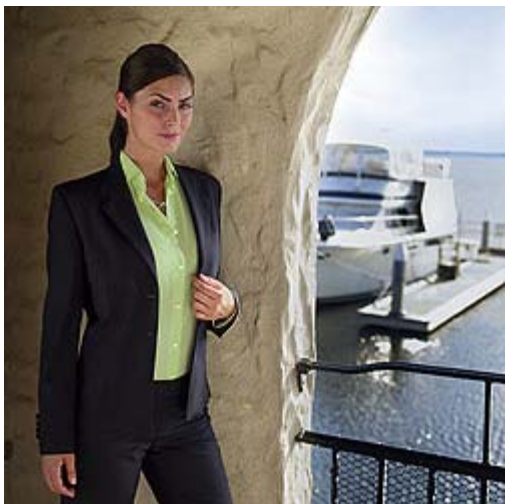


Spring 2009 Ladies Wardrobe Journal

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Understanding Your Best Colours [Return to Top Menu](#)

From grassy greens to cotton candy pink and warm coral, colour takes centre stage this season. But not just any colours will do. Successful use of colour hinges on choosing shades which are flattering to your skin tones.



If you are a cool undertone, you will look best in blue undertone colours.

Suits: Opt for navy, black or charcoal. For a change of pace, go with burgundy, plum or a taupe with a gray undertone to it.

Shirts and Shells: Vibrant pink, bright lavender, apple green and deep teal will all complement your natural cool undertone.

Jewelry: Embrace silver.

! Don't choose camel or golden yellow tones in your suits, jackets and tops.



If you are a warm undertone, you will look best in yellow undertone colors.

Suits: Opt for royal navy, light gray, golden tan or camel.

Shirts and Shells: Browns, yellows, oranges, corals, darker purples and cream all complement your natural warm undertone.

Jewelry: Embrace gold.

! Don't choose soft pastels, such as pale pink or lavender.

Make these trends work for you!

Fuller Figures: Stick with darker ground prints for your tops and wearing white on your slimmest parts (a trim-hipped, busty woman would be flattered in a hot pink top and white wide leg cotton or linen dress trouser).

Head-to-toe similar color schemes are flattering (a black check shirt with black jacket and skirt) instead of contrasting colors (you can add nice contrast through your accessories – a leopard print bag with black and metallic silver shoes).



Petite Women: Be sure to watch the proportion on knee length skirts and keep fullness to a minimum. Head to toe prints can be overwhelming on smaller women, so try mixing solids especially white or soft pastel shades with your printed pieces.



Mature Women: Keep flattering colours close to the face to maximize their benefits. Update your wardrobe using great classics with interesting trendy details, such as a contrasting collar on a dress shirt or your favorite bright color used as a lining inside your basic black suit.

Understanding the Most Flattering Looks for Your Shape

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Our fashion experts at Tom James offer advice for choosing the right clothes for your frame.

We find in our consultations with professional women that many have something about their body they would like to hide, or at least de-emphasize. Whether it is your backside, hips or thighs, our fashion experts share a few visual tricks to help your problem areas disappear and let your true beauty and confidence shine through.



Tall and Slender

Experiment with horizontal lines to reduce a taller profile. A bolder windowpane or glen plaid jacket, paired with a solid slack or skirt, will help break up your vertical lines. Also avoid strongly patterned shirts. If stripes are a must, stay away from bolder chalk stripes; instead, opt for subtle stripes that tend to disappear from across the room. Wearing lighter colored skirts and slacks minimizes your height.



Hour Glass

Full-figured women should not shy away from lighter colors such as cream, white or tan. More importantly than color, it is the cut and shape of your suit that need attention. The perfect summer outfit for this woman is a side-zipped slack with a wider leg, which skims elegantly over any bumps you may want to hide. Contrary to popular belief, full-figured women should not hide everything in shapeless layers. To accentuate your waist, accessorize with a wide belt. The jacket should be cut just above the seat to allow for a flattering shape over the hips. Cutting it here will still make the legs look longer than the torso, especially if you coordinate your outfit with a fabulous pair of heels. Choose the same colour heels as your suit to further elongate your legs.



More Shapely

More Shapely women frequently have trouble getting the proper fit in the shirts they find in the retail marketplace. Custom-made shirts alleviate this fit problem and offer a new look for this woman, with more room through the chest and less fabric through the waist. Together, these combine for smoother lines and the complete confidence to take your jacket off.



Petite

Petite women can make their legs appear longer by opting for a cropped jacket. The key is to make sure your clothes fit you properly! Jackets should not extend beyond your shoulders, while slack and sleeve lengths should not be too long. You need to wear your clothes, not the other way round.

Stain Removal Guide [Return to Top Menu](#)

The Basics



1. TAKE QUICK ACTION - The sooner a stain is treated the better. Time can “set” stains. Almost any stain can be removed if action is taken quickly enough, however almost any stain will become permanent if left untreated too long. Ideally, all stains should be treated within the first 24 hours.

2. BLOT & SCRAPE – Whenever possible, immediately after the stain occurs, blot up any excess liquid with a paper towel or clean white cloth. Scrape solids from the fabric if the stain is dry. Try to remove as much excess as possible before further stain treatment.

3. DO NOT APPLY HEAT – Do not apply heat of any kind to stained fabric. Heat can “set” stains. Before ironing, pressing, or drying a garment in a dryer, check to make sure that the fabric is completely free of stains. If you don't know the origin of a stain, don't use hot water. Hot water can set protein stains such as blood, egg, and milk stains.

4. TEST THE FABRIC – Before attempting to remove a stain, test the stain removal agent on an inside seam or hidden area of the garment to make sure it doesn't damage the fabric. Sometimes the stain removal agent may damage the fabric more than the stain itself.

5. READ CARE LABELS – Garment manufacturers normally attach a “care label” inside the garment, usually at the back of the neckline or at the waistline, indicating the recommended cleaning method. Read the garment care label carefully. The recommendations are based on the fabric, trim, elastic, interfacing, or adhesives. If garments are labeled “dry-clean only” don't attempt to remove stains from them yourself - go to a dry cleaner. If garments are labeled “washable”, it may be possible to remove stains from them yourself. Many natural fabrics, such as silk, wool, linen, leather, suede, and fur garments must usually be dry-cleaned.

6. DRY-SIDE vs WET-SIDE – Stains can be divided into two main groups, dry-side and wet-side. Wet-side stains are water-based. Consequently, it takes some form of water to remove these stains. Examples of wet-side stains include soft drinks, milk, ice cream, wine, coffee, tea, mustard, grass, and most food stains. Dry-side stains are oil based. Special dry cleaning fluids or powders are needed to remove these stains. Examples of dry-side stains include rouge, mascara, foundation, ballpoint ink, rubber base adhesives, cooking oils and greases, oil and tar, candle wax, and salad oil and dressing. There are also “combination stains” that dissolve partially in cleaning fluid and partially in water. Lipstick is an example of this. It contains wax and dye. When treating combination stains always use the dry-side stain removing agents before you use the wet-side stain removing agents. Other examples of combination stains are shoe polish, gravy,

paint, and salad dressing.

Stain Removal Supplies



Drycleaning Fluid – Oil based stain and spot removers are available at grocery and hardware stores. Look for products that contain petroleum solvent, petroleum hydrocarbon or petroleum distillate.

Laundry Detergent - 1 tablespoon per cup of warm water

Household Ammonia - 1 teaspoon per cup of water

White Vinegar - 1 part vinegar to 3 parts of water

Oxygen Bleach - 3 percent hydrogen peroxide

Chlorine Bleach - 1 part chlorine bleach to 4 parts water

Enzyme Detergent - Laundry detergent with enzymes added for presoaking

Treating Common Stains



PROTEIN STAINS - Blood, chocolate, egg, ice cream, milk, baby formula, vomit, perspiration - Blot with water and a clean cloth. Then treat with an enzyme detergent. If the stain remains, treat with household ammonia. If the stain remains, treat with white vinegar. If the stain remains, treat with oxygen bleach.

TANNIN STAINS - Coffee, tea, mustard, wine, soft drinks, tomato sauce, soy sauce - Blot with water and a clean cloth. Then treat with laundry detergent. If the stain remains, treat with white vinegar. If the stain remains, treat with oxygen bleach.

OIL STAINS - Butter, furniture polish, grease, lipstick, foundation makeup, mayonnaise - Blot with drycleaning solvent and a clean cloth. If the stain remains, treat with laundry detergent. If the stain remains, treat with household ammonia.

WAX & PAINT - Candle wax, crayon, paint - Blot with drycleaning solvent and a clean cloth. If stain remains, treat with laundry detergent and household ammonia. The last traces of color matter may be removed with oxygen bleach.

INK STAINS - Apply drycleaning solvent. Blot until all bleeding stops, moving the stained area as the towels absorb the ink. If the stain remains, treat with laundry detergent and household ammonia.

MILDEW - Wash with chlorine bleach. Be sure to test the fabric before using chlorine bleach. Never use bleach on silk, wool, nylon or spandex.

NAIL POLISH - Never use this method on acetate fibers and test the fabric before proceeding. Blot the stain with acetone, moving the stained area as the towel absorbs the nail polish.