



# *How to Dress...*

## *Cool as a Cucumber!!*

As summer sets in with temperatures in the 90s or higher, humans need to dress accordingly or risk a heat stroke! There are plenty of hints and tricks for keeping your cool when the temperature soars:

1. The old rule, **“WEAR WHITE, DRESS LIGHT”** still applies.
2. **ICE DOWN PASTELS...** While bright spring sunlight calls for bright pastels, the harsh light of summer calls for paler colors. Choose pale pink instead of hot pink, mint green instead of lime.
3. **USE ULTRABRIGHTS in MODERATION...** Fire-engine red, bright yellow and grass green can raise your temperature by absorbing heat.
4. **DON'T TUCK IN THAT BLOUSE.** Choose blouses, shirts, shells and T-tops meant to be worn outside your pants or skirts. These are often cropped and cut straight at the hem, rather than with shirrtails. Many have slits at the sides for comfort. Tunics, usually longer, are also worn over waistbands and allow more air to circulate around the body.
5. **LOOSEN UP.** Choose jackets and dresses that touch the body only at the shoulders. Also, unlined garments, or those lined with breathable fabrics are much cooler. Tightly woven polyester linings are the worst.
6. **SHOW SOME SKIN.** Obviously, if you work in an office, this might be a problem, but there is the possibility of wearing jacket over a sleeveless dress or sundress. **CROP YOUR PANTS.** This year pants cropped anywhere from just below the knee to just above the ankle are the most fashionable.
7. **LIGHTEN YOUR LOAD.** Carry only the bare necessities in your handbag...and while you're at it, make that a small handbag.
8. **GO EASY ON THE BEADING.** Yes, beads are “in” but beads also add weight to garments. For summer, choose garments with traces of beading. If you must wear an all-over beaded garment, make it sleeveless.
9. **FLUTTER A SCARF.** Choose a long, chiffon scarf to tie on the strap of your purse or to tuck in the waistband of your skirt or pants. When you walk, you'll appear to be breezing along!
10. **DARE TO WEAR WHITE AT NIGHT.** If you are pale-skinned, however, white can make you look like death, so try one of today's fool-proof, self-tanning products.