Casual Wear Tips

Casual, but elegant

Casual dress, lies in the middle of the Fashion Universe. Go too far and you are being a total slob, don't go far enough and you don't look casual. Casual clothing usually changes by function and social activity but because of its middle-of-the-road status, many people confuse the boundaries of casual dressing. Whether you want to look casually elegant or totally casual, the trick to dressing casual every day with style is how to keep from looking sloppy.

What is not Casual?

Casual attire is not what you where to the gym, beach, or health club, or when you're lounging around at home. Casual attire should not be a license for "anything goes".

How to gauge appropriate casual wear

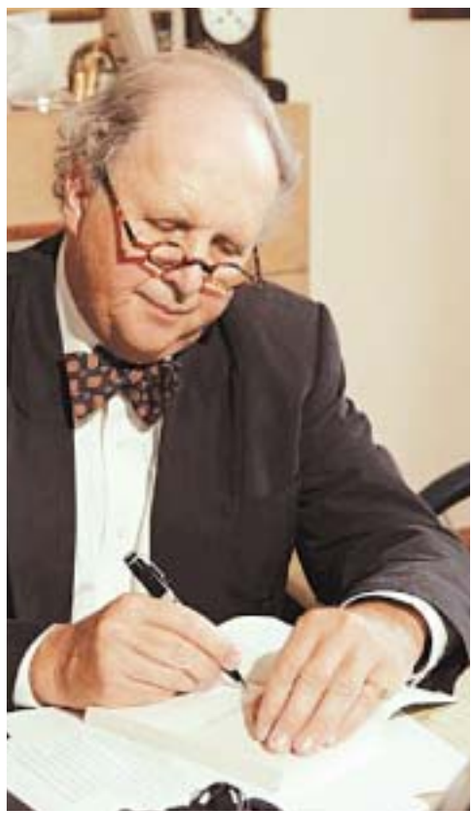
A good rule of thumb is to remember that casual attire is one notch below the usual expected attire. For example, if you are invited to an event that usually requires a suit or cocktail dress but is now suggesting casual wear, you can assume this doesn't mean flip-flops and T-shirt. Instead, dress one step below the suit or cocktail dress, perhaps a button-down shirt or a nice skirt and knit top, or even a short or long knit maxi dress.

For those lucky enough to dress comfy every day, the challenge is how to build a core wardrobe of basics with enough variety to keep it from getting boring. For weekend casual wearers, you face the same challenge of looking pulled together with ease.

- Buy your casual clothing the same way you would buy career clothing- think about building wardrobes. For example, choose cohesive pieces built around basic styles and colours for the best mix-and-match wardrobe (khakis, denim, red; black, khakis, white)
- Find casual shoes because nothing kills a chic sporty look like a pair of white running shoes. Instead opt for retro sneaks in colourful suede's or even sandals. If you live in a cold climate, you can wear boots too.
- Use casual accessories and hand bags- don't try to mix gold and diamond watch with a sweatshirt unless you're a rapper. Choose sporty watches and bags to keep from mixing styles.·Keep your casual clothes in tip-top shape. Ironed, cleaned and mended.
- Avoid casual clichés like baggy sweats and leggings. The former is for lounging around the house only and the latter will make you look like you're stuck in the '80s.
- And finally, don't get ridiculous about style. If you're working in the garden or cleaning the house, you can wear whatever works for you.

by Ruchira Silva

REBELLION.in Style



The No. 1 Ladies' D

by Ethna Brave

Book Shelf

There are some books or authors that everyone has heard of in some shape or form. Alexander MacCall Smith is one of these writers and his The No. 1 Ladies' Detective Agency happens to be just one of these novels. Born in Zimbabwe with a degree in law from the University of Edinburgh, Smith is equipped with ample ammunition and inspiration from these two exceedingly diverse cultures and ways of life to fuel his highly acute literary imagination. For me the result of his genius lies in his extremely entertaining sequence of novels strewn with a series of fabulous and colourfully sketched characters.

Over the years Smith has written numerous books and series set in both Africa and in Edinburgh, in which he

astut
ways
numb
writt
for th
which
highl
to the

by Sm
Preci
marr
vate c
opens

From fi to rea

are we stuck in

by Gayesha Wijemanne

In your experience, have you ever felt that your chances of a happily ever after has diminished even 'ever so slightly' due to the female and male fixation on fictional characters brought to life via movies and books?

This 'mind boggler' dawned upon me somewhere in between being bored out of my mind, drugged by the heat and fantasizing about if only I could be the girlfriend of a vampire or the lover of a violinist. The question is, are we setting the bar a tad bit too high for either sex to clamber over? And is it unfair to want the sort of fairy-tale happily ever after we are brainwashed by since infancy? This is what some Individuals had to say about it.

Chithika (29 Yrs), a graduate in philosophy, residing in Canada, "I'm not sure whether it is the movie characters that influence us, or the relationships we perceive, or a combination of both."

She felt they create unrealistic expectations. "We start believing that we all have Mr. Darcy out there, or that we will be part of sweeping romances, but in the real world relationships can be quite bitter. I think we end up expecting too much from a partner whom we discover later to have feet of clay. Or, worse still, we wait so long for our hero to come along that we've probably missed the best partner for us along the way. Plus, while we wait for Mr. Darcy, we don't realize that we're no Elizabeth - Mr. Darcy would be ill-suited for most of us."

Guy, (27 Yrs), a journalist and an undergraduate completing a degree in economics, in London felt the fixations will not break surface when searching for the 'happily ever after' counterpart but there will be some influence from deep within.

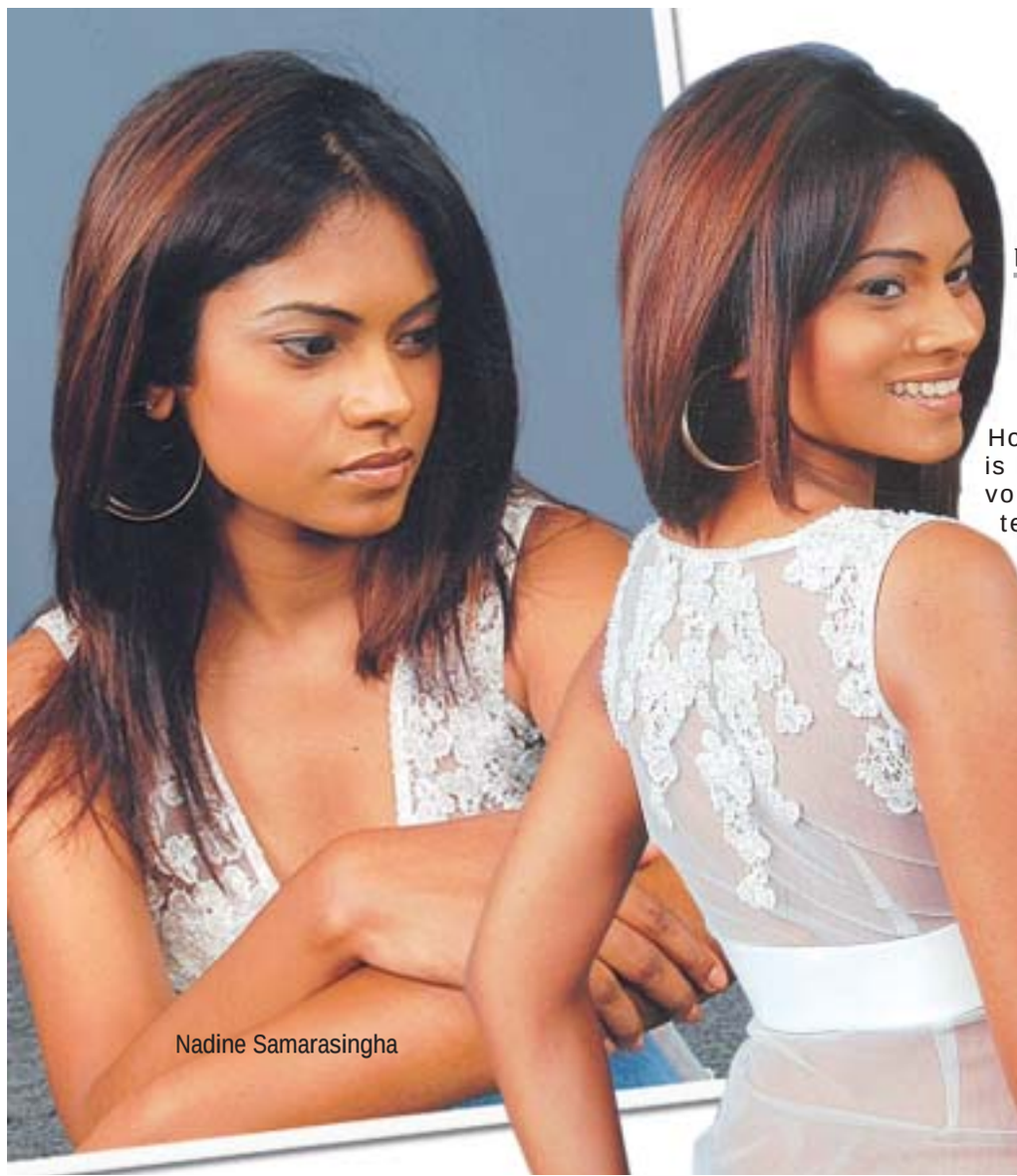
His current fixation being Megan Fox from Transformers, the revenge of the fallen, Guy felt Miss Fox "leaves the males wishing their partners to take the form of the sultry dark haired, hour-glass figured girl who shares the male passion for motorcycles." However he did say that such fixations fade away when a person has true affection for someone.

Kaushi, a 21 year old undergraduate of the University of Colombo said the pressure is mostly put on our own selves

becau
these
sure
the s
to liv
world
tions
think
after
failed
reali
fect'.
Sl
of th
tiona

hope
the r
as we
us to
19
Study
other
went
tical
No o
B
some
almo
likes
and M
like r
O
stude
doing
like t
HAN
with,
withe
has t

Nadine - the rising



Nadine Samarasingha

by Amri Adheeb

"Yuphoria" went to town looking for young hidden talents around, it was then I came across this young girl, an old girl of Holy Family Convent in Bambalapitiya who is blessed with the a vibrant mesmerizing voice; Nadine Samarasingha 22, a music teacher by profession and also a marketer has come a long away in a such a short span of time.

Nadine started her music at the age of four in the classical range and hails from a musical background. Talking to Nadine, she says; "my mom and grandmother both are into music. It's their influence that made me turn to music. I play the piano and the violin which are my favourites.

I have also qualified up to LCCL music exams."

She also demonstrated tremendous scope and talent in the music arena at the recent concluded Kazakhstan music festival and she was the first female artist to achieve a high ranking award at the event.

She was also bestowed with an special award for her talent in music which she considers a huge honour.

She has also contributed to the works of famous US Music producer, Parmer Fuller, who invited her to sing for a track produced by him which has been a success in the USA.

The young artist is on the verge of finalizing her debut album. "It is now almost a dream come true. I have been very careful in the of my tracks. It will comprise my own works and also those of a few veterans in the filed."

She also performs with the great Derick Wickramanayaka. Her talents stood out at the country show where her performance was greatly appreciated.

"My album will include different types of music (mostly pop) and it will include both Sinhala and English as I intend to enter the Sinhala market as well," she added.

She is also quite adept at Tamil as she did the anniversary jingle for Soorayan FM. "it was an exciting recording for me because it was something new and I was very much pleased to
duction coming out e
well."

Nadine with Parmer Fuller