

FASHION, SHOPPING & CARE™

The 3-Minute Newsletter for Men, Women & Teens

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CLOTHING CARE ... with Steve

Stain School & Care: Ironing Fabrics

I get lots of email from people inquiring about delicate fabrics that require more-than-average care when ironing. For instance, gabardine and twill, polished cotton and linen and, of course, silk can get seam impressions and shine if they are pressed or ironed too hard.

Your drycleaner knows this and they safeguard against damage by using steam, pressing cloths, and teflon iron "shoes."

What can you do at home to avoid the typical problems?

- ✦ Make sure your iron is clean and free of starch build up.
- ✦ Iron delicate items from the reverse side, and never iron velvet fabric.
- ✦ Use muslin or an old pillow case as a pressing cloth between the garment and the iron to eliminate shine.
- ✦ Watch for raised seams, embroidery and buttons, and make sure to use a pressing cloth.
- ✦ If you have slacks with pleats or creases, be sure to line them up before ironing. Wrong creases on khaki, cotton and gabardine can be almost impossible to fix!
- ✦ Dark colors shine much faster than light colors, so try to avoid the use of starch on dark colors.

If you have fragile clothing – colors and fabric surfaces – think twice before ironing them at home.

Shopping Savvy – Delicate Fabrics ...

When shopping for garments that are constructed with delicate fabrics, check each item closely for snags, seam impressions and shine. These fabrics typically show imperfections and it just takes a moment to inspect them, before you reach the cash register.

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

FASHION & STYLE ... with Kate



Building a Wardrobe: Body Balancing

Part 5: Clothes That Flatter You: Complimentary Clothes

In the last issue we addressed "Orange-Shaped" bodies and how to select the most trimming and complimentary clothing.

Here's a short list of general clothing items that are my picks for Body Balancing another body type.

Do You Have an "Apple-Shaped" Body?

Slim Down Chest and Tummy ...

- Dark tops
- Shirt jacket with fitted tanks
- Wrap-tie blouses
- Belted jackets!!
- Wrap-tie dusters



Shrink Your Hips ...

- No pocket jeans - trousers
- No horizontally striped belts
- A-Line skirts
- Flat front pants
- Tulip skirts



If you missed one of the issues that addressed *your* body shape, ask your host for a back copy, or email The Clothing Doctor directly!

If you've enjoyed these segments on Body Balancing, write and let us know. Thanks!

Next Issue: Squash Shaped Bodies



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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