

# A Little Book of Style

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## Foreword

Everyone has style; whether the elegant Coco Chanel style, 1950s sex kitten, androgynous, quirky, cute, boho chic or even an eclectic Ugly Betty style.

The key to style is confidence and comfort in what you wear, what you do and how you act.

For those of you wanting a little touch of classic style in your lives this *Little Book of Style* is for you.

Here you will find a collection of my articles on style and style icons which were originally published on website Suite 101.

Enjoy!



## **Icons: Tiffany's Jewellery Stores: How has Tiffany & Co Become the Darling of American High Society**

*A brief history of Tiffany & Co. and how this small store founded in the 19th Century has become an iconic coveted brand loved by celebrities, royalty and the art world.*

The sight of a Tiffany & Co little blue box is apt to set many a heart a flutter, but how has a shop founded in 1837 become such an iconic brand?

### **An Icon is Born**

In September 1837, New York was first introduced to the stationary and fancy goods store Tiffany & Young, established by Charles Lewis Tiffany and John B. Young. It was renamed Tiffany & Co in 1853. The store made history by being one of the first to have non-negotiable prices for each item. It was at this time that the aqua blue colour, still used today, was chosen for all packaging and brochures.

### **An Industry Leader**

Throughout history, Tiffany's have played a large part in setting industry standards. In 1851, Tiffany's became the first American company to use the 925/1000 standard for all of its silver. In 1907, Tiffany's chief gemmologist was instrumental in setting the measurement of "carat" as the weight standard for gems. In 1926 the United States also adopted Tiffany's standard of purity for the official standard of platinum.

### **A Part of American History**

In 1861 Tiffany's made its first big impact upon the media world as a presentation pitcher was commissioned for President Lincoln to commemorate his inauguration. He also presented a seed pearl bracelet to his wife. Tiffany's further ingratiated itself as the unofficial jeweller of the United States as it provided swords, flags and surgical instruments for the troops in the Civil War. In 1885, further establishing itself of the darling of the USA, they were commissioned to redesign the Great Seal of the United States of America. This can still be seen on the one dollar bill. A true American

company through and through Tiffany's also designed the Super Bowl trophy in 1967 and in 2004 the NASCAR trophy.

### **A Catalogue of Artists**

By 1873 Tiffany goods were viewed by high society as forms of art and were displayed in a number of museums and galleries. This view continues to this day with collections by Elsa Peretti, Paloma Picasso and Frank Gehry.

### **Literary and Cinematic Fame**

In 1950 Tiffany's had its biggest boost in popularity as Truman Capote's *Breakfast at Tiffany's* was published. Tiffany's was shot to worldwide fame in 1961 when the film adaptation starring Audrey Hepburn was released. This film and its star became icons, as did Tiffany's.

### **So How Did a 19th Century Store Become a 21st Century Icon?**

It is because of its innovative designs, timeless classics and being the darling of high society that Tiffany's is a coveted iconic brand. A must on any socialite's Christmas list.



# Chanel No. 5 Perfume History: How Did Chanel Create the Top Selling Fragrance of All Time?

*A look at the top-selling perfume of all time, Chanel No. 5. With one bottle selling every 30 seconds, how has this perfume so successfully become an iconic fragrance?*

## The Birth of Chanel No. 5

Chanel No. 5 is one of the most famous perfumes in history and sells around one bottle every 30 seconds. This famous fragrance was created for Coco Chanel in 1921 by a perfume creator named Ernest Beaux. Something which may seem surprising in a 21st century obsessed with getting back to nature is that Coco's inspiration behind the scent was to create something very artificial. She is quoted on the official [Chanel website](#) as saying "I want to give the world something artificial.... like a dress. Something that has been made.... I want a perfume that is a composition". Ernest Beaux responded by creating a masterpiece inspired by the midnight sun, the lakes and the rivers of the Arctic circle which he had visited a year previously.

## The Scent of Chanel No. 5

- Top note – Ylang-Ylang and Neroli
- Heart note – Grasse Jasmine and May Rose
- Base note – Sandalwood and Vanilla

## An Inspiration

In addition to being Marilyn's favourite scent, Chanel No. 5, like many other iconic brands, secured a place in the art world. In 1959 Andy Warhol, an icon himself, did a series of nine silk screens of the Chanel No. 5 bottle, once again making it the fragrance to covet.

The fragrance now sells a bottle every 30 seconds and is the top selling fragrance in the world. Celebrities still flock to wear it, and the latest spokesperson is Nicole Kidman, now reportedly one of the highest earning ad celebrities as a result. The adverts are based on Baz Luhrman's *Moulin Rouge*, a movie in which (perhaps not coincidentally), Nicole pays tribute to Marilyn Monroe in singing her own adaptation of Marilyn's "Diamonds are a Girl's Best Friend".

### **Coco Chanel's Main Fashion Triumphs**

Gabrielle "Coco" Chanel was born in 1883, although in a move amusingly similar to many women today she claimed to have been born ten years later. She opened her first millinery shop in 1912, selling simple tailored clothes for men and women, as well as perfume, jewellery and textiles.

Coco Chanel believed that women should wear perfume wherever they wanted to be kissed. In addition to her No. 5 perfume Chanel also created modern classics with the Chanel cardigan, the Chanel Suit and the little black dress, now a staple in most women's wardrobes. In the '70s, Coco introduced bell bottoms and pea jackets for women. Coco worked until she died in 1971, leaving Karl Lagerfeld in her stead to as the head designer of Chanel.

### **An Icon**

As Marilyn Monroe once famously said "What do I wear in bed? Why Chanel No. 5 of course".

This is probably the most famous of Marilyn's quotes and undoubtedly what gives Chanel No. 5 such appeal. Who wouldn't want to smell like Marilyn? That is not however the beginning and the end of the story. Chanel No. 5 is a very carefully planned and created scent both in the philosophy behind its creation and the inspiration for its fragrance.

Coco Chanel's evergreen designs and quality have secured Chanel's throne as the classiest and most stylish of designers. The planned sensuality of Chanel No. 5 has ensured that it remains the top-selling fragrance of all time, but it seems the birth of it as a cult classic is largely thanks to the celebrity endorsement of Marilyn and Andy

## **The History of Louis Vuitton: Classic, Timeless and Fashionable Handbags and Travel Accessories**

**A look at the development of the Louis Vuitton collection since its creation in 1854 and some of the most popular handbags to date.**

Since 1854 the artisans at Louis Vuitton have been meticulously crafting quality leather goods. No matter what the year Louis Vuitton have successfully straddled the market for timeless classics and the newest trends.

### **Louis Vuitton Stores**

Louis Vuitton, born in 1821. He opened his first store in Paris in 1854; it was followed 31 years later by a store in London. By 1977 these two stores alone were making annual sales of around \$10 million. After a slow start, more stores quickly began to be opened. By 1989 there were 130 stores worldwide. The growth in popularity of Louis Vuitton was so great that between 1987 and 1988 profits rose by 49%. More stores followed in Beijing, Morocco, India, Russia and South Africa.

### **Louis Vuitton Handbags and Luggage**

Louis Vuitton first entered the fashion world with their luggage line. In the age where more people were beginning to travel on cruise ships and trains and with the invention of the car, Louis Vuitton created a large flat case, a steamer bag and a large overnight bag called a Keepall. Their luggage range now contains travel accessories such as garment carriers, travel trunks, flight bags, laptop cases, vanity cases, dog carriers, hat boxes, jewellery cases, golf bags, diaper bags and passport covers.

Louis Vuitton is also a coveted handbag designer. In 1896 the now famous monogram canvas was created by George, Louis Vuitton's son. A print so popular

that it was redesigned in 2003 in multicolour by Takashi Murakami and in 1999 in a miniature version of the print called the Mini Lin Monogram. In 2004 the Damier Géant collection was launched, a canvas made from technical fibres identical to those used for climbing ropes. In 1998 Marc Jacobs joined Louis Vuitton as their Artistic Director and created the Monogram Vernis line, embossed patent leather in a variety of colours.

### **Some LV Trends**

- The Noe is a drawstring bag with a square base first created in 1932 to be able to carry four champagne bottles. An amusingly fortunate design, as 35 years later Louis Vuitton merged with Mœt Hennessy.
- The Speedy is similar to the Keepall, but it's a handbag. It has one large compartment inside and grab bag handles. It's available in four sizes
- The Elipse is an oyster shell-shaped solid bag with grab handles. It's available in two sizes and also as a purse
- The Neverfull is one of the newest additions: a large beach bag style for city living. It's available in three sizes
- The Papillon is a barrel bag with shoulder straps, available in two sizes. The larger one comes with a mini replica to be used as a makeup bag
- The Cherry Blossom print was one of Takashi Murakami's limited edition prints. The most popular version showed cute little cherry blossom flowers with faces on top of the classic brown monogram print.
- The Theda, another limited edition, was a slouch grab bag available in several colours and prints with drawstring sides and a large buckle
- The That's Love collection has canvas rectangular tote bags with the word LOVE written on the front. The L and V entwine to make the Louis Vuitton monogram

### **Other Louis Vuitton Lines**

In 1994 Louis Vuitton created their literature collection called *Voyager Avec...* In 1997 they created a pen collection and in 1998 the LV City Guides and scrap books. In 2001 the jewellery line was launched with Marc Jacob's charm bracelet. A year later

the Tambour watch collection was launched. In 2006 the book *Louis Vuitton Icons* by Edition Assouline was published. In 2004 Louis Vuitton celebrated their 150th anniversary.



## **Manolo Blahnik Shoes: The Life, Style, Shoes and Wearable Art of Blahnik**

**From his exotic beginnings to his exotic shoe designs. How did a boy from the Canary Islands become the most influential shoe designer today?**

Manolo Blahnik is famed for his beautiful, stylised footwear which is as close to art as a shoe can get.

It was when Carrie Bradshaw in an episode of *Sex and the City* begged a mugger to take anything but her Manolo Blahniks that the shoe designer, already famous among haute couture circles, also became famous to mainstream shoppers. By the way, the mugger knew a good deal when he saw one and left taking only the shoes.

### **Manolo Blahnik**

Manolo Blahnik was born in the Canary Islands and was raised on a banana plantation by his Czech father and Spanish mother. Despite living a seemingly secluded life with both Manolo and his sister being home schooled the family would often go on trips to Paris and Madrid. Here Manolo's parents would buy clothes from designer houses such as Balenciaga. His mother was so enamoured with high fashion that she subscribed to Vogue and Glamour which would be shipped to her from Cuba and Argentina. She would even on occasion make her own espadrille style shoes, something which Manolo now credits as one of the reasons he feels he was drawn to the world of shoes.

Manolo did not originally begin his career with shoes or even fashion in mind. After studying languages and art at university he moved to Paris in 1965 and became a set designer. It was whilst looking at his set designs in 1970 that Vogue editor Diane Vreeland noted his amusing shoe designs and suggested this should be the area he concentrated his work on.

After visiting factories to see how machine operators and pattern cutters worked he decided to pursue this idea and set up his business in London in 1971. He was shot to fashion fame when the then very famous Ossie Clark used Manolo's shoes in his fashion shows.

### **The Work of Manolo Blahnik**

Manolo Blahnik is seen as a master of his trade and is the sole person to work on his designs and prototypes with no assistants or apprentices. He will sculpt the heel of each prototype first by machine then by hand in order to get the perfect dimensions and shape.

Manolo has been honoured with awards from the Council of Fashion Designers of America and the British Fashion Council.

### **Manolo's Shoes as Art**

In 2003 the Design Museum in London had an exhibition of Manolo's work. In addition two books of his work were published. One a book of his sketches called *Drawings* in 2003 and one in 2005 which was a photographic journal of his shoes with an introduction by Paloma Picasso. Original sketches of Manolo's work are now as coveted, and expensive, as his shoes.

### **The Shoes**

Sofia Coppola commissioned Manolo to create hundreds of pairs of shoes for the film *Marie Antoinette*. The exquisite beautifully detailed shoes in the movie are typical of Manolo's work. They are made in beautiful silks and satins and are abundant with jewels, ribbons and embroidery. The film went on to win an Academy Award for Best Costume.

Manolo has a great passion and long refined knowledge for creating the perfect shoe both in structure and design. In an interview he once said of this "I've been studying the art of the shoe... for over twenty years. I know every process. I know how to cut and cut away here.... and still make it so that it stays on the foot.... And the heel. Even if it's twelve centimetres high it still has to feel secure – and that's a question of balance. That's why I carve each heel personally myself."



## **History of the Little Black Dress: The Life of the Item Found in All Capsule Wardrobes**

**No matter what a woman's age, shape or dress size and no matter what the occasion the little black dress is a fashion lifesaver.**

In 1926 Coco Chanel brought us the first little black dress. Black dresses had of course existed before this time but only really as a sign of mourning. In the '20s Coco Chanel was a cutting-edge and modern designer. With hemlines rising, hair getting shorter, shoulders going bare and arms appearing in public for the first time, the time was right for the appearance of a new silhouette, and the little black dress was the perfect way to create it. So the "LBD" as a flattering fashion essential was born and is still in every woman's wardrobe over 80 years later.

### **Coco's Black Dress**

One of Coco Chanel's main design strengths was her faultless creation of strong, simple shapes in clean, neutral colours. The little black dress was therefore very much in her signature style. With a clean and sexy silhouette Coco created a sleeveless tailored sheath dress cut just above the knee. Still one of the most popular styles of little black dress.

### **The Beauty of the Little Black Dress**

Anyone with a little black dress will not need telling why they are so wonderful but a reminder is always good when you feel like you have nothing to wear. The benefits are so numerous they are probably best presented in a list. Little black dresses are brilliant because...

- They come in a variety of shapes and designs. Long, short, pencil skirt, flared skirt, long sleeved, halter neck, boob tube, spaghetti straps, the list is endless.
- Black is very, very slimming. It is flattering whether you are a perfect size 6, a perfect size 20 or a perfect huge and pregnant.

- Whatever the occasion it never looks out of place (as long as the sleeves and length are appropriate)
- You can go from work to a funeral to a cocktail party without changing (what an emotional roller-coaster of a day that would be).
- You can dress it down with thick black tights, flat shoes, a cardigan or a blazer.
- You can dress it up with a flash of colour in your make-up, with extravagant jewellery, beautiful shoes or a super belt.
- You can wear the same dress for a week and look different every day with the wonder of accessories.
- You can have ten completely different black dresses in your wardrobe without feeling guilty.
- You can look great in a little black dress whether it cost \$20 or \$2,000.
- You know it will never go out of fashion so it is a long term investment (as long as you don't buy one with a puffball skirt).
- It can be elegant, chic, sexy, formal, relaxed, reserved, you can stand out or blend into the background.

### **Some Famous Little Black Dresses**

Before Coco Chanel revolutionised the black dress it's most famous wearer had been Queen Victoria who had worn black dresses in mourning for 40 years. After Coco's little black dress became popular, however, it is no wonder the hall of little black dress fame increased. There have now been many famous versions.

- Audrey Hepburn's Givenchy dress in *Breakfast at Tiffany's*
- Audrey Hepburn's flared dress in *Sabrina*
- Liz Hurley's Versace safety-pin black dress (*Four Weddings and a Funeral* première)
- Morticia Adams and Lily Munster
- The boob-tubed ladies in the Robert Palmer video
- Princess Diana dancing with John Travolta at the White House
- The women of *Sex and the City* in one of their latest ad campaigns

So what are you waiting for? Either start buying Little Black Dresses or dig out all of the ones you undoubtedly have in your wardrobe. Stop kidding yourself that you have nothing to wear and get back to black



## The History of the Heel: A Look at the Development of Shoes in Fashion

**Whether seen as the bane of their lives or as an adored necessity most women will have a pair of heels in their wardrobes. A look at the styles and history of heels.**

Some of the earliest pictures of shoes were seen on ancient Egyptian tombs dating back to around **4,000 BC**. These were pieces of leather laced onto the feet or sandals made of woven rushes. It is thought that Egyptian butchers would wear a heeled shoe to keep their feet away from the gore involved in their job.

In **200 BC** the heel made its way into the world of fashion among Roman actors with the arrival of wood and cork platform soles called *kothorni*. In the **1600s** the heel once again became a practical item as they were added to men's shoes to help keep their feet in stirrups when riding.

**1533** saw the first women's heel designed to lengthen the legs. They were most notably worn by Catherine d'Medici for her wedding, at age 14, to make her appear two inches taller. Also around this time Mary Tudor began to wear high heels. Again in the **16th century**, a busy time for the development of heels, the *kothorni* made a reappearance but this time as 24-inch pedestals called *chopines*, which were popular across Europe.

Later, and named after their inspiration, Louis XIV, the "Louis" heel became popular with both men and women. Some of the shoes owned by Louis XIV had five-inch heels resplendent with miniature battle scenes. In **1793** Marie Antoinette, so fond of her fashion and shoes she is said to have spent the fortunes of France on them, went to her execution wearing two-inch heels. (For the Sophia Coppola film *Marie Antoinette*, Manolo Blahnik designed over 100 pairs of shoes.)

From the **1850s to the 1950s** the heel stayed around and below two inches, but the '50s saw the arrival of screen sirens such Marilyn Monroe and the shoe that encouraged her seductive wiggle, which was the stiletto. The stiletto was invented in

Italy and shares its name with a short dagger-like knife. Also in fashion was the kitten heel, which looked much like a miniature stiletto. While the stiletto was the Marilyn of the shoe world, the kitten heel was the Audrey Hepburn.

The **70s** saw a dramatic about-turn in heel style. The slim stiletto was shunned for the chunky platform sole. This was the new Flower-Power breed of the kothorni and chopine shoes of earlier centuries, and was worn by both men and women.

### **Heels of the 21st Century**

In the 21st century all heels have their place in women's wardrobes (even high-heeled tennis shoes and flip flops), but there are some particularly beautiful though entirely impractical heels that are found in very few.

In 2006 [Manolo Blahnik](#), to some considered an artist as much as he is a shoe designer, designed a heelless shoe balanced on an S-spring. Ballet-heeled boots and shoes are not as comfortable as they sound. They are a style of heel most often seen in the context of fetish or burlesque and have a vertiginous heel which forces the foot to stay in the position it would be in if dancing ballet en pointe. They are definitely liked more for their beauty than their practicality.



# The Marilyn Monroe Look: How to Do Screen Siren Make-Up

**Marilyn's look is of flawless skin, heavy lidded eyes and bright red lips. Marilyn never disclosed her beauty secrets, but here are some of the rumours.**

Getting the Marilyn look is quick and easy.

## How to Get That Look

To get the Marilyn look, remember that less is more. The classic Marilyn look requires nothing more than flawless skin, black eye liner, mascara and bright red lips.

First moisturise. As we know moisture is key to Marilyn's look.

### Base (complex)

1. First apply your Vaseline.
2. Next concealer on any flaws, under your eyes and in the crease at the side of your nose. You should also blend a little into your eyelids to create a flawless base for your eye make-up.
3. Next brush on your powder. Loose translucent powder works best, but any will do. Make sure that you only put a little powder on your brush and blow off any excess. You are going to add Vaseline then powder either one or two more times, so you need to put only a gossamer-thin layer of powder on each time.
4. Next your Vaseline layer: just a thin layer over your face, trying to go over each part quickly and only once. Avoid any rubbing action, as this will make the powder layer turn into a smeary foundation.
5. Next add your thin layer of powder. Continue until the desired effect is achieved.

Beware, this does work but does take practice so don't expect to get it right first time.

### Base (simple)

If you do not have the time or patience for the Vaseline approach, then instead moisturise, add a foundation then apply concealer to the areas mentioned above. If you are using a normal foundation, rather than a liquid to powder all in one, then finish with a layer of loose translucent powder.

## **Eyes**

In the classic Marilyn look there is no need to apply shadow. If you feel lost without it, then just add a thin layer of a white or off white shade.

## **Eyebrows**

Pluck to arched perfection, then lightly fill the shape in with eyebrow pencil or brown eye-shadow. If you feel brave enough extend the outer edge of your brow by a millimetre or two.

## **Eyeliner**

1. Using liquid eyeliner, draw a thin line from the inner corner of your eye to the outer corner then extend it out a further few millimetres.
2. If you want a smudgier look, then add a layer of powder liner on top. The line should be thin, very slightly curved upwards and should finish directly below the place where your eyebrow ended.
3. If you use false lashes, apply these before your liner. If you don't, then now is the time to apply your mascara.

## **Lips**

1. Add red liner following your lip line. Some people may want to draw slightly outside of their lip line to increase the size of their lips, but this is not for the faint-hearted and best left for evening wear.
2. Add a layer of a bright red lipstick using a lip brush.
3. Blot on tissue paper.
4. Lightly dust with loose powder.
5. Do a second layer of lipstick then blot.

## **The Beauty of Marilyn**

Marilyn told photographer Bert Stern that she always used Nivea moisturisers. It has also been said that she would often coat her face in masks of cold cream or Vaseline. When not wearing make-up she would wear lanolin or olive oil to protect her from wind and moisturise her face.

Marilyn sometimes took baths in ice cold water laced in Chanel No 5

One rumour is that to get her flawless skin look she would massage in a layer of Vaseline then apply a loose powder. She would then gently apply another layer of Vaseline before adding another layer of powder. She would continue until she achieved the desired look (see above steps for the complex base).



## History and Perfumes of Dior: All About Christian Dior and Some of His Most Popular Scents

**Christian Dior was both an innovative fashion designer and a fragrance pioneer. Here we have a quick look at his life and a detailed look at the notes of his perfumes.**

[Christian Dior](#) was born in France in 1905 and moved to Paris when he was five years old. In 1928 he opened an art gallery. In 1935, following the death of his mother and brother and financial ruin of his family and partner in the art gallery, Dior began sketching fashion designs and selling the sketches.

His first collection was released in 1947 following the war and the full soft feminine designs were in stark contrast to the harsh shabby rationed clothes of the war. This quickly and famously led to his line being labelled the New Look. Women loved the New Look despite many governments encouraging a boycott of it (they felt it wasteful and extravagant because of the swathes of material used in each piece). In 1957 Christian Dior died of a sudden and unexpected heart attack. The heir to his throne as artistic director of Dior was his assistant Yves St Laurent.

Christian Dior's first perfume was released in 1947 and named Miss Dior. One of Dior's most popular perfumes is Poison. It was so popular that it inspired a whole series of scents. In 1985, Dior launched Poison. Then in 1994 Tendre Poison. 1998 brought Hypnotic Poison and 2004 brought Pure Poison. The most recent release is Midnight Poison.

### The Scents of Dior

- Dior Addict has top notes of mandarin leaf and silk tree flower. Middle notes of night queen flower, Bulgarian rose and orange blossom. Base notes of bourbon absolute, mysore sandalwood and tonka bean.
- J'Adore has notes of mandarin, champaca flowers, ivy, African orchid, rose, violet, damascus plum, amaranth wood and blackberry musk

- Miss Dior has top notes of sage, gardenia and galbanum. Heart notes of rose, neroli and jasmine. Base notes of oakmoss, patchouli and cistus labdanum.
- Miss Dior Cherie has top notes of green tangerine, strawberry leaves. Middle notes of pink jasmine, caramel popcorn, strawberry sorbet. Base notes of fresh patchouli and crystalline musk
- Diorella has top notes of sicilian lemon and basil. Middle notes of honeysuckle and peach. Base note of vetiver.
- Dioressence has notes of rosebud, violet, geranium, cinnamon and patchouli.
- Diorissimo has notes of lily of the valley, ylang-ylang, amaryllis, boronia and jasmine
- Dune has top notes of lys and broom. Heart notes of wallflower and peony. Base notes of amber and lichen.
- Dolce Vita has top notes of magnolia and rose. Middle notes of apricot, peach and cinnamon. Base notes of sandalwood, heliotropin and vanilla
- Poison has top notes of coriander. Middle notes of wildberries, orange honey and tuberose. Base notes of opopanax.
- Hypnotic Poison has top notes of almond and caraway. Middle notes of jasmine, sambac, moss and jara canda wood. Base notes of vanilla and musk.
- Tendre Poison has top notes of mandarin and galbanium. Middle notes of freesia, orange and blossom. Base notes of sandalwood and vanilla.
- Pure Poison has top notes of sweet orange, Calabrean bergamot, and Sicilian mandarin. Middle notes of orange flower, jasmine samac, and hydroponic living gardenia. Base notes of sandalwood, white amber and musk
- Midnight Poison has top notes of patchouli. Middle notes of rose. Base notes of Amber.



# **The History of the Ugg Boot: Where Uggs Came From and How to Care For Your Uggs**

**The Ugg boot has risen from the hidden depths of Australia to worldwide fame. Any woman who values comfort as well as fashion should own a pair of Uggs.**

Ugg boots are sheepskin boots which were originally flat soles and long, but now come in a variety of lengths and styles and have either flat or wedge heels.

## **Why are Ugg Boots Called Uggs?**

The name "Ugg" is derived from the word ugly, which many would say that these boots definitely are. Another far less popular theory is that Ugg refers to the typical caveman impression to reflect the simple animal skin design and make up of Ugg boots.

## **The History of Ugg Boots**

Most people outside of Australia will not have heard about Ugg boots until the very late '90s, but the boot has a much longer history than that.

World War I pilots have been pictured wearing an Ugg-style boot which was called a "fugg boot". The general consensus is that "fug" stands for flying Ugg. Due to the 100% natural sheepskin from which genuine Uggs are made, they are the perfect boot for flying in as they are loose and comfortable and keep your feet at a constant temperature. Thus at high altitudes your feet would remain at a comfortable body temperature. In the 1930s, Australian sheep shearers wore Uggs to keep them warm. By the late '60s, surfers were wearing them to keep them warm on the way to and from the sea. By this point, Uggs were being produced throughout Australia.

The original Ugg boot style was made from just three pieces of material: one for each side and one for the soft sole. Ugg boots now come in long, short and decorated styles and have sturdy rubber outside soles.

1978 saw the beginning of the rise of the Ugg. An Australian surfer named Brian Smith took a bag of boots to America and the boot began to gather fans in the American surfing community. The Ugg boot then slowly gathered steam over the next twenty years.

### **Ugg Boots Enter the Fashion World**

In 1998 the Ugg boot began to be marketed as a high fashion luxury item complete with price tags of up to several hundred dollars. As more celebrities bought into the comfortable lifestyle and were pictured in more and more magazines, Uggs soon became the shoe to be seen in.

In 2000 Oprah decided that she loved her boots so much that she bought 350 pairs. One for each member of her staff. In 2005 she featured them in her show "Oprah's Favourite Things". and where Oprah goes others will follow. It would be quicker now to name the female celebrities who didn't wear Uggs than the ones who do.

### **Wearing and Caring for Ugg Boots**

- Uggs can be worn with socks or tights but are most comfortable when worn over bare skin. Bear with it though as the first three or four wears can feel a little itchy until the sheepskin softens.
- Unlike cheaper synthetic copies, there will sometimes be a variation of colour on genuine Uggs due to their being made from 100% natural sheepskin. In addition you may find that if you choose a black pair you will sometimes end up with black toes when you take them off. Don't worry; it is just another sign that you have gone for the 100% natural original.
- It is never too hot or cold to wear Uggs. Wear them with full winter wear or a bikini and your body temperature will stay just right.
- The classic tall boot will not comfortably fit a chunkier calf unless you fold it over to become an ankle boot (which you can do)
- Keep boots away from excessive snow or water. Darker boots will stand up to more punishment than light ones
- As with suede, use a damp cloth or sponge to clean them.

# Versace Fashion Design & Fragrance: A Biography of Gianni Versace and a Look at His Designer Perfumes

**Gianni Versace is best known as a fashion designer, but he also has a high profile in the perfume world. Here is a brief biography and some of Versace's perfumes.**

Gianni Versace is best known as a fashion designer but he also has a high profile in the perfume world.

## **Biography of Gianni Versace**

Gianni was born in 1946 in Reggio Calabria, Italy. When he was a young child Gianni's mother, a tailor, taught him to cut and make clothes. Before long he was designing and selling clothes from his mother's shop. He eventually left his mother's employ to work as a fabric buyer. At age 25 Gianni began what would be an illustrious career with his first prêt-à-porter collections.

In 1978 Gianni opened his first boutique in Milan, selling both his own and other designer's lines. With the move towards high-colour, high-impact fashion trends in the 1980s, Gianni, a fan of very sexy, very bright clothes, found a new following. His design career reached meteoric heights with his catsuits and miniskirts. Versace also made the inspired move of creating some lines, such as his "Instante" label, which were far less expensive and directed towards a younger crowd.

This inclusive approach brought Versace to the masses. By this point, Gianni's working style was as flashy and carefree as his designs. Unlike some more traditional designers of the past like Coco Chanel, who was an expert at tailoring, and his contemporaries like Manolo Blahnik, who designs and creates every facet of his shoes, Gianni's approach to design was to create vague but inspired sketches then leave the mechanics of how to execute them to his staff.

Gianni Versace was shot and died in front of his mansion in 1997. The man who killed Gianni, Andrew Cunanan, later killed himself. Gianni's heiress was his much

loved niece Allegra who was then 11 years old. Control of his business passed to his brother Santo and his now famous sister Donatella.

### **The Clothes of Versace**

Gianni Versace's style is vibrant and lively. Some of his critics call it brash and verging on vulgar. His designs for women were often tight with high splits and plunging neck and back lines. His muses were strong, aggressive sexual women. His clothes were obviously well suited to the stage and a testament to this was his list of rock star clients including Phil Collins, Elton John, Bruce Springsteen and Michael Jackson.

### **The Scents of Versace**

- Baby Rose Jeans is a blend of mandarin, violet, sandalwood and vanilla.
- Bright Crystal has notes of pomegranate grains, lotus flowers and plant amber, acajou and musk.
- Crystal Noir's main notes are gardenia and amber.
- Red Jeans is a blend of jasmine, vanilla, musk, sandalwood and lily.
- White Jeans has top notes of white flowers, jasmine and carnation, middle notes of lily, patchouli and tuberose and base notes of sandalwood and amber.
- Baby Blue Jeans has notes of lime, bergamot and musk.
- Blue Jeans has notes of bergamot, basil, fir and sandalwood.
- Versace Dreamer is a blend of wild and linen flowers, amber and tobacco
- Versace Woman is a blend of wood, amber and musk.
- Green Jeans for Women is a masculine scent possessing a blend of pine, oak, grapefruit, lemon, cedar and mint
- Metal Jeans is a blend of a fruity floral of greens and musk.
- Yellow Jeans is a blend of mimosa, white peach, yellow flowers, and a hint of musk
- Time For Energy is a blend of mandarin, amber, oolong Tea and schizandra Berry
- Time To Relax has notes of kava-kava, watery fruits, lawyer, flower of apple tree, freesia, amber and wood of cedar.



## **Millionaire Make-Up and Clothes: The Most Expensive Cosmetics, Toiletries and Apparel**

**Imagine yourself as a millionaire. These are the best clothes, accessories and make-up that money can buy to make you look a million dollars for a night out.**

If you were a multimillionaire (or perhaps you are) then you would be expected to dress impeccably for a night out.

### **The Preparation**

First start with a clean palette by using your \$125-a-bar Plank's Cor soap containing silver, four different types of collagen, chitosan and sericin. Before applying your make-up you simply must apply a moisturiser. Two possible moisturisers that you could choose are Crème De La Mer The Essence, which has extracts of seaweed and daffodil bulbs and comes in at just over \$3000, or Revive Intensite Volumising Serum, brain child of plastic surgeon Dr Gregory Bays Brown and around \$750 for 30 ml. Of course you should remember to apply your Kanebo Sensai Premier Eye Cream at \$350 for a 0.5 oz jar.

Primed and ready to beautify you can now use your little treat of H.Couture lipstick and mascara. As you have probably bought the replica of the most expensive part of "The Socialite" set made to date then you will be holding in your hand a mere \$14 million. After all, your specially formulated \$589 mascara and \$150 lipstick are both encased in 18k gold with 2,500 blue diamonds and 1,300 pink diamonds.

If you are down to your last application, you will of course just phone up H.Couture's 24-hour hotline to request one of your refills, which you are entitled to for lifetime (or just a year if you opted for a normal casing). Don't forget to add your Lip Plumper for \$348, which comes with one free refill and lip liner for \$120, which also comes with one full product refill.

If you are just having a casual night out, then just plump for your KissKiss Gold and Diamonds by [Guerlain](#) with its' case made from 18 carat gold and just 199 diamonds in its own black lacquered case at \$62,000. Add your favourite nail polish, which has just enough platinum to make your clear polish shimmer and costs only \$250 for the bottle of "I Do" by Allure magazine, platinum supplier Johnson Matthey, PGI and Essie Cosmetics.

If it is a special night, then use your first edition bottle with its platinum lid and base for \$55,000. Now spritz on your Clive [Christian No 1](#) perfume at between \$2,350 and \$250,000 depending on your choice of bottle for your one ounce of scent, and you are ready to get dressed.

### **Getting Dressed**

For the lover of all things British, then why not pop on your Geri Halliwell Union Jack dress bought from Sotheby's in 1998 for your pocket change of \$66,112. If you are planning on a classier night out, then wear your \$5 million Scott Henshall dress last worn by Samantha Mumba at the premier of *Spiderman II* and consisting of 3,000 diamonds in the pattern of a series of webs. Add your \$2 million Stuart Weitzman Cinderella Slippers with their 565 platinum set diamonds (last worn to the Oscars by Alison Krauss) and your \$2 million replica of the 112k emerald and platinum engagement ring bought by Donald Trump. Pop your platinum card into your black crocodile Fendi B bag with a price tag of only \$27,700 and you are ready to party.



## **Millionaire Food and Drink: The Most Expensive Meals and Beverages Money Can Buy**

**If you were a multi millionaire and fancied a boozy night on the town then you may decide to enjoy some of these delicacies.**

Beautified and dressed in the most expensive clothes and make-up money can buy you are ready for your night out as a multi millionaire.

### **The Drinks**

To start out slowly wine will be the drink of choice. At \$160,000 the perfect bottle would be the Chateau Lafite from 1787 with TH.J engraved on the bottle and once owned by Thomas Jefferson. As that would be undrinkable due to it's age then just a bottle of Chateau d'Yquem Sauterne will do at a more respectable \$56,000 to \$64,000. What night would be complete without champagne. Krug Clos du Mesnil 1995 is the most expensive champagne that can be bought off the shelf. A bottle will set you back \$750 and only 12,624 bottles were ever produced. Time to move onto cocktail hour and a "Dazzle" from Harvey Nichols in Manchester, England, using a ½k pink tourmaline and diamond ring set in 18k white gold instead of an olive. A safe has been installed in the bar area to hold these rings and any customer that wishes to order one of these cocktails can choose from an array of rings with the most expensive one being around \$50,187.60 for a 2k diamond engagement ring.

Now onto the spirits with Diaka Vodka filtered through one hundred 1k diamonds and packaged in a bottle made with crystals at only \$100 per bottle. Next a 1926 bottle of Scotch whisky at \$38,000 per bottle from the Macallan Fine and Rare Collection followed by a shot from a Tequila Ley bottle of Pasion Azteca in a bottled plated with diamonds, gold, and platinum the full bottle costing around \$1 million.

### **The Food**

Time to soak up that alcohol with a snack and what better to eat on a night out than pizza. You could have a pizza like the one bought in 2006 by Italian lawyer Maurizio Morelli who won an auction on eBay for a \$4000 pizza named the Pizza Royale 007 and cooked by the chef Domenico Crolla. It contained venison medallions, Scottish smoked salmon, edible gold, champagne-soaked caviar and lobster marinated in the finest Cognac. Another fast food option would be a burger. Celebrity chef Daniel Boulud created the Burger Royale, a sirloin burger stuffed with braised short ribs, foie gras and black truffles at a measly \$99.00.

Time for dessert? Take \$1000 and head to the New York restaurant Serendipity for a Golden Opulence Sundae. Served in a Baccarat crystal goblet which you get to keep and with a golden spoon it consists of 5 scoops of Tahitian vanilla bean ice cream infused with Madagascar vanilla and covered in 23K edible gold leaf, covered in the world's most expensive chocolate and stuffed with candied fruits from Paris, gold leaf, truffles, Marzipan cherries and topped with a bowl of Grand Passion caviar.

### **The Morning After**

So you have a terrible hangover. Time for recovery. First of all water and lots of it. The world's most expensive water can be found 2,000 feet down off the coast of Hawaii and is bottled and is called Kona Nigari. It is a seawater mineral concentrate which you mix with normal water and costs \$2144 for a gallon. Once rehydrated then caffeine is the order of the day. Kopi Luwak costs \$300.00 a pound and only 500 pounds are made each year. It is produced by mongoose like animals which eat coffee beans which they then excrete before they are collected and made into coffee. Lastly you will need food so why not spread on your toast some F.Duerr & Son Seville Orange Marmalade at \$5000 a jar. It is made from whisky and champagne mixed with the Seville orange. The exact ingredients include vintage Dalmore 62 whisky from Whyte & Mackay, with a splash of Pol Roger Cuvée Sir Winston Churchill 1996 vintage champagne and garnished with flakes of 24-carat gold leaf.

## **Burt's Bees Toiletries and History: The Eco Warrior Company of the Personal Care World**

**Burt's Bees was once a \$200 venture selling candles on a craft stall to use up the beeswax produced by a bee farm and honey business.**

[Burt's Bees](#) is an "Earth Friendly, Natural Personal Care Company." Everything they produce is completely natural and in environmentally friendly packaging. They make their products using beeswax, botanical and essential oils, herbs, flowers and minerals and do not use ingredients such as petroleum-synthesized fillers like mineral oil and propylene glycol or artificial preservatives such as methyl paraben or diazolidinyl urea. So committed are Burt's Bees to being environmentally friendly that they won the *Triangle Business Journal* Eco Hero award. They also celebrated their rise in profits in the early 21st Century by buying forest land to help conservation in Maine.

### **History Of Burts Bees**

In 1984 Roxanne Quimby and Burt Shavitz began to make candles to sell. These candles were made from the beeswax produced at Burt's honey business. It was inevitable that the company would be named Burt's Bees. The Maine based duo first set up stall at a craft fair and sold \$200 worth of candles. By the end of their first year they had made \$20,000 worth of sales. Their attention to detail and quality ensured their success.

In 1989 a fashionable New York boutique placed a bulk order for candles. Burt's bees hired 40 employees and from an abandoned bowling alley they began production. In 1991, inspired by a 19th century personal care recipe book Burt's Bees developed their range to include soap, perfume and lipbalm. In 1993 Burt's Bees moved their production premises to North Carolina and after looking at their best selling products decided to no longer make candles and concentrate on personal products.

In 1995 the first retail store was opened in Chapel Hill selling 50 products. Sales of Burt's Bees products were now worldwide. By 1998 the once \$200 sales had sky rocketed to \$8 million and the one line of candles had turned into 100 different items. As the mini travel line became the best seller many Burt's Bees products began to be made in smaller sizes. Soon after the online store was launched and 2003 saw the launch of the Baby Bee line.

## **The Ranges**

- The Naturally Nourishing range is a skin and body range based around milk, shea butter and honey
- The Naturally Ageless range is an anti aging collection based around antioxidant-rich pomegranate
- The Radiance range is a radiance boosting skin care range which includes one of the best selling shimmer lip balms. A Radiance Kit can be bought including minis of exfoliating products, body lotion, day and night crème and a full size lip shimmer.
- The Thoroughly Therapeutic Range has a honey theme
- The Baby Bee range is for babies and has buttermilk and apricot as main ingredients. You can buy Mum and Baby TLC kit, a baby gist basket and starter kits. The starter kit has in it Apricot Baby Oil, Buttermilk lotions, bath milk and soap, diaper ointment, baby powder and shampoo.
- The Mama Bee range contains soothing products for pregnancy and beyond including belly butter.
- The Outdoor Survival range has all you need for camping, gardening or an outdoor life. It includes a heal all Res-Q Ointment, herbal insect repellent, miracle cream for dry skin and hair, muscle mend, rosemary mint shampoo, bug bite cream and poison ivy soap. This is another range in which you can buy a miniature sampler kit.
- The Natural Suncare range has non chemical sun creams and soothers
- For men there are the Natural Skin Care for Men range which includes a cologne and the Bay Rum for Men range which is infused with the scent of Bay Rum.

## **Skin Care - Expensive Versus Cheap: Does an Expensive Moisturiser and Soap Guarantee Younger Skin?**

**Here we will look at some of the most expensive and some of the cheapest skin care products and asking "Does money really buy naturally smoother skin?"**

Have you ever wished you could afford thousand-dollar face creams and been sure that would guarantee you looked ten years younger? Have you ever splashed out \$100 on a highly recommended face cream only to discover that by the end of the jar you look no different?

### **Soap**

The first thing to do in a good skincare regime is to cleanse. Although it is discouraged to use normal hand soap, there are some more carefully formulated soaps which can be used on the face (though dermatology wars of words still rage on this opinion). If you go down the expensive route, then you may decide to invest in a bar of Plank's Cor Soap for \$125. It contains silver, four different types of collagen, chitosan and sericin. Plank's assurance is that their soap has been found to even out the skin tone, reduce the appearance of sun spots and pore size, maintain the skin's natural moisture factor, visibly reduces the signs of ageing, and protect against the hazardous effects of the sun. This soap has been featured in many publications one of which was Dermatology Times.

At the other end of the soap scale and coming in at under \$3 is Pears soap. Originally produced in Oxford in 1789, this is still a firm favourite. It is hypo-allergenic, contains a mild cleansing formula and no colorants. It is 'non-comedogenic', so it won't clog pores. Each bar is mellowed and aged for three months until it reaches a pure transparency. Both soaps have many devoted fans.

## **Moisturiser**

For a normal daytime moisturiser then two possible moisturisers that you could choose are Crème De La Mer The Essence or Revive Intensite Volumizing Serum.

Crème De La Mer The Essence was created by Max Huber, a NASA physicist who had suffered burns on his face and body after a chemical explosion. After 12 years and over 6000 experiments he developed a miracle broth to treat and soothe his burns. It has extracts of seaweed and daffodil bulbs and comes in at just over \$3000 for a 21 day supply.

Revive Intensite Volumizing Serum is the brain child of plastic surgeon Dr Gregory Bays Brown who originally made it just for himself and his mother. It claims to slow the loss of facial volume , plump trouble areas and halt the ageing process by turning over dying skin cells 8 times faster and hindering DNA fragmentation. It costs around \$750 for 30 ml.

At the other end of the scale? Nivea cold cream is as suitable for the delicate skin of babies as much as the skin of the ageing woman. It contains Eucerit, a special moisturising ingredient and is free from preservatives and dermatologically approved. IT is advertised as being good to use as a face pack aswell as an aftersun, moisturiser and barrier cream. It also has the ultimate in celebrity endorsement being widely known as the product used by Marilyn Monroe to maintain her ethereal glow. All for under \$4.

## **Conclusion**

Who knows? Although the expensive brands are likely to have more scientific research and better paid scientists the old classics have a convincing endorsement in the number of years they have survived as best sellers.

The old adage of "the best things in life are free" is perhaps the best advice as all dermatologists consistently recommend that the best way to beautiful skin is a balanced diet, not too much sun, lots of water and lots of sleep.

## **Airplane Travel Fashion: What Clothes and Shoes to Wear When Flying**

**Air travel bombards flyers with high altitudes, hot airports, cold planes and swollen feet. So how do you look good but stay comfortable?**

To arrive at your destination looking and feeling great try these tips.

### **Socks and Shoes**

- Remember that you will have to take coats and shoes off to be screened at security, so avoid labour-intensive, fancy buckles and bows.
- If you are planning on running for a connecting flight, waiting around for a taxi cab or going on a travelator then avoid stilettos.
- Sneak some thick socks in your bag to wear on the flight when it starts to get cold.
- Wear fancy ballerina pumps as you will feel glamorous, they are comfortable and they can easily be slipped off and put under your chair while you slip on some flight socks.
- If you don't want to stand barefoot on the floor at the security checkpoint make sure to wear socks or tights
- Your feet may swell at high altitudes so make sure that the shoe you choose is not too tight
- For anyone going on a long haul flight Deep Vein Thrombosis (DVT) socks should be considered. They are a heavily elasticized sock that works by applying a gentle pressure to the ankle to help blood to flow around the body by squeezing it up towards the heart, which assists the body's circulation.

### **Clothes**

- [USA Today](#) reported that Dr Elain Jong said that gastrointestinal gasses expand at high altitudes, so you should wear loose clothing around your

stomach. This is obviously a good tip for any long haul trips as you will be restricted to a small space for a long time so need to feel comfortable.

- Avoid chunky coats that won't fit in the overhead locker and are difficult to remove when in a small seat.
- Natural fibres will be the most comfortable and will allow your skin to breathe.
- Try to wear long sleeves both to stay warm and to protect your arms in case of someone spilling a hot drink whilst navigating the narrow aisles
- Layer up. Wear lots of thin layers instead of a few thick ones as this will enable you to add or reduce layers according to whether you are in a hot airport or the cold plane. This is also a good idea if you are starting off in one type of climate and ending up in a much hotter or colder one.
- Trousers are always preferable to skirts or dresses as they offer more comfort and warmth and easier movement especially if climbing over other flyers to reach the aisle. In addition in the unlikely event of an emergency or crash legs are less likely to be damaged if covered by pants than they are if left bare or in flammable nylons
- Avoid linen which is likely to crease easily

## **Accessories**

- Be careful about what jewellery you wear. It may set off the metal detectors and you may need to remove it. Consider removing any ``private`` piercings to save embarrassment
- The ultimate travel essential is a pashmina. It can be worn around your shoulders, as a scarf, used as a blanket or folded to be used as a pillow. If you are travelling with a child it can be used as a blanket for them. It can be folded quite small to fit in a handbag. Once on holiday it can be used as a blanket to sit or lie on, as a sarong and in the evening as a shawl. If visiting a Muslim country it can quickly be whipped out to cover legs, arms and shoulders or your head in public or holy places.
- Choose a bag that is not too big too fit in the overhead locker but big enough to fit in all of your travel essentials with room for your pashmina. Make sure it has a secure closure so as to avoid lipsticks and bottles rolling down the aisle

or falling out on the X-ray belt. have secure easy to reach outside pockets for passports, money and tickets.



## **In-Flight Beauty and Relaxation: How to be a Beautiful and Relaxed Air Traveller**

**How to get off the airplane looking as beautiful and relaxed as when you boarded. Also, how to care for your skin and hair at high altitudes**

Here are some tips to make the seasoned traveller look ready for adventure not world weary

### **Skin Care**

- Clinique's Moisture Surge spray/gel gives the skin an instant boost of moisture to hydrate the skin and can be worn over make-up.
- Keep well hydrated. Drink lots of water and try to avoid caffeine and alcohol.
- Nivea hand cream is perfect for hands, feet and face.
- A good eye cream can help reduce puffiness.
- Elizabeth Arden's Eight-Hour Cream can be used on the body, hands , feet, lips or face, and one application will last for the full flight. Elizabeth Arden Eight Hour Tinted Lipbalm will keep lips hydrated throughout the flight.
- Solid cocoa butter is great for skin, lips and hair.

### **Make-Up**

- Those who are brave enough should go without make-up altogether or just have a touch of concealer and mascara.
- For those who cannot leave the house without full make-up then choose long stay formulations and waterproof mascara to look perfect throughout the flight.
- Try to use make-up products that are water based and that also contain anti-oxidants.
- Use a white eye-liner to ensure you look bright and alert.
- Do not wear heavy perfume. Other than being very drying, it can bother other flyers who may have allergies or asthma.

## Hair

- Apply serum to your hair to stop it from drying out and breaking.
- Paul Mitchell Awapuhi Moisture Mist can be sprayed on hair or skin for instant moisture.

## Relaxation and Refreshment

- Pre-moistened make-up remover cloths remove make up or just refresh skin during the flight.
- For those that have chosen to wear make-up, it can be easily removed and reapplied before the plane touches down
- Cucumber eye pads can be worn when relaxing on the plane to combat puffiness.
- Eye drops can help refresh tired and dry eyes at the end of the flight.
- For the nervous flyer, a lavender aromatherapy sleep mask can ease fears and encourage relaxation.
- Why not make the most of being trapped in a seat and take a tennis ball with you? It can be placed on the floor and rolled under your feet to give a therapeutic foot massage and help combat Deep Vein Thrombosis.

## If all Else Fails

Have large Jackie O sunglasses and a red lipstick ready to leave the flight looking glamorous regardless of how tired and dehydrated you actually are.

## Final Note

Before packing any liquids, creams or beauty products, check with the airline what restrictions are in force at the time. This ten minutes of extra work is better than seeing a brand new \$40 cream being confiscated.



## **The History of the Bra: From Invention to Modern Day. The Evolution of the Brassiere**

**Whether a woman has a drawer full of lace, frills and ribbons or just one which she wears begrudgingly, bras are now a wardrobe essential.**

In 1893 Marie Tucek patented the “breast supporter”, which had separate pockets for the breasts, with straps over the shoulders, and fastened by hook-and-eye closures at the back.

Although versions of the bra have been around for far longer, the bra as a fashion item was first reported in an issue of *Vogue* in 1907. The bra then spread through the fashion world, with each major designer creating their own prototype.

### **1920s Bras**

Unlike today's version of the bra, bras of the early 1900s were designed to retain the breasts rather than enhance them. Most of these bras, or “bust bodices” were more akin to a camisole in length than the bikini-style bras we now wear.

In 1914 an American called Mary Phelps-Jacobs patented a bra made from silk handkerchiefs and ribbon called the Caresse Crosby. She sold the patent to a company called Warners who, within a few years, had made several million dollars based on that design. Soon after the sizing of Small, Medium and Large went to measurement in inches.

The '20s saw fashions change to fit the boyish figures of the ever-fashionable flappers. With side lacing to flatten breasts, the Symington Side Lacer was the popular choice for flappers and fans of Coco Chanel's simple classic looks.

### **1930s Bras**

In the '30s Dunlop chemists managed to transform latex into elastic thread which could then be woven to make Lastex fabric. Bras became a big and competitive

business and began to be designed for beauty just as much as for utility with cotton, lace and net cups.

In 1935 Warners made another momentous move as they introduced A to D cup sizes. In the 1950s, Britain followed their example.

### **War Bras of the 1940s**

In the 1940s, war influenced bra design. With material shortages, women began to make their own bras from parachute silk and old wedding dresses. Commercially produced bras were made from the minimum amount of material and bore the Utility mark, leading them to be known as Utility Bras.

### **Emancipation of the 1960s**

The 1960s saw the feminist gesture of burning bras and the industry was affected by this, but this was only a temporary setback.

### **21st Century Bras**

The 21st century has seen a huge rise in bra sales, and women now see them as another way in which to express their style and sensuality. Bras can now enhance, minimise and even make breastfeeding in public easier. You can even buy inserts to increase your cup size.

With a bra for every occasion and underwear giants such as Gossard, Agent Provocateur and Victoria's Secret there is a bra to fit and suit everyone. So prolific is the underwear market in the 21st century that there is even a sitcom about it called *Veronica's Closet*.



## **A Guide to Bra Styles: Choose the Right Underwear to Create the Perfect Breasts**

**With a plethora of bra styles it is difficult to decide whether the perfect bra for you is a balconnette, half cup, air bra or multi-way. Here is a guide.**

Finding the right bra need not be difficult when you know what to look for.

### **Bras to Increase Breast Size**

- Air bras have bags of air in each cup to create the illusion of bigger breasts. They also help to create cleavage as the air bags push the breasts together more. Some air bras have fixed pads but the majority are removable and can be inflated and deflated.
- Liquid bras hold a small liquid gel pouch in each cup. Much like air bras they are designed to increase the breast size and create cleavage. They are heavier but feel more realistic than air bras.
- Padded bras have thick or thin padding to increase the breast size. Some bras have removable pads but most are fixed. Padded bras will come in most styles for example, half cups, multi-ways, balconnette, etc.

### **Bras For Extra Support**

- Full Cup bras cover the entire breast and give more support whilst producing a result of fullness. They give good support so are ideal for larger cup sizes or pregnant women.
- Support bras are designed to give extra support when doing exercise to stop the breasts bouncing about. Some bras can be bought according to activity so in addition to a normal sports bra you can buy a high-impact sports bra and a low-impact sports bra.
- Minimiser bras are usually for larger cup sizes. They are designed to give a smoother and more flattering look to breasts that sometimes don't fit as well in styles such as the balconette bra. They give extra support and shaping so appear to minimise the breast size. The cups usually cover the whole breast.

## **Bras to Create Cleavage**

- Balconette Bras are just over a half cup and usually slant upwards a bit. The Half Cup cuts straight across the breast and covers about three-quarters of it. They are ideal for still firm breasts and create the impression of a cleavage.
- Push-up bras have more padding than padded bras and instead of being under and covering the breast the padding is positioned more to the side so as to push the breasts together and create a cleavage. As with padded bras, the padding can be fixed or removeable. Some of the newer styles of bra, most famously Gossard, have a drawstring between the cups to vary the amount of cleavage from slight to va-va-voom!

## **Comfortable Bras**

- Front fastening bras are easier to fasten. They usually fasten with one or a few hooks and eyes but other than that are the same to other bras.
- T-Shirt or seamless bras have no seams on the cups and some have no underwiring. This is to give a smooth look under t-shirts and tight or delicate tops.
- The triangle bra is built for comfort. It usually isn't underwired or padded and is made up of two triangle pieces. They are much like an adult version of a training bra.

## **Bras to Wear Under Special Outfits**

- Multiway bras are designed so that the strap can be worn as a halterneck, as normal, strapless or over one shoulder.
- Backless bras are designed to wear with backless tops and dresses. They fall into 2 categories: halter neck and adhesive. Halter necks will have one strap around the neck like a bikini and one which goes around the lower back and crosses over the waist. Adhesive bras stick to the skin.

## **Specialist Bras**

- Maternity bras are designed for pregnancy. They give extra support without under wiring.
- Drop Cup Bras or Nursing Bras are for breastfeeding mothers. They are rarely underwired or padded and have a clip on each strap so the cups can be dropped individually to breastfeed.
- Zip cup bras are also for breast feeding, but are even more convenient as the entire cup zips off.
- Mastectomy bras are designed for women who have had a partial or full mastectomy and have pockets to hold the prosthesis. As women who buy these bras will each have very individual needs, the first fitting should be done in a shop where a prosthesis will also be discussed. The bras do not come pre-filled, as some women will need just one prosthesis; some will need two, while some may need just a semi-prosthesis on one breast. These bras are also suitable for women with very uneven cup sizes



## **Post Mastectomy Accessories: A Guide to Breast Forms, Prosthesis and Specialist Underwear**

**A drastic body change can lead to a loss of confidence but mastectomies need no longer make finding clothes difficult thanks to specialist underwear and breast forms.**

The decision to have a mastectomy can be the beginning of a frightening and emotional rollercoaster, but once the operation is a distant memory most women will turn their minds to trying to bring a bit of normalcy back into their lives. As superficial as fashion can be it can be just the key to help rebuild confidence when feeling vulnerable or less confident than usual.

### **Breast Forms**

Sometimes also known as prostheses, these are fake breasts designed for women who have uneven breasts or have had a mastectomy. They come in many designs and sizes. They are also available in different materials. Various styles are available including: foam un-weighted, with velcro tabs to stay in place, weighted, silicone, tear drop shape, triangular, heart shape, partial breast form, asymmetrical to extend under the arm, light weight, with a nipple, glueable, and so on.

Breast forms are very skilfully researched, designed and made and are designed to be a durable part of your everyday wardrobe, so they can cost several hundred dollars. Most women will just have one set of breast forms with perhaps a second for swimwear, so it is highly recommended to buy the first set from a shop rather than over the internet so that the buyer can weigh up all of the options available before deciding which to buy.

### **Mastectomy Bras**

Mastectomy bras are designed for women who have had a partial or full mastectomy; they have pockets to hold the prostheses. As women who buy these bras will each have very individual needs, the first fitting should be done in a shop where a prosthesis will also be discussed. The bras do not come pre-filled, as some women

will need just one prosthesis; some will need two, while some may need just a semi-prosthesis on one breast. These bras are also suitable for women with very uneven cup sizes.

### **Swim Wear**

Much like mastectomy bras, you can get swimwear with pockets in the breast panels in which to insert prostheses. You can also get swimming prosthesis, which are waterproof and in some cases have a concave back so as to be lighter and retain their form in the water.

### **Other Mastectomy Clothing**

Not every woman likes to wear a bra, so another option is a slip or vest. Like the bras, these have pockets in which to fit a prosthesis. As mastectomy bras and vests have pockets in which to put breast forms, this means that women can continue to wear their old clothes or can choose to buy a new wardrobe from all of the shops they usually use.

There are also various accessories to help with different outfits such as fake nipples, padding for under bra straps and removable pockets to put into normal fashion bras to put breast forms in.

For browsing choices available and photos of different products you can search the many websites available such as [New You Boutique](http://www.newyouboutique.com).



# Cocktail Basics: The Terminology of Mixology - Essential Ingredients and Skills

**There are some basics of cocktail making and ingredients that are essential to know in order to create the perfect drink. Here is some of the terminology.**

Most etymologists believe that the word 'cocktail' derives from the word 'coquetel' which is a French wine based drink. Mixed drinks have been around since ancient times and cocktails in some form or another since the sixteenth century. They became fashionable again during the 1920s as bootleg alcohol tasted so foul that it had to be mixed with a variety of other ingredients to make it palatable. Cocktails enjoyed a second wind in the 1970s as people began to 'chill out' and a plethora of new ingredients and spirits from around the world became available.

Today cocktails enjoy a permanent place on the menu in most bars and hotels.

## The Ingredients

It would take a lot of money and time to have a pantry stocked with every ingredient you could possibly need for every cocktail but there are some added extras which are used in a lot of cocktails that are worth having.

- Salt, pepper and chilli (yes really!)
- Sugar syrup. This can be made by dissolving 4 tablespoons of water and 4 tablespoons of sugar in a small pan then bring to the boil for two minutes. Cool fully before using it and keep in the refrigerator.
- Angostura bitters: rum based bitters from Trinidad
- Worcestershire sauce
- Lemon, glace or maraschino cherries, orange, lime, olives and cocktail sticks for decoration
- Commonly used mixers: soda water, ginger ale, tonic water, cola, lemonade, orange juice and cranberry
- Commonly used alcohol: white wine, sparkling wine/ champagne, vodka, rum, brandy, scotch whisky, bourbon, triple sec, vermouth, tequila and gin

Unless you are planning a cocktail party the most sensible option is to choose two or three cocktails you might like and stock for those. To stay economical try to choose cocktails with the same alcoholic base.

### **The Equipment**

- As Bond says "shaken not stirred". Two of the most important pieces of equipment are a shaker and a stirrer. A shaker is most often in a flask style shape with two lids. The inner lid is perforated and on top of it goes a real lid. This allows the cocktail ingredients and ice to be shaken together then the cocktail poured out through the inner lid leaving the ice behind. A stirrer is usually a long handled spoon with a strainer at the end to do much the same job as the perforated lid on a shaker.
- A mixing glass is usually a wide rimmed jug made of clear glass in which cocktails can be stirred
- Measuring cups/ spoons, a zester, a corkscrew, a bottle opener, a sharp knife and a chopping board all come in handy

For some great cocktail recipes check out the cocktail section of Suite 101 or try the book *The Cocktail Bible* by Linda Doeser (publisher :Paragon 2001 ISBN: 0752558811)



## **How To Make a Martini: Shaken or Stirred - Recipes for James Bond's Favourite Drink**

**The Martini is one of the great classic cocktails which has recently enjoyed a rebirth in the form of fruity versions.**

As anyone who watches the cult comedy *Scrubs* will know the Martini has recently been reinvented in many fruity forms such as the Appletini. For most Tini fans however the original is the best and a definite for anyone wanting a pure and simple alcohol hit.

### **The History**

As with a lot of the classic cocktails many people claim to have invented the Martini and so it's origin remains unproven. Most sources agree that it was around from the mid or early 1800s and rose in popularity during the prohibition period of the 1920s as gin was quick and easy to produce unlike spirits such as whisky. The James Bond films of the 1960s saw a change for the gin based drink by replacing the gin with vodka to create Bond's famous "Vodka Martini shaken not stirred".

The classic Martini glass is similar to a wine glass in shape i.e. With a long stem but the bowl is a shallow triangle shape.

Some famous fans of the Martini are: Franklin D. Roosevelt, Frank Sinatra, Richard Nixon, Ernest Hemingway, W.C Fields and of course James Bond and his creator Ian Fleming.

### **The Recipe for a Classic Martini**

You will need:

6 cracked ice cubes

3 measures of gin (1 measure is approximately 3 tablespoons or 1 ½ oz)

1 tablespoon of dry vermouth

1 olive

Put the ice cubes, vermouth and gin into a mixing jug and stir. Pour into a Martini glass and add an olive for decoration.

### **Alternative Martini Recipes**

- A Vodka Martini is the same as a Classic Martini but using vodka instead of gin.
- A Gibson is a Classic Martini with 2 or 3 cocktail onions instead of pickles
- A Dirty Martini is a Classic Martini with a ½ measure of brine from the cocktail olive jar added
- A Tequini is mixed from 6 ice cubes, a dash of Angostura bitters, 3 measures of white tequila and a ½ measure of dry vermouth finally strained into a Martini glass.
- A Saketini is a mix of 6 ice cubes, 3 measures of gin and a ½ measure of Sake strained into a Martini glass
- An Appletini is 1 measure of vodka or gin and 2 tablespoons of sour apple schnapps

From the [Martini Recipe Website](#) you can find some experimental and fun Tini recipes such as a: Lemon Drop Martini, Chocolate Drop Martini, Blue Martini, Watermelon Martini, Chocolate Mint Martini or a Sweet Martini.

No matter what the mix is one truth remains – a Martini is a matter of personal taste. In fact there has even been a Martini atomiser invented which is used to spray little droplets of vermouth over the gin or vodka for the driest of Martinis.



*All content from A Little Book of Style was written by Dulcinea Norton-Smith and was first seen on Suite 101 in 2008.*

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### **Author Bio**

*Dulcinea's name should have been Charlotte Emily Kate. That was the plan, but when she was born her mother had a momentary lapse in judgement and called her 'Dulcinea' (with an excessive number of middle names to boot). With such a literary name what choice did she have but to aspire to be a writer (or a Princess). Had she been called Charlotte Emily Kate then perhaps she would have chosen a slightly more sensible impossible dream to quest for.*

*Dulcinea is a Civil Servant and freelance ghost writer. She also writes and owns a pregnancy and parenting website called Baby Nunu (<http://www.babynunu.com>) and a perfume website called Perfume FAQs (<http://www.perfumefaq.com>).*

*Dulcinea is a member of the Society for Children's Book Writers and Illustrators and is currently working on two YA novels. Blood & Clay is a historical novel based on the life of the youngest Pendle Witch to go to the gallows and Wendigo Wars is a teen horror and the first in a trilogy.*

*Dulcinea has four short stories due for publication in books 2009 including two for the Wyvern Publications book Dragontales. One for a teen horror anthology and one for a children's Christmas assembly read anthology (both being published by Bridge House LLP).*

*She also has two short stories due for publication in US child literacy magazine Knowonder in 2009 and a short story due for publication in a further anthology due out in 2010.*

*Dulcinea's blog can be found at <http://www.dulcineanortonsmith.co.uk>*