



THE
VINTAGE
DANCER

1940'S FASHION FOR
YOUR BODY TYPE

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1940'S CLOTHING TO FIT YOUR BODY TYPE

Most of us were not blessed with the ideal 1940's thin hour glass figure that was so popular during the war times and on the silver screen. In reality neither were most women in the 40's. Just like today women came in all shapes and sizes and they wore the same 1940's styles that so called "natural" women were wearing. The secret to fashion is not to force yourself to look like Batty Garble or Rita Hayworth but to embrace your uniqueness and let the 40's fashion style show off your best features!

With this little booklet we will discuss your body type and what 1940's style clothes will look best on you.

WHAT'S YOUR BODY TYPE?

- 1. Apple Shape- Most of your body mass is centered around your core. Your best feature is your ultra sexy legs.
- 2. Pear Shape- Your body mass hovers mostly around your hips and thighs leaving your arms and chest your best features.
- 3. Straight shape- You measurements are nearly identical from chest to hip. All your features are great on their own but sometimes feel to flat all-together.
- 4. Hourglass shape- Your chest and hips are almost identical in size with your narrow middle being your best feature.

Some women feel that they are in between shapes or that they have changed shapes overtime. That is perfectly normal. Read both shape style suggestions and mix and match until you find the right combination.

THE APPLE SHAPE

With your centered shape you want to draw attention to your full body length by either drawing attention up or down or both!



Day Wear: 1940's wide legged trousers will do wonders for your figure. Top with a light blouse that is not fitted too tightly. You will want to choose solid, muted colors on top with the option for fun patterns and textures on the bottom. A hat with height will draw your body line up and a pearl necklace will accentuate your neckline. Add a pair of pumps to draw attention back down to your legs.

A second option would be a solid colored dress with a plain top in either a V or slit neckline, a wrap bodice and long a-line skirt with lots of swing. This will give the appearance of a defined waistline. Long, narrow, sleeves will be a better look than short puffy sleeves.

Evening Wear: You will shine best in a full length evening dress with an empire waist line and thin shoulder straps. A halter top will also work well with a plunging neckline (a modest plunging neckline - proper with 1940's conservatism.) Choose crepe rayon fabrics and avoid shiny satins and silks.

Swimsuits: A one piece suit will be your best look. Low neckline, thin straps, lots of gathers pulling to one side will accentuate your shape nicely. If you want a two piece suit choose one with a halter top and skirted bottom with bows or ties to add interest to your hips.

Why the 1940's style loves you: You are the only body style that can pull off high waist, straight-legged trousers and look feminine. Go for it!

Why the 1940's style is not your friend: Shoulder pads and you do not mix. They will make you look too boxy. That is why a Victory suit will be harder to pull off. If you do try a suit make sure the jacket is long with a one or two button simple closure.

PEAR SHAPE

Pears have the envy of every other shape because of your slim sexy arms, small waist, and proportionate chest. The 1940's style is great for showing these features at their best.



Day Wear- A Victory suit is designed for you. Your jacket should hang just at your waist and feature a wide collar and big colorful brooch below one shoulder. With or without a jacket aim for a bright, colorful, striped or fun patterned blouse with big puffy sleeves. If you knit a sweater, add lots of pretty decoration around the neckline and down the button up front.

For dresses stick to ruched tops with high necklines and a line skirts. Avoid skirts with gathers or pleating.

Evening wear- You will look stunning in a two piece long dress and matching bolero jacket. You can even have contrasting pieces as long as the pattern stays on the top. Spaghetti straps or strapless tops will draw the eye up to your luscious neck and glamorous face.

Swimsuits- One piece suits with lots of ruching, bows, ties, or other neckline accents will help you feel confident on the beach. You will really like bold prints and darker colors. A little extra padding in the bra area can't hurt either.

Why the 1940's style loves you: While most women look better with drab muted colors you sparkle with bright fun colors and patterns. You can show the world that the 1940's were fun!

Why the 1940's style is not your friend: The 40's really favored your shape- but those fun colors are going to be harder to find in vintage clothing. You may have to make your own for the best wardrobe.

THE STRAIGHT SHAPE-

Your shape makes you versatile. You can wear any style and look good in the modern world. But to look really good in the 40's you will need to add some curves to your figure.



Day Wear- A one or two piece dress with padded shoulders, puffy sleeves and narrow a line skirt is ideal for you. You would look best in a long pencil skirt but since these didn't come around till the 60's- a very narrow, minimal swing, skirt will do best. Late 40's skirts with pleats at the bottom will draw attention to your sexy legs. Choose a blouse with a fun side tie or cute peter pan collar for some whimsy. Accent your dress with a narrow belt, ideally in a contrasting color or solid color with interesting belt craspe.

A second choice is a Kitty Foyle Dress because of its contrasting trims at the neck, puffy shoulders that add width, and shirtwaist detailing down the front, will keep the attention on your upper body. Nip that waist in as much as you can and let the fullness of the skirt give you some hip.

Evening wear- Go for the red carpet with a halter top and full gathered skirt. Avoid dresses that are bias cut- the 1930's were not good for you. Instead, keep the decoration up top and the waistline accentuated or free and flowing.

Swimsuits- A two piece bikini has your shape written all over it. Add padding to your top if you are small chested or add bows and ties to give the illusion of volume. Bottoms with short ruffled skirts are a better choice then low leg, high hiped shorts. Go for the "girly" cute look and you'll always have fun at the pool.

Why the 1940's style loves you: Because you can wear anything! Seriously, nothing is going to look bad on you if you choose the right playful accents to draw the eye up or down and away from your subtle

middle. Vintage pieces will be easy to find in your size so enjoy all the options you have.

Why the 1940's style is not your friend: Without the hourglass figure you may not feel truly "1940's." Fortunately, modern vintage clothes love your shape and you'll have a fun time dressing with 40's flair every day.

THE HOURGLASS SHAPE-

Ahhh, how the 1940's love you. Designers designed for you and other women fought to make your shape. Almost all styles will look good on you so have fun and try them all.

Day Wear- A Shirtwaist dress is a classic fit for you. Also a dress with a rushed top and flat across the middle will draw in your waistline. You're the only shape that can wear this style really well but only if you have a flat tummy. Get those girdles on tight! Top with a cute cardigan sweater that has a wide waist band at the bottom.



A Victory suit with a nipped in jacket and accented belt will also draw in your center curves. A peplum shirt or jacket may add too much hip volume so be careful.

Evening wear- Look for a full length wrap dress or a princess cut bodice. Add lots of bling with vintage jewelry or tons of sequins and beads. Avoid too much decoration on top. Keep your neck line open with a V or sweetheart cut. Strapless dresses won't add anything for you so avoid them and embrace everything else you can wear.

Swimsuit- You can pull off a one piece or two piece. If you go with a one piece then look for one that emphasizes an open chest with contrast trim piping. For a two piece try a bandeau top and high waist bottoms. Retro swimsuits are made for your body.

Why the 1940's style loves you: Because they are made for you!

Why the 1940's style is not your friend: None. They are your best friend.

OTHER SHAPE CHALLENGES:

Short- The key to gaining height is usually to wear shorter dresses and skirts but that would put you above the knee which is a no-no for 1940's fashion. Instead, just focus on accenting your shape and wear a pair of wedgies or pumps.

Tall- Keep your waistline a bit lower than is normal for the 40's. Height is usually a welcome gift with 1940's fashion.

Large busted- Wear simple tops with high necks. Avoid button downs and instead find plain fronted blouses or knit cardigans. Long coats will also help keep you chest in proportion to your body center.

Small busted- Look for blouses with gathers at the shoulder. This extra bit of frontal puffiness will add volume out front.

Thick Arms- The elbow length sleeve is ideal for you. Vintage clothes may not have wide enough arms so you may have to custom make your dress or blouse. Late 40's style had capped sleeves, which will give you the room but may show off what you rather hide.

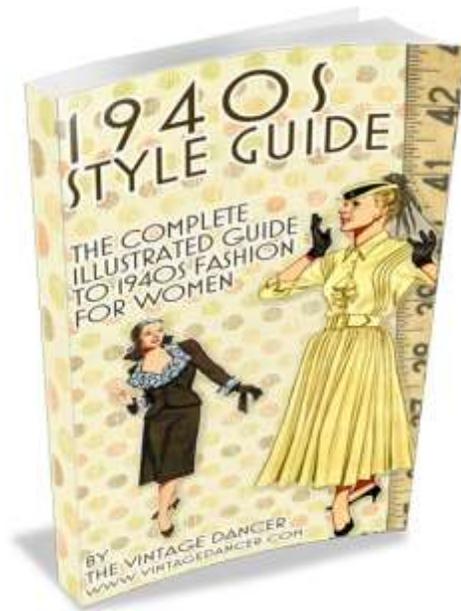
Do you have another shape challenge? Just contact me and I'll help you find the right outfit.

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