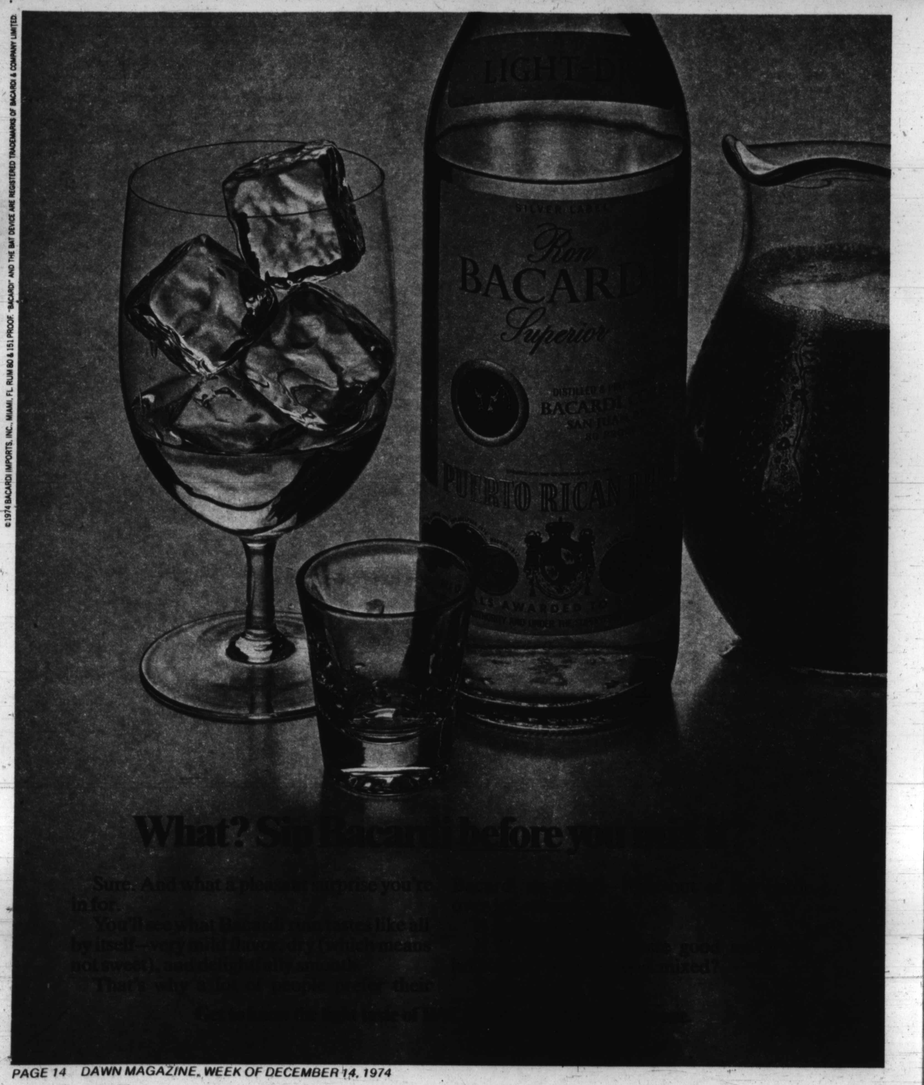

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Fashion Made Easier

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much can be spent in each category to bring your wardrobe up-to-date and suited to your way of life.

Before going out to shop, study the fashion magazines and the local newspapers — the magazines for trends and the newspapers for the best buys.

Buying carefully and color-coordinating your clothes, gradually you can build a solid wardrobe which with a few additions each season can keep you both on the fashionable path and on your budget.

What about the woman who has money to spend on clothes

Pantsuits and slacks have become a way of life

but is unenthusiastic because of her weight? Of course, the basic problem is the weight and what you have the will power to do about it.

The subject of weight control is another article, but I believe that anyone who is unhappy about his or her weight can do something about it.

The main something is to control the food intake. Fad diets come and go, but, from observation, Weight Watchers is a sensible, non-damaging means of losing unwanted pounds.

What to do until you've lost the weight? First, form a positive image of yourself now. If you decide to lose weight, visualize how much that image will be improved. Concentrate on being perfectly groomed at all times. Do not neglect your hair, your make-up or your nails.

Second, choose clothing that minimizes your figure flaws. The longer skirt lengths which are "in" again slenderize.

Capes are in vogue and do a great job of concealing hip size, as well as giving the wearer a dashing look. Figure skimming garments are more flattering than tight-fitting ones.

Pantsuits and slacks have become a way of life lately. And they come in all sizes. However, if you are heavy but feel that you

Capes are in vogue and do a great job at concealing hip size

must wear them, remember that navy, dark brown and black are the slenderizers. And take a good look at the rear view while you are in the fitting room.

Generally, simple, uncluttered lines — in contrast to fussy, busy clothes — are most flattering to the larger woman. She can be at her best in evening wear. Long jacketed gowns, shirtwaist styles and other classic lines, with a bit of glitter if you like, lend evening elegance.

If you're in the third category — a non-working woman with considerable social commitments — planning ahead can end your last minute cries, "What can I wear?" All busy people should keep an appointment book.

List your engagements as soon as the invitations arrive, and try to get your husband in the habit of letting you know, well in advance, of commitments for the both of you.

Since you don't have to fret about a working wardrobe, you can concentrate on clothes for the activities which fill your calendar. But don't forget your leisure attire. When your husband comes home, greet him in at-home pretties, especially on evenings when you've prepared a special dinner for two by candlelight.

Let's assume that you attend a good number of luncheons or other daytime functions and several formal dinners or dances during each season. Again, a fashion inventory is essential at each season's beginning. Then plan your purchases.

Fortunately, the time has passed, for most women, when being seen in the same outfit twice by the same group of people was a cardinal fashion sin. Now many women brag about how a wise buy has carried them fashionably through several seasons, with a change here or there plus different accessories.

Dresses are taking the spotlight, along with suits having skirts instead of pants. Hats, too, are coming around again on fashion's turntable. So the nucleus of this season's wardrobe may be new dresses and suits — the number dictated by individual needs.

'When your husband comes home, greet him in at-home pretties....'

Although I am not a hat fancier, I must admit that the addition of a hat puts the polished look to any daytime outfit.

The hemline controversy rages, because manufacturers keep raising and lowering them — to raise sales. Just below the knees is a generally agreed upon flattering length, according to well-dressed, but conservatively dressed, women over thirty.

In the area of after-five attire, careful choosing and coordinating can keep you ahead of the game. But first, you need to make a decision. Do you want a few knock-out, very expensive evening gowns? Or do you want a versatile, functional evening wardrobe?

If you want all eyes to turn when you walk through the door wearing that sensational all-over-sequinned gown, for example, know that the gown will be remembered. This may be a factor, although, as I mentioned, being seen in the same thing isn't the social taboo it once was.

Versatility can be achieved with evening pantsuits, pajamas, long skirts, blouses, jackets and a few simple dresses. The fireworks can be added through sequinned or jeweled jackets, ostrich boas, elaborate necklaces and whatever is current fashion. Planning ahead and tentatively assigning this outfit to that occasion will help keep the wardrobe waters smooth.

Whoever you are, fashion shouldn't be all frenzy and fad. It can be a relaxed way of looking your best at all times.

The talking Rodney Allen Rippy doll is the namesake of television's newest star, who has giggled his way into the hearts of many commercial watchers by advising them "to take life a little easier."

Dolls

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Shindana and Operation Bootstrap who are successfully paraphrasing that self-defeating cry of "Burn, Baby, Burn" to "Learn, Baby, Learn."

Who is Lou Smith? Smith spent his early years in rural Virginia and the slums of Philadelphia, Pa., attending high school in Philadelphia. Because of his experiences on the rural farm and the urban ghetto, he became acutely aware of the untrained, under-educated, discriminated - against black man's struggle to take his place in the economic mainstream of American life.

Smith became involved in the civil rights movement of the 1960, participating in sit-ins and freedom rides. In 1964, he was assigned by CORE to Mississippi, and later to the Western Region where he served as director of CORE until 1965 when he decided to devote all of his energies to Bootstrap.

"We must not let our differences separate us," Smith says. "We must learn to love each other for our differences."

He believes dolls — black dolls — can help in this direction and so far the upward swing of Shindana is proving his point of view.