—comfortable, cool-looking, body-friendly—but no to the spandex Olivia Newton-John showed off in *Grease*. For the adult woman, these rules are timeless:

- **Thick, unshiny fabrics** like double knits don't show bulges.
- **Layering is crucial.** Think of leggings as tights rather than pants; put them under skirts, dresses, or tunics.
- **Longer tops** (at least to midhigh) camouflage tush, stomach, and hips.
- **Leggings can look tacky with the wrong footwear.** I prefer flats, boots, or a low heel.



COZY

For weekends, wear this leather pair (Tory Burch, \$95) with a thick cardigan (McGinn, \$328), wide belt (Anna Karan New York), and suede booties (Loro Piana).



VERSATILE

Season-bridging trick: Stretch a short, summery dress (Elizabeth and James, \$395) into fall with soft gray leggings (Splendid, \$57), tall boots (Nine West), and a lacy silk scarf (Bajra).



EFFORTLESS

Denim leggings (Hue, \$28) look like jeans, feel like PJ's. Layered tops (Gryphon New York shell, \$345; Gap leather jacket, \$298) mix dazzling and casual. Leopard flats (Coach) and a scarf (Loro Piana) add panache.

ON MY RADAR

Getting Warmer

Brands known for high-tech activewear debut new jackets that are too chic to confine to the slopes.



Columbia Sportswear, \$230; columbia.com



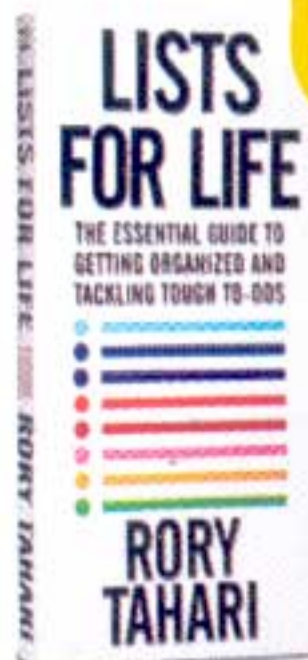
Merrell, \$189; merrell.com



The North Face, \$199; thenorthface.com



Lolë, \$220; lolewomen.com



SURVIVAL GUIDE Rory Tahari, creative director of clothing company Elie Tahari, is a whiz at lists. Now she's collected them in a book, *Lists for Life: The Essential Guide to Getting Organized and Tackling Tough To-Dos* (\$20; amazon.com). It covers both happy (a wedding) and sad (what to ask a divorce lawyer), planned (new home) and unexpected (hurricanes). Just reading it made me feel more together.