

FASHION, SHOPPING & CARE™

The 3-Minute Newsletter for Men, Women & Teens

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CLOTHING CARE ... with Steve

Stain School & Care: White Clothing 2

I mentioned last time that *you can help* keep your white garments white by adopting better storing and cleaning habits. Did you know that clothing can dull from the light in your home and in closets?

Keeping it White: Overall Yellowing & Dulling (Continued)

- ▶ White clothing can dull from prolonged exposure to direct sunlight, fluorescent and incandescent light.
- ▶ When washable clothing becomes dull, it can often be bleached. However, many fabrics actually dull and yellow from chlorine bleach, so most cleaners use fabric-safe bleaches when whitening. You should, too!
- ▶ Dulling and graying can also occur if white and off-white clothing is not cleaned regularly and, most certainly, at the end of *each* season.
- ▶ Special garments with beads, sequins and ornamentation must be inspected and cleaned with even more regularity. People tend to ignore this fact because of the expense and concern, but a white beaded garment will discolor very quickly without the proper care.
- ▶ A white garment can also dull if it is improperly drycleaned. Ask your cleaner what they do to protect your white clothing. This aspect sets your cleaner apart from the others!
(More on these subjects next issue!)



Shopping Savvy – The Right Garment

There are “cheat-sheets” for ordering wine in restaurants, counting calories, and now for body balancing! Create a cheat-sheet with some of Kate’s hints. When you shop, remember the basics of body balancing — color and shape — and see your shopping experience change!

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

FASHION & STYLE ... with Kate



Building a Wardrobe: Body Balancing

Part 3: Clothes That Flatter You: Complimentary Clothes

In the last issue we began to touch on selecting the “right” clothes for your fruit shape. Let’s give some hard samples ... Here’s a short list of general clothing items that are my picks for Body Balancing each fruit shape.

Are You Pear- Shaped?

Enhance Your Top With ...

- Shirt jackets
- Light colors
- Tunics
- Padded Bra
- Pockets
- Ruffles!
- Horizontal stripes
- Jackets fall after widest point of your hips
- Blazers open
- Small to medium shoulder pads



Narrow Your Bottom With ...

- Solid, Dark Colors
- Avoid Patterns
- Vertical Stripes
- Skirts at the Knee
- Avoid anything too tight
- A-line skirts!
- Avoid miniskirts
- Pants start below natural waistline
- No big cargo pockets

Next Issue: Inverted Pear 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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