

REAL LIFE *Janell Henrichsen* MAKEOVER

Janell sews for clients out of her home in Camas, Washington, and is a substitute teacher in the Vancouver/Camas area. Her goal is to combine her teaching and sewing skills into teaching sewing classes. If you want to have sewing done or to take her classes, e-mail her at thndrbrd@ix.netcom.com.

Janell attended the Palmer/Pletsch Fit Workshop and then Beginning Sewing Teacher Training and Beginning Quilting Teacher Training.



Janell measures a size 16 using her high bust as a guide. Her figure type from the front is an inverted triangle as her shoulders are wider than her hips.



However, when you look at her side profile, you see she is really an "O" shape, but we will consider both body types.



Her shoulders are normal, not too sloping or square. But her neck is a little short, so we will not want to use too thick of a shoulder pad. A thick pad would make her neck look shorter.

Janell's COLORS & FABRICS



During the fit workshop, Janell had Ethel do her colors. Here she is with her new palette. This will help her select the fabrics for her wardrobe. She is a medium contrast summer (cool colors, slightly muted).

Pati and Ethel love to help students shop during a workshop. See how they do this with Roberta on page 28 of this newsletter.

Janell found about 15 fabrics she liked and from them chose a tone-on-tone color combination for a mix and match wardrobe.

Note also that she combined textures to make her outfits more interesting.



With Pati's expert guidance and contributions from the entire class, a wardrobe of colors that are a perfect compliment to Janelle's hair and eye colors fell into place.

Here is Janell with the portion of her palette with the colors from her final fabric selection. The closeup below gives you a better idea of the actual colors.

Now we need to find patterns and decide what to sew out of each piece.



Janell Henrichsen

BODY SHAPE STYLE O PETITE

Because of Janell's height we like a proportion of 1/3 to 2/3 and would make sure that the jacket is just a little shorter and the skirt a little longer (perhaps just below mid-calf) to achieve this look.



TO APPEAR TALLER:

- Wear one-color outfits. An unbroken line of color will make you seem taller.
- Add visual length with deep V necklines and turned-up collars.
- Long, vertical lines in jackets, skirts, pants and dresses add height.
- Choose smooth, flat textured, solid-colored fabrics.
- Match or blend your hosiery to your hemline and shoes.
- Wear a shoe with a 1" to 1 1/2" heel.

Avoid:

- Horizontal design lines that add width to your body.
- Stripes, prints and plaids with horizontal lines.
- Long jackets and tops over long skirts. Everything will appear too long and you will appear shorter.
- Contrasting color changes that stop the vertical line of color make you seem shorter.
- Cuffs on pants.
- Ankle strapped shoes.

TO MAKE YOUR NECK APPEAR LONGER:

- Wear a hair style that is short and up-swept at the back of the neck.
- Wear deep V necklines, scoop necklines, open collars and turned-up collars.

Avoid:

- Turtleneck sweaters, high collars and necklines.
- Choker necklaces.

TO CAMOUFLAGE A FULL MID-SECTION:

- Wear long pants with a smooth, flat front.
- Wear dresses that hang straight, without a definite waistline.
- Color-match pants to tops, skirts to tops.
- Wear a darker color shirt inside a jacket to diminish the size of your torso.
- Wear cardigan jackets, cardigan sweaters and vests over narrow pants or tapered skirts.

- A single row of buttons on a jacket blouse, dress or skirt directs the eye to a flattering vertical line in the center of the body.

Avoid:

- Jackets, tops and dresses that are fitted at the waist.
- Patch or flap pockets on jackets, tops and vests.
- Double breasted jackets and coats and double rows of buttons.
- Open pleats and fly-front zippers on the front of pants and skirts
- Fullness at the waistline of skirts.
- Horizontal lines at the waistline or bustline.
- Bulky fabrics, eye-catching prints and plaids or shiny fabrics.
- Skinny pants.

TO VISUALLY LENGTHEN YOUR LEGS:

- Wear a hipbone length jacket or top over a longer skirt or narrow pants. The short jacket over a longer bottom creates a more pleasing visual proportion and does not visually cut you in half making your legs seem shorter.
- Match your hose to your hemline and shoe.
- Wear at least a 1" to 1 1/2" heel.

Avoid:

- Drop waist styles.
- Cuffs on pants.
- Cropped pants.
- Above the knee skirts
- Light colored hose.
- Ankle strapped shoes.

More Personalized Recommendations for:

Janell Henrichsen

SILHOUETTE AND DESIGN LINES:

- The silhouette or outside line of your garments should be straight and loose fitting so that it skims the body without clinging.
- Vertical design lines lengthen your figure. Create vertical lines with structural seams, a vertical row of buttons, darts, plackets and deep V necklines.
- Emphasize your shoulder line with a small shoulder pad. Your garments will hang better on the body.
- The proportion of a shorter top over a longer bottom will be your best.

Avoid:

- Horizontal design lines, as they will add width to your body.

COLOR:

- Choose medium to dark, subdued colors for a slimming effect.
- Wear one-color looks, such as, matching jacket and pant or matching pant and shirt/top to create a longer vertical line of color.
- Match your hose and shoe color to the hemline of your skirts and pants.
- Wear a lighter or brighter color on top only if it is worn under a jacket.



TEXTURE:

- Choose fabrics that drape well without bulk, stiffness or shine.
- Soft, smooth, matte finished fabrics will be your best.

SCALE:

- Smaller sized design details and accessories are in proportion to your height.

PRINTS:

- Use patterns with care as they visually enlarge, and attract attention to the areas that they are placed on.
- Florals, stripes, checks and geometric prints in subdued colors and smaller in size are your best.