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EC73-487 How to Create the Look you Like

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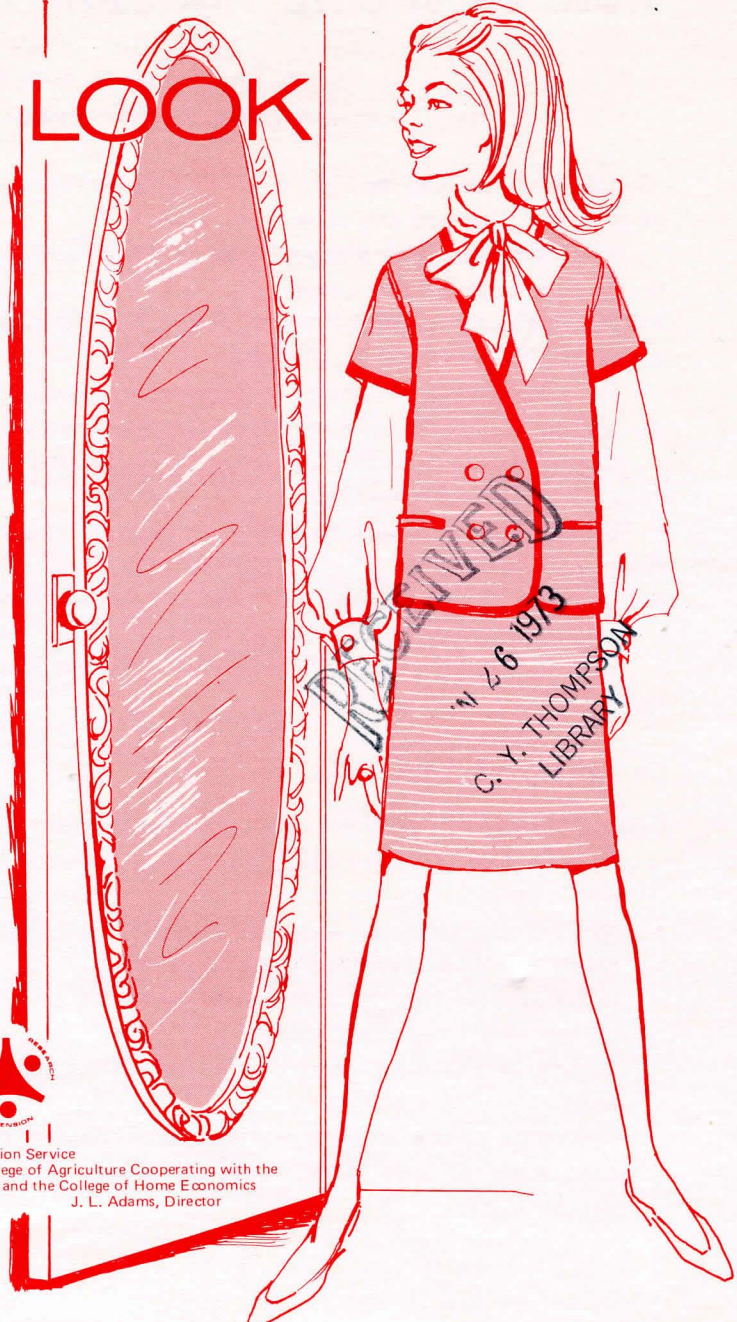
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How to Create

THE LOOK YOU LIKE



Extension Service

University of Nebraska-Lincoln College of Agriculture Cooperating with the
U. S. Department of Agriculture and the College of Home Economics

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HOW TO CREATE THE LOOK YOU LIKE

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Looking the way you'd like to look doesn't just happen. It must be planned. Clothing can help.

The first step is to analyze yourself. With a critical eye, look at yourself in a full length mirror.

How is your posture? Without good posture the most perfect styles won't be effective.

Do you have well-fitting undergarments? A good girdle and bra can add to your look.

Study your proportions. Analyze your present garments. Which ones are most becoming? Why?

Decide how you want to look. Just because you are short doesn't mean you must make yourself appear taller. If you are tall, you may not want to appear shorter. Consider the proportions of your figure and what combinations of lines do for you.

The following ideas will help you look the way you'd like to look:

Do You Want to Look Taller?

Choose styles with unbroken vertical lines, lines that follow the body contour and that lead the eye upward, or long diagonal lines that slant upward.

These styles are for you:

- Princess lines and beltless one-piece dresses.

- Long, straight sleeves or sleeveless garments.

- Longer skirts, narrower skirts.

- V-necklines or long, narrow, pointed collars. Matching or narrow belts.

- Plain dark colors, smooth textures, small pattern designs.

- Pant suits of one color. Vertical stripes. Pants with straight slender legs.

Do You Want to Look Shorter?

Choose lines that lead the eye crosswise or nearly so.

These styles are for you:

Gathered, pleated, flared skirts. Shorter skirts.

Capes, peplums, tunics, long jackets, low waistlines.

Bloused waistlines. Soft effects.

Separates of contrasting colors.

Double-breasted effects.

Wide or contrasting belts.

Wide, full sleeves. High necklines or wide collars. Yokes and patch pockets.

Bulk fabrics (unless your figure is too heavy), medium sized prints.

Pants and tops of contrasting colors of fabric. Horizontal stripes.

Tunics with belts. Full legs or bellbottom style of pants.

Do You Want to Compliment Your Petite Figure?

Choose dresses with simple lines and few details. Vertical lines lengthen your figure.

These styles are for you:

Skirts that are pencil slim or slightly flared.

High waistlines or empire lines.

Fitted coats and suit jackets, boleros.

One-color ensembles.

Narrow belts that match the dress.

Light and bright colors.

Small prints.

Pant suits of lighter weight fabrics. Styles in scale with petite figure.

Do You Want to Make Your Full Figure as Attractive as Possible?

Look for vertical details that carry the eye up and down rather than across.

Choose a smooth silhouette with easy shoulders and a skirt that's slightly flared rather than slim.

These styles are for you:

V-necklines and diagonal details at bosom.

Full length or three-fourths sleeves.

A relaxed comfortable fit.

Light or medium weight fabrics with a dull finish.

Dark colors, neutrals and small pattern designs, one-color outfits.

Want to Compliment Your Thin Figure?

These styles are for you:

Pleated or gathered skirts.

Details such as pockets or draping.

Boxy jackets, boleros.

Dresses with full-cut bodices that nip in at the waist and flare out over hips.

High necklines or necklines filled in with scarves, chokers, dickeys.

Fabrics with body, such as bulky wools and knits, pique, stiff cottons, taffeta, satin, velvet, tweed.

Light colors, contrasting colors, plaids, checks, patterns.

For the Full-bosomed Figure Try These Ideas:

Vertical line details.

Dresses with slightly flared skirts that balance the full bosom.

Details on skirt to call attention away from bust.

Chanel-type suits.

Clothes with simply styled or loose fitting bodices, dark bodices contrasted with light skirts if you are also tall.

V-necklines or deep oval.

Soft front fullness. Jabot or soft full tie at neckline.

Make a Low Bust Appear Higher by:

Drawing attention to neckline by using interesting collar, neckline or pockets.

To Conceal Rounded Shoulders:

Bolero, cape, short jacket.

Gathers in bottom of bodice instead of darts.

Soft, rolling collar or a scarf that fills in the neckline.

Square Shoulders:

Try raglan, kimono or cap sleeves.
Balance shoulders with skirt detail.

Sloping Shoulders:

Try fullness in top of sleeve or high wide lapel.
Shoulder pads.
Decorative details, such as shoulder tabs, wide collars, pinafores.

Do You Want to Make Your Neck Seem Longer?

Wear open or V-necklines.
Narrow, flat and pointed collars.
Long necklaces or pendants unless you are too full-bosomed or too short.

Do You Want to Make Your Neck Seem Shorter?

Wear high necklines or necklines filled in with scarves, chokers, and bibs
Stand-up collars. Soft, full or deep collars.

Do You Want to Make Your Face Look Rounder or Fuller?

Choose high, closed, square or rounded necklines.
High necklines with rounded rather than pointed collars.
Wide lapels and collars.
With low necklines, fill in the area with scarves and chokers.
Softening effect of scarves and bows.

Do You Want to Make Your Face Look Longer and Thinner?

These styles are for you:

Low necklines. The deeper the necklines the narrower the face appears.
Softly draped or shaped V or U necklines.
Narrow lapels.
Small, pointed collars.
Flat, rolled collars.
Collars high in back and open at throat and shawl collars.

To Hide a Flat Chest:

Use easy fitting blouses.

These styles are for you:

- Vestees, ruffles, jackets, double breasted effects, or wide lapels.
- Bows at neck. Cowl necklines.
- Boleros, capes and full sleeves.
- Avoid clinging fabrics.

Do You Want to Make Your Waistline Seem Smaller?

These styles are for you:

- Vertical lines that cut the bodice into three or more divisions in front and two or more in back.
- Ones that accent width of shoulder and hips so waistline looks smaller by comparison.
- Diagonal lines at hipline such as slightly flared skirts.
- Detail at neckline.
- Clothes fitted loosely at armhole.
- Narrow matching belts.
- Pant suits with slightly flared over blouses or tunics without belts.

Over the Waistline Bulge?

These styles are for you:

- Boxy jackets with front closing unfastened.
- Dresses with bloused effect.
- Clothes that fit loosely. Shifts. Loosely fitted waistline.
- Over blouses.
- Long-line bra or one-piece foundation garment.

Do You Want to Conceal a Large Abdomen?

Choose slightly flared skirts, unpressed pleats.

Skirt broken by side drapery or skirt with gathers on each side of skirt front.

Direct attention above or below abdomen by using darts, pleats, long, straight jackets, easy-fitting blouses with interesting necklines.

Styles without belts or cord belts that tie at the side.

To Make Heavy Arms Less Conspicuous:

Choose well cut sleeves, neither too snug nor too full.
Wide armholes, three-quarter length sleeves.
Stole or scarf draped over the arms.

To Camouflage Thin Arms:

Choose sleeves that fit loosely, wide cuffs.
Long or three-quarter length sleeves.

How Are Your Leg Proportions?

Straight skirts make heavy legs look heavier.
Very full skirts make very thin legs look thinner.
Very short skirts exaggerate leg size, also hem lengths that fall below midcalf.
Dark hose tend to slenderize the legs.
Short heavy legs appear shorter and heavier in tight, straight-legged pants.

To Camouflage Large Hips:

These styles are for you:

Choose flared, gathered or pleated skirts.

Box jackets and boleros to balance hips.

Draw attention to top of figure - collars, yokes, shoulder details.

Styles that emphasize small waist.

Use trimming in center or near center of figure. Hips in pantsuits are exaggerated in low cut hip-hugging styles.

Pants that are wide and straight-legged from the hip down will deemphasize large hips and thighs.

Sway-Back or Prominent Posterior May be Concealed by:

Dipping waist seam in back or filling in hollow with blouse effect.
Use fullness in back of skirt, peplums, bustle effects, long jackets.