

# Dress Slim/Sew Slim

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**Universal Goals:** These are the fundamental principles or what you want to achieve. These guidelines will make any body appear slimmer, trimmer, thinner.

**1. The clothing silhouette is dominant, body silhouette is subordinate.** Silhouette is the outline or shape of the clothing. Viewers see the silhouette first. Use your clothing to create a silhouette you like, while it camouflages your body silhouette.

A. The clothing style creates a smooth transitional line from shoulder to hip or hem – past the midriff, waist, high hip, abdomen, buttocks, low hip, and/or thighs.

B. Or, the clothing style accommodates, counters, and balances your figure type. Width in the upper torso (shoulders, bust, and/or midriff) counter-balances width in the lower torso (hip, buttocks, and/or thighs). Proportional areas can appear smaller or larger by comparison. Length in the upper torso (area above the waist) counter-balances length in the lower torso (hip and leg area). Proportional areas can appear shorter or longer by comparison.

\*Tip: Draw arrows on a tracing of the clothing style to test whether the style "fills out those areas that didn't fill out where you wish they had, and flows over those areas that filled out where you wish they hadn't."

**2. There is plenty of "ease" in the fit of the garment – fitting ease and/or fashion ease.** Clothing is designed to fit the shoulders and/or the waist. Select clothing that fits and hangs from the neck and shoulders, and/or at the waist, then skims easily over the rest of the body. Fabric should not get "hung up" on body curves. There are no obvious wrinkles in the fabric.

\*Tip: Look in a mirror – anything that gets "hung up" on the chest, bust, upper back, midriff, waist, abdomen, buttocks, hip, or thigh says that you need a larger size or a larger style! Tight makes you look larger and loose can make you look smaller.

**3. Viewer attention goes to the center front and/or up to your face.** Design details create rhythmic eye movement that travels into the center front of the garment and/or up near your face as the center of interest or dominant emphasis – focus on the face, the personality/communication area. Keep all design details in scale with the body – attention goes to the largest area. Place dominant design details and/or accessory items at center front and/or above the bust and subordinate details and/or accessory items at the wrists, legs, ankles, or feet. Avoid design details and/or accessory items on the bust, abdomen, buttocks, hips, and thighs.

\*Tip: Count the dominant point of emphasis – the largest or most obvious point as number 1. Make sure all other points of interest or emphasis are smaller or less obvious by degree – count the next largest or less obvious point as number 2 – and so on to 3 for a smaller or less obvious point, and to 4 for the smallest and/or least obvious point. (Count down to whatever number of noticeable details are present.) Stated another way, count down from large and/or most obvious, to medium and less obvious, to small and least obvious as points of emphasis 1-dominant, 2-subordinate, and 3-sub-subordinate, and so on if more points are present.

# These Are a Few of My Favorite Things

By Judith Rasband

## 1. A low-hip-length jacket, sweater, vest, or duster.

To flow easily over the figure – the transitional lines from shoulder to hip or hem smooth or straighten any unwanted curves. These 3rd layer pieces work wonderfully – beautifully.

## 2. Design details or a decorative accessory above the bust.

To draw attention upward, near the face. A classic shirt collar and earrings can work wonders.

## 3. Contrasting color under a 3rd layer clothing piece.

To create a long vertical line at the center-front (CF) opening, drawing attention inward and upward to the face.

## 4. Moderate shoulder pads.

To lift and/or fill out the shoulders for better balance with the bust, hips, or thighs below. Always appropriate, in fashion or not.

## 5. Bloused blouses and bodices.

To fill out at the sides, front, and back, making the waist, tummy, behind, hips, and thighs appear flatter or narrower below.

## 6. Shirt knotted at center front.

To fill out at center-front (CF) and make the tummy look flatter underneath or below. Always in style. Also serves to draw attention inward, assisting the illusion of a narrower waist.

## 7. Big or heavier buckle at center-front.

To fill in the indentation at the waist, just above the tummy, making the tummy look flatter. Any buckle serves also to draw attention inward, assisting the illusion of a narrower waist.

## 8. Wide-leg shorts.

To make the knees and legs appear narrower or slimmer by comparison.

## 9. Trouser pleats.

To provide extra ease across the tummy and thighs, to fill in the groin area so slacks or skirt hangs straight down below the tummy, and to create interesting lines that take attention away from the tummy. Pleats should be deep and flat.

## 10. 1 inch to 1-1/2 inch heels or wedge.

To lift and create the look of longer legs to better balance the mid-body and behind. You don't have to sacrifice comfort.