

Find a bra that fits



Susan Nethero, chief bra strategist of Intimacy Lingerie stores, says “most women associate looseness with comfort, and that’s a big mistake. If the bra doesn’t fit you firmly, you’ll probably hike up the straps, which not only makes for an uncomfortable fit, but creates back rolls. Ninety percent of the support should come from the bra, only 10 percent from the straps. To see if a bra fits properly, lift your arms over your head; you want the bra to be level. Lastly, buy a bra that fits with the hook in the largest position. As the bra stretches from use, you can tighten as you need.”

Launder with a Light Touch

Wash day can be hard on clothes. To help your wardrobe look better and last longer, try these TLC tips:

1. Just as you turn dark jeans inside out before washing to lessen visible wear and tear, do the same for textured sweaters to reduce pilling. Other protective measures: Secure zippers and other fasteners before washing, and avoid washing rugged pants and shirts with lightweight knits.
2. Contrary to your instinct to wash immediately (and several times), allow muddy clothes to dry enough so that you can brush off the dirt. Pretreat stains with liquid detergent or a paste of granular detergent and water. Presoak heavy stains in water and detergent. Launder as usual.
3. Too much detergent can leave soap deposits in your washer and make your clothes feel stiff. Check the recommended amount on the package and stick to it. Experts at the Whirlpool Institute of Fabric Science suggest marking levels on the outside of the detergent cap.

