

Undercover Story

FOR THE
GIRLISH FIGURE

D. Drake

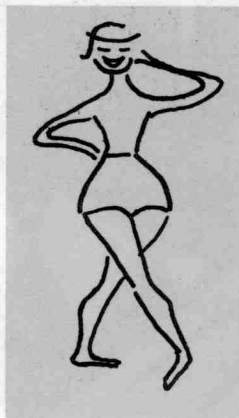
UNDERCOVER STORY

FOR THE GIRLISH FIGURE

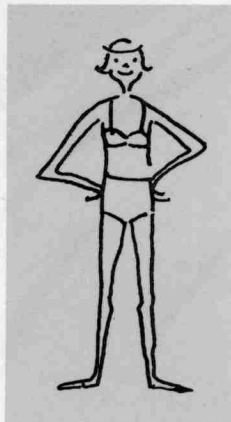
MARY EM LEE, EXT. CLOTHING SPECIALIST

Having the right clothes for the right occasion doesn't tell the whole story as far as being chic is concerned. In fact, the effectiveness of the individual fashion picture is greatly influenced by your underpinnings. Start from the skin out and underline that pretty dress with a good-fitting bra and girdle and a pretty petticoat.

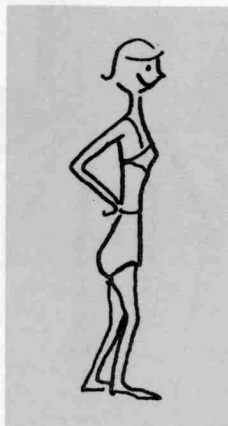
YOUR FIGURE TYPE



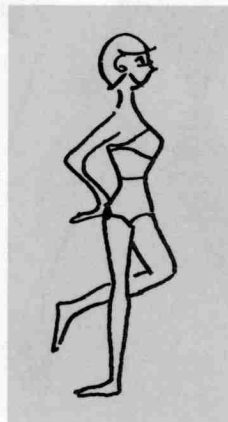
HIPPO



STRING BEAN



PEAR SHAPE



BUSTY

Study your figure, size it up, and determine your own figure type. Because girls in their early teens develop so rapidly, it's often necessary for them to buy a different size or style foundation garment every six months. In fact, there are so many different makes on the market today that you may find it hard to decide which style is right for you. So before you buy, be sure the particular garment is made for you — carefully check fabric quality, type of garters, binding, seam finishes, and size of stitches.

FEATURING UNDERCOVER FABRICS

Your fabric choice will depend on your personal taste, but *do look* for fabrics that are attractive, comfortable, and washable. The three basic fabrics for underwear are cotton, nylon and rayon. These fabrics also come in a variety of weaves — from plain and serviceable cotton broadcloth to embroidered acetate satin and delicate nylon lace. Girdle fabrics range from ribbed rayon elastic through nylon power net, lace weaves, and satin trims.

BUYING YOUR FOUNDATION GARMENT



A foundation garment that gives your figure the support it needs is the most healthful one for you. The right bra and girdle *refine* instead of *confine* your figure and can actually help prevent figure problems later on in life.

The Right Bra For You:

Your policy should be to buy the bra that fits you as an individual. In order to do this, you must take accurate measurements and try on the bra before you buy.

How You Can Measure For Correct Size And Cup

1. Carry the tape line across the back at the hook point, under the arms, and across the chest as shown. The number of inches you measure will be your *size*.
2. Determine your cup size by measuring the fullest part of your bust as shown, again keeping the tape line in the back at the hook line.

You Wear An

**A**

cup if your bust measures one inch more than your chest.

B

cup if your bust measures two inches more than your chest.

C

cup if your bust measures three inches more than your chest.

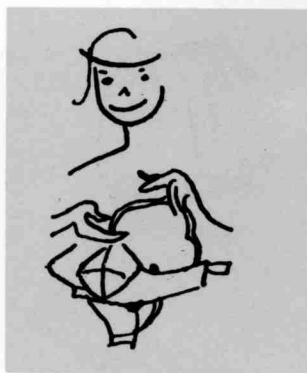
D

cup if your bust measures four inches more than your chest.

Before You Buy:

1. Are the bra cups filled out? If not, buy a smaller cup size.
2. Is flesh bulged over the sides of the cups? If so, buy a larger cup.
3. Does the bra stay in place when you lift your arms? If not, the size is too small.
4. Are the straps adjusted comfortably? Try another style if adjusting doesn't help.
5. Take a deep breath. Does the bra bind and pinch across the back? If so, buy a larger size.
6. Is the band beneath the cups wide enough to anchor the bra? If not, you need a wider supporting band.

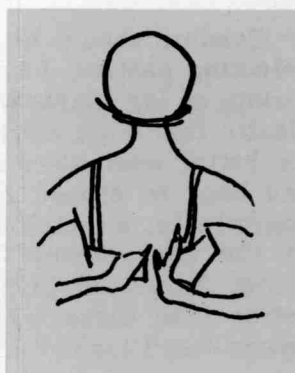
Good Fitting Starts



Adjust shoulder straps to most becoming location.



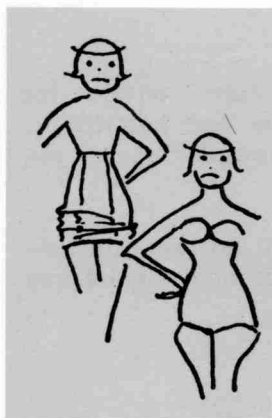
Slide straps over shoulders and lean forward from waist to fit breasts into cups.



Place hands to back, straighten up, and fasten hooks.

The Right Girdle For You:

There are girdles designed for every figure. Here again it's important to know your figure type before you buy. Determine your waist measurements first.



The Too Long and The Too Short of it.

Girls who don't have problem figures like girdles that are lightweight and firm, yet allow for easy movement. They usually come in lightweight, porous weaves and may be bought in the pull-on or pantie style.

The solution for the "problem figure" with the protruding tummy and fleshy hips or thighs is a girdle with extra control panels at the abdomen area or added strength and length at the sides. Overweight misses will find the girdle with a side opening easier to get into. This style also gives her more control and support.

A Girdle Fits If:

It's long enough to allow the back to lengthen into a sitting position.

It allows for waist and diaphragm expansion.

It gives tummy support.

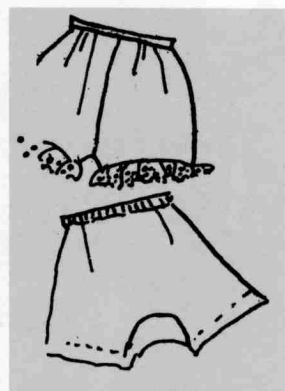
It's long enough to give a smooth thigh line.

It fits snugly at waistline without gapping, yet without pinching.

If your posture's poor, you can help to correct it by wearing a high-waisted girdle or a longline brassiere which extends to the waist. They'll also help to flatten the diaphragm.

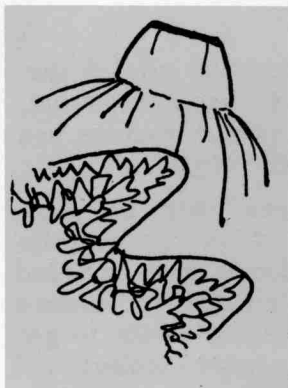
WHEN YOU BUY PANTIES

Comfort should be your first thought when you're selecting panties. Briefs found in stores come with a variety of leg finishes. Take care to select those with elastic that's not too tight. A reinforced crotch makes for better wear when it extends deep enough in front and back to support the strain on the crotch. To be comfortable, a crotch must be longer in the back than in the front. Panties shaped with the seamline in center back and front are more comfortable and fit better than those with side seams only. Make sure seams aren't too bulky for comfort.



Elastic should stretch as much as the knitted material of the panties. The elastic will break if it stretches less than the fabric, and if the elastic stretches more, the fabric will be strained and may break and run. Elastic should last the lifetime of the garment. Other trimmings, like lace and binding, should stretch equally with the garment.

WHEN YOU BUY SLIPS AND PETTICOATS



Simple design, smooth finish, and good construction are important factors in buying slips and petticoats. Slips may be cut on the bias or lengthwise on the grain of the material.

To be sure of getting a good fit, try on the slip before you buy it. It will be a good fit and a good buy if:

There is ease without bulk at the bodice.

There is snugness at the waist.

The skirt line is suitable for the dresses to be worn with it.

The color harmonizes with the dresses to be worn with it.

The seams are constructed so they won't pull out. Look for:

zigzag stitching

top stitching

flat felled seams

The straps are adjustable, made of self material, double stitched and securely attached.

Right now the "can-can" petticoat is a must among the younger set. These petticoats are usually made of nylon net, permanently stiff nylon crepe or crinoline. The question most often asked about these petticoats is, "What can be done to add stiffening after they've been washed?" You may find a regular starch solution the answer. Sometimes a gelatin solution made of 1 package of clear gelatin and 1 gallon water will renew stiffness. Dip the petticoat into the solution and allow to drip dry.

CARE OF YOUR UNDERPINNINGS

You'll always feel better when you can put on fresh, snowy-white undergarments. When kept clean and in good repair, they'll not only look better and be more comfortable, but they'll also have a longer life.

The watchword in the care of underwear is frequent washings in lukewarm water and mild soapsuds. Underwear should never be allowed to become heavily soiled. If you take proper precautions, you can launder them in a washing machine, but the construction of the garment should be such that it won't ravel. Wash by hand those garments that have delicate trimmings and those that are apt to fray at the seams. If you wash your underclothes by machine, select the correct temperature and shorten the washing and rinsing time. Remember that heat — not water — takes the snap out of elastic. Water of 120° will keep elastic taut and nicely shaped. Remove stubborn soil and stains by scrubbing gently with a soft brush.

When washing by hand, squeeze the garment through suds. Plain nylon garments without delicate trim may be scrubbed on a rub board. Rinse clothes well in lukewarm water; squeeze out rinse water. Roll girdles and bras in a turkish towel to remove excess water. Then shape bra cups lightly and hang them over a rod — never by straps. Never twist or wring bras and girdles — it'll weaken the elastic.

To press nylon or rayon, use a *warm* iron. Never touch elastic or foam rubber with a hot iron.

White Nylon Washtub Tips

Launder frequently

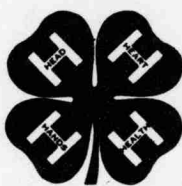
Always wash separately from all colored fabrics, including those that are colorfast

Wash nylon garments without elastic in water as hot as you can stand on your hands

Scrub (moderately) those nylon underthings which have no delicate trim

Never hang nylon garments in sunlight or direct heat

Don't use pink-toned bath powder when you wear white nylon underclothes — it will discolor them.



Published by

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., R. W. Shoffner, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

MARCH, 1962

CLUB SERIES NO. 89