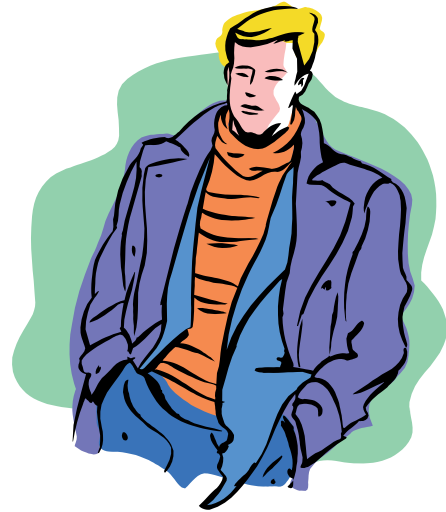


Heads turn, spotlights focus and YOU step forward on the runway! What fun to be the center of attention! *Confident, cool.* To be a success, you must show off your clothes and do it in a pleasing way . . . that's what a fashion presentation is all about.

It's Fun To Be A Model!



You have to convince the audience that your garment is the best looking thing in the show. It's all very easy when you feel totally at ease in your clothes and are relaxed about modeling. The tips in this booklet will help you step into the spotlight as a confident, capable model.

Remember, whatever you do, do it gracefully.



From the Inside Out

Let's start from the inside and work out. You'll want to be squeaky clean. So, if there isn't time for a good spruce-up on the day of the show, do it the night before leaving a good eight hours for a restful sleep . . . one of the very best beauty aids. Shower, shave your underarms and legs if necessary. Manicure your finger nails and if it's summertime, do your toe nails, too. Only YOU know when your hair looks best . . . right after it's washed? . . . a day later?

Plan accordingly. Have your clean underwear ready well in advance. Check your slip, maybe you need a "non-cling" one. Be sure that it's the right length. Decide which bra gives the best lines to your garment. Then, launder it and set it aside for the show. As for dress shields — if you need them, make sure they're in the garment you are showing. If you wear the "pull-on" type, be sure they are suitable and fresh as a daisy, too.

Practice Makes Perfect

You can't overdo it. **Think Tall!**

Have at least one dress rehearsal with an audience of objective parents or friends. Turn on the charm! Smile! Try a few turns! Put a book or a basket "ala peasant style" on your head and practice a *gliding* walk.



Before you know it, you'll really begin to feel and look like a professional model!

Accent On Accessories

A vital part of your outfit. Accessories give a total finished look. Be very selective. Keep in mind your size, shape and personality. If you're tall and lean, a little bitty hat might be out of proportion. Short and round? You don't need a mushroom type. And, if your outfit is tailored and casual, keep accessories simple and lend your glamorous trappings to a friend modeling a gown. You might like to carry a prop—a tennis racquet for instance. Great! But, be sure you include it when you practice so it seems like a natural part of you. Unless a handbag and gloves are a real asset to the total look, forget it, unless it's the handbag that you're modeling! You don't need anything that detracts or covers part of your garment.

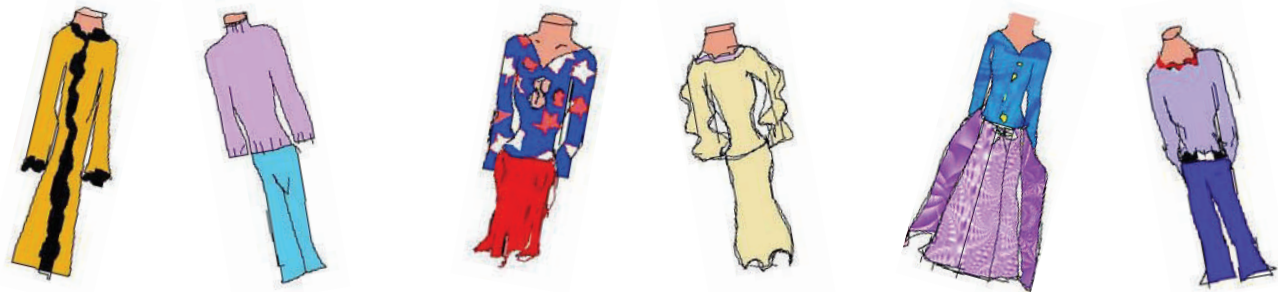
You may find some accessories are more bothersome than they are beautiful. Clanking charm bracelets or jangling necklaces are distracting. Chunky bracelets and watches can be a nuisance if you plan to remove your coat or jacket. Don't forget pantyhose, hat, scarf, sweater or blouse if they are part of our costume. Shoes . . . Give 'em a super shine. Collect your accessories so you don't have that to think about the day of the big show!





Before the Show

Report on time . . . no one needs a last minute hassle. Make sure your garment is well pressed and then move on to your make-up and hair. If there is to be strong stage and runway lighting, a little extra make-up is in order. Otherwise, stick with your natural look. Slip on your shoes and pantyhose . . . *your garment goes on last*. If it's over the head, tie a large scarf over your head to protect your make-up and hair. You're all set to go on! NO eating, drinking or sitting down . . . You don't want spills or wrinkles! And . . . this is not the time to chew gum.



You're On!

Be ready for your entrance cue. Walk on proudly, smile and look at your audience. Listen to the commentator but don't look at her/him. If you are to stand on stage while another participant models, place your feet in a locked position and keep your body slightly turned to the audience. Relax your arms at your sides. When you model, walk briskly and keep moving. Make a graceful turn so the audience can see the back of your outfit very clearly.

To make a complete pivot turn, walk forward on stage or down the runway to a spot at which you will make the turn . . . pause with your feet in a "T" position, right foot forward, weight on left foot. **1) Step forward again with your right foot, make a half turn to the right, bringing your left foot around. Your back will be to the audience. 2) Step forward again with your right foot bringing your left foot around. You will now be facing the audience and will have completed a full turn. 3) Step forward again on your right foot and continue down the runway. 4) There may be times that you will be modeling on a stage only and may be required to make a complete pivot more than once. At times, only a quarter or a half turn may be necessary. 5) IMPORTANT: If you remember to always lead off with the same foot, and turn in the same direction, you will find all turns simpler, more natural, and more comfortable.**

If you take off a jacket or coat, unbutton it, drop it back off your shoulders and let it slide off one arm. Then slide your arm out of the other sleeve. Do not tug or pull sleeves from your arms. Grasp the jacket by the center back and fold it over your arm. If there is an escort, let him help you off with your coat. It should be decided ahead of time whether he carries it or hands it to you immediately.

Do not point to details; most of them are obvious to the audience and the commentator will call attention to them. Hand gestures, however, are helpful and highlight certain details, especially if you're modeling a handbag. Be sure to practice these until they are natural. You'll get an exit cue from the commentator . . . Listen for it! ***Save an extra special smile for your audience as you depart.***
