

IN PRINT for spring



With spring's color palette focused on neutrals, what's a stylish gal to do if she wants to make a bold fashion statement? She picks a print. This season, with everyone from American store Target's dresses (left) to British brand Boden's frocks (below) to the famous Ferragamo line's purses (far left) getting in the game, your options are nearly endless.



• Salvatore Ferragamo's Flosa handbag collection blends 13 prints from the brand's signature scarves. Collaborate Ferragamo via

• Summer dresses highlight the British Boden brand's penchant for prints. (Boden via Associated Press)
• British designer Lantia Barlow, who is the guest international designer for Target this season, says she uses prints to give an

ON LIVING



SUPERB HERBS

Bastyr celebrates plants that heal

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DO IT YOURSELF
Yes, you can be your own contractor — but read these tips first

MOVING DAY
So much to pack, such little boxes ... here's how to get things going

Spring fashion spread (pre-redesign), April 9, 2006 (King County Journal)

Cover illustration, October 12, 2006 (King County Journal)

SUIT YOURSELF

Trust us: They DO make flattering swimwear for you

For most women, buying clothes involves a bit of frustration. Few of us are so happy with our bodies that we can try on anything and not obsess over the imperfections we perceive in our chest, hips, posterior, arms, even knecaps. Too big. Too small. Too wide. Not wide enough. Graduated arms. Winkly knees. Nothing brings out those insecurities as intensely as a swimsuit — something that exists only to let the world know exactly what our body issues are (or aren't). Only the strongest emerge from an unimpeachable shopping experience unscathed. Over the past few years, though, major catalog and Internet retailers, led by Lands' End, have ignited a revolution in suit buying. There is no "problem" we can't help you with, they say. Their mantra: You can have a suit that flatters and fits. These retailers offer a wide range of separates and one-piece suits, and they specify which problem area each piece can help. All have a version of a one-piece suit that works like a corset, and they have expanded their range of plus-sized offerings. And they focus on one aspect that often gets lost in our body-image angst: No matter whether you buy a suit in a store or through a catalog or a Web site, the key is getting one that fits you well.

MEASURE UP
The biggest frustration of buying any piece of clothing is trying to figure out what size you wear. Catalog and Web retailers help lessen the guesswork by providing a chart detailing how to determine which of their sizes you wear according to your measurements. So start your suit search by measuring your chest, hips and torso. Don't do this yourself! You'll get the most accurate numbers by having someone else do it. If you have a regular tailor or a place that does alterations for you, have them do it. Or go to a store like Victoria's Secret or the intimates section of a department store.

KEEP AN OPEN MIND
You might have a set idea about what style works best for you. But maybe that's part of your fit problem. That style might not work as well as you think. When looking through a catalog or Web site, look at all the options suggested for the body area you're concerned about and try out styles you usually wouldn't consider. You can always send them back.

BUILD YOUR OWN SUIT
From bikini to tankini tops and skirts, there never have been more options for getting a good-fitting, one-piece swimsuit. Buy the pieces separately in whatever sizes you need.

HARNESS A BIG BUST
Side-drawstring moilex, with shelf bra, Newport News Shape FX line, \$19

HIDE YOUR BOTTOM HALF
Spring suit with adjustable side tie, Newport News, \$29

BUYER BEWARE
Some Web sites offer a virtual model that is supposed to allow you to create a figure that looks like you so you can have an idea what a suit will look like on you. The creation, offered by www.hyperrealmodel.com, is done by pinching in numbers like your height and weight. But sometimes the model's look doesn't change significantly, depending on the numbers you put in.

TRYOUTS
When trying on a suit, don't just walk around in it. Bend over, twist, jump up and down to see how it moves on your body — and to see if anything pops out. If you think you'll feel silly doing this in a dressing room, remember this: It's better to find out this stuff now rather than later, in a place more public than a dressing room.



STREAMLINE YOUR HIPS AND THIGHS
Beach Living Imperial Floral Empire Halter Top, with length to cover midsection, and Beach Living Solid SwimMini, both Lands' End, \$52 each.

SLIM DOWN
Bardotex suit, with front shoring and underwire support, made of nylon with lycra control, Newport News, \$29.

MINIMIZE YOUR MIDSECTION
Tunic Slender Suit with inner support fabric, Lands' End, \$80.

AMPLIFY YOUR FIGURE
Sporty halter tankini, Newport News Shape FX, \$16.

ENHANCE YOUR BUST
Solid V-neck halter tank, with lined bra and removable soft cups, Lands' End, \$62.

Summer fashion spread (after redesign), June 25, 2006 (King County Journal)