

# FASHION, SHOPPING & CARE™

The 3-Minute Newsletter for Men, Women & Teens

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CLOTHING CARE ... with Steve

FASHION & STYLE ... with Kate



## Stain School & Care: 2006 New Rules

Another year has passed, and so have the last 20 issues of *Fashion, Shopping & Care* — the only newsletter of its kind. I hope everyone has enjoyed the lessons I've passed on.

To start the New Year, I'm digging right in to the best ways to understand clothing care, as it pertains to shopping.

### Shop with Clothing-CARE

If we typically wear only 30% of the clothing we buy, then we should make sure that the 30% meets our needs and that it lasts a long time!

- ▶ Read all care labels when you shop, with special attention to active wear, ski clothing, and anything with an unusual fabric, feel or look.
- ▶ Pay special attention to hooks, slides, buckles, zippers and buttons. Test all these "moving parts" and always ask for extra buttons.
- ▶ Inspect each garment, before you pay. Check for snags, pills, frays, open seams and poor stitching. If any of these things show in the store, it's probable that you will see much more of them when you wear the garment.
- ▶ Check for open hems — especially in slacks and skirts — where a ladies heel may have pulled the stitching. Look for make-up inside the neckline and D.O. in the underarms.
- ▶ If you find something that works, buy two whenever possible ... perhaps an extra in a different color.

## Shopping Savvy – Seasons Greetings

It always helps to have the original receipt when returning merchandise and gifts. However, if you don't have the paperwork or the original wrapping, you will get a lot more care and attention if you are courteous, rather than insistent.

Steve Boorstein is an author, clothier, drycleaner & radio personality

## Building a Wardrobe: Body Balancing

### Part 1: Determine Your Body Shape

If You Were a Fruit What Kind of Fruit Would You Be?

My Body Balancing technique does not involve expensive surgeries, fad diets, starving or boot camps. It simply asks you to examine your body shape and consider where the body might be "out-of-balance." To properly Body Balance follow these three steps:

Before you can determine where you are out-of-balance, you first need to determine your body shape. Women's body shapes tend to fall into five general fruit shapes:

**Pear:** Hips fuller than chest and shoulders

**Inverted Pear:** Shoulders and bust fuller/broader than hips

**Orange:** Full chest, tummy and hips

**Apple:** Evenly distributed weight but heavy

**Balanced Squash (Hourglass):** Bust and hips equally full with small defined waist. Bust and hips are roughly 10 inches wider than waist (and, yes it is a fruit!).

Figure out which of these delicious fruits you are and you will be on your fashionable way.

### Are You Body Balanced?

Now it's time to compare your fruit shape to that of an hourglass. An hourglass is balanced. Its top is the same volume as its bottom and both top and bottom are wider than its center. Let's imagine you are pear-shaped with your hips and rump much fuller than your chest and shoulders. When you compare your pear to the hourglass, you can see that in contrast you are bottom-heavy and for these purposes out-of-balance. (Stay tuned to learn what clothing is best for what body shape!)



Kate Rice styles clothing for TV and private clients. Appearing in more than 400 style segments, she's worked with TV Guide, USA Network and Lifetime's Head 2 Toe. Kate delivers style solutions.

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