**GEP2011**

**Week4 Reading Assignment**

**What do your clothes say about you?**

Fashion is part of our everyday lives. When you get dressed every morning, your choice of clothes says a lot about you, your personality, your lifestyle, your social group and even how you feel.

Fashion is a language, a means of communication. Clothes separate people into groups. There are lots of different groups based on age, occupation, political and religious beliefs and current trends and interests such as business people, hip hop, skinheads and surfers. Styles indentify you, but they can also create stereotypes and division between groups. An example of this is an older person who looks at a teenager with blue hair and body piercing and considers him a rebel. However, to another person in the same group, the teenager is a conformist.

Popular fashion comes and goes – and sometimes comes back again! New fashion trends reflect the times and often co

me from social change and popular culture as seen in music, cinema, magazines, television or sports.

In the 1950s teenagers all over the world dressed like the rock and roll star Elvis Presley. ‘Elvis mania’ was the beginning of teenage non-conformity. In the 1960s, the Beatles changed hair styles everywhere. Social and political discontent in the 1970s resulted in the hippie movement when young people wore ethnic clothes and flowers in their hairs. The consumerism of the 1980s began the culture of individualism-you can be what you want to be- and the ‘material girl’, Madonna changed her image regularly. Even urban hip hop singers wore expensive trainers and designer labels. In the 90s groups like Nirvana began the grunge look and at the end of the decade, there was a return to the ethnic look-a hippie revival and body piercing.

However, fashion is also one of the biggest global industries and people in the fashion business make millions of pounds a year by changing fashions. Advertisements and the image they create influence our choice of clothes. So think about what you are wearing today-are you making a statement about your times, or are you a fashion victim?

**Definitions**

**Get dressed**  to clothe oneself, to put on clothes.

**Means**  a method, instrument, or process which can be used to do it

**Trend** a change or development towards something new or different.

**Stereotype** is a fixed general image or set of characteristics that a lot of people believe represent a particular type of person or thing.

**Pierce** have a small hole made through them so that you can wear a piece of jewelry in them

**Rebel** You can say that someone is a **rebel** if you think that they behave differently from other people and have rejected the values of society or of their parents. 

**Conformist** behaves or thinks like everyone else rather than doing things that are original

**Discontent** not satisfied with one’s situation

**Consumerism** A belief that it is good to buy and use a lot of goods

**Ethnic** Ethnic clothing, music, or food is characteristic of the traditions of a particular ethnic group, and different from what is usually found in modern Western culture.



**Material** related to possessions or money, rather than to more abstract things such as ideas or values. 

**Designer label** clothing and other personal accessory items sold under an often prestigious marquee which is commonly named after a designer. Most often only applied to [luxury items](http://en.wikipedia.org/wiki/Luxury_good).

**Look** a particular appearance or expression. 

**Fashion victim** someone who thinks that being fashionable is more important than looking nice, and as a result often wears very fashionable clothes that do not suit them or that make them look silly.

**Quiz 1 Fill in the blanks with appropriate expressions from the above.**

1. She stands up to the bullying of party of conformists.
2. What trend is popular in styling these days?
3. Better a fashion victim, than a **victim** of **fashion**. 
4. He doesn't particularly like the work but he sees it as means to an end.
5. He’ll only wear clothes with a designer label.
6. We have to get rid of “the guy first” stereotype.
7. Jane asked me about piercing on tongues, then I said, “No harm.”
8. I never chose people just because of their look.
9. I jumped out of bed and began to get dressed.
10. He is a rebel who criticizes society's current state of affairs.
11. Every room must have been stuffed with material things.
12. There is widespread discontent among the staff at the changed payment conditions.

# 10 Tips to Looking More Slender

1. If you’re **pear-shaped**, be sure to choose jeans that provide an easy fit. **Loose-fitting** styles won't be clingy. Tight jeans are the last thing we pears need! Look for slightly flared hems or boot-cut styles. Both will **detract attention away** from pears’ problem areas -- the thighs, saddlebags and *derriere*.
2. Boat neck necklines, which are popular for spring’s ¾ length sleeve tops, have a slimming effect on the **upper body**.
3. Pulling your hair up and away from your shoulders will peel away pounds. Try sweeping your hair into a high ponytail and you'll be surprised at how much **slimmer** your face **looks**.
4. Not only are vertical- and pin-stripes slimming, but asymmetrical stripes such as miter stripe blouses and tunics also **work**. They have a lengthening effect on your upper body.
5. A sheer blouse over a matching opaque tank skims the body so your entire **silhouette looks slimmer**.
6. If you worry about your waistline, try some jeans or pants that sit low on your hips, as they will slenderize **your trouble spot**. Slacks that have a waist that hit just below your navel will make your midriff seem longer and slimmer.
7. If you're burdened with a **belly bulge**, choose **relaxed fit** jeans. The elasticized waist may help tame that bothersome tummy. Pleat-fronted pants will balloon your middle, so they're a definite don't.
8. Flat front and side-zip styles are a **do**.
9. Always remember that oversizedclothes don't help camouflage problem areas. Excess fabric only makes you look **bulkier**. Don't try to hide under your clothes!
10. Wispy bangs make a round faceseem less so. Loose curls and waves can also have a slimming effect, so consider a body wave. Chunky highlights on the sides of your face will make it longer.
11. Last, but not least, everyone has a feature they know works for them. Instead of always focusing on **covering up** what you don't like, learn to **flaunt** what you do. For example, a sleeveless dress will make everyone notice your awesome arms. You will feel so much better about how you look if you spend as much time **focusing on the positive** as you do hiding your figure flaws!

**Quiz 2 Guess the meaning of the bold-faced expressions using the context and fill in the blanks with matching ones. *(The highlighted expressions will be studied in the latter part of the assignment with pictures.)***

1. I am still pear-shaped with a tiny waist and

bigger thighs. 

2. If you have a belly bulge, a pair of control pants will flatten

you and give you a trimmer tummy.

3. Flies distract my attention away from the lecture.

4. His lower body is weaker than his upper body.

5. The dress falls nicely and has a beautiful silhouette.

6. I haven't lost weight but everyone says I look slimmer, so I think I might have

 more muscle tone.

7. Even though it's pricey, a little bit goes a long way if you only use it on

your trouble spot. 

8. Try it this way. It really works.

9. This luggage is bulky in size but light in weight

10. He does not like flaunt his wealth to the public. / Overdressed women are

 walking down the street, flaunting.

11. It’s better to wear a loose-fit(ting) clothes instead of a tight-fit(ting) one.

12. She tried to cover up the fact that she had plastic surgery

**How to Upgrade Your Closet**

***Upgrading your wardrobe by buying less but buying better has a positive effect on your confidence and your life. You will no longer have to worry about what to wear.***

**There are a number of steps which can help you do this:**

### **Learn About What Suits You**

Rather than dwell on the negative aspects of your body, concentrate on your assets, and how best to accentuate them. It’s also possible to visibly lose pounds if you wear a style and cut which flatters your body shape in all the right places**.**

### **Clear Out your Closet**

Having established what styles do your figure justice, have a wardrobe overhaul. Any outfit that makes you look lumpy, bumpy or frumpy should be relegated to a second-hand clothing store or a swishing party.

### **Do Your Research**

It is worth doing some style surfing online to check out the latest looks and labels. You are looking for particular cuts, patterns; prints etc which you know will suit your shape. Some online stores also offer fashion advice or have a personal stylist that can be contacted online. Alternatively spend a lot of time window shopping.

### **Avoid Impulse Buys**

Training yourself to avoid those cheap fashion impulse buys is something that has to be overcome. Think carefully about an item before you buy it. Take a break, think about whether it ticks all the right boxes — Does it suit you? Will it go with other items hanging in your closet? Does it fill a gap in your wardrobe?

### **Finding the Right Fit**

Always buy clothes that fit you now, not later, telling yourself that it will be okay when you lose some weight. If a garment doesn’t fit right, if there is something about it that niggles you, then don’t buy. Whilst it is possible to do minor alterations like a hemline or a positioning of a button, any major reshaping may ruin the design and proportions of the garment.

### **Invest in the Best**

Invest in as many classic, timeless pieces as is financially practical. This not only proves a good investment but gives you a versatile wardrobe, where you are never stuck for something to wear. Simply by adding some on-trend accessories you have instantly updated or changed the look or a garment, whether it be a little black dress, a classic white shirt or a pair of stylish pants.

Link two words that match well.

fit

suit

versatile

window

you

wardrobe

shopping

go

cut

style

right

with



Look Lumpy, Bumpy and Frumpy!!!

**Definitions**

**style and cut** The style of something is the general way in which it is done or presented, which often shows the attitudes of the people involved; Cut is the shape of something that is made using a tool such as a knife. These two words often go together to express the look of a garment.

**Suit = go with=Flatter one’s body** makes one’s body shape appear more attractive. 

**Wardrobe overhaul** to clean, check thoroughly one’s wardrobe

**Window shopping** to spend time looking at the goods in the windows of shops without intending to buy anything.

**Fit right it** is the right size and shape to go onto a person's body or onto a particular object.

**Versatile** can be used for many different purposes

**Be stuck for something to V** Do not know what to do

**On-trend** a change or development towards something new or different that is going on right now

**Quiz 3 Fill in the blanks with appropriate expressions.**

1. I like the style and cut, but the color doesn’t go with me.
2. If you’re stuck for something to do tonight, come out with us.
3. This is versatile recipe and can be used in many ways.
4. The clothes fit you just **right.**
5. Green goes with you.
6. Consider what television fashion gurus do in their makeovers, for instance, radically overhauling people's **wardrobes** and appearance.
7. My philosophy of fashion is that I like to make clothes that flatter.