

# CLOTHING 101



A COMPREHENSIVE GUIDE ALL CLOTHING

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# Introductory

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**Girls and teens want to look sharp and fashion forward. Fashion trends change every season, but there are certain basic items of girl's clothes that everyone wants in their wardrobe.**

Key pieces can be combined to create many different looks. While denim jeans are a staple in most wardrobes, the style of jeans changes regularly. While low rise jeans with straight legs may have been popular in 2005, within a year or so a high waisted jean with wide legs may be the fashion.

While each teen may choose her own style and not care about what is popular, the current trendy styles are what will be found in the stores. To know what is in fashion, either start shopping at your favorite local mall or read fashion magazines.

Jeans are a great basic because they can be worn so many ways. For casual wear, add a t-shirt, sweater or plain shirt with sneakers or flat shoes. The same jeans can also be dressed up nicely with a fancy blouse or a camisole with a jacket and heels.

Other key wardrobe pieces are tank tops, turtlenecks, khakis, shorts, slacks, skirts, sundresses and blazers. The styles and colors of these items will also change from season to season. Skirt lengths go up and down, with both a short skirt and a longer style usually in fashion at the same time.

The quality of girl's clothes makes less difference because styles change so quickly. Girls will tire of their clothes long before they wear out, so pick what you like that fits your budget and don't worry about durability. Even so, check the label for laundry instructions. Washable clothes are easier and cheaper to maintain than dry clean only.

## **Experiment to find your own style**

One of the nicest things about teen apparel (and of being a teenager in general) is the freedom to experiment. Even the simplest outfit of jeans and a t-shirt can be an expression of the wearer's personality. Jeans now come in an array of colors. Some have decorative rivets, while others display fancy

embroidered designs. Even the way the pockets are arranged can be a decorative element.

A t-shirt can be a plain solid color with a round neck or a v-neck. It can be striped or patterned. It can display a message, either for or against a cause, showing off its manufacturer or just saying something amusing. Thus, the t-shirt can be a fashion statement, a personal statement or a political statement - you choose.

But the biggest part of the teen apparel experiment comes through accessories. These can be found in department stores and clothing shops as well as in specialty stores that carry nothing else. When selecting shoes, fit and comfort may be sacrificed to style. This may not be a good tradeoff depending on what activities you plan to pursue while wearing them. Be sure to try on both shoes as most people have one foot that is slightly larger than the other.

Shoes can be made of leather, imitation leather, cloth and other materials. Leather shoes are usually the most expensive, but they last the longest. Before making a big investment in shoes, think about how long you believe they will suit your taste, style and wardrobe and how long you might want to keep wearing them.

The handbag or purse is another great accessory. Modern style gurus no longer require matching your purse to your shoes, so go wild. Get a giant bag or a mini-backpack for everyday wear so you can carry all of your stuff. Pick a tiny, shiny bag for that night on the town. As long as it's big enough for your keys, lipstick, money and cellphone, it will work.

If you plan an active day, forget the bag and go for a belt pouch. No longer just for athletes, these come in an array of styles and colors like other purses. And when you're ready to get fancy, remember that you can add jewelry, gloves, hats, scarves and more to personalize your look completely.

# Chapter 1: Fashion Tips For Women

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**Are women fashion style statement just about wearing women fashion clothing? Every one of us are different and so it's important that we have a fashion statement that best suits our personality.**

Fashion is nothing but highlighting the best and hiding all the flaws.

## **Points all you women wanted to know about clothing:**

- Always wear a free-flowing fabric in one tone to achieve a long and slim look.
- Wear clothes on the basis of your body structure.
- Velvet and leather is apt for winters and silk, organza and cotton for summers.
- For a morning party opt for lighter shades like emerald green, ocean blue, pink or you could also try out for some trendy pastel colors.
- For late evening occasions opt for vibrant colors that can add sparkling effect to your dressing sense.
- If you are short it would be advisable you avoid wearing short dresses. Rather go for long skirts with a nice fish cut.
- If you are thin avoid wearing sleeveless clothes. It would be advisable to wear dark color clothes as they hide your pale body structure.
- If you have a medium structure you need to wear beige and fawn color clothes.

## **Skin tone**

- If you have a fair complexion, then gold with a blend of copper would just look beautiful.

- If you are medium whitish colored, then mixed shades of white, beige and bronzy golden would suit your style.
- Dark skin women should wrap themselves with golden copper shades.

### **Helpful tips**

- Wear clothes of your own size. Never opt for oversized clothes.
- Be careful while selecting accessories for a wear. Just don't pick up something for the heck of it. Remember your accessories speak more about you than your clothes.
- Make sure whatever jeweler you wear blends well with your style.

## Chapter 2: Clothing Tips for Men

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**Do you have knowledge of the right dressing sense? Most of us like to wear fashionable clothes. We least bother whether it goes on with our body type or not.**

All of us need to have some knowledge as far as dressing is concerned.

Here are some clothing tips for men that can help them to decide a perfect wear for their different body type.

### **Short Waist Men**

Short waist men should avoid wearing jeans and pants as much as they can. Avoid wearing short lengthy tank tops as they tend to highlight your short waist. A combination of pink shirt and black trouser will not go with your body type as it would interfere with the vertical flow. It would always be advisable to keep an inch higher on waist while stitching your pants.

### **Long Waist Men**

Long Waits men need to do things the other way around when compared to short waist men. You should wear jeans as much as you can. You can wear contrasting color T-shirts and a double breast jacket to prevent people's eyes from falling on your legs. You could also opt for belts with a high buckle.

### **Men with flat butts**

Are you worried about your flat butts? You need to take special attention about your pants. Wear pants that give you proper fitting. Straight long pants will go with your body type.

### **Fashion tips that can help**

- Bigger and bolder patterns make you look bigger than what you actually are.
- Horizontal pattern clothes help you look wider.



- Vertical pattern clothes help you look taller and thinner.

### **Men dressing tips for an interview**

- Avoid wearing any western men formal wear.
- Pick up right color clothes and make a good combination of your business suit and tie.
- Avoid wearing double breast jacket for the interview.
- Long sleeved T-shirt would be the idlest choice.
- Silk Tie can do wonders to your clothing style.

## Chapter 3: Clothing Your Children

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**It is lovely to see well-dressed children particularly small children who can look cute and fashionable at the same time.**

Babies have no say in what we dress them up in so we can be as flamboyant or simplistic as we like!

Specialist shops are in abundance nowadays with prices ranging from sensible to the ridiculous. A small child has no concept of wearing designer clothes only the parent. Whether the clothes be cheap and cheerful or expensive and chic, babies and toddlers will still make a mess while eating, crawling and generally doing things small children do!

No matter how much or how little you spend, clothes still need to be practical. For anyone who has had the pleasure of dressing a wriggling baby or toddler, the buttons and zips definitely need to be in the right places. Time is limited when dressing or undressing your child so fiddly buttons and badly positioned zips and ties are a definite no!

Easy access via poppers especially in baby's trousers is an excellent invention. Just think how much time it takes to put kicking legs into a pair of trousers!

Babies grow at an incredible rate so one doesn't have to worry much about clothes being worn out, they tend to be outgrown and still in beautiful condition. This is great if you are possibly going to have more children or have someone with a smaller baby to pass clothes on to. Definitely a money saver if you are on the receiving end of another parent's generosity.

Toddlers are wonderful little people who you can still dress to look cute – until they suddenly start to become independent and pick their own clothes. When they are at this stage you can forget looking stylish and fashionable, toddlers tend not to have any color co-ordination or dress sense – be warned!

Early school years can be really simple, as most of the time the child will spend wearing a school uniform. Clothing your child is easier though it can be expensive depending on where you buy the uniform. Most of us buy at

least a size bigger blazer or trousers so that the child 'can grow into them', this can cause embarrassment to our children. Be diplomatic and not too enthusiastic about your child's growing abilities.

The wonderful teenage years! – A clothing nightmare. Just when you thought that purchasing a school uniform was simple you find out to the contrary. Your teenager suddenly must have designer named shoes, trainers, trousers – whatever they wear has to have the latest logo emblazoned on the front or back.

Buying labels and sewing them on won't work, teenagers may be difficult but they are not easily fooled.

At the end of the day, buy what you can afford, make sure the clothes are reasonable hard wearing and put together properly.

Dressing smaller children should be practical, it seems silly putting a pretty dress on a crawling baby as they will probably come to a standstill if they keep putting their knees onto the dress! As to dressing teenagers, well that is another matter, birthdays and Christmas come in handy for purchasing expensive clothes or trainers as presents, this can often be a good compromise.

Trends chop and change like the wind for teenagers so while your child is small enjoy dressing them up in colorful tasteful clothes that you have chosen, they at least won't worry about losing their street cred!

## Chapter 4: Choosing The Right Jeans For Your Body Type

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**High on the list of frustrating things people do because they feel they have to is jeans shopping.**

Shopping for a pair of comfortable chinos would be easier, but it would not meet that irresistible need to have a stylish well-fitting pair of jeans ready to go at a moment's notice.

If you are like most people, there are several pairs of jeans in your closet that almost never see the light of day. They may have looked right in the store, but at home they just don't make the cut over the one pair in the closet that actually fits and feels just right.

Just about all frustrated shoppers have thoughts on the matter of how to buy the right pair of jeans. Only a few ideas, however, are really worth considering given subtle variations of body types that a pair of jeans needs to fit.

### **Fit the body type**

Although it is fairly simplistic to say that there are only five body types, it is the easiest way to narrow down the hundreds that could be given. Consider these groupings: short-wasted, long torso, plus-size, wide hips, slim and petite. There are of course variations in between.

For a short-waste consider lower fitting hip hugger jeans. These will tend to elongate the upper body. For a long torso body type, go for a pair of jeans that has a defined waist. This goes in the opposite direction of the short waist person. Plus size people need to work with balancing the hips. To do this, look for a flare at the bottom of the leg.

This will balance out the hips. Also, large pockets close together will help. A petite person should consider a straight leg pair of jeans that may be a bit baggier than normal. This will cast a taller silhouette.

## **Age appropriate jeans**

Unless you look like Goldie Hawn when she was in her 20's and 30's certain areas of the body have moved and your attitude has changed. Make yourself understand that the days of the torn knee and low-rise jeans are gone. This is not necessarily a bad thing because it gives you quite a few options with regard to style and fit.

## **Where are you going?**

The perfect fit means differing things for differing uses. Jeans at a casual party require a differing fit then if you might be wearing them on a casual Friday. Consider a stiffer leg if you are going to a function that isn't quite a picnic but not a slack sort of function.

A straight leg will work for people with a narrow waist or short legs, and if your waste isn't quite as narrow as it once was go with darker colors. Darker colors cover up a host of body imperfections.

Casual Fridays call for a dark jean and a defined waste. Anybody can wear this type of jean no matter the body type, but if you are plus-sized or petite add the rules above. The real trick to fitting your style and body type, in this instance, is to find a pair of straight leg jeans you are comfortable with and buy two pair. Buy one pair for flats and one for heels.

## **When in doubt, accessorize**

If you are still having a difficult time finding just that right pair of jeans to fit your body type don't fret. As the saying goes, "when in doubt accessorize." If your hips are still in the way, a good pair of shoes and a few frills on the blouse may help a bit (don't go crazy on the frills though.) Try matching the jean color to some jewelry. Or, the wide ankle is always a good fall back to distract while continuing to be stylish.

## **Take it along**

One of the biggest errors that people make when jean shopping is to not take along those items that they will have on, or with them, when they are actually wearing the jeans. If you need a defined waist or a distraction take along a belt to make sure it fits and works well with whatever else you may

wear with the jeans. After all, if they fit well, but don't necessarily look right, you can always make them look right.

### **Taking care of those that fit**

When you have finally found a pair of jeans that fit and look stylish make sure that you take care of them. A good pair of jeans that fit is not something to take lightly. Always wash your jeans in cold water and if you want to go to extremes turn them inside out so that they don't fade.

Always hang dry the jeans and, if you are going to make alterations, wash them a few times first just in case they want to shrink.

## Chapter 5: Lingerie

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**Women have been turning to sexy lingerie to add spice to their romance since the time of Cleopatra.**

The feel of fine silk or lacey lingerie against the skin can be such a powerful aphrodisiac, that some of the most famous women in history swear by its success for the pursuit and capture of conquests in the game of love.

There are as many different styles of lingerie to choose from as there are occasions to wear it. Lingerie can bring a sense of mystery and intrigue to any intimate encounter.

Wearing sexy Lingerie can be as playful as it is adventuresome. Not only does sheer lingerie highlight a woman's most sensual assets, it makes her look and feel more feminine.

For some women, deciding on the right bridal lingerie is the most important underwear choice she will ever have to make. Usually a bride will want to pick lingerie that looks sweet and innocent, but is still sexy enough to remind her new husband that while the wedding may be over, the honeymoon has just begun.

Although bridal lingerie is usually available in the whimsical colors of virginal white, pristine pink and baby doll blue, it is also designed to be alluring and make a bride feel desirable on her special night.

Lingerie is the perfect seductive element to enhance any romantic tryst. If creating the right mood is the goal, nothing is as provocative as exotic lingerie to inspire romance.

A tempting black corset or scarlet red push -up bra will make an unforgettable impression on any paramour. From fishnets to naughty nighties, exotic lingerie is guaranteed to steam things up in the boudoir and stir the embers of desire into a passionate fire.

Smart women know the time-tested advantages of slipping into something more comfortable. Just like the scent of a flirty perfume, sexy lingerie is a great way to draw a lover close, like a moth to a flame.

Sheer lingerie can bring tantalizing new dimensions to anyone's sex life. The visual delights lingerie has to offer are only limited by one's own imagination. When a woman feels fabulous in sexy lingerie, she also feels more confident and her sexual chemistry is naturally heightened.

When a women dresses in sexy lingerie, what she is really doing is practicing the art of true seduction by introducing some sizzle and delivering an invitation to come and share the fantasy.



## Chapter 6: How to Wear a Mini Skirt

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**There are many new and changing styles in fashion. One thing that has been around for a long time and still remains is the mini skirt. This is an article of clothing that is timeless and still looks attractive on any woman of any age.**

They are starting to be seen more and more in every part of the world and in more and more women.

A mini skirt can be worn for a lot of occasions. There is no right or wrong time to wear one. All you have to remember is that you have to keep it looking classy and in style. You do not want to appear cheap with a red mini skirt and a pair of black fishnet stockings, unless it is Halloween. You do want to look your best and feel your best when you take on wearing a mini skirt.

When worn the correct way, any woman can look hot in a mini skirt. These skirts can be worn with anything and still make a fashion statement. They are worn to work, out to dinner and even to special occasions. All you have to know how to do is pair them up with the right accessories and you will have a super new outfit.

Miniskirts to work can be worn with a classy white shirt or a blazer. You can dress it up with a great pair of shoes and some simple earrings. To wear out for a night on the town, you can wear a black silky top and a bold pair of pumps and look amazing. When you want to have a nice dinner out with family or friends, you can wear a nice top or sweater and simple accessories to match. You do not have to go all out to look wonderful in your new look.

If you want to share a special occasion with some friends or family, you can pair the mini skirt up with a sparkly top or sequined shirt for a fresh and well-put together look. You can be the star of the show and not look cheap or tacky. There is no reason why a woman should not want to show off her legs and great figure with a short mini skirt.

If you are an older woman, you will know what you can pair up with a mini skirt to look good. If you are younger, you may want to ask the advice of a parent or friend first. They will always tell you if you look good or if you

should run back and change. Feeling confident and good in a mini skirt is the main goal. You do not want to look like you are nervous or self-conscious. Stand tall and be proud that you have the legs to go with your mini skirt.

## Chapter 7: The Basic T-Shirt

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**Who doesn't own at least one T-shirt? Someone once said "to err is divine, to wear a t-shirt is just plain comfortable".**

Ok, I made that up, but it's true, what feels better than a good, old fashioned worn-in basic t-shirt? As far as I'm concerned, nothing!

How do you know if a T-shirt is of high quality? How do you know how it will wear over time? What are the best basic brands? Well, my friends, I will answer these questions for you.

A high quality basic t-shirt doesn't have to be expensive, just well-made and made with the right fabric. So, what does well-made mean? Most of the time this means it has a seamless collar, taped neck & shoulders, and double needle stitching throughout the entire garment.

As far as the fabric is concerned, you want to look for pre-shrunk 100% cotton jersey fabric and ideally, ringspun or combed cotton. Ringspinning and combing are processes that add softness to the cotton and it they are noticeably softer than basic cotton.

Many manufacturers make T-shirts with ringspun or combed cotton, but I like the Hanes Beefy-T, the Devon & Jones Vintage Tee and the American Apparel Fine Jersey Tee for women. All of these are very soft, and only get better after repeated washings.

### **T-Shirt Layering**

Layering T-shirts has become the fashion standard for women these days. You can achieve a variety of looks by simply changing the color and style of the T-shirts, and by layering them in a different order. With dress codes in the workplace becoming more and more casual, you can now get away with throwing on a comfortable skirt or pair of khakis and layer away!

Some of the best brands to use for layering are American Apparel (Classic Girl) and Hype. Both of these brands use good quality lightweight cotton, which allows multiple layers without a heavy feel.

A few examples of excellent layering tees are the American Apparel Boy Beater™ tank and the Hype Sheer Cotton Long Sleeve Tee. These two items are available in basic black and white, plus a few other color options like green and pink to spice it up a bit. Layer the tanks under everything for work or play – like under a suit jacket for work.

They are long enough to cover the top of even the lowest waisted pants, and form fitting so they're not too thick under your other shirts. In the fall and winter, you can layer the Hype Sheer Cotton Long Sleeve Tee under everything – other t-shirts, sweaters, blazers, jackets, etc. Both of these items come in a multitude of colors and each priced under \$10.

## Chapter 8: What Women Should Wear At Office

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**The new millennium working woman must find a way to get ahead of her counterpart's male and female at other companies, but also within her own place of employment because the work world is more competitive than ever.**

Knowledge, skill and the ability to finesse corporate politics are instrumental, but one's image and appearance also continue to be key factors in moving up in corporate world.

But dressing for your office doesn't mean leaving your personal style behind. Try and find out which of your personal styles go in sync with professional look and which can be your career killer.

Dressing for work is to project a professional, competent image, without considering your designation or your field. The styles, colors, lengths and fit of your fashion choices will speak volumes about your ability to do your job. In general, the more distracting a piece of clothing or jewelry is, the less appropriate it is for office wear.

Colors for your cloths can include red, navy, gray and black. Most of these colors will be available in many forms such as pantsuits, skirts. Also, you can have some feminine colors like ice blue, lilac and soft pink. Don't experiment with wild prints and colors which make you look odd in office, especially some fluorescent colors.

Don't go for heavy jewelry, it really irritates, making noise and distracting others. Try and stick small but still cute looking jewelry. Similarly, with your bags, choose a bag that best suits your purpose, don't go for some really glittery color stick to the basics.

In conclusion don't try to be too sexy, too casual, or too sloppy, just try to look professional. Try and watch what your female boss wear and that will provide you with some idea what to wear in your office.

A black dress is a best companion for an office going women. It fits into every occasion a normal office day or a high-profile meeting. It can be a fashion statement yet very professional and it is widely accepted across different fields. Black dresses up to knee length are just perfect.

## Chapter 9: Standards of Looking Great

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**We do not know how other people perceive us. In the extremes, this can breed self-consciousness, or it can breed cockiness. Neither warrants much praise.**

Think about it. Looks, in the abstract sense, will make a significant impact on a person's outlook in life, more than they would like to admit. If people truly perceive a person as looking great, then what harm is done?

This all diverts itself to the misconception that looks are shallow. Ethics will teach us that beauty is only skin deep. All true, very true; but only to an extent. "Looking great" and being beautiful are two separate ideas, as beauty is largely subjective.

However, looking great is a matter of culture and place. It can be concluded that, in our times, one will consider a man in a business suit to be affluent, or at least employed. But he does not have to be handsome. This analogy of the business suit points out an undeniable human competent: the instant interpretation of our surroundings. This is neither shallow nor avoidable.

**This is the way of the physical universe.**

There exist general standards of looking great. Since the term lends itself some vagueness, "looking great" entails being confident; confidence, unpretentious and undiluted, entails being comfortable in your surroundings. The following tips may be of use for the person seeking confidence, not self-consciousness or cockiness.

Tongue scrapers. Yes, this little device will prove to be invaluable. It combats bad breath in the best way possible: it scrapes the surface of the tongue deep at the opening of the throat. Nothing kills confidence worse than bad breath, as it sneaks up without warning, even after a thorough brushing; and pearly white teeth aren't worth two cents if nobody wants to be around your open mouth.

The tongue---not the teeth or gums---is a hotspot for awful breath. And an odorous breath is more tied to the common sense of good taste than it is to any one culture. Follow this principle: poop smells like poop, no matter

where you're from. Some cultures may seem more tolerant toward the principle, but surely they must not prefer it.

Baggy clothes fall into the half-subjective, half-truth category of looking great. The primary reason why they do very little to accentuate the wearer stems from their design. They sag and distort the wearer. Unless a cultural statement, baggy clothes just plain do not work.

This holds true for make-up as well: if it does not accentuate natural features, then it serves little purpose. Ask yourself what is more impressive, natural features, or artificial ones? Yes, artificial looks are acceptable and commonplace, but doubtless does it ever trump the natural.

This leads to our conclusion. Accentuate and compliment your natural features. The principle makes perfect sense, especially if you wish to display confidence in yourself. Hygiene is a universal custom, and the tongue scraper served as an analogy.

But the latter discussion in this article highlights a very important touchstone in looking great, which is to look good and feel good according to what is "You." Do not overdo it. Because in a universe comprised of interpretation, there is no greater mis-interpretation than in misinterpreting your very sense of self. Be happy with who you are, and show it in best possible way.