



# Thank you

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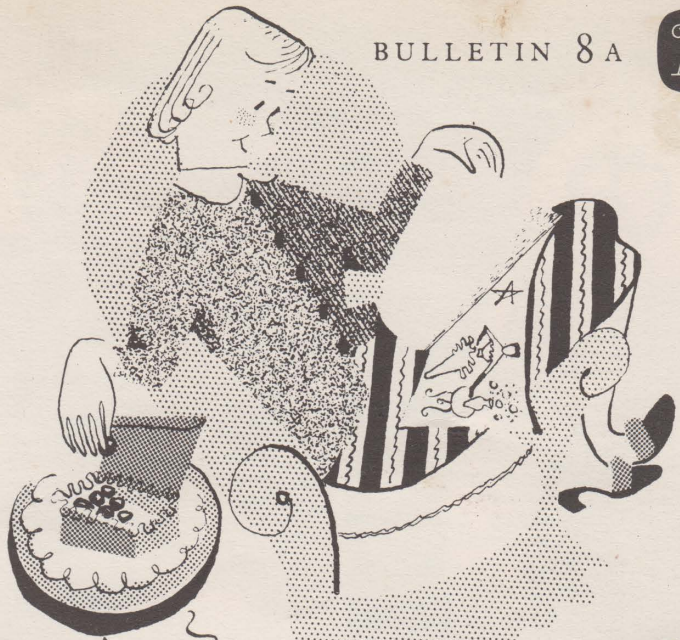
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In past bulletins we have concentrated on showing you some of the more important sewing techniques. You have also learned how to make several attractive garments. Now we are going a step further. This bulletin has been designed to help you choose the clothes that suit you and to wear them well.

POOR JANIE ! She's short and dumpy and her hair is straight and lank. But that doesn't stop her wanting to have beautiful clothes. Once, before a party, she saw a picture of her favourite film star in a magazine and, after looking at it for a while, she decided to copy the dress.

The dress was very simple and Janie was a good dress-maker. She decided she'd make the dress for the party. She bought a paper pattern, white fabric for the pretty little flouncey bodice, pale blue for the clinging skirt and stiff pink moire for the sash. Janie made it beautifully. It was well-cut and properly finished with all the right stitches.

BUT . . . Poor Janie had forgotten that she wasn't tall and slim as the film star was. In fact, the beautiful dress in the picture made Janie look a sight. As a girl who could sew, Janie *SHOULD* have looked attractive. She had a whole range of fabrics and patterns to choose from, but she chose the wrong style.



And so

to SEW

Designers invent styles of dress to conceal bad points, as in the case of a girl with big hips, or to emphasise good points, such as a slim waist. The first step, then, towards good dressing is to know yourself—your good points and your bad ones.

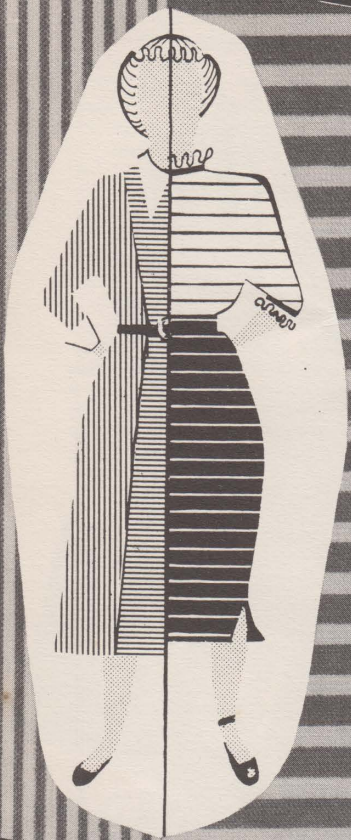


Poor Janie



So . . . turn over the page and look in a mirror

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*If you're*  
**SHORT AND PLUMP**

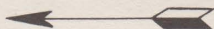
*You ought to wear the sort of clothes that will make you look taller and slimmer.*

**CHOOSE**

Princess lines. Clothes with a low waistline. Vertical tucks and seams, and fabrics with vertical stripes. Slightly flared skirts. Dark and medium colours, with touches of brightness at the neckline or in a hat. Narrow centre panels. Small, all-over prints. Matt, smooth-surfaced fabrics.

**AVOID**

Tight clothes. Contrasting tops and skirts. Frills. Straight or curved horizontal lines. Very full skirts. Large masses of bright colours. Over-padded shoulders. Large prints. Bulky fabrics.



*If you're*

**TALL AND PLUMP**

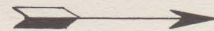
*You want to look shorter and slimmer. So direct interest upwards by concentrating on such details as neckline and hats.*

**CHOOSE**

Simple, classical lines (shirtmaker or buttonthroughs are good). A combination of vertical and horizontal lines. Slightly flared skirts. Neckline detail. Subdued basic colours with touches of brightness. Smooth, matt-surfaced fabrics.

**AVOID**

Fullness at the hips. Fussy lines and bulky accessories. Pleated skirts. Exaggerated shoulderlines. Large, all-over prints. Stiff, bulky or shiny fabrics.



*If you're*

**SHORT AND SLIM**

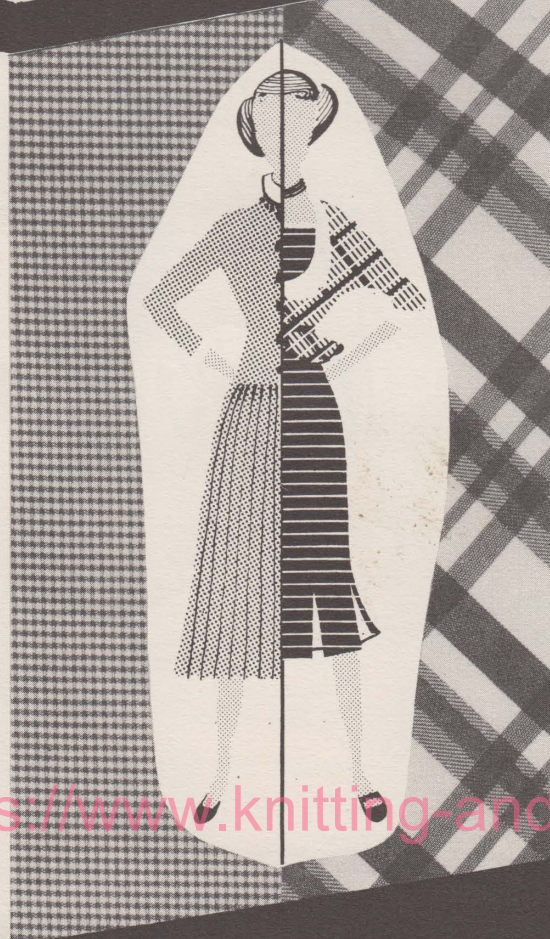
*You, of course, want to keep your slim look, but you must be careful not to exaggerate your smallness.*

**CHOOSE**

Low waistlines. Fitted coats and short, fitted jackets. Flared or pleated skirts. Small, widely-spaced prints. Soft, one-colour woollens. Subtle colours.

**AVOID**

Severely tailored suits. Long, contrasting jackets. Peplums and overskirts. Big plaids or prints. Stiff and bulky fabrics. Contrasting colour bands.



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If you're

**TALL AND ANGULAR**

With clever dressing you can make yourself look shorter and a bit plumper . . . you're the lucky one who can wear vivid colours, stripes and plaids and dress with colour and dash.

**CHOOSE**

Loose coats or full box jackets. Horizontal yokes. Flowing skirts (and either your skirts or coats can carry big pockets). Full sleeves. Plaids, checks, or bold horizontal stripes. Vivid colours. Dresses with contrasting top and skirt colours. Stiff, shiny or bulky fabrics.

**AVOID**

Fitted coats. Low waistlines. Straight, narrow skirts. Long tight sleeves. Single colour outfits. Clinging fabrics.



If you have  
**BIG HIPS**

To make hips look slimmer, detail is concentrated above the waistline.

**CHOOSE**

Fullness or draping above the waistline. Broad shoulder lines. Medium flared skirts. Single-breasted coats and jackets.

**AVOID**

Tightly fitted clothes. Sleeves with too much fullness. Skirts that are very flared, very narrow or have wide pleats. Tight or wide belts.



If you have

**A BIG BUST**

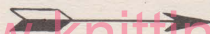
The thing here is take attention away from the bustline by concentrating interest on the figure as a whole.

**CHOOSE**

Vertical lines. Swagger coats. Simple unexaggerated shoulder lines. Plain necklines (a V or U-shaped neckline will probably suit you). Single colour outfits.

**AVOID**

Tight belts. Very fitted coats. Cape collars. Fussy details like bows and pockets.



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IF YOU CAN quite honestly say that you have none of the faults listed on the other page, then you are that rare and lucky girl who has a really good figure. You can wear lots of different styles and look fine in them all.

On the other hand, if you are a combination of two or even more of the different types of figures illustrated, don't worry. During the next few years your figure will probably change—you may "fine down" or "fill out." But now is the time to find out what suits you. Later, no matter what sort of figure you finally develop, you'll know exactly how to dress.

The girl who can make her own clothes is the lucky one. She can make sure that her clothes *are* right for her—it will cost her much less to look attractive than her friend who has to buy ready-made clothes.

#### YOUR COLOURS AND FABRICS

You've decided which styles suit you best. The next things to think about are colour and fabrics. The best way to find out which colours suit you is to study your own colouring in front of a mirror—complexion, hair and eyes. Try various colours against yourself and it won't be difficult to decide which are the most flattering.

Don't be afraid of colour, but do remember which type of figure you have. For instance, if gay reds suit you and you are on the big side, the last thing you should do is to make yourself a plain, bright red dress. This would only make you look bigger. But there's no reason why you shouldn't wear a red scarf, or perhaps a pair of red gloves, or a red beret, with a plain, contrasting dress.

The lists inside will help you choose the right sort of fabric, but there is one point that a lot of people forget. The design on fabrics is not merely decoration. Choose the one that suits you and it will do its bit to hide your bad points. Patterned fabrics, especially in summer, often help to show up little unusual features of the dress.

#### BUILDING A WARDROBE

When you have decided on your best colours, you can start to build your wardrobe.

It is essential to have a "basic" wardrobe. For instance, you will need a coat, suit, woollen dress, rayon or silk dress, an odd skirt and a few blouses and jumpers. You will want to be able to wear your coat with all these things, just as you will want to be able to change the blouses and jumpers under your suit or with your odd skirt. So it is obvious that you must choose colours that go well together. This doesn't mean that your clothes will look too alike, because there are always accessories like gay scarves, or little collars and cuffs, different belts, and a whole host of things that can make you look different every day of the week.

#### HOW TO LOOK AFTER YOUR CLOTHES

Making your clothes is one thing, but they still won't look smart unless you take care of them. Spend a little more time on them. Clean, press and mend them. See that they are always well-

aired and brushed and hung up carefully when not in use. Then, not only will they always look attractive, but they'll also last longer.

A few of your clothes such as woollen coats, suits, dresses, and some rayons, will have to be taken to the dry-cleaners. But with everything else washing is by far the best way of cleaning.

Here are a few tips about washing and ironing that are worth knowing . . .

Don't rub woollens, especially sweaters and knitted garments; just squeeze them gently in the soap lather and rinse well. Stockings should be washed the same way.

Wash coloured things in *luke-warm*, salted water so that the dye will not run.

Use *cleaning fluid* to remove spots or stains (*and be sure to follow the directions on the bottle*).

Press woollens through a *damp* cloth. Don't *rub* with the iron or they'll stretch; just press firmly down on one place after another.

Iron rayon while it is only *slightly damp* . . . cottons should be damper.

*Never* use a *hot iron* on nylon fabric.

#### MENDING

Mending is always a bore, but it really is a case of "the sooner the better." Here are some of the things to watch for:—

*Ripped Seams*.—Turn on the wrong side and mend with a line of backstitching.

*Buttons*.—Sew buttons on securely, following instructions given in Bulletin No. 2A.

*Shoulder Straps*.—These should be sewn securely at once, with firm hemming.

*Torn Hems*.—Secure broken threads with a few small stitches. Slip stitch hem in position.

*Jacket Linings*.—Inspect these regularly and repair ripped seams with slip stitching.

*Coat Loops*.—See that these are always firmly stitched.

*Runs in Stockings*.—Catch the broken stitch securely and overcast the run.

*Holes in Stockings*.—Darn these carefully. Try to darn the worn patch before a hole appears.

#### THE FINAL PICTURE

To complete the picture of the girl who dresses well, only one thing remains—*good grooming*.

If you carry yourself well . . . if your hair is always kept well-brushed and shining . . . if you look after your skin and fingernails and see that both are always clean . . .

If, in fact, you make the best of yourself in every way . . . then it doesn't matter if you are not beautiful—**YOU CANNOT FAIL TO BE ATTRACTIVE.**

## CLEVER "KNOW YOURSELF" STYLE SELECTION CHART

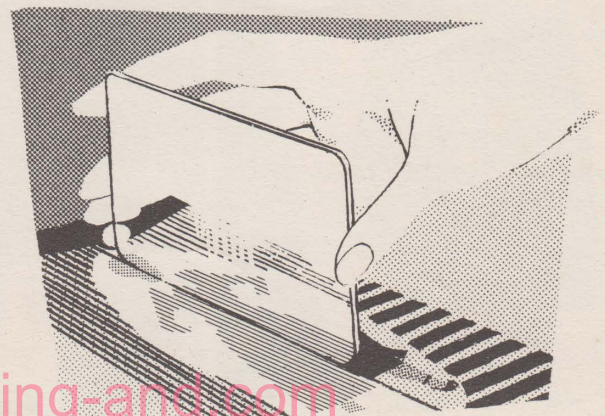
### How to use your hand mirror

Open the Bulletin on a flat surface in front of you.

To see how to make the most of your figure type, hold the mirror at right-angles to the Bulletin, facing left, with one long edge exactly along the guide line which divides the figure.

To see how badly chosen styles, fabrics, patterns, etc., can be unsuitable for your figure, simply reverse the mirror and reflection will complete the other half of the figure.

Always be careful to place the edge of the mirror exactly on the centre guide line of the figure.



★ Tells you at-a-glance how Style, Fabric, Pattern and Colour all affect you