



TRADITIONAL CLOTHING STYLES: Creations by Peruvian designers during the Cusco Always in Fashion event at the archaeological site of Sacsayhuaman in Cusco, Peru, on Oct. 31. MARCO GARRO/AFP/GETTY IMAGES

# Thinking about holiday shopping

By **DIANA MATHIAS**  
Epoch Times Staff

When it comes to giving gifts, there's an old saying: "It's the thought that counts." If you believe that the most important part of a gift is the thought that goes into it, the time has come to start thinking of what you want to give this season.

We hear many cautions about not slipping back into the consumption frenzy that brought our economy to the state it is in: Change our habits, don't be taken in by the too-good-to-be-true marketing messages, live within your means. Instead of just flashing your credit card at the multitude of shopping choices, why not take some time to think about how you want to express your feelings for friends and family this year.

Instead of just buying a product, look for ways to get double or triple the benefit from the purchase. For example, if you buy a basket made by a local artisan, you are not only getting a basket to give but also supporting a local business and a traditional enterprise, and you are bringing Nature into your friend's home. If you fill the basket with fruits and vegetables from the Farmers' Mar-



**BUYING THE BEST AT BENEFIT EVENTS:** Actress Blake Lively at the Fête d'Hiver Benefit by CHANEL Fine Jewelry held at the Four Seasons Restaurant on Nov. 4 in New York. NEILSON BARNARD/GETTY IMAGES FOR CHANEL FINE JEWELRY

ket, your secondary benefits are supporting local farmers and adding to the recipients' health by providing fresh food.

If you do some research and find out what different companies do

with their profits, you can select businesses that give to charities or projects you believe in so that the money you spend on purchases goes to help others.

If you look into the country of origin of your prospective purchases, you might be able to make choices that enable you to put your money into economies that are taking care of their people and the environment. You might be able to support their indigenous people's traditions, too.

Buy jewelry from an antique store, and you get treasures that have a history. At the same time, you are allowing someone to clear out their drawers and closets.

Buy art supplies and gather photos to assemble an album especially for a friend or family member. You can also assemble a music collection for your friend's iPod. The choices you make will reflect your friendship.

If you decide you want to buy a very special gift, make it even more special by spending some time checking different stores, learning about the details, talking with the salesperson, and finally selecting the most perfect one.



**CORPORATE CONTRIBUTIONS:** Stella McCartney for the GapKids Pop Up Store event on Nov. 4 in Beverly Hills, Calif., with GAP donating money from the sales. CHARLEY GALLAY/GETTY IMAGES FOR GAP

## STYLE IN THE CITY

### Fashion School 101: Getting in control

By **JASMINE ANTOINETTE CURRIE**  
Epoch Times Staff

Muffin tops, rolls, donut rings, and back fat. No, I'm not talking about the tasty fare at the local bakery. I'm talking about something much less appetizing: the dreaded F-words—fat, flab, flub. Whatever you call it, there's one thing that's for sure: Nobody likes it, nobody wants it; but according to statistics, most of us have at least a little bit of it.

Of course, we all know there are only two ways to get rid of it—good old diet and exercise. That's all well and good, but what happens when you need to lose a few pounds tonight to look good in that body-conscious little number you just purchased? One word: shapewear.

Once about as appealing as grandma panties (or as my boyfriend likes to call them, granties), control undergarments have undergone a major overhaul in recent years thanks in large part to the introduction of Spanx (Oprah's favourite, but you already knew that), the brand that inspired countless wannabes.

Control wear has become the new must-have, with everyone from new moms and young celebs to teenage girls squeezing themselves in. It seems that everyone, even many Skinny Minnies, are donning them. Yet there seems to be some confusion surrounding their use.

Control undergarments are mainly used to smooth lumps and bumps, firm soft spots, and shave off inches in the process. Here are a few common problems and the specific items that will solve them:

**Problem:** You just bought a body-hugging dress and/or one in a very thin fabric that shows

every roll.

**Solution:** A control slip-dress (preferably with a built-in bra suited to your need and taste) in a tank or strapless style.

**Problem:** Back fat, love handles, rolls.

**Solution:** A control tank or bodysuit. Yummie Tummie has great regular tank tops with invisible control. They are the perfect 2-in-1 solution, and so cute you'll want one even if you don't need it!

**Problem:** Tummy bulge.

**Solution:** High-waist control underwear. These styles are the only ones you should wear as everything else will cut in, causing unsightly bulges and lines.

**Problem:** Jiggly thighs.

**Solution:** Control shorts (which usually need to be long, say, almost to the knee; otherwise, you'll get a line at the bottom), a control half-slip, or control-top pantyhose.

**Problem:** You want to smooth your tummy but don't want the telltale line cutting in at the waist.

**Solution:** Extremely high-waist control underwear, which will meet the bottom of your bra.

**Problem:** Fleshy thighs and tummy.

**Solution:** Control extreme high-waist shorts.

**Problem:** Saggy or flat bottom.

**Solution:** Bum-lifter control shorts or pantyhose—they work wonders!

Worth noting is that all control undergarments should be seamless. The higher quality brands are worth spending your money on in this area as they will be far more comfortable and durable than their cheaper counterparts.

Now, naturally, you may have some objections. For example, you may think these garments are unnecessary, uncomfortable,

constricting, expensive, don't work, and so on.

First of all, they are necessary, and they do work. If you're wearing anything that shows curves where there shouldn't be any, they most definitely are necessary! The difference can be astonishing and nothing short of miraculous.

We're not just talking about wearing them only for special occasions, either. That basic white T-shirt can be transformed with the right shaping garment underneath, taking you from lumpy to svelte in seconds flat! As styles become increasingly unforgiving, that unsightly flub oozing out here and hanging out there doesn't add anything positive to your image.

Due to its high synthetic content, shapewear's main downfall is its lack of breathability. However, this really only becomes a problem during the summer or in hot climates, in which case switching to looser-fitting styles is the wisest choice anyway.

As for the comfort issue (or lack thereof), let's face it: How many of your clothes (the ones you wear in public) are really that comfortable anyway? Exactly. So what's a little bit of extra lycra, then? Well worth it.

As mentioned previously, high-quality brands (Wolford is a top one, if you can afford it) offer the utmost in comfort and durability; however, whatever fits your budget will do. I dare say that you are better off spending more on what's underneath than on the actual outfit, because that outfit won't look good anyway unless you have the right foundation.

I cannot stress enough the importance of this oft-neglected issue: Get the foundation right before you even think about starting to build on top of it.

## Winter-proof your lips

By **CHRISTINE LIN**  
Epoch Times Staff

To protect ears, we have earmuffs. For hands, we have gloves. But there's no way to hide those lips from winter elements—which means that in the extremely taxing season of family dinners, kisses, and tons of chattering, lips deserve extra attention.

### LIP MAINTENANCE

There really are just three rules to healthy lips: exfoliate, moisturize, sun-proof.

A homemade mix of olive oil and sugar is an inexpensive way to exfoliate. Alternatively, you could gently buff your lips with a damp toothbrush or electric facial brush. An old washcloth does the trick too. Keeping up with gentle daily exfoliation will prevent your lips from building up that dreaded layer of dry, peeling skin.

After exfoliation, make sure to moisturize. Leaving lips exposed to the air

after rubbing them is worse than not exfoliating them in the first place. Choose your lip balm wisely. Here's where reading product labeling is key.

Petrolatum-based lip balms are a thing of the past. Petrolatum or petroleum jelly, which is what Vaseline and Aquaphor are, was first promoted as a topical cure-all in 1870. Its popularity was boosted by its relatively inexpensive cost of production. Because it's a synthetic product derived not from plants or animals but from rocks, it's not absorbed but instead forms a film on top of the skin.

The way petrolatum "works" is that it creates a barrier against moisture—it's a hydrophobic substance. This means that if it is to work at all, there must be moisture on the lips prior to application. Users of petrolatum-based lip balms might experience the "treadmill" effect in which using the product creates the need for more of it. Little wonder, though, since petrolatum

doesn't improve the lips.

Opt instead for balms with top ingredients that are sebum mimickers, like jojoba oil. Glycerin is good, too. At the very least it's hydrophilic, not hydrophobic. Many USDA-certified organic lip products have come on to the market in recent years, and many of them do the job quite well.

Lips are susceptible to the effects of the sun just as the skin is. And sun protection is just as relevant in winter months as in the summer. Choose a lip balm with some SPF. Pigment also helps to block out rays.

### ON TO COLOUR

Fall and winter is the season for lipsticks. Rich berry hues, reds, and plums are festive and lush, but they also require that the lips be well primed as deeply pigmented lipstick tends to feather and fade unevenly on cracked lips.

Avoid drying formulations, or wear matte lipstick over lip balm. To prevent feathering, make sure your lips are moisturized. And use concealer around the perimeter of the lips, rather than lip liner over the lip—this can be drying.

## Crossword

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www.CrosswordWeaver.com

### Across

- 1 Picture
- 6 Join together
- 10 Member of an Arizona Indian tribe
- 14 African nation
- 15 Press
- 16 Great
- 17 Clothes pressers
- 18 Short
- 19 Not any

### Down

- 20 Lair
- 21 Small licorice treats
- 23 Twisted together
- 25 Corn syrup brand
- 26 Explosive
- 27 Who you give gifts to
- 30 "Ah shucks!" (2 wds.)
- 34 European river
- 35 Mail
- 36 Bath
- 38 Sulk
- 39 Omega

- 40 Bitty
- 42 Jell
- 43 Famous cookies
- 44 Confess
- 45 Baltic country
- 48 Plate armor
- 49 Government agency
- 50 Baseball's short hit
- 51 River
- 54 Skin sore
- 55 Entire
- 58 Dorothy's dog
- 59 Long-suffering
- 61 Supply
- 63 Competition at the Greek games
- 64 Island
- 65 She makes you an aunt
- 66 Soaks
- 67 Fifth book in the New Testament
- 68 Shades of black

- 25 Beano
- 27 Globes
- 28 Number before four
- 29 Owl calls
- 30 City
- 31 Tails
- 32 Objects
- 33 Arizona Indian tribe
- 35 Partial
- 37 Computer memory unit
- 40 Teasing
- 41 Blue-pencil
- 43 Blood disorder
- 46 "Grand" mountains
- 47 Choose
- 48 Pooch
- 50 Cooks
- 51 Parent groups
- 52 Company symbol
- 53 A spinning toy (2 wds.)
- 54 Wale
- 55 At sea
- 56 I Love \_\_\_
- 57 Dregs
- 60 Escudo
- 62 Mr.



Today's Solution