

REAL LIFE

PEOPLE • FASHION • FOOD • WELLNESS • HOW WE LIVE

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IN
REAL LIFE

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COMING WEDNESDAY

The lowly freezer
is the working person's
new best friend

COMING THURSDAY

Top hats.
Great chapeaux for
cold weather

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VITALS



Posh Spice tackles writing

NEW BOOK • Former Spice Girl Victoria Beckham recently published her first book, *That Extra Half an Inch: Hair, Heels, and Everything in Between* (Penguin, \$39).

Part memoir, part beauty and fashion manual, and part glossy coffee-table fantasy, Beckham lets her readers vicariously live the glamorous life while simultaneously giving them practical, charming and often self-deprecating advice on how and where to furnish a wardrobe.

Her suggestions are a mix of high end (Chanel for cardigans) and high street (tees from American Apparel).

"Looking good isn't about money, it's about style," she explains.

— CanWest News Service

Add a little sparkle

BEAUTY • If 2007 is shaping up to be a year of neutral colours and looser silhouettes in your wardrobe, you might want to consider counterbalancing that with a little sparkle on your face, says Linda Wells, editor-in-chief of *Allure* magazine.

"Metallic eye shadow — we saw it on the runways, it brings a brightness to the skin, and it can be mild and sheer, or it can be robotic. It has a huge range of effects — and it definitely makes you look more awake," Wells says.

But, she cautions, don't overdo it. Choose metallic for eyes or cheek, not both, and pair with a soft pastel lipstick.

— The Associated Press

How to care for wool

GARMENTS • There's a lot to like about wool, especially this time of year. It can help keep you warm and dry — and it travels well. But a wool garment does require some care. The Woolmark Company offers some tips:

- Empty pockets after each wear to prevent them from bulging or sagging.
- Brush the garment to remove surface soil.
- Rinse stains with cold water and blot dry with a clean cloth.
- Lay garment flat on a bed for an hour before putting it away to dissipate any odours.
- Hang woven-wool garments with enough space so wrinkles can relax. Knit-wool garments should not be hung, however, because they will stretch.
- If you wash it with soap and water, never dry it with heat because it can shrink. Dry flat.
- Dryclean sparingly.

— The Associated Press

Banish the clothing chaos

In a weeklong series, we offer five simple suggestions, one each day, for improving our lives and starting the new year off right

5 SIMPLE
STEPS

SHELLEY BOETTCHER
CALGARY HERALD

Clean underwear? Yes. Socks? Check. Sweater? Yup. Favourite black dress pants? Argh. They're still at the drycleaners — closed, of course — and you're already running late for an important meeting.

You search desperately for an alternative, but your brown pants have lost a button (or two). Your green ones are dirty and crumpled on your closet floor. Your navy trousers don't match your sweater. And your beige ones, well, you don't even know where they are. "There's nothing worse than thinking you have the greatest outfit, but

Quick tips for organizing your clothes

- Lay out everything — even shoes and accessories — the night before.
- Hang up as much of your wardrobe as possible.
- Group clothing for similar occasions together.
- Hang everything on good hangers, so items are less likely to stretch or slide off.
- Got young kids? Every weekend, sort and lay out clothing for all five weekdays.
- Lay out two outfits for every morning if you have tots that like to choose their own clothes.

when you go to put it on, it's dirty or the shirt's all wrinkly," says Janelle Awe, a professional organizer and style adviser based in Olds.

If this sounds like a typical morning in your household, there is a solution. It's fast. It's easy. You've probably even heard it before: Choose your clothing the night before, *not* the day of work.

"If you organize your closet and lay your clothes out the night before, you'll be in such a better place than that frantic, rushing-around, last-minute state," says Shannon Grams, a Calgary-based professional organizer and owner of A Place for Everything (aplaceforeverything.ca).

She knows what she's talking about. Although she now practises what she preaches, she admits that many years ago, she once showed up to work in mismatched shoes, one navy and one brown.

No more. Nowadays, she keeps everything sorted, matched and in good repair.

Her trick? Her closets are organized — that way, she says, choosing your work outfits the night before is easy and fast.

First, throw out or give away clothing that you're

no longer using, everything that's too small, too big, out of style, dirty or worn-out.

Grams also recommends getting rid of wire hangers, so garments are less likely to fall off or stretch. Wooden hangers are best, she says; buy special hangers with clips for your skirts, so they don't fall and get wrinkled.

Group clothing for similar occasions together. Hang business suits, skirts and blouses next to each other, for instance. Put casual jackets, jeans and T-shirts in another section. Finally, hang workout gear in another part. The section of clothing that you use the most — likely your business gear — should be the most central and the easiest to see.

"That's your prime real estate," Grams says with a laugh.

Hang up all your main pieces — even T-shirts, she says. That way, you'll easily remember what you have, and clothing won't be forgotten at the bottom of a drawer or shelf that's seldom looked at. "If you put clothing in drawers, you can't see them," she says.

"Plus, if you have a stack of T-shirts in a drawer, and you grab one from the middle of the stack, you wreck the rest of the stack and everything ends up messy and wrinkled."

Don't just pick your main pieces; choose your accessories, too, says Grams. "Your jewelry, your belt, your handbag, everything... You may need to shine your shoes, find an umbrella, find the gloves that match your coat."

Or earrings, too. The top drawer of Grams' dresser is divided into small wooden compartments. That's where she keeps all of her jewelry, her glasses cases, a handful of pens and her business cards.

"That's the last place I go when I'm getting ready in the morning," she says. "I grab the purse that goes with my outfit, and then I stop there. All the handy things for my purse are in that drawer."

Got kids? Buy a set of five baskets or cubbies for sorting kids' outfits. Or find space in their closet to hang five complete outfits. Every weekend, sort the upcoming week's clothing — underwear, socks, shirts and pants or skirts — directly into the baskets or onto the hangers.

"I'd even put the barrettes that match the outfit for my girls, or I'd put the scrunchies for their hair right overtop of the hanger," says Grams.

If you have independent tots who like to pick their own clothing, lay out two outfits for each day, and let them decide what they'll wear.

"The kid gets to choose between the two, so they're happy," Awe says.

The time you'll save each morning may give you a few precious minutes to make a cup of coffee, says Grams.

"And you may even have time to sit down and enjoy it."

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Ted Rhodes, Calgary Herald
Laying your clothes out the night before helps eliminate the frantic morning fashion faux pas of hurried, last-minute ensemble decisions.

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