

## Accentuating the positive



P-BODY TYPE



G-BODY TYPE

□ Dressing to flatter requires knowledge of personal body type

By TRISH BRAYNE  
of The Herald

This is the second of a two-part series on women's body shapes and how to enhance them. The Herald's July 22 fashion page described two of four body shapes, the P-type and the G-type.

Women can't change the way they were created but they can make the most of their positive features, says Kim Ullly, Lethbridge image consultant.

By understanding their body types, dressing to flatter becomes an easier undertaking.

A "P" type woman, typified by Nancy Regan, will gain weight evenly. Her shape is ruled by the pituitary gland, says Ullly.

A P type body is fairly rare, says Ullly. It is characterized by a "child-like" shape, small breasts, and noticeable stomach.

In their book Body Type Program by Dr. Elliot Abravanel and Elizabeth King (Bantam Books) a P-type body is described as supple and flexible and keeps a youthful appearance "far longer than calendar years would suggest."

Hair is usually fine and feet and hands delicate.

Ullly says shoulder pads and an accent such as a ruffle at the hip enhances the P type silhouette.

A "G" type woman is heavier in the lower body, especially around the bottom, and thighs. She has a small waist which can be emphasized.

"She should wear shoulder pads to even out her dimensions, says Ullly. "Prints worn on the upper body with plain skirts work well for G body types."

Abravanel says G-type women have the most distinct appearance of all body types and are the easiest to recognize.

"For even in the most slender and well-balanced G-type, there will always be an emphasis, at least on the derriere. And if there are any extra pounds at all, there and on the 'saddlebags' is there they will be," says Abravanel.

## Fashion at a glance



□ HORSE OF A DIFFERENT COLOR — Miss Rodeo Canada Deedra Lybbert of Cardston discusses barrel racing strategies with fifteen-month-old Danton Sackman of Lethbridge during a children's stick-horse barrel racing demonstration at Park Place Shopping Centre, Monday. The wooden horses will be at the Exhibition Grandstand prior to rodeo shows during Whoop-Up Days. Children are encouraged to play with them. Coaldale's Gisele Gallis, Miss Alberta High School Rodeo Princess, was also at Park Place to help the little riders.

HERALD PHOTO BY KEVIN KOOTY

□ Designer has practical approach

TORONTO (CP) — Designer Mark Sands hangs out his laundry every day.

That's because Laundry is the name of his first collection of men's and women's separates.

Sands, 28, takes a practical approach to fashion. "I feel the focus should be on the clothes, not the designer, so I opted to design under the name Laundry, rather than Mark Sands. Laundry came to mind because that is all clothing really is — laundry. It doesn't become fashion until it is worn."

Sands was raised in a small farming community outside Kingston, Ont., with a mother who sewed and a grandmother who knit.

Despite these influences, Sands originally pursued careers in the retail and restaurant industries. He also studied criminology at Carleton University in Ottawa.

"After a year at Carleton, I realized criminology was not my future," he said. "My thoughts gradually turned toward fashion. I had a lot of design ideas in my head but couldn't get them onto paper, much less into fabric."

Sands spent three years at St. Lawrence College in Kingston, where he learned to draw and developed the skills to fine-tune his ideas.

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