

*JoAnn Roberts'*

# *Art & Illusion:*

*A  
Guide  
To  
Crossdressing*



*Revised Second Edition*



# *Art & Illusion:*



***This book is dedicated to my wife and children. Without their love and understanding, none of this would have been possible.***

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## Preface: 2nd Edition

A lot has happened since I first wrote this book over a year ago. I've met so many new people and made many new friends. Mostly because I wrote this book. I want to thank each and every person who trusted me enough to order my book, particularly Nancy Green of the Rainbow Gender Alliance in San Jose, CA., who bought the very first copy. I've gone from knowing a very small group of people in my local area to having acquaintances all over the country. This book has been sold in every state in the union and Canada. It has gone beyond my wildest expectations.

Besides my family, there are a couple of people I should mention that have made an impact on my life. First there is Madam X, who I met at a Pocono weekend. And there is Denise Mason from Connecticut. These two have had the most influence on my development as JoAnn. Both of them are always there to talk with and both of them display a compassion for others that is hard to find these days. Next are the co-founders and Board of Directors of Renaissance, Angela Gardner, Trudi Henry, Melanie Bryan, Alison Laing and Paula Sinclair. These people can accomplish anything they set their minds to. They have been an incredible source of support and inspiration.

A couple of significant events have occurred as well. One of them was appearing on the Phil Donahue show in February 1987, with people from the Chicago Tri-Ess chapter and the Washington, D.C. Outreach Institute. Phil was kind enough to mention this book and the Tri-Ess people directed inquiries to me. I thank them both for that. But then the wildest experience happened! I went to Mardi Gras (New Orleans) in March of 1987. I was with my wife and friends, dressed, of course, and we went out to dinner. As I entered the restaurant, a hand reached

out and stopped me. I turned to meet the eyes of a young man seated at a table with three other friends. He said, "Excuse me, but didn't I see you on the Donahue show?". I was speechless! It turned out that he was from Connecticut and had been home sick the day the show aired. He thought that the show had gone well and said that he had learned much about crossdressers. That incident repeated itself twice more that evening! Andy Warhol was right!

I received many letters from friends and strangers who had seen the show. The recognition that appearance brought led me to believe that I could use it to good advantage in starting a group in the Philadelphia metropolitan area. But I still had no focus. Then, in April of 1986, I visited the San Francisco bay area and met with Nancy Green of RGA and Gloria Peters of ETVC. I spent two nights with them and was invited to an ETVC Couples gathering. Now I had my model for a group in Philadelphia. So the concept for Renaissance was born.

With the friends mentioned and the help of a wonderful counsellor and associate, Dr. Bill Stayton, we created the Renaissance Education Association, Inc., a registered, non-profit corporation. The purpose of this group is to provide education and support services to the transgendered community and to counselling professionals. The enthusiasm of the people here has been almost overwhelming. Renaissance has started plans for two annual events, one a benefit show and the other a professional seminar. Who said Philadelphia is a dull place!?

My sincerest thanks and gratitude go out to all of you who have touched my life. You have proven time and again "You Are What You Do When It Counts." I am proud to be associated with you.

*JoAnn Roberts*

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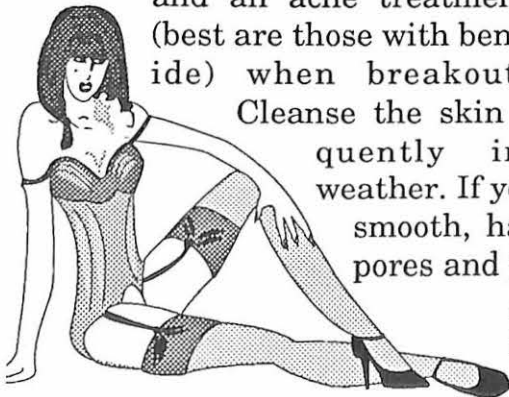


## Part 1: Creating Your Face, A Makeup Guide

**T**he single most important task that you should learn to master in the process of feminine transformation is applying your makeup. This process is one which combines skill with art and both of these can be learned. The techniques are relatively simple; it only takes practice. You will feel awkward and clumsy at first, so take your time and go slowly. It takes time to get used to the feel of the tools and products. The key to good technique is repetition. Remember, most women wear makeup daily, so they are constantly sharpening their skills. Another important point is to learn to keep it subtle. Nothing looks worse than garish, overdone makeup on a male or female. Study and practice the techniques in this book and be sure to keep the effects well balanced. Your face and in particular your eyes will be the focal point of your image, so learn to do your makeup correctly.

### Skin Care

You wouldn't paint over rust, would you? So, why put makeup on over poor skin? Taking care of your skin is very important. Today it is not so uncommon for men to use skin products. Your skin care regimen should be regular, morning and night, seven days a week. Cleanse, tone and moisturize your skin using products appropriate for your skin type: dry, normal or oily. If your skin is shiny, has large pores and blemishes are still a problem for you, then you have oily skin. Use a cleansing astringent everyday and an acne treatment product (best are those with benzoylperoxide) when breakouts occur. Cleanse the skin more frequently in warm weather. If your skin is smooth, has regular pores and you rarely get blemishes,



then you have normal skin. However, makeup can clog your pores and cause blemishes and you may notice a slight shine in the "T" zone, nose and forehead. Use a regular cleansing product, like Noxzema, daily. Cold weather can temporarily dry your skin, so you might want to use an unscented moisturizer in the winter. If your pores are very fine, you chap easily, or sunburn easily, then you have dry skin. Dry skin also tends to wrinkle earlier in life. Regular soaps and astringents will only irritate your skin. Wash with a mild cleansing agent for dry skin and apply moisturizer while the skin is still damp.

*Never, never, ever* go to sleep with makeup on your face. Remove makeup with cold cream, cleansing cream or baby oil. Don't use alcohol as it will dry the skin. After makeup removal, wash your face with warm water and facial soap. Then use a mild astringent like witch hazel to close the pores. Be sure to get *all* the eyeliner out of the corners of the eyes.

Now that you know how to take it off, you're ready to learn how to put it on.

### Tools & Supplies

It is very important to start off with the correct tools to apply your makeup. These will include brushes, sponges, applicators and the like. The right tools will make the job so much easier and the results will be consistent from application to application. The minimum tools you will need are:

- Fine eyeliner brush
- Eye shadow applicator
- Large and small shading brush for blending shadow
- Combination eyebrow brush and eyelash comb
- Contour brush
- Powder brush
- Sponge wedges to apply foundation
- Tweezers
- Large and small pencil sharpener
- Optional: Eyelash curler



problem for those of us with oily skin, but now there are products specifically formulated for oily skin. If you do not have one of these products, dust the skin with an oil blotting powder before applying foundation. At this time also apply lip sealer and eyelid cream if desired.

The next step is to cover the remaining hair follicles that show on your face. If you are not sure what type of beard you have try the simplest method first and work up to the more complex techniques, if the results are not satisfactory.

Very Light Beard: For oily skin use a pancake (Max Factor) makeup applied with a damp sponge. Slowly build up the color in several applications. For normal or dry skin use a pan-stick with a dry sponge.

Moderate Beard: Use a color corrector and a normal foundation. Color correctors are opaque primers used under foundation to adjust skin tone. They come in several colors, lavender warms a sallow (yellow) complexion, mint tones down a ruddy (reddish) complexion, apricot brightens a pale complexion and white is used to contour and correct a

blotchy complexion. Choose the appropriate tint and apply with a sponge then let it dry. Do not use a excessive amount. After it is dry apply the foundation.

Heavy Beard: The "Clown White" method used to be recommended for heavy beards, but the cosmetics industry has responded to a need of women that have severe blemishes or birthmarks to be concealed and these products will work just as well for beardcover. These extra-coverage bases are preferred to the Clown White as you don't end up with several layers of "paint" on your face. One of the lightest weight of these extra-coverage products is Clinique's Continuous Coverage. Next come the heavier creams such as Lydia O'Leary's Covermark, Dermablend and Recover.

One crazy technique was given to me by my friend Morgan, an amateur FI. She uses red lipstick as a beard cover before applying her Dermablend foundation. It works too! I've used it with the Clinique base.

All of these products are waterproof when applied per the directions. If you have a really heavy beard use a color corrector and one of these extra-coverage bases.

If your skin tone is:	Then use:			
	Foundation	Blush	Eyes	Lips
IVORY	hint of beige avoid pink and peach	shades of pink to pale berry	gray, smoky blues, mauve	any pink avoid orange
ROSY	yellow/beige avoid pink	coral peach	brown bronze	copper bronze
OLIVE	beige with pink tint	pink or peach	plum, dark green, blue	deep red wine
TAWNY	golden honey russet	coral peach amethys	red brown copper	amber
BLACK	match skin tone with bronze base	bright red plum, wine magenta	bronze charcoal copper	wine berry burgundy

Always apply foundation with a sponge to get even coverage. Dampen the sponge slightly to get a sheer coat and leave it dry for a more matte finish. Foam wedges are inexpensive but are only good for a few applications. Silk sponges are costlier but can be cleaned and reused. When applying foundation work from the center of your face outward and be sure to blend up into your hairline, eyelids, over to your ears, lips, under the chin and down the neck. Okay, the canvas is ready for color.

### **Contour and Highlight**

DaVinci used it, Rembrandt used it, Orson Wells used it in "Citizen Kane." "It" is a technique called *chiaroscuro* which means light and dark. Things that are dark tend to recede from view and things that are light tend to stand-out. You will use light and dark to contour and highlight your face into that much sought after "ideal" oval shape and create desirable features such as cheekbones. Examine the simple illustration below. It is merely a collection of black dots on white paper, yet it has shape and definition because of the shading. The darker the shading, the farther away the object seems to recede. You will strive for this same effect.

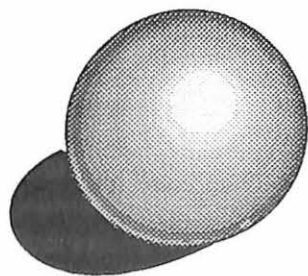
Use a headband to hold your hair away from your face and look into a mirror. Is your face oval? Lucky you if it is! If not, you will need to contour (shade) your face so that it looks oval. There are many face shapes, but since you want that "perfect" oval make one

with your hands and hold it over your face. Adjust the position of your hands to form the most pleasing shape. Any parts of your face outside the oval you darken to make less prominent and those inside you will highlight to accentuate.

Contour color can be dark foundation or, as I prefer, dark blusher (plum, brown, wine). Highlight color can be lighter foundation, light blusher or my choice, white stick concealer. You may start with either; I prefer to start with contour. See the illustrations for examples of shading different face shapes. For a round face, shade the sides to minimize width; for a square face, shade the corners of the forehead and jawline; for a long face highlight the corners of the forehead and the jaw, then shade the front of the jaw. You've got to have cheekbones and here's how to get them. Stand in front of a mirror and suck in your cheeks - you know, make a fishmouth! See those hollows? Apply contour from the centers of those hollows diagonally back to your hairline at about the center of your ear. Then blend each side with a clean part of the sponge. There should *not* be a definite line. Next put some contour color on the sides of the neck just below the ears, this reduces the apparent width of the neck.

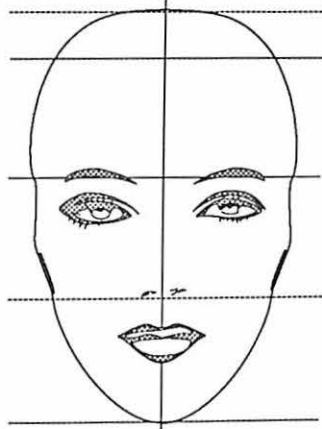
If your neckline or shoulders will be exposed you may want to contour the hollow at the base of the neck and the collarbones. These are prominent feminine features. (You may also need to shade your Adam's apple.) Make the neck muscles taut. Apply contour to the triangular hollow at the base of the neck and highlight the neck tendons on either side about half way up your neck. Contour outside the tendons as well. For the collarbones, apply shadow behind and highlight on top.

Blend well until the colors meld together. Some areas will require only highlight. These are the space between the brows over the nose, just above the upper lip, the sides of the face between the nose and mouth, and

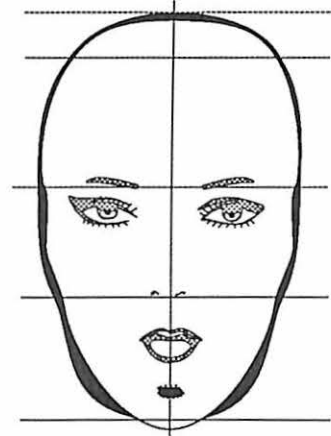


**Contour & Highlight To  
Create Shape & Depth**

## Contour Corrections

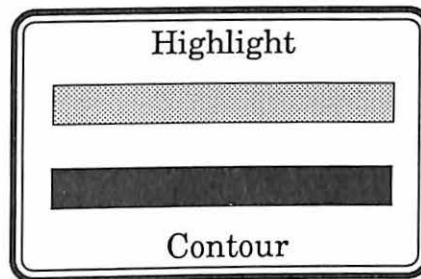


**The Oval Face Is Perfect!  
No Help Needed Here.**

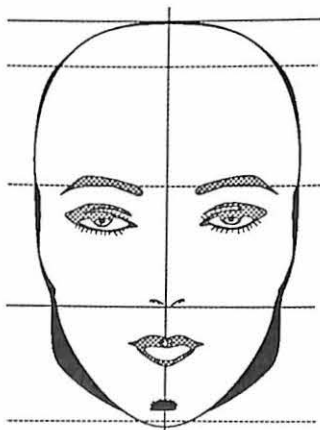


**The Round Face Is Short In Length  
And Wide At The Chin With  
Broad Cheekbones.**

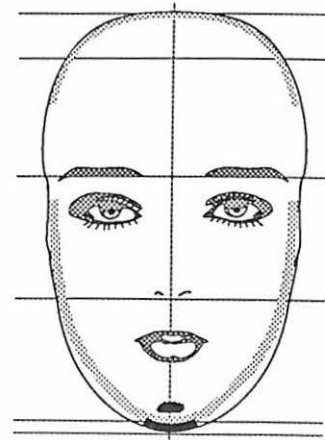
...Chiaroscuro means



..things that are dark  
tend to recede and  
things that are light  
tend to stand out...



**The Square Face Is Wider  
At The Jaw & Forehead  
Than At Cheekbones.**



**The Long Face Is Long In Relation  
To The Width At The Cheekbones  
& The Jaw Is Narrow.**



the curve of the cleft between the lower lip and chin.

Practice applying and blending the contour and highlights until you achieve the look you want. The illustrations below are a quick guide to general placement of contour and highlight. Simply remember that light makes features come forward and dark makes features recede.

Many facial imperfections can be corrected using this technique. For example, a broad nose can be made to appear slimmer by shading the sides and highlighting the top. A "weak" chin is strengthened by highlighting

on the pad of the chin and shadow in a "u" or triangle on the throat under the chin. A heavy jaw is softened by shading just at the edge of the jawline from the ears to the chin, darker in back and lighter in front. (Be careful here! You don't want to look like you have a beard again!) The chart shows typical corrections.

It gets easier now. These first steps are the most difficult to master, but the end results can be quite striking.

## **Eyebrows, Eyes & Eyelashes**

### **Eyebrows**

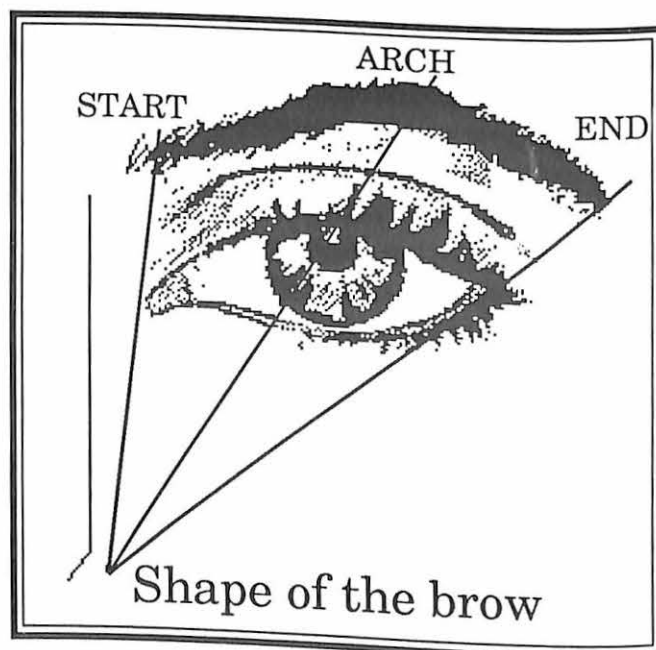
Even though heavy, fluffy brows are fashionable these days, that does not mean you can just let them grow wild! Eyebrows, even heavy ones, require shaping and grooming. Eyebrows should frame your eyes and there is a simple method of determining their correct shape. (See the illustration below.) Take a pencil or other long slim object and hold it at the base of your nose. Then lay the pencil on your brow so that it passes over the inner corner of your eye. This is where the brow should start. Now rotate the pencil so that it crosses over the center of your pupil. This is the point of the arch. Rotate the pencil again so that it now crosses over the outer corner of



**Contour Guide**



**Highlight Guide**



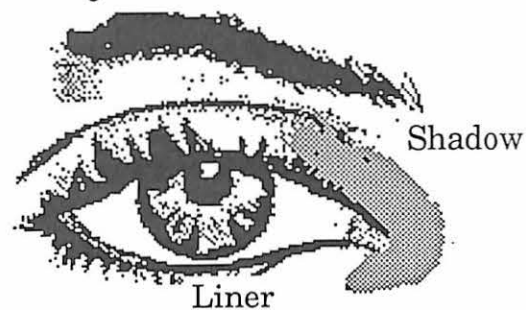
your eye. This is the end of your brow. Tweeze and trim the hairs to fit within this general shape. If you do it gradually, no one will ever notice! If you wear glasses, even better. You will need new one soon so go pick out a unisex style that covers your eyebrows. This is what I have done and my brows are thin by any standard. No one has ever made a comment to my male-self because they do not see them behind the glasses. When dressed, I wear contacts to show them off.

If you do not want to thin your brows too much, work some foundation into the lower hairs and this will help to thin them visually. You can also mechanically raise your brows. One way is to use a headband to lift the forehead. Place the band over your head, settle it in back and place it just above your brows in front. Now push the band up to your hairline. If it is tight enough, it will raise your browline. Too tight and you will get one doozy of a headache. Another method is to use a stocking as a headband. Place the stocking behind your head and bring the ends forward. As if you were tying a knot loop one end over the other several times and pull close to your forehead, just above the brows. Now push this band upwards, raising the browline, and tie the ends in back. Again, do not make this too tight! A third method is to use clear plastic surgical tape over each eyebrow. Pull up on the tape and stick it down to your forehead in the hairline. This is okay if you do not have a lot of hair. This same tape method can be used to make lifts for other facial areas, such as the neck. Attach elastic cords to the tape, then tie the cords behind your head.

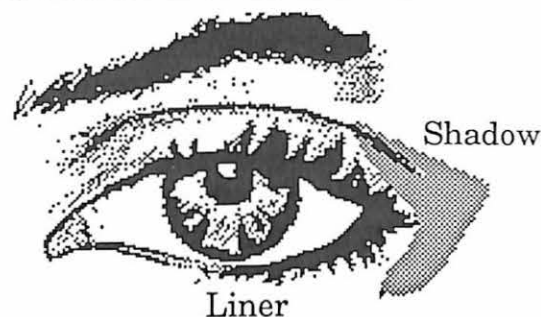
### **Eyeshadow**

Your eyes will command the most attention of any of your facial features, so take the time to learn how to make them up properly. Ideally, your eyes should be one eye-width apart. You can check this by looking in a mirror and marking the outline of your eyes in crayon or eyeliner pencil on the glass. If

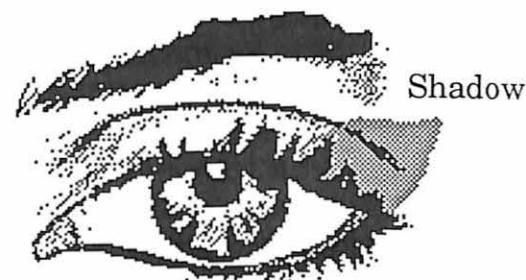
## **Eye Corrections**



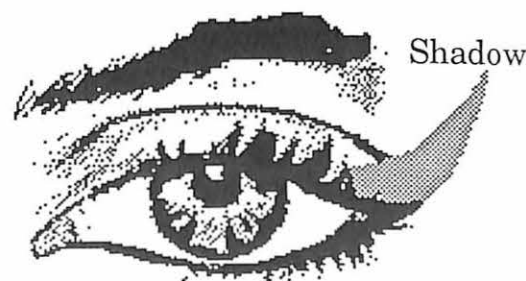
**Wide Set**



**Narrow Set**



**Small Eyes**



**Droopy Lids**

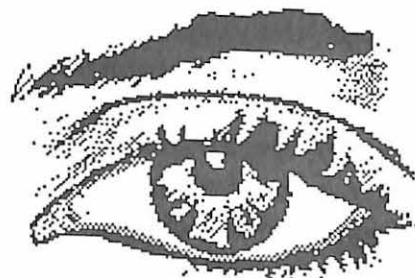
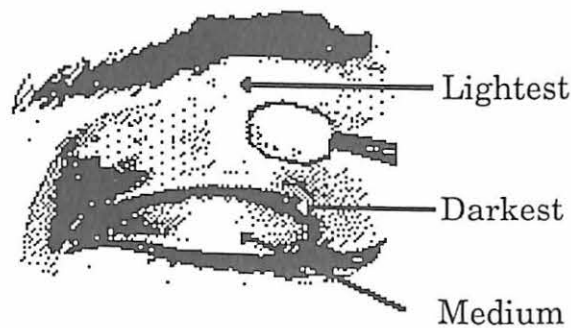
they do not meet this ideal, you can correct close-set eyes by shading the outer corners or correct wide-set eyes by shading the inner corners.

Shadow or liner first? I prefer to put shadow first then line the lids. You will add color to several parts of your eye: the lower lid, upper lid, crease of the lid and browbone. You may also want to use a sealer before using foundation to prevent creasing. Eye shadow colors are available in every imaginable color and form. Pressed powders are easiest to control but creams and sticks are also useful. I recommend powders to start. About the only rules to follow are: 1) do not match your own eye color (even that rule can be broken occasionally) and 2) never use light blue liner or shadow! For daytime, stay with one color on the lid extended slightly onto the brow bone. For nighttime, almost anything goes! Use at least two or three complimentary colors. The lightest color goes on the browbone, a medium on the lid, the darkest in the lid crease. For added sparkle try using gold, silver or a pearlescent highlight. For pure sex appeal go with smoky colors like grey, charcoal, wine, and plum.

### Eyeliners

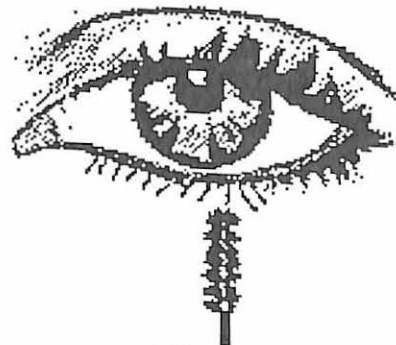
Eyeliners are available in liquid, cake, cream and pencil. Cream liners are the easiest to use but they smear easily and do not have staying power. Pencils are easy to handle but it is difficult to get a smooth or thin line. Liquid liner comes with its own brush but the brush can be awkward to use at first. Cake liner needs to be mixed with water first and affords the best color control. Cake liner is again very popular today and is not difficult to find. Avoid waterproof liner if you will only have access to soap and water for cleanup. I recommend a combination of liquid and pencil liner. Also, buy yourself a very fine eyeliner brush. Using the liquid liner and the fine brush, close one eye and draw a thin line as close to the lash base as possible from the inner corner to the outer

### 3 Color Shadow Guide

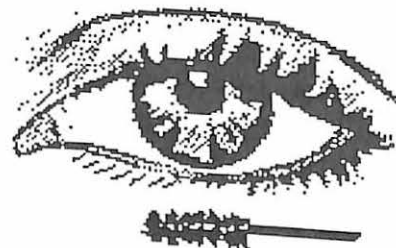


Line inner shelf  
Line outer edge

### Doe Eyes



Like this

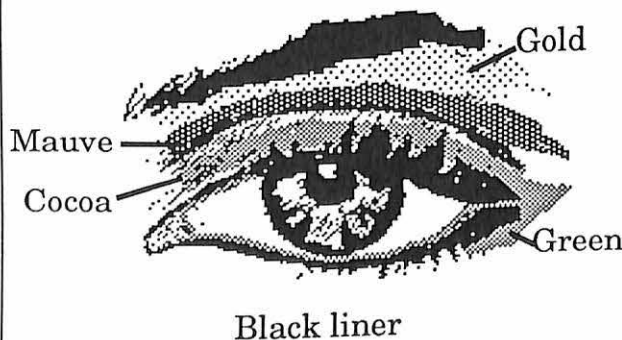
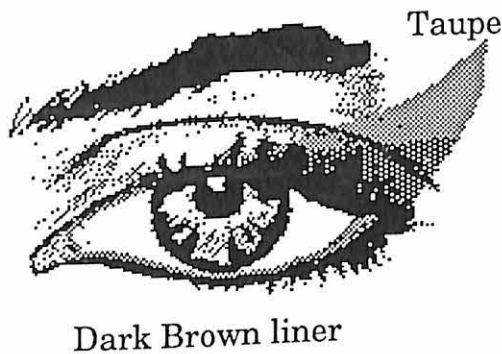
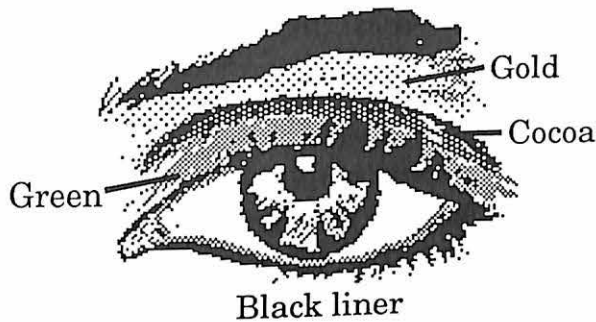
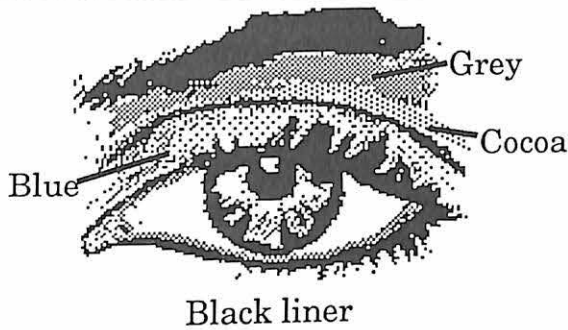


NOT this

### Applying Mascara



## Fantasy Eyes



corner. Hold your lid down by the lashes if necessary. wait for the liner to dry before you open your eye, else it will smudge. Now line the other lid. Take the pencil and sharpen it. If necessary run the tip under hot water to soften the liner. Very carefully line the lower lid from inner to outer corner, again as close to the lash base as possible. Repeat for the other eye. Use a cotton swab on both upper and lower lids to soften the sharp line, if you wish. For a dramatic evening effect line the inner edge of the lower lid. Now look at your eyes and decide if the outer edges should turn up or down and line accordingly. Eye-liner color should be jet black, charcoal, dark brown or dark blue. Leave the other colors for special effects only. To make your eyes appear brighter line the inner edge of the lower lid in electric blue. To give your eyes a younger look add a touch of pink or peach blusher just below the outer end of each brow.

## Mascara

Mascara on the lashes finishes the eyes. Avoid waterproof mascara for the same reasons as eyeliner and avoid lash lengthening mascara, as this has tiny fibers which flake off the lashes and can irritate your eyes. Most mascara has a wand applicator and you will be tempted to hold the wand horizontally and brush outward from the base of the lashes. This is only partly correct. For better control hold the wand vertically and rest your pinky on your cheek to steady your hand. Gently sweep the wand from side to side. This will coat each lash individually. Before the first coat dries, use a lash comb to separate the lashes and remove excess mascara. Dust lightly with powder then repeat with next coat. For evening you may want another coat near the outer lashes to enhance that wide-eyed look. Mascara color should match your eyeliner, but you can go a little wild for evening with blues, reds, or even gold and silver.

If your lashes are very thin, you may want to use false lashes. These are available for both upper and lower lids. You must trim them before application. Follow the directions that come with the lashes. Depending on how they look, you may not need liner, but you should use mascara to make them blend with your real lashes. Apply false lashes before any other makeup. If you curl your lashes, do it *before* applying mascara. Otherwise your lashes will clump or fall out.

A note here about eyeglasses and contacts. If you are nearsighted go a little heavier on the shadow and liner. Use brighter colors as well. Lenses for nearsightedness make your eyes look smaller than normal. The opposite is true if you are farsighted. Play down the colors. If you wear contacts, be very, very careful lining the inner lids. Try to keep the color to the outer edge only. Your lens will touch your lower lid and eventually wipe away the liner, and also irritating your eye.

One last note of caution, eyeliner and mascara are both dark and damp, a perfect breeding ground for bacteria. Don't be foolishly cheap, replace mascara and liner often, every 3 to 4 months. This is inexpensive insurance against a serious eye infection.

### **Lips: Base & Lining**

Making up your lips involves preparing the base, lining and coloring. When applying foundation be sure to cover your lips and then powder them lightly. This helps color to cling and reduces staining. You may also want to use one of the lip sealers; use it before the foundation. Using a lip liner close to the shade of your lipstick, outline your lips. Here is one method. Look in a mirror and find the two ridges on your upper lip. Place a small dot of lip liner on each ridge. Make two more dots directly below these on the bottom of your lower lip. Open your mouth to make an "O" and place a dot in each corner. Okay, connect the dots. It's that simple and easy!

### **Lip Color**

Use a lip brush and collect color from the

lipstick. Apply the color inside the lines you just drew. To make lipstick stay on, apply a light coat of powder and blot gently. Then apply a second coat of lip sealer and let it dry. Repeat the color and powder applications, then blot again. For a wet sexy look finish with clear gloss applied to the lower lip and just a tad to the upper. Another trick is to put a dab of pearlescent white or silver on the center of the lower lip and press the lips together. You can correct any imperfections in lip shape when drawing the outline. Now smile! Did you get any on your teeth? No! Great! Lip color is a matter of personal choice. Many companies make coordinated lip and nail color. Just try not to pick a color that overpowers your eyes or other facial features.

### **Blusher**

Blusher is the most abused of all cosmetics. It is supposed to give a healthy glow to the skin, but applied incorrectly it can make you look like a clown. Location of blusher is most important. Hold a pencil vertically from the pupil of one eye. Take another and hold it across your face in line with the bottom of your nose. See the illustrations on the next page for the proper applications by facial shape. The area above and outside the pencils is where you should apply blusher. Never apply blusher below your nostril level or closer than the center of your pupil.

Here is how to apply blusher properly. Smile! The "apples" of your cheeks is where you apply color. Brush color onto the back of your hand first, then onto your cheeks. Use upward and outward strokes, moving from the cheeks toward the hairline at your ears. **BLEND, BLEND, BLEND!!!!** There should be no distinct line; feather the edges with a clean, fresh sponge.

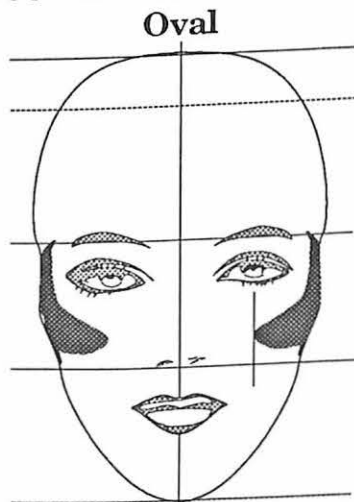
Blusher comes in a variety of forms. Experiment with the different types and decide which gives you the best effect and which gives you the best control of color. Cream blusher provides intense color and looks

freshly applied and dewy. Highlighters have a whitish tint and should only be used on the *tops* of the cheeks. Cake blushers are powders which have been compressed. These are the easiest to use and give a matte finish. I use a dark powder blusher for contour. Be aware that with powders, the color in the box is darker than when applied to skin. Washes are liquified color and will leave only the slightest hint of color. Gels have staying power and intense color. They may also stain the skin. The latest product is mousse blusher (Gawd! Everything is now available in mousse ). Mousse dries almost instantly and leaves a nice color glow.

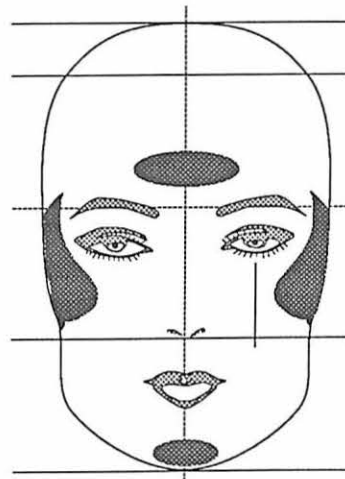
### **Powders**

Powders come in loose and pressed form. Loose, translucent (no color) powder is used to set your base. Fill your brush or puff and press it into your foundation. Set your makeup and make it last for hours; soak a cotton pad in astringent or alcohol and gently press the pad against your face. This will fuse the powder to your makeup. Pressed powders are good to carry in your purse and are used to perform touch-ups while out. If you have oily skin, use an oil free or oil blotting powder. Be careful not to use too much powder or else your face will end up looking like a dried mud puddle.

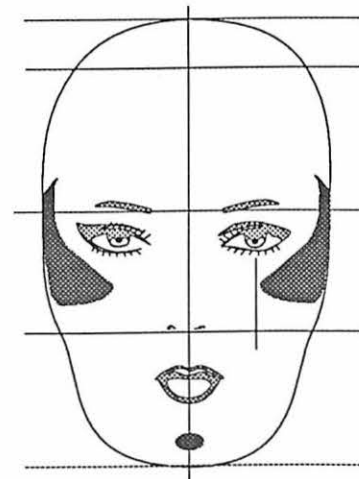
### **Correct Blusher Placement**



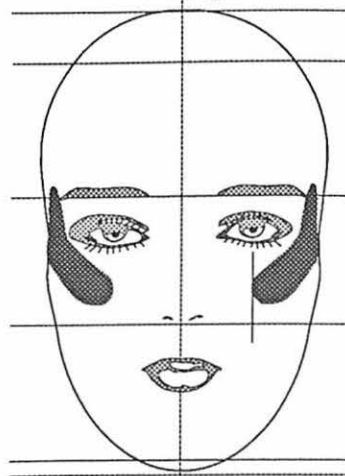
### **Square**



### **Round**



### **Long**



## Ten Makeup Do's & Don'ts

### Do's

- Do use the proper tools and keep them clean.
- Do use a moisturizer, lip sealer and lid sealer before foundation.
- Do use a sponge to apply foundation. The coverage is more even.
- Do use contour and highlight to reshape your face.
- Do keep your brows trim and neat, even if they are thick.
- Do correct problems with eye position and lid shape.
- Do use an eyelash comb to separate lashes after applying mascara.
- Do use a lip brush for better color control.
- Do use a light touch when applying blusher.
- Do set your makeup with powder and alcohol or astringent.

### Don'ts

- Don't use a foundation that is too light. It will look unnatural.
- Don't use an oil based foundation on oily skin or any type skin in warm weather.
- Don't apply too much foundation. keep it light, especially around the eyes.
- Don't use liquid eyeliner for daytime. The line is too harsh.
- Don't use cream or frosted eye shadow on lids with a "crepe" texture.
- Don't rush mascara. It will smudge easily.
- Don't use a gel or cream blush for daytime. They are too intense.
- Don't use your evening makeup scheme for daytime. Soft and subtle is correct.

- Don't use a dark lipliner with a light lip color. The line is too obvious.
- Don't use lip gloss for daytime.

## Develop Your Own Style

Practice applying makeup as often as you can. The best time is when you are *not* going out, that way if you goof you can stop and start over. When you create a particular look that you like a lot, stop and write down exactly what you did to achieve it. Next time, refer to your notes and you should be able to duplicate it. Experiment with different colors and shades. Note which ones seem to make your face come alive and which ones make it look dull. Play with different looks. Your eyes are your most expressive feature and you can do the most with them. Line them with upturned corners, then with slightly turned down corners. See the difference that a simple line makes on the entire face. Develop a set of looks for different occasions. Create a professional daytime look with soft lining and soft colors. Create a sophisticated nighttime look with sultry, sexy eyes and pouty mouth. Finally, go ultra-wild with a punk/tramp look. Listen, you never know when you might want to enter a Miss Trash contest!

A worksheet has been provided on the next page so that you can record the areas that require extra attention. After a while it will become second nature to just make the necessary corrections. When you first begin it may take you up to two hours to get made up. After a bit of practice, you should be able to create your makeup in about thirty minutes and do a credible job too! Good luck and have fun.



Be Good To Yourself.  
You Couldn't Do It For A Nicer Person!

**WORKSHEET:** Use this page to record your own special makeup needs.



**Foundation:** \_\_\_\_\_

**Contour:** \_\_\_\_\_

**Highlight:** \_\_\_\_\_

**Eyeshadows:** \_\_\_\_\_

\_\_\_\_\_

**Eyeliner:** \_\_\_\_\_

**Mascara:** \_\_\_\_\_

**Lipstick:** \_\_\_\_\_

**Blusher:** \_\_\_\_\_

**Powder:** \_\_\_\_\_

## Permanent Cosmetic Corrections

There are many different facets to the crossdressing community. The clinical definition of Transvestite is too narrow to adequately describe those of us with the desire to crossdress. There are those who are straight, gay or bisexual. There are also those among us who are not transsexual, but who choose to live their female persona full-time, the transgenderist, or TG. Some of these people may wish to make permanent physical corrections in order to appear more feminine. For whatever reasons you may have to want them, this section will discuss some of the more common surgical procedures being performed today. It is not my intent to advocate any of these procedures, but to inform you of some of the choices you have. As with any medical issue, you will have to consult with a physician, in this case a plastic surgeon. Cosmetic corrective surgery is *expensive*, and is normally not covered under third-party medical insurance. Be prepared to spend in the thousands of dollars range. Just as I discussed in the section on Electrology, you want to be sure that any surgery you might contemplate will be performed by someone who knows what he/she is doing. Don't just pick a name out of the phone book. Be certain that the doctor you select is board certified to perform the procedure. Contact the American Association of Plastic and Reconstructive Surgeons, 233 N. Michigan Ave., Suite 1900, Chicago IL 60601, the American Academy of Dermatology, 1567 Maple Ave., Evanston, IL 60201, or call the American Academy of Cosmetic Surgery at 1-800-221-9808 for a reference.

## Skin Treatments

The human skin is the single largest organ of the human body ( Trivia buffs take note). It is also one of the most amazing, coming in so many colors and textures. Doctors, scientists, cosmetologists and quacks have, for centuries, been looking for ways to keep the skin looking young. Some have succeeded in

developing techniques which can restore a youthful appearance to the skin.

All those ads in the beauty magazines for anti-aging creams, etc., are just so much hype. If someone had developed a topical (surface) treatment to permanently revive skin cells, it would be patented and they would be billionaires! Some of these creams and gels are effective on a temporary basis or when used continuously. They are absorbed into the surface layers and may puff up the cells to give your skin a firmer and younger texture for anywhere from hours to a few days. But your skin type is genetically programmed into your cells and no topical treatment will improve your skin beyond that.

You *can* however, make your skin worse by exposure to damaging elements, such as deep repeated suntanning. It is for damaged and, therefore, prematurely aged skin that specific treatments have been developed.

## Peels & Dermabrasion

One method of dealing with damaged or mildly wrinkled skin is to remove the top layers by peeling or by abrasion. Skin peels involve treating the skin with an acid that strips off the outer cell layers. The under layers of new cells are therefore exposed and the skin will be firmer and smoother. Fine wrinkles will be eliminated. The new skin will be red and tender for a while and *very* sensitive to sunlight, so you will need to apply a sunblocker until the sensitivity subsides. Many salons offer skin peels but it is best if done by a skilled dermatologist or plastic surgeon. The newest technique is a laser peel. In essence, you get a controlled sunburn that causes the skin to peel. This is also a procedure that should only be performed by a plastic surgeon. The other method of renewing the surface layer of skin is dermabrasion. This is basically a sanding of the skin with an abrasive material. It will also remove fine wrinkles, but can cause scarring if not performed properly. This is not to be confused with sloughing or exfolia-



tion, which is the removal of only dead skin cells. Sloughing can be done at home, although if you are still shaving every day, you are already exfoliating your skin. On the downside, dermabrasion and peels can cause a change in skin tone or an uneven tone. Dark skinned people do not respond well to either technique. A full-face dermabrasion costs between \$1500 and \$3500, while a face peel can go as high as \$4500!. Recovery time for either treatment is two to three weeks.

### **Collagen**

For deeply wrinkled or scarred skin, the current treatment of choice is collagen injection. Collagen is a natural product in connective tissue. When the collagen in the skin breaks down, as a result of the ageing process or mechanical damage, wrinkles or scars can form. New collagen can be injected under the skin to plump up scars and wrinkles, but it is not a permanent cure. The collagen will eventually break down again and will need to be replaced. How long, depends upon your own body chemistry. Also, if you have allergies you may have an allergic reaction to the collagen, since it is typically bovine collagen. Candidates are usually screened for reaction one month prior to treatment. However, a new technique uses collagen harvested from your own blood, so there should be no adverse reaction. Each treatment, and it will take several, costs between \$200 and \$300.

### **Vitamin A ( Retin A )**

Vitamin A (Retinoic Acid or Retin A) has been in use for some time as a treatment for severe acne. During clinical trials it was discovered that it also seemed to cause fine lines and wrinkles to disappear. The FDA has not approved Vitamin A as an over the counter treatment for wrinkles. However it is available as a prescription-only drug at a doctor's discretion. The vitamin works by increasing the cell-turnover rate, i.e. new cells coming to the surface. It takes about six

to eight weeks to see any results and during that time there will be a reddening of the area under treatment. The redness will subside eventually. A month's supply of Retin A is about \$15 to \$20.

### **Surgical Corrections**

One of the latest techniques in cosmetic surgery is the suction lipectomy. Literally, the fat cells are sucked out of your body! It is currently thought that by the time you are 5 years old your body has been programmed for the number of fat cells it will contain. This number will neither increase nor decrease over your life span. What does change, apparently, is the size of the cells. As you gain weight the cells enlarge, as you lose it they contract. One way, then, to get rid of some excess weight and fat permanently is to physically remove the fat from under the skin. A small incision is made and a probe inserted under the cutaneous layers. The fat cells are scraped off the under side by the probe and removed by suction. If there is a great deal of fat removed, then a skin tuck may be required as well. One new variation involves putting the fat cells removed from the abdomen under wrinkles in the face. Suction lipectomy can be performed on just about any part of the body, upper arms, thighs, calves, ankles, abdomen, sides, anywhere! A suction lipectomy will cost between \$1000 and \$6000, depending on the location and if any other procedures are performed.

Other procedures include rhinoplasty (nose job), breast augmentation (implants), eyelid lifts, eyebrow lifts, cheek implants, chin implants, skin tucks, and of course a full face lift. Often, several procedures can be combined into one operation.

Several new computer techniques can give you a preview of the surgical results before going under the knife. See if your surgeon offers this service.

Always, always, consult your personal physician before contemplating any kind of surgery and get a physical checkup.

## **Bodyworks**

Just getting your face on is only part of the transformation process. The rest of your body requires just as much attention. Hair removal is very important as is the care of your hands. This section will also discuss hairstyles.

### **Bodyhair**

There are several ways to deal with body hair. It can be bleached, shaved, tweezed, waxed or permanently removed. The technique you choose will depend on the type of hair and your skin's sensitivity. The hair on different parts of your body are not all the same and each type responds differently to the various processes.

**Bleaching:** This is a chemical process which lightens and softens the hair. New hair will grow in the original color, so if you do not want a two-tone look you will need to periodically bleach, approximately 2-3 weeks. Bleaching is useful for the arms and back of the hands. Bleaches are available at most pharmacies.

**Shaving:** This is the simplest technique. There are some pitfalls, however. Shaving is good for arms, hands, legs and chest, but it starts to regrow immediately and stubble will be evident in 2-3 days. You may also experience ingrown hairs which can cause minor infections of hair follicles. If your heritage is from the Mediterranean area, you are especially susceptible to this.

**Tweezing:** This is the mechanical removal of the hair by pulling it free from the follicle. Regrowth will appear at the surface anywhere from 1-3 weeks depending on your body chemistry. Tweezing is good for small areas, such as the back of the hands and eyebrows. A new device called Epilady, uses a moving coil spring to automatically pull out the hair. It is recommended for use on the legs, though it should work elsewhere

**Waxing:** This is also the pulling free of hair from the follicle, but on a much larger scale. Wax (pinewax or beeswax) is melted and spread over the area of the skin where the hair is to be removed. After a short time the wax will harden and when it is pulled off the skin it brings the hair with it. Regrowth time is the same as for tweezing. In addition to the same problems as tweezing, there is the chance of getting burned if the wax is too hot. Waxing is also more irritating. Powdering the area before applying the wax will help.

**Electrolysis:** Permanent hair removal can only be achieved by electrolysis. The process uses an electric current to destroy the hair follicle and prevent regrowth. It is the only other process, beside shaving, that is recommended for facial hair removal. However, it is a long, tedious, and expensive process. Removal of a male beard could require upwards of 200 hours of treatment. It can also be painful if your skin is very sensitive. It depends on the skill of the operator, as well. Forget the home treatments seen in magazines. I can tell you from personal, expensive, experience that they do not work. In order to electrolyze a follicle, the operator inserts a very fine needle into the follicle and applies a short burst of electricity which kill the hair. Most problems which can occur are infection and scarring due to carelessness of the operator. Selecting the right Electrologist is the first step. Is the person licensed and insured? Some states do not require licenses for operators, but to get insurance they must be licensed. Has the operator worked on a male before? Male facial hair is quite different from female hair. An unlicensed operator may not be skilled enough to remove the hair permanently. Check the phone book and look for certification and licensing mentioned in ads, then call and ask about experience with males. If you are going to have electrolysis, do not tweeze or wax the hair for several weeks prior to treatment.



**Depilatories:** Depilation is a chemical process which dissolves the root of the hair. The chief advantage is that the hair is removed from below the skin. Regrowth time is about the same as for tweezing and waxing. Problems which can occur are rashes from the chemicals used. A depilatory is a quick (15-20 minutes) way to remove large amounts of hair. It is usable everywhere but on the face. Depilatories have little or no effect on facial hair, so do not waste your time. I prefer to put the cream on, wait, then use a terry washcloth in a shower to lightly abrade the hair loose from the follicle. Afterwards, lightly powder the skin and do not apply fragrances or deodorants containing solvents such as alcohol for at least 8-12 hours.

## **Hands & Nails**

After your face, your hands draw the next most attention. Care and maintenance of the skin and nails is therefore important.

### **Hand Care**

You can do all the things your male-self likes to do and still have nice hands. It just takes a little care and effort. I like to work on cars and invariably I would cut myself or break a fingernail. So, now when I do these activities I wear work gloves. Whatever it is that you do, consider the likelihood of damage to your hands and protect them. This will also prevent dirt from getting under your nails. If your skin is rough or dry, use a hand cream morning and night. Remember, it is okay for a man to care about his skin.

### **Nails**

Your nails are the main focus of your hands. You have several options for fingernails. False nails are available in a wide variety of forms and colors. The newest addition is press-on nails. These are molded plastic nails held on with double sided adhesive. They really work and are good for an evening out. And no polish stains on the cuticle! Replacement adhesive pads are also

available. One disadvantage is size, however. It may require you to buy two sets in order to get 10 nails that fit and look proper. There is no reason to use glue-on nails anymore. The instant glue used to hold glue-on nails can actually damage your real nails. I went through a whole year once of breaking the same nail because it had been damaged by using glue-on nails. Some girls report problems with the press-on nails not staying in place. I recommend using double adhesive pads on each nail. I've never had a nail fall off with this method. One disadvantage of false nails is that they just do not feel natural.

The easiest nails to work with are your own. The question is, how long can you grow them before someone notices? The answer depends on you alone and your attitude about dressing. I wear my own nails long for a male and have had only 1 or 2 minor comments which I let pass. They are my hands and I do as I like. The important thing is to keep them neat and clean. I file mine straight across with slightly rounded sides. Keep the cuticle pushed back. The shape and length should compliment your fingers. Long nails for long, slender fingers and shorter nails for shorter fingers. Never file nails to a point, use a square or oval shape. You may have difficulty with the simplest tasks at first, but you will get used to the length and learn to function again. I think it is worth the trouble.

If you are plagued by nails that split or crack before they get long, try a product called *Barielle*. It is a cream that you rub on your nails and it really does make them strong and long. Look for this product in better department stores and pharmacies.

Polish stains in your cuticles can be minimized if you follow my method here. Use good fresh polish. There are now one coat polishes which will do nicely. In any case use only one coat. It dries faster. To remove the color, soak a cotton pad ( not ball) in polish remover. Press the pad firmly down on the nail and hold it there for 30-45 seconds. Pull

the pad forward off the nail. Almost all the polish should come off the nail. Fold the pad in half, re-wet and do another nail. After all your nails have been done this way go back with a cotton swab and fresh remover and go over each nail once more. Your hands should be reasonably clean. Never scrub the polish off. This will only make it run all over your hands and cause the stains you are trying to avoid.

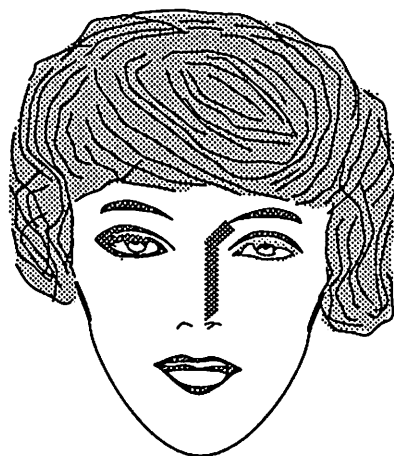
## Wigs

One of my biggest criticisms of novice, and even some experienced, crossdressers is that they do not choose the right hair style for their face. This has a lot to do with that fantasy woman in the mind's eye and simply not knowing the correct style/face relationship. The idea is to balance the size and shape of the face with the right style and color. You have the advantage of being able to choose from a wide variety of styles and colors. The color should coordinate with your skin type, but don't think that means you must wear your natural color! My real hair is dark brown with red highlights and I usually wear a light red colored wig that complements my skin tones. The only way to know for sure is to try one on. In general, the male face is larger than the female and consequently needs more hair to appear balanced. Unless you are fine boned and the size of your face is smaller than average, stay away from short wigs. The reference chart shows styles for face types.

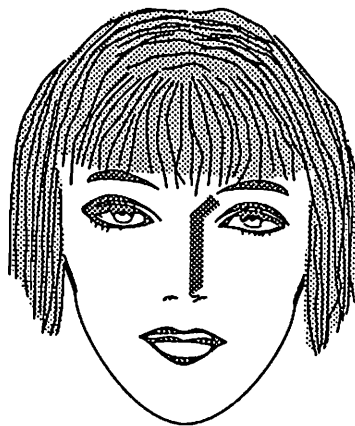
Wigs vary widely in price and quality and you do not always get what you pay for! I have two very similar wigs, one was \$70 and the other was \$40. I can not tell the difference. I recommend staying in the range from \$30 to \$50 to start. If you purchase a wig by mail order, buy from a store that deals with crossdressers, The wigs they sell will have slightly larger caps to fit the male head. Synthetic hair wigs have come along quite nicely in recent years and there is a renewed fashion interest in them. They are easy to

care for, take a moderate amount of abuse and travel quite well. Many styles could be shaken out and worn as is. You may be tempted to buy a human hair wig because nothing quite looks or feels like real hair. Human hair wigs are expensive and must have professional salon care *regularly*. They must be kept on a form and carried in a case, an additional expense. If the weather turns damp, the set will fall, just as your own hair would. If you are willing to put up with the constant attention, you will be very pleased with the results.

### Wig Styles by Face Type

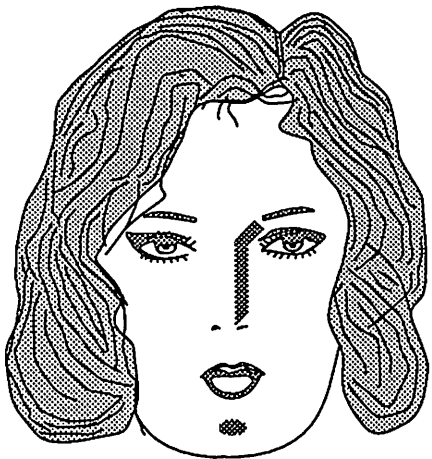


Oval: Long Hair-Any Style

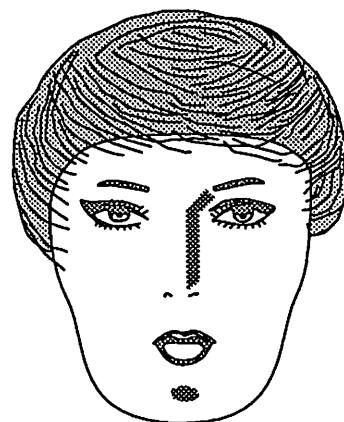


Oval: Short Hair-Any Style

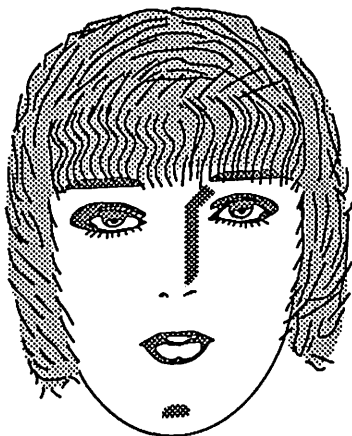
## Wig Styles by Face Type



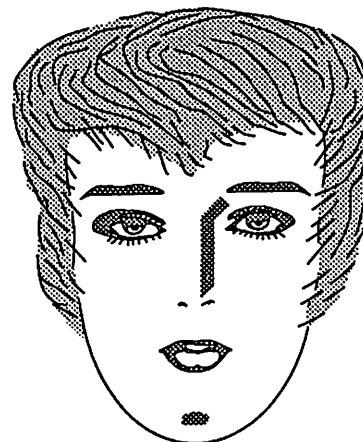
**Round: Long Hair-Soft and frame the face**



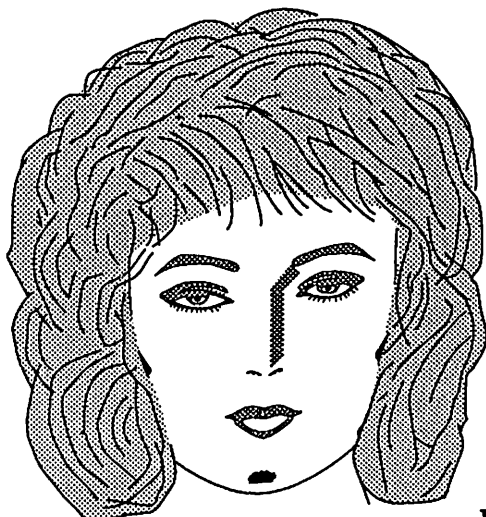
**Round: Short Hair-Casual, brush forward**



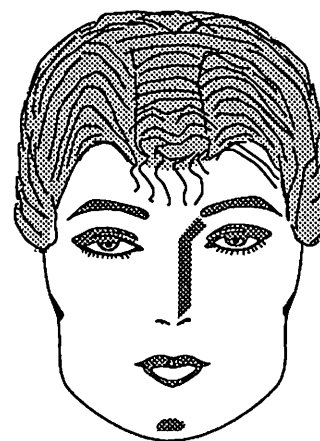
**Long: Long Hair-Cover forehead to balance chin**



**Long: Short Hair-Umbrella cut, short at back and full on sides**



**Square: Long Hair-Loose curls at neck with height on top**



**Square: Short Hair-Tight to head with knot on top**

## **Part 2: Creating Your Figure The Basics of Lingerie**

**L**ets face it, you are going to have one hell of a time figuring out what size and kind of lingerie to wear. And most of us are not able to wear those darling little nothings we see in the mail-order catalogs. Hopefully, this section will give you the information you need to make smart choices and still get pretty and sexy lingerie. I'll also give some tips on body contouring for that "perfect" look.

### **Brassieres**

Most bras come with two measurements, a chest size (number) and a cup size (letter), such as 36C. In order to select the correct bra women must make two measurements, one at a level under the arms but above the bust, and a second across the fullest part of the bust. The first is the numerical bra size and the difference between the two determine the cup size. You only need to make the first measurement since you can decide what cup size you like and stuff the cup accordingly. Rather than measure up high on your chest, measure just at or below the nipples and use this as the numerical size. Choose a cup size to go with your frame. If you are tall and slender, select an A or B cup. If you are stockier, select a C or D cup. The idea is to balance your figure. Of course, if big breasts turn you on, then go ahead and wear them, but be prepared for stares and possibly unwanted attention.

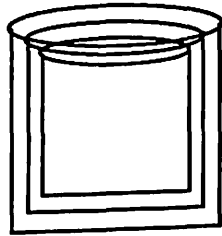
### **Breast Forms**

Now you know what size, so how do you fill those cups? Breast forms are available ranging from foam rubber falsies to silicone filled mastectomy forms. Prices range from a few dollars to several hundred. These forms are available in most large department store catalogs and from TV speciality shops.

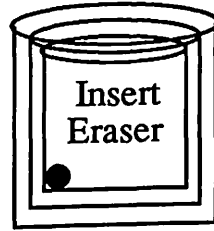
A recent addition to this category is the

Mirage breast form. This is made especially for the crossdresser. Those who own them, swear by them and say they are the best there is. The Mirage is also the most expensive costing from \$350 to \$700. I suggest you buy the mastectomy forms to start. If you feel that you can't afford even these than a very inexpensive form can be made at home using plastic sandwich bags, string and water. You will need quart sized plastic bags, twine, rubber bands and four pencil erasers. The accompanying illustrations will help explain the procedure. Peel six bags off the roll and turn them inside out. Nest three inside each other. This will afford some protection against leaks. Take two pencil erasers or any other small round, blunt objects and place one into each corner of the inside bag. Loop a short rubber band around the outside of the bags, trapping the eraser in the corner. Repeat in the other corner. Then turn the bags right side out. The rubber bands should be short, about 2 to 3 inches long. The rubber bands pull in the corners and cause two things to happen. The first result is that the bag takes on a more natural breast shape; the second is that when filled with water, the bag will "give" and seem more natural to the touch. Fill the bag with between one to one and a half cups of water. The amount of water will depend on how big a breast you want. Use a measuring device, so that the second breast will be the same size. Carefully twist the bag closed, making sure no air is trapped inside. Tie the bag closed with the twine at the base of the twist. Wrap the twine around once or twice and tie again. Tightly twist the top and fold it over and tie it again. This makes a small rounded bump that can simulate a nipple. Cut off the excess bag. Repeat the process with the other bags. The process takes about a half hour. I have made and worn these for several months before seeing any evidence of a leak. Using multiple bags reduces the possibility of a leak while being worn.

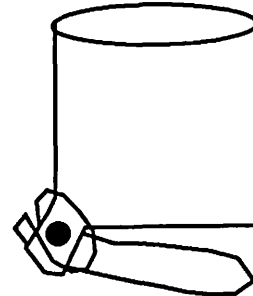
## Making a Breast Form



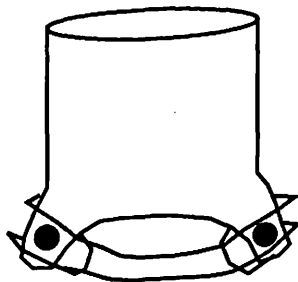
Nest 3 bags



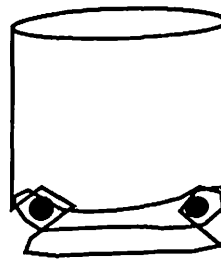
Rubber Band



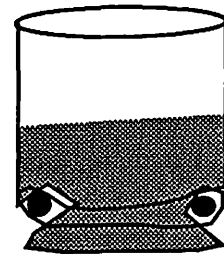
Loop band



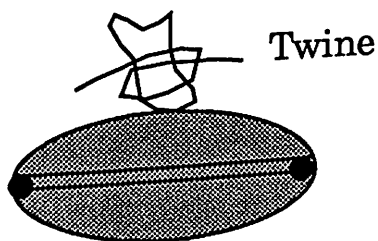
Repeat for  
other side



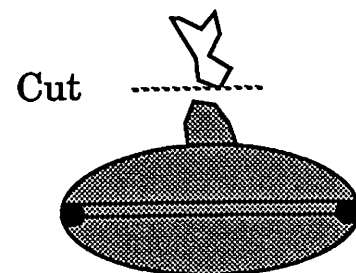
Turn bags  
rightside out



Fill with  
water



Twist bag closed



Fold over twist,  
tie again. Cut off  
excess bag

If your bra has elastic straps they will bounce like real breasts, since most body tissue is water. I made pockets to hold these from skin colored tights. The pockets serve two purposes. I noticed in a photo taken with a flash that the plastic bags showed right through my clothes! The pockets eliminate the reflection from the plastic and they eliminate the noise caused by the plastic bag rubbing against the bra cup.

### Cleavage

Now that you've filled the bra, do you need to show cleavage? If so, here is a technique to try (Thanks to Denise Mason of the *connecticutTV*View). You will need Sport Tape (used to wrap the wrists and ankles of athletes) and Moleskin (used to cushion bunions) with adhesive backing, both available in pharmacies. **DO NOT USE REGULAR ADHESIVE TAPE.** You are going to pull the flesh of your chest together to create a cleft and then use tape to hold it there. Start by cutting four pieces of Sport tape about two to three inches long. Overlap two pieces along the long edge and place this patch just under one nipple. See the illustrations. Repeat on the other side. These pieces of tape will distribute the pressure of the Moleskin and protect your skin from tearing. Cut a piece of Moleskin about one and a half inches wide and eight inches long. Fold this in half and at the fold make a diagonal cut from the center to one edge. When you unfold the tape it should have a "vee" in the center. Peel off the backing from the moleskin. With one hand pull the flesh of the chest together and with the other hand place one end of the Moleskin on one Sport tape patch and then the other end to the other patch. Make sure the Moleskin is pressed firmly across your chest. This should create a nice cleft depending on how much body fat you have. The illusion can be enhanced by contouring and highlighting as you learned earlier. Add shadow in the cleft and highlight on the top curve of the breast. Voila! Nice breasts.

### Types of Bras

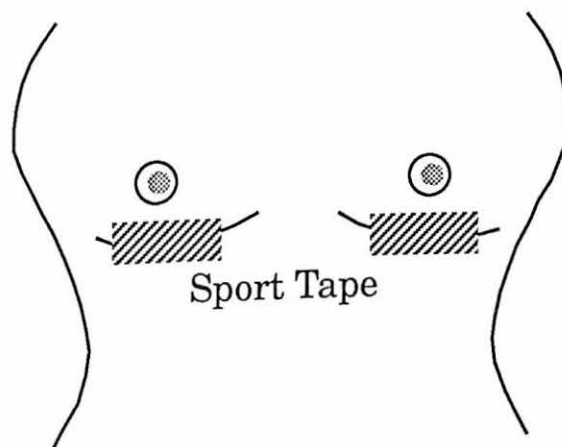
Bras come in a myriad of styles, closures, cups, etc. Once you determine your size, the final selection is a matter of personal choice. There are some guidelines that will be helpful, however.

Full-busted women usually wear an underwire bra. This type of bra has a metal or plastic support built into the bottom of the cup to support the breast. I recommend that you choose this type if you are using one of the heavier breast forms. There is a variation of this type called an overwire. I have a strapless longline overwire which is perfect for strapless dresses or spaghetti straps. The overwire practically guarantees that your breast form will not fall out. Another characteristic to look for is elastic straps. This will add a natural bounce as you walk. If you have problems with bra straps sliding off your shoulders, try a "Tee" back bra. The straps are connected in a "T" or "Y" shape and can't slip off your shoulders.

If your form has a nipple and you want it to show, choose a soft cup. If you are stuffing the cup with foam or old stockings, etc., then a molded cup is desired.

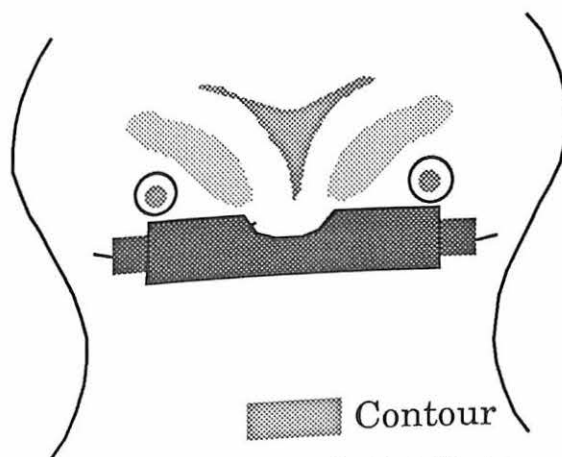
One last comment. As in real estate, the three most important things about breasts are location, location, location! I have seen many crossdressers who do a very nice job on their makeup and then their breasts are either down at the waist or up under the chin. The bust should fall about the middle of the upper arm. Also, a man's nipples are spaced wider than a woman's, so don't make the mistake of placing the forms directly over your own nipples. Move them slightly closer together. Make sure that one breast isn't higher than the other. The point is to look at yourself when dressing. I mean really look critically. Does everything look natural? If not, make the adjustment now before you venture out. The last thing you need is to have some cretin gawk at your boobs hanging down around your waist or stuffed up under your chin.


## Creating Cleavage




Trim Moleskin

  
Moleskin



  
Sport Tape

 Contour  
 Highlight

## **Panties, Briefs & Girdles Filling Out Your Hips**

Most men have hips too narrow in relation to their waist for a proper fit in female clothing. If this is the case for you, either shrink your waist or fatten your hips. The latter is the easier to accomplish if you use foam pads. Similarly the only fix for a flat or droopy derriere is also foam pads. Special panty girdles are made with pockets to hold the pads. The best known of these are available from Fredericks of Hollywood, but the panty is cheap and won't last.

### **Frontal Area**

One of the more difficult aspects of crossdressing is trying to figure out what to do with your genitals. This will depend a lot on the degree of comfort you desire, the style of clothing and whether or not you will need to use a toilet. A gaff is a triangular piece of cloth or Lycra that is tied tightly around the hips with a cord pulled back between the legs. The genitals are tucked inside the groin area and the gaff holds everything in place. To do this it must be tight. While I have never used one I am told that it can become quite uncomfortable. A tight panty girdle serves much the same purpose. Then there is the 'tuck and tape' method where the genitals are pushed up into the groin and then the entire area is covered with tape to hold it all in. OUCH! It seems to me that the main problem is the testicles and scrotum. If these can be effectively hidden, then the penis can be pushed back between the legs and held by a brief or panty. Here is the method I use. It takes longer to describe than to do it. I use plastic vented surgical tape 1" wide and Sport tape. These will not tear the skin when removed. I remove most of the pubic hair from the testicles, although this is not strictly necessary. Peel off a two inch and a six inch strip of surgical tape and place them near at hand. Push your penis back between your legs so that the scrotum is expanded with the testes.

Carefully push the testes up into the groin and pull the now loose scrotum skin forward. (Note: Some of you will not be able to push the testes up into the groin. It has to do with a certain set of muscles that must be stretched to allow the testes past. All I can tell you is try.) You should have two loose folds of skin. Release the penis and fold these skin flaps one over the other on top of the penis. Place the shorter piece of tape over the flaps. Your testes should stay up inside your body. Go around the entire fold and penis with the longer piece of tape. The result is a sheath of skin around the penis. If you stop here, when you push the penis back the tape can fold and allow the testes to emerge. So, cut a length of Sport tape and wrap a second time. Now all should stay in place for hours.

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**"...the the entire area is covered  
with tape to hold it all in place.  
OUCH!"**

---

You will find that you can now wear panties, even bikinis! There is a new style panty called a "thong" that will give a nice smooth line with this method. Best of all you can use a toilet without getting all undressed.

### **Corsets, Waist Cinchers & All-In-Ones**

I can see the glaze come over your eyes at the mention of a corset. This particular garment probably has the highest sexual attraction for men and women, both! It is also the one item that is going to give you the most problems if you want to wear one. Corsets and cinchers are designed for women, unless you have one custom made it just ain't gonna fit right. The location of the the waist in relation to the bust and hips is in the wrong place. Given a woman the same height as yourself, in general, her legs are longer, her torso shorter and her waist is higher. Now I am not saying you can't ever hope to wear one of these (I own one!), just that is going to fit differently. The same is true for waist



cinchers unless it is custom made to your figure (which can be done).

Cinchers are generally not as rugged as a corset, nor as long. Corset and cincher should be sized about 4 to 6 inches smaller than your natural waist. If you want to be able to sit, eat or breathe, stay with the 4 inches. Also, all that tissue you are compressing has to somewhere. Some of it goes in, but a lot of it will go downwards below the waist, talk about a spare tire! A good steel boned cincher will cost upwards of \$100, so you better really want one.

Braselles and All-In-Ones are based on bust size. Fit is just as difficult as a corset. These garments will vary in length and your best bet is to get the longest possible. Look for the "waist-down" measurement. This is

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**"Corsets and cinchers should be sized about 4 to 6 inches smaller than your natural waist size."**

---

the length from your natural waistline to the bottom of the garment.

### **Slips & Camisoles**

Full slips and camisoles are sized by bust measurement, while half slips go by waist size and length. This is a no-brainer for choice. Consider slips with slits if your clothing has slits or kick pleats. Please try to coordinate your slip color with your outer clothing and make sure it doesn't show!

### **Hosiery**

Stockings are once again the rage with women of fashion, although we faux-girls have probably never given them up. Most department stores now carry a wide selection of stockings and pantyhose. Proper fit will involve specifying a size and length, where possible. A little experimentation in size selection will be involved since the kind of yarn and the knit style will affect fit. Start

with your female shoe size and work up by half size steps. I wear a size 10 shoe and take an 11 Long stocking. (If you don't know your shoe size Part 3 will deal with that.) Also, start with a tall or long since your legs are almost certainly heavier than a female's. Wearing stockings also means garter belts. Again, these are now quite popular, so stock up! Use your waist size.

Pantyhose usually have a size chart on the package, but remember that this is for women. So, some experimentation is required again. Pantyhose can be a real pain if you need the bathroom. You can solve this by getting hose with a cotton crotch and cut out the crotch. Wear your panties or briefs over, not under, the pantyhose.

### **Colors**

As a minimum you should have two complete sets of lingerie, one in black and one in beige (not white). You will need the beige under light clothing. White shows through on almost everything, even white clothes. Other color choices can be purchased later. I find it very sexy to be wearing all one color underneath everything.

### **Conclusion**

Those are the basics for the selection and fit of lingerie. It will pay off in the long run to buy smart and buy right. It is not pleasant to be out for the evening and have your underwear pinching and binding.

Skip the Fredericks Of Hollywood catalog. Most of their items are going to be too small for you and the quality is such that it just won't hold up. Much of their lingerie is for show, not everyday wear and tear. Buy from a reputable TV boutique or check out any one of a number of mail order catalogs from a department store. And if you are big, don't despair. The fashion world has discovered that large women like to feel sexy too, and size is generally not a problem today. So get out those catalogs and start steaming up your glasses !

### **Part 3: Creating Your Outer Image Sizing Clothes and Accessories**

**T**his is the final step in the process of creating your own "Dream Lady." Everything you've achieved up to now could be ruined by ill-fitting or poorly chosen clothes. Just as "Clothes Make the Man", they make the woman as well.

One thing that you cannot get by reading a book is a sense of style, and that is partly because styles change and a book, once written, is static. Style is more a philosophy than anything else and it will reflect in the way you dress, and it says a lot about you the person. Observation of women you find attractive and scanning the fashion magazines will help to develop your personal style. Remember those things that catch your eye and try to incorporate them into your own personal style.

Let us talk a bit about "passing." If you have read this far, I am going to assume that you are among those crossdressers who have a strong desire to appear in public as a woman, i.e. you want to "pass" as a female. Much of being able to pass is related to your physical image. Women come in as wide a variety as men, so that if you have applied your makeup well and wear appropriate clothes, you will most likely pass for female. However, there is an emotional/psychological side as well. Once you have achieved an acceptable (to the rest of the world) outer image, you must build an inner one. You must believe that you will pass. If you do not believe, then you will be sending subtle signals to those who get a little too close that something is not quite right. Confidence comes gradually and by placing yourself in controlled situations you will achieve your goal of passing.

I remember when I decided that I had to walk through the local shopping mall, in the daytime. In retrospect, it was a foolish stunt, but at the time I was determined to go through with it. The timing was wrong. It

was Christmas break for the local schools and the mall was full of teenagers! I made the rounds of the stores window shopping and I was very, very nervous. Just as I was getting ready to leave, I walked by a jewelry booth where 3 or 4 teenage girls were talking. I swear that one of them "read" me and whispered something to the others. I continued walking and as I rounded the corner, there was a mall security guard coming toward me! I thought, I'm in real trouble now. I kept going at a steady pace and the guard walked right by me without a second glance. However, he was headed toward those teenage girls, so I wasn't out of the woods yet. I expected to hear a "Hey You!" at any moment. It never came and I briskly left the mall. By the time I reached my car, I was sweating so profusely that my makeup was in danger of running off my face. That was my first public appearance!

By controlled situations I mean one where you have little chance of getting hassled by the general public. Start by finding if there is a group of TV/TSs that meet in your area, or see if there are TV/TS parties. Most large cities have several national and local organizations. Some advertise in the local gay news, others in TV/TS publications such as the Transvestian or the Tapestry. There are weekends in the Poconos and elsewhere, and there are week-long events held in Chicago and Provincetown. These are excellent opportunities for the novice to practice and get feedback in a controlled situation. Another alternative is a gay bar or club. There are two very nice gay clubs near me that have excellent restaurants attached and I have gone to them for dinner several times. Call first to be sure that you will be welcomed. Do not be intimidated by being dressed in a gay men's bar. If anyone comes on to you and you are not interested, politely say so and thank them for the attention. That will usually be the end of it. This will be good practice for you when you decide you are ready to venture into the world of "normal" (HA!) people.

An acquaintance of mine once remarked, "Dressing to pass is work!" This is very true. You must be much more aware of your appearance and actions, especially during the daytime. Your choice of clothing should be appropriate for the time of day and season. A low-back evening gown on 4th and Main at Noon is going to get a lot of attention. Makeup for daytime must be softer and more subtle. What works for evening could look like a circus clown in broad (no pun intended) daylight.

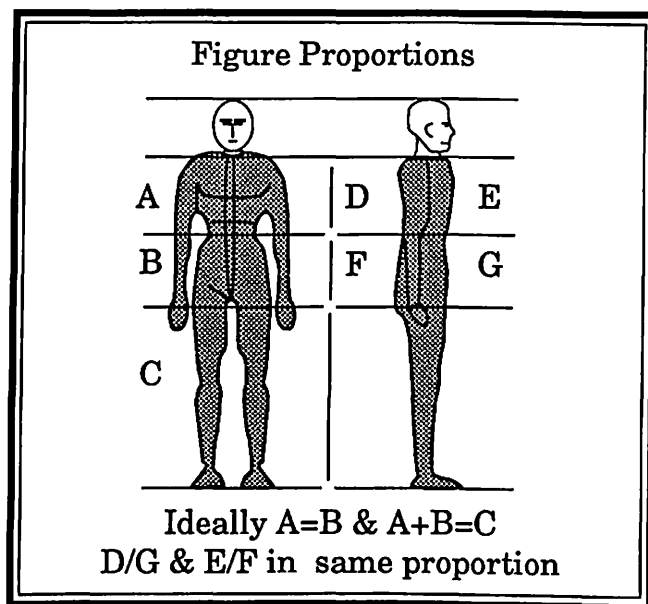
Once you think you've got the look right and have gotten some feedback from other people, it is time to ease into real-world excursions, slowly. Try going for a ride in the car. Maybe, go to a park when it is not too crowded. Eventually, you might work up enough courage to go to a restaurant. Just be sure to pick one that has soft lighting. It will help a great deal if you are not alone. If you have a friend of either sex that you can trust, see if they will go along with you. One possible idea is to find another TV and take turns escorting each other as a male/female couple.

Remember, try to always be in control of the situation. Carry your real ID and if out alone, take the phone number of someone you can trust just in case. This is supposed to be fun, right!? Just don't take any foolish or unnecessary chances, like I did, until you are ready for the harsh light of day..

## Body Types

In a little bit I will discuss sizing of clothes, but first it will help to take a good, hard, realistic look at your body and try to classify your shape. This will help later, knowing where the problem areas are and what needs correction. Put on your lingerie and, if possible, leotards and tights. Now stand facing a full length mirror. Or better yet, take photographs and work from the photos. On the mirror, or photo, draw a line across the base of your neck, just touching your collar-

bones, another through your waistline, and a third just through your crotch area at the tops of your legs (See the illustration below). Examine the upper torso in relation to the lower torso. Ideally, they should be equal. If your upper torso is shorter than your lower torso you are *short waisted*. If the reverse is true, you are *long waisted*. Now compare the entire torso length to your leg length. Again, the ideal is equal lengths. If the torso is shorter, you are *leggy*. If the reverse, you are *short-legged*. Now turn to a profile view and imagine your body divided into quadrants. These are upper chest, upper back, waist-to-feet front and waist-to-feet back. If your bust and derriere take up about equal space in their respective quadrants, you are fairly well balanced. If not, then you will either have to camouflage the deficiency or add padding to achieve balance.



Just like natural females, you will find that crossdressers come in all sizes and shapes. Knowing how to classify your whole-body shape will help you pick the right style clothing to hide or adjust your particular problem areas. On the next few pages are charts to help you find your correct size and body type.

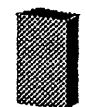
**8** Figure-eight (average figure): This is the classic female form. Upper and lower torsos are equal in length and there is a visible indentation at the waistline. If you already look like this, you don't need any help!



Barrel (full figured): The barrel shape is characterized by the upper torso being shorter but broader than the lower torso. In other words, broad shouldered and short-waisted. You probably don't have a waistline, but that can be dealt with later. You will also most likely wear a larger size up top and a smaller sized bottom.



Pear (thin or full figured): The pear is the opposite of the barrel. Your waist and hips are bigger than your chest. This is common with natural females but should be relatively uncommon in males.



Box (thin or full figured): This is where a lot of you will be classified. The box figure is just about equal in all directions. Your goal will be to create an artificial waistline.

## Clothing Sizes

Lucky us! Clothing manufacturers and retailers have finally realized that all women do not wear sizes 6 to 10. As a matter of fact, the average woman wears a size 12. This means that 50% of the women wear a larger size. That is real bonus for us "big-boned" girls. Many up to date styles are now available for the fuller figure. So, you don't have to look dowdy or go on a starvation diet to look nice. However, you must know what size and styles are best for you. You are going to discover a fact that women have known for quite some time, no two dresses, skirts, tops, etc., fit the same, even from the same manufacturer. Because of my broad shoulders, I usually need a size 18, but there are 16's and 14's and even a 13 in my closet that fit just fine. You will learn only by trial and error what styles and what sizes work for you.

Don't despair! I will try to save you a lot of time and money. Given below are the current body measurements related to dress sizes. In 1986 the garment industry adopted new designations for women's and half sizes. Womens sizes are now noted with a "W" and half sizes with a "WP", for Womens Petite.

### MISSES SIZES ( in inches)

SIZE	10	12	14	16	18	20	22	24
Bust	32½	34	36	38	40	42	44	46
Waist	25	26½	28	30	32	34	36	38
Hips	34½	36	38	40	42	44	46	48
Back Length	16	16¼	16½	16¾	17	17¼	17½	17¾

N.B. petite sizes are about 1" shorter in back length

### WOMEN'S SIZES

OLD SIZE	34	36	38	40	42	44	46
NEW SIZE	16W	18W	20W	22W	24W	26W	28W
Bust	38	40	42	44	46	48	50
Waist	32	34	36	38	41	43	46
Hips	39	41	43	45	47	49	51
Back Length	17¼	17¾	17½	17⅝	17¾	17⅞	18

HALF SIZES							
OLD SIZE	12½	14½	16½	18½	20½	22½	24½
NEW SIZE	12WP	14WP	16WP	18WP	20WP	22WP	24WP
Bust	35	37	39	41	43	45	47
Waist	29	31	33	35	37	39	41
Hips	37	37	41	43	45½	48	50½
Back Length	15¼	15½	15¾	15⅞	16	16⅞	16¾

Notice that there are a lot of overlaps in bust waist and hip measurements, especially between Misses and Womens. Now look at the measurement called Back Length, that is where the real difference will be found. This is the distance from the base of the neck to the center of the waist. Compare the Back Length measurements for similar sizes in all three charts. Note that while a 16WP has more generous measurements than a Misses 16, it is fully three quarters of an inch shorter in the torso! Take your own measurements and select the size that matches most closely. If you are like me, you may find that you fall within two sizes. The answer is alterations, either by my your hand or done professionally by a tailor.

Different styles in the same size will fit differently. A pull-on dress with elasticized waist will fit easier than one with a back zipper and fitted waist. You may be able to wear a size smaller than usual in a simple chemise, while a slinky dinner dress in the right size won't fit. Also, in general, the cheaper the price the tighter the fit. This is due to something dress designers call "ease." Ease is the extra material added to a pattern to allow for slight variations in the size of the wearer. One way to reduce costs is to cut more patterns from a given piece of cloth, therefore the amount of ease is reduced along with smaller seam allowances.

When buying clothes look at the quality of workmanship in the garment. Are the edges trimmed and basted? Is the garment lined? Are hems and seams straight and tight?

These are all signs of quality. Even though you may not dress very often, when you do, you should look the best that you can.

### Some Do's & Don'ts

You are trying to create an illusion, so use illusion to your advantage. Some general rules apply to different body frame types.

#### Tall Frame ( 5'8" and up)

##### DO WEAR

Long jackets  
Low waistlines  
2pc dresses  
Flared/pleated skirts  
Wide collars  
Horizontal lines  
Wide belts  
Moderate heels

##### DON'T WEAR

Cover whole body  
Tight clothes  
Short skirts  
Short waisted dresses  
Bolero jackets  
Vertical stripes

#### Large Frame ( Size 16 and up)

##### DO WEAR

Princess style jackets  
Dirndl skirts  
V-neck sweaters  
Solid colors  
Small prints  
Diagonal lines at bust  
Full or ¾ sleeves  
Narrow belts or none  
Vertical lines

##### DON'T WEAR

Front pleated skirts  
Heavy wools  
Shiny fabrics  
Sleeveless dress  
Stiff fabrics  
Bold fabrics  
Plaids  
Square neckline

## Clothing Hints & Tips

Rather than try to tell you specifically what to buy, I am going to describe the general types of clothing that you should be looking for.

### Dresses

It might take an encyclopedia to list every dress style and variation. However, I can give you some hints based on the body types discussed earlier. The Style Appendix has illustrations of these dresses.

Chemise: This is an all purpose garment that can hide a multitude of problems. A chemise is a classic straight up and down cut, which makes you appear thinner. Figure-eight types and Barrels should wear it loose, while the Box need only add a belt for an instant waistline.

Shirtdress: This dress type has a shirt style top attached to a flaired skirt and should be worn by Pears and Boxes. Details above the waist draw the observer's attention up and away from the problem areas.

Blouson: This is another great style for the Pear or Box. Shoulder pads will help to accentuate a figure under the dress.

Dropped-Waist: Figure-eights and Boxes that are stout can use a dropped-waist to break the rigidity of the symmetrical lines of their figure. It will also hide a mildly protruding abdomen. These are usually very comfortable dresses.

On dresses with a fitted waist, such as the shirtdress, pay attention to where the waist is located. Avoid short waisted dresses. Pull-over dresses are unavoidable, so be extra careful and cover your makeup with a light towel when putting on a pullover. Dresses with zippers are usually fitted, so know your size before buying fitted clothes. When a dress needs hemming ( if you are short like

me, *everything* needs hemming!) for short lengths let the hem fall just below or at the center of your knee. For long lengths, keep the hem below the widest part of your calf, else your legs will look fatter than they really are. Anything shorter than knee length depends on your desires, the shape of your legs and how much attention you want to attract when you sit down.

### Suits & Coordinates

Figure-eight body types can wear almost any style suit, providing you are not too stout. For the larger figure choose boxy jackets without back vents. Straight, gored or A-line skirts will work well for you.

Boxes need to create a waistline. Try a fitted, single-breasted jacket that ends three or four inches below your waist. With a loose casual jacket, try belting it to create a waistline. Skirts should have constructed waistbands to help mold the waist and hips. Dirndl, gored or A-line skirts are good for you.

Barrels should go for the Coco Chanel suit look. The collarless, single-breasted jacket breaks just above the hip. My two favorite suits are in this style. I usually get very nice complements about these suits. Stay away from jackets with breast pockets or wide lapels. Coordinates should keep a dark, solid jacket over a patterned skirt. Skirts may be straight, yoked or pleated.

Since suits are sold as two or more pieces together, it is likely that one or more of these won't fit properly. Choose a suit by the dress size that most closely matches your bust size. It is a lot cheaper to have a tailor alter a skirt than a jacket. The other option is to buy coordinated separates that match in color, texture, and style.

### Blouses & Sweaters

If you have a short, thick neck, buy sweaters and blouses with V-necks or shirts with short, stand up collars. The extra expanse of skin lengthens the neckline ( just be sure to

shave this area!). If you have a long, slender neck, go for cover with a scarf, jabot, ascot or a high Victorian collar. Elbow length sleeves will make full arms look short and stubby. Try for half or three-quarter length if you don't want full length sleeves.

### **Skirts**

Pull-on skirts present little problem, they just don't often look dressy enough. Skirts with fitted waist bands will probably be too large in the hips if bought to your waist size. These may be altered or you should fill out your hips with pads. If you decide to alter it, look in the phone book for a tailor that does women's alterations. Pin the seams and hem and drop it off at the tailor. Some skirts in larger sizes ( 16 and up) have short elastic sections which allow the waistband to expand. This type will usually give you a better fit. In any case, skirts in size 16 or larger should have the seams taken in from the hips down to the hem because they are always too full. This is a recommendation from a women's fashion consultant.

### **All Year, All Around Clothing**

There are certain colors and fabrics that are always wearable, any time of the year. These basic colors are black, white, beige, navy and red. The best all year-round fabrics are jersey, lightweight wool crepe, crepe de chine, gabardines, and fine cottons. A basic starting wardrobe consists of , at least the following:

1 suit	2 basic dresses
1 blazer	1 cardigan
2 basic skirts	2 pairs of shoes
3 to 6 blouses	

Keep these in one or two of the solid colors noted above. You can expand your wardrobe with addition styles, colors and items as you expand your outside activities.

### **Typical Problems**

The following is a collection of hints for body parts which I consider typical problems for crossdressers.

- Lines in neck or large Adam's apple:  
Wear scarves or high collars
- Long or thick neck: Peter Pan, jewel necklines, hair low on neck, high neckline
- Broad wide shoulders: Unconstructed shirts & jackets, dropped or raglan shoulders, narrow lapels, halter necklines, low necklines
- Heavy arms: Raglan, kimono, Dolman sleeves, very long sleeves without cuffs
- Large bust: Dark colors on top, v-necks, raglan or Dolman sleeves
- Thick waist: Chemise, drop waist dresses, Chanel style jackets, blouson style dresses, narrow belts same color as outfit ( if at all)
- Tummy protrudes: Tunics and chemises, A-line skirts, hard finish fabrics

### **Dollars & Sense**

Unless you can afford to keep up with the real girls and the latest fashion crazes, try to spend your money wisely on clothes that have a classic, timeless look about them. One absolutely dynamite black evening dress can go a long way with the right accessories. A light-weight wool two piece suit is another classic. A good quality black skirt is a basic item in every woman's wardrobe. Maybe treat yourself to a black leather skirt, which is quite acceptable for evening these days. Adding a wide belt or new shoes to an outfit can completely change the look. In the begin-



## An Evening Wear Menu

Need to go out for the evening but don't know what to wear? Here is a selection of versatile evening clothes to mix and match. Spend wisely and they'll last you quite a long time.

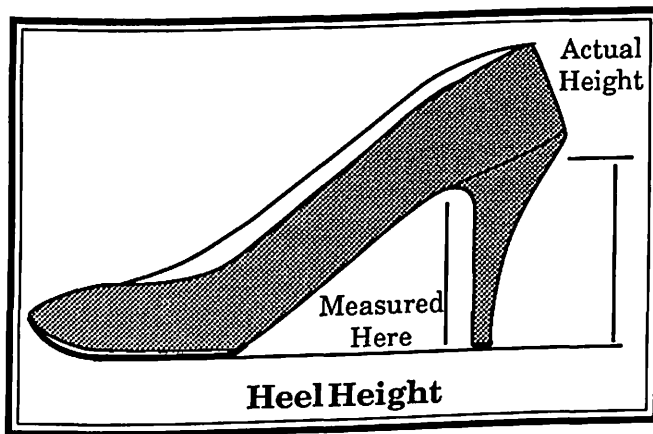
Item	Fabric	Color	Style
<b>Blouse/Top</b>	Satin, velvet, chiffon, silky jersey, rayon, wool- or rayon-crepe, cashmere. 2nd best: sequined or beaded	White, ivory, cream black, navy, red, gold, silver. 2nd best: jewel colors, pales, taupe, bronze.	Blouse: luxurious notch, shawl or wrap-front; hi-neck button front or back. Tops: loose Tees, turtlenecks, cardigans, 2nd best: bustier, strapless
<b>Skirt</b>	Crepe de chine, satin, velvet, chiffon, wool-, silk- or rayon-jersey, crepe, tafetta, lame', flannel, leather. 2nd best: sequined	Black, navy. 2nd best: darkest jewel colors, white or cream, taupe, bronze, pewter, gold, silver	Knee-length, slim & straight (the only style appropriate for leather); longer & flowing, pleated knee-length or longer & propped with petticoats 2nd best: short-short, to the floor
<b>Pants</b>	Crepe de chine, satin, velvet, wool-, silk- or rayon-crepe, flannel. 2nd best: lame'	Black, navy, white, ivory, cream. 2nd best: gold, silver, pewter, bronze.	Trousers, pull-on, pyjama cut. 2nd best: legging style.
<b>Jacket</b>	Crepe de chine, satin, velvet, wool-, silk- or rayon-crepe, lame' 2nd best: tafetta, sequined, beaded	Black, navy, white, ivory, cream, red, gold, silver. 2nd best: darkest jewel colors, bronze, taupe.	Cardigans: collarless, notch or shawl collar. 2nd best: belted wrap or fitted.
<b>Dress</b>	Crepe de chine, satin, rayon velvet, lame' wool-, silk- or rayon-crepe, chiffon, silky jersey, thin knit of wool, rayon, silk or cashmere	Black, navy, white, ivory, cream, red, gold, silver, bronze. 2nd best: jewel colors, taupe, pales.	A dress is a second priority since it is less versatile than mixable pieces. Avoid business styles. Best length is to the knee or just below the calf.
<b>Suit</b>	Velvet, flannel, satin, wool-, silk-, or rayon-crepe, silky jersey, thin knit of wool, rayon, silk or cashmere	Black, (the only color acceptable for a flannel suit), white, ivory, cream, red. 2nd best: jewel colors, navy.	A suit is a second priority unless the pieces can be worn separately. Best skirt: knee length, slim. Best jacket: cardigan



ning, stay with the primary fashion colors; black, white, red and navy blue.

## Shoes

Finding the right size shoe can be an expensive proposition if you have to buy and try! First of all your foot is wider than a woman's, so right off you have to compensate for width. If you find a style you like in a wide width, add one size to your male shoe size. If the shoe only comes in medium width, add one and a half sizes. So a man's 8  $\frac{1}{2}$  becomes a 9  $\frac{1}{2}$  wide or 10 medium. Heel height affects fit as well. The lower the heel, the bigger the size you need. Heel heights are generally classed as follows; flats - no heel to about one-quarter inch, low - one-half to one inch, mid - one and a half to two inches, high - two and a half and up, spike - long slender heel four inches and up. Heel height is measured



from the bottom of the heel to the point where the heel first intersects the sole, ie the front of the heel ( see illustration). So a heel listed as 3 inches might actually lift you 3  $\frac{1}{2}$  or 4 inches, depending on the final size. If you are tall (over 5'9") then you have to trade off heel height for the amount of attention you want to attract. High, thin heels will make your legs look fantastic, but the additional height can put you over 6' tall.

There are several other things to consider when buying shoes. Since your feet are larger than the average female you want to choose a vamp style that will visually slenderize your foot. Look for styles that have a

pointed or arched vamp. A rounded vamp will make your foot look dumpy. Designs to stay away from: shoes with a strap across the instep, it shortens the leg and breaks the vertical line; the same for ankle straps. Some classic shapes to look for are Chanel sling-back, pump and strap sandal. In general, the less shoe there is, the better your legs look. For open toed shoes, only the first and second toes should show in the opening. Heavy heels make legs look heavy. The final consideration is material. Man made materials are very common in inexpensive shoes, but the material doesn't breath like leather, it doesn't stretch like leather and it won't last like it. So spend a few extra dollars and do your feet a favor.

Black is the most versatile color, but it can be too heavy for some outfits. Consider other colors like burgundy, tan and red. Pick beige rather than white and never, never buy white patent. It always looks cheap, no matter what you pay!

I am often asked where to buy shoes, especially in larger sizes. Most shoe stores carry up to size 10. Some catalogs, like Sears or Penney carry up to 11. A shop specializing in Tall Women's shoes may go up to 12 or 13. To get the right fit the first time means you need to try the shoes on and for that the best place is a TV boutique. They will have shoes up to 13 or can have them made for you.

## Accessories

The most important thing to remember when accessorizing an outfit is scale. By that I mean that you should keep everything within the same relative proportion as fits your physical image. Don't wear little tiny pearl earrings if you are 5' 10" tall and wear a size 18. Large women wear large earrings, carry large purses and wear large bracelets and rings. Paying attention to the scale of your accessories won't help you pass any better, but it also won't draw any extraordinary attention to yourself.

## **Earrings**

While it is acceptable in some circles for a man to have one pierced ear, having both pierced may cause some concern. A friend of mine has both ears pierced and I never noticed. His secret is a pair of clear nylon plugs (made from fishing line) that he wears daily. The plugs keep the holes open and effectively camouflage them. If you can get away with it, great! Otherwise, stay with clip earrings. If you see a pair of pierced earrings that you just must have, most craft stores sell clips that accept pierced earrings. These run about a dollar a set.

As a minimum, you should own one very plain gold-toned pair, one jet black pair and one rhinestone pair of earrings. Rhinestone earrings have always been reserved for evening wear and a good set will cost from twenty to forty dollars. Try bazaars and flea markets for bargains.

## **Finger Rings**

Ring sizes are the same for both men and women. However, most women's rings are no larger than a size 9, which is probably too small for the average TV. You can still wear these rings by cutting through the bottom of the shank and spreading the ring. Many department stores sell costume jewelry rings for around twenty dollars. You can even get faux-diamond engagement rings for this price. Choose rings that complement the size of your hand.

## **Watches & Chains**

The same problem of size prevails with pre-made chains. Neck, wrist and ankle chains will just be too small. A woman's wrist chain is about 7" long, an ankle chain 8" long and a small neck chain about 14". The solution is to have your chains made. Several times I have seen vendors selling chains by the inch. Measure your wrist or ankle and add between a quarter to three-eighths of an inch to this measurement. Have the chain made to this length before the clasp is added.

The smallest neck chain should be about 18 to 20 inches long. Of course, these are usually cheap gold plate which will wear off, so these are not for daily wear.

As with the wrist chain, the lady's watch band may be too small. Some replacement bands come in extra long lengths which will fit a small to average male wrist. A recent style dress-band is a two part mesh with an adjustable clasp which just might fit even a large male wrist. Expect to pay \$30-\$60.

## **Belts**

Most often a dress will come with a belt and if it is your correct dress size it should fit. At the very least have one black patent belt. Black patent goes with everything. For large sizes check out a Lane Bryants or similar big woman's store. Good choices are a one inch wide leather belt in a basic color and a two inch wide leather belt embossed to look like alligator or crocodile.

## **Handbags**

It is no longer required to coordinate your purse with your shoes and gloves. A clutch bag in black leather or black patent is a good choice for evening. A shoulder bag is good if you feel awkward about what to do with your hands. You will find that one hand just naturally rests on the bag. Stay with basic colors again at first, then add variety as your wardrobe expands.

## **Gloves**

Glove sizes are measured by the circumference of the widest part of the hand, in inches. For women, the widest part is usually around the second knuckle. For you, it will probably be around the palm. Only the largest of women's gloves will fit the smallest of a man's hand. Try one of the stretch styles like Isotoner®. It may even be advisable to wear gloves if your hands are very large or just not very feminine. Remember to keep the style and color appropriate to your outfit and the season.



**City of Lakes Crossdressers Club**, 3917  
Frances Ave. So., Minneapolis, MN, 55416

**St. Louis Gateway Femmes**, Box 1262, St.  
Louis, MO, 63188

**CrossPort**, "B" Beechmont Ave., Box 150,  
Cincinnati, OH, 45230

**Genesis Tri Ess**, Jill, Box 954 Elyria, OH,  
44036

**Paradise Club**, (TV/TS), Box 29564,  
Parma, OH, 44129

**Wisconsin Network**, Box 632, Waukesha,  
WI, 53187

**Chicago Gender Society**, Box 578005,  
Chicago, IL 60657, 312-231-8923

• **South / Southwest** •

**A Rose**, Cindy Ann Mackenzie, Box 2943,  
Glendale, AZ, 85301

**Serenity**, Nikki Bee, Box 307, Hollywood,  
FL, 33022

**Saturday's Ladies**, Box 81683, Atlanta,  
GA, 30366

**Butternut Belles (and Guys)**, Box 3585,  
Knoxville, TN, 37917

**Boulton and Park Cultural Society**,  
Mary Francis Williams, Box 169652, San  
Antonio, TX, 78289

**Transition Club**, Box 42454, Las Vegas,  
NV, 89116

• **Western Area** •

**Crossdresser's Heterosexual Interso-  
cial Club, (CHIC)**, Box 562, Duarte, CA,  
91010

**Shangri-La Club**, Nancy Watson, Box  
18202, Irvine, CA, 92713

**Neutral Corner**, W. Thomas, Box 99732,  
San Diego, CA, 92109

**Educational TV Channel (ETVC)**, TV/  
TS, Box 6468, San Francisco, CA., 94101

**Rainbow Gender Association**, Box  
700730, San Jose, CA, 95170

**Salmacis Society**, Box 1604, Eugene, OR,  
97440, phone 503-689-5267

**Capitol City Chapter**, Box 97302, Salem,  
OR, 97302

**Emerald City**, Box 31318 Seattle, WA,  
98103

• **Canadian** •

**Alberta TV/TS Contact Club**, Box 4667,  
Station C, Calgary, Alb., T2T-5P1

**Transvestites Au Montreal (TAM)**, Box  
1, 164 Station H, Montreal, Que, H3G-2N1

Please, when writing groups, include an  
SASE.

• **Computer Bulletin Board Systems** •

**GenderNet**, Oakland, CA. 415-763-5173.  
Public board - free access and private board  
access by subscription.

**Passing Fancy**, Alexandria, VA. 703-765-  
6290. Public board has free access. Enter  
Fancy at "System ID" prompt. Private board  
access by subscription.

**JSS TV/TS Forum**, Ocean County, NJ. 609-  
693-8849. Logon for access as follows. First  
name?: APRIL, Last name?; MAY, calling  
from America's Heartland?; YES, Enter  
password: FRIENDS (All caps). Access in  
24hrs, under any name, you wish.

This listing is provided as a service.  
Please let us know about additions, dele-  
tions and corrections. We will try to keep  
it up to date.

# Appendix: Style Guide

The following pages contain examples of different style suits, dresses, necklines, skirts and lingerie. This is by no means an encyclopedia of styles, but a sampling to help you recognize the fashions that are discussed in the preceeding pages.

Styles change as the fashion world dictates, but the development of a personal style is a process that takes work and conscious effort. Find the styles that work *for* you, not against you.

## Suit Styles



Chanel: no collar, short jacket, slim skirt



Traditional: notched collar, long jacket

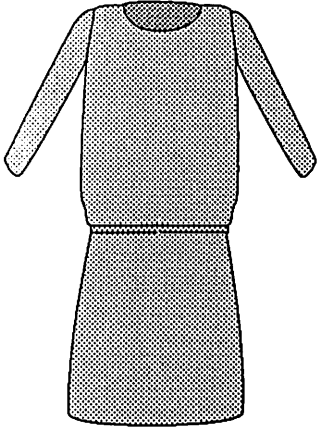


Casual: shawl collar jacket

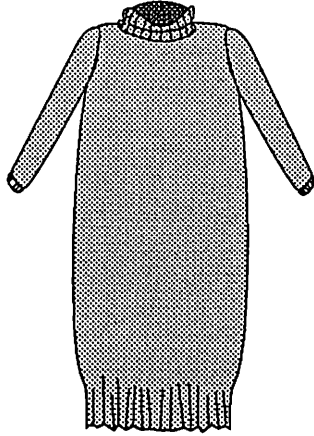


Casual: blazer over slim skirt

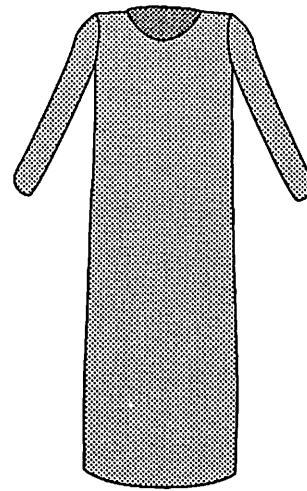
## Dress Styles



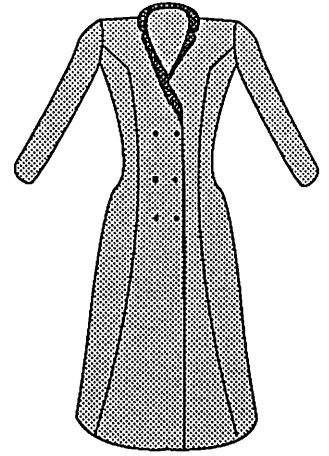
Blouson



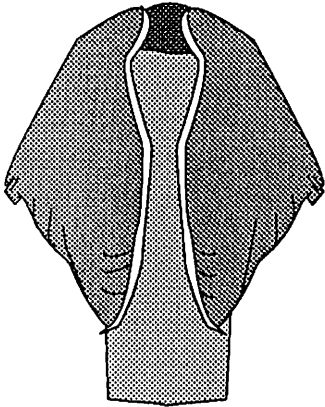
Bubble



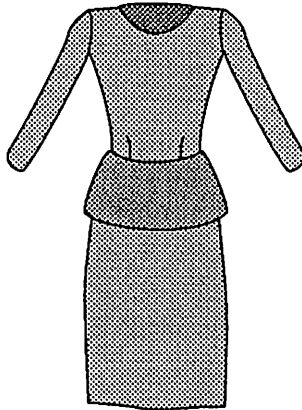
Chemise



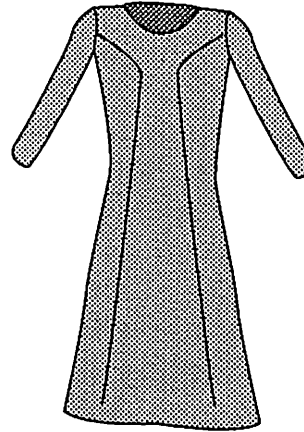
Coatdress



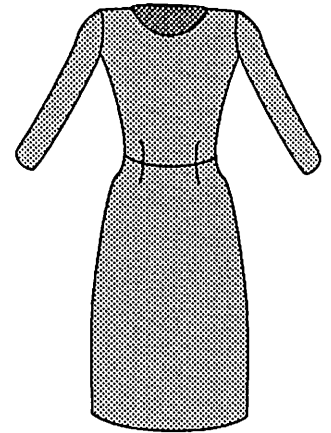
Cocoon



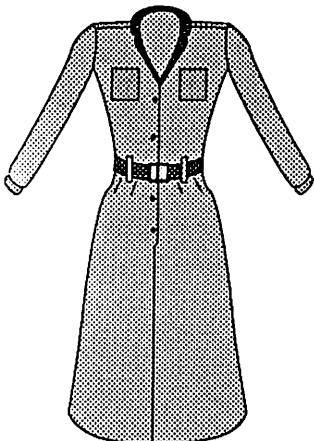
Peplum



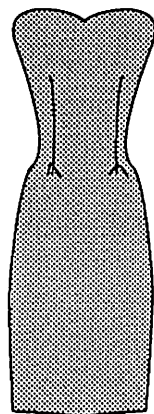
Princess



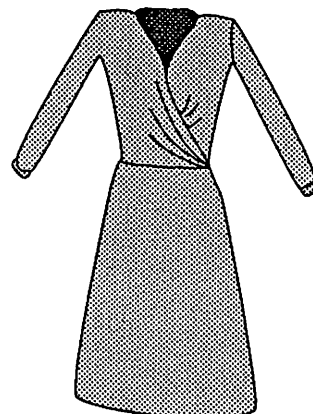
Sheath



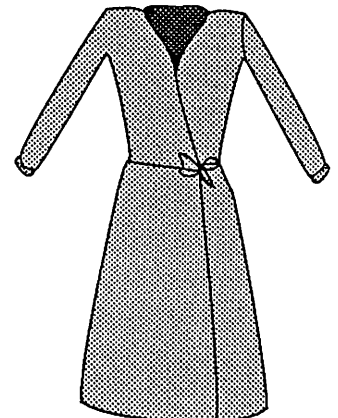
Shirtdress



Strapless

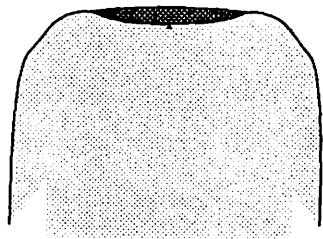


Surplice

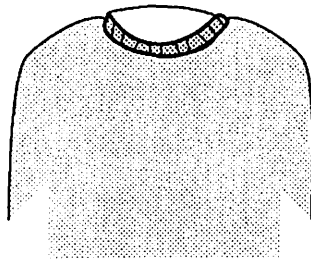


Wrap

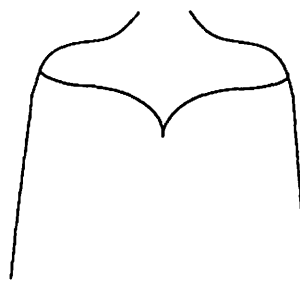
## Necklines/Collar Styles



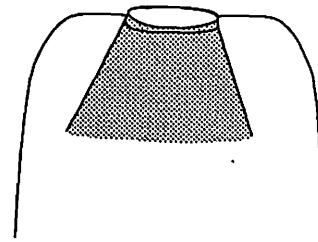
Boatneck



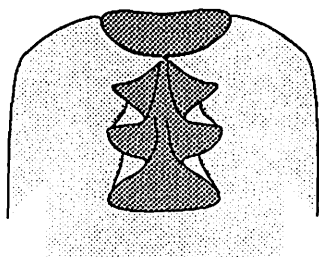
Crewneck



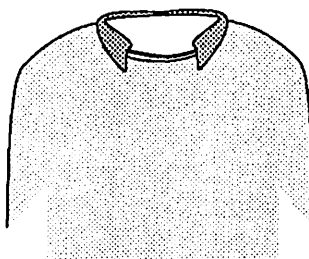
Decolleté



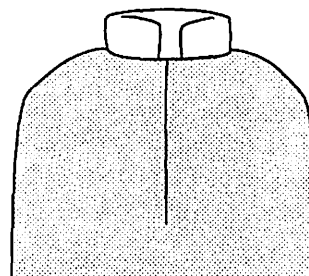
Halter



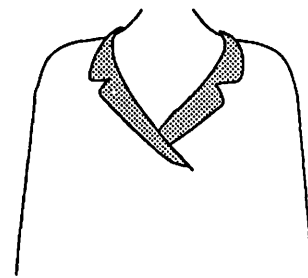
Jabot



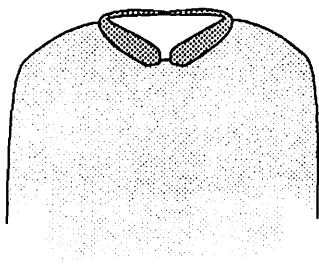
Johnny Collar



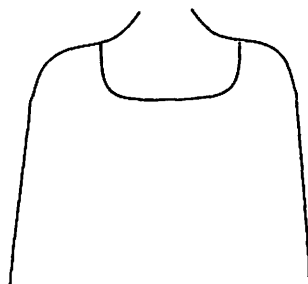
Mandarin



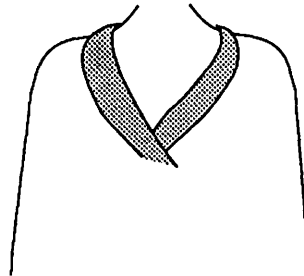
Notched



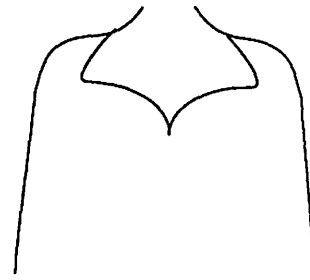
Peter Pan



Scoop



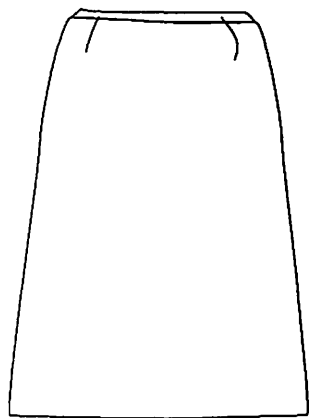
Shawl



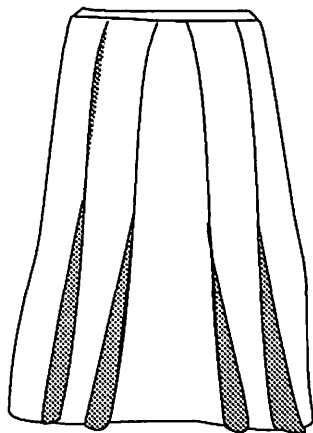
Sweetheart



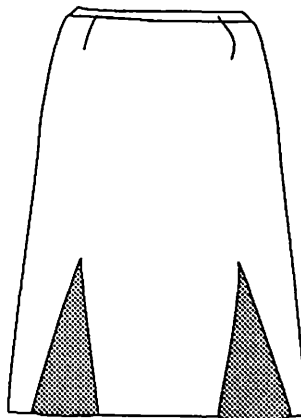
## Skirt Styles



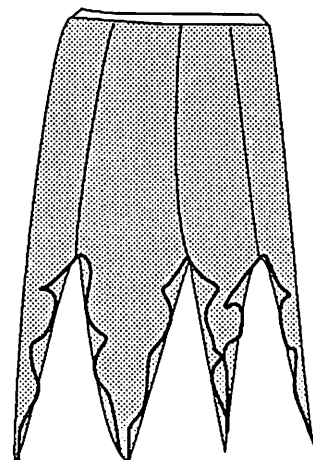
A-line



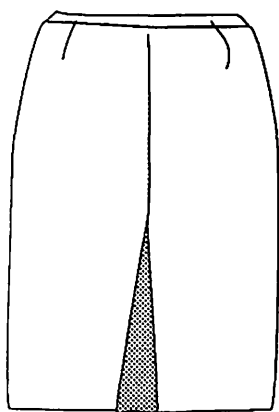
Box Pleats



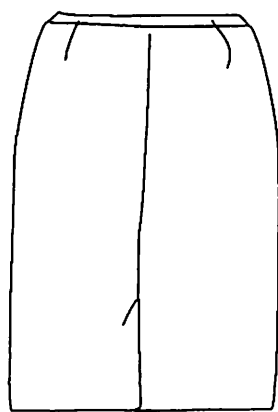
Godet Pleats



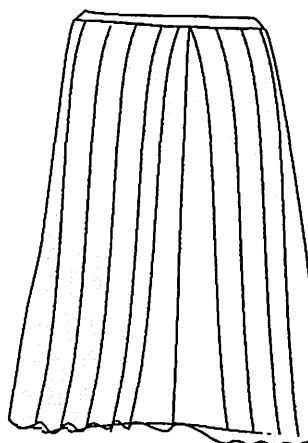
Handkerchief



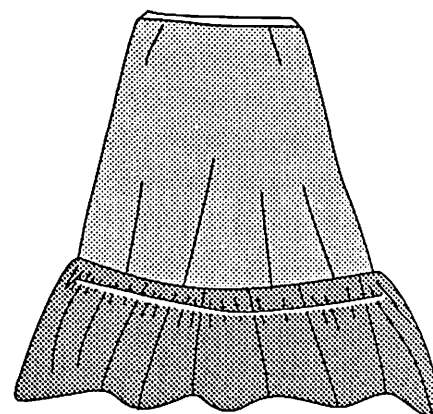
Inverted Pleat



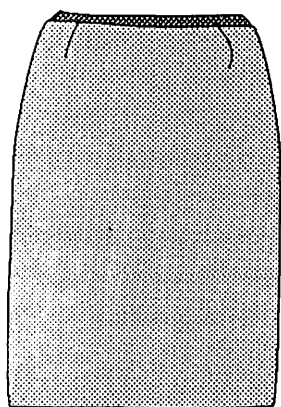
Kick Pleats



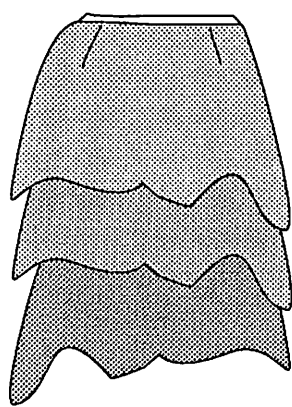
Knife Pleats



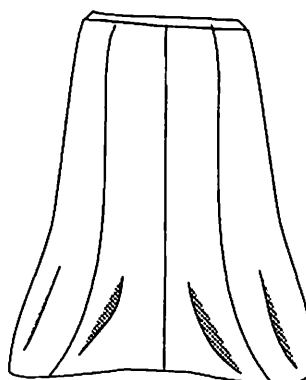
Peasant



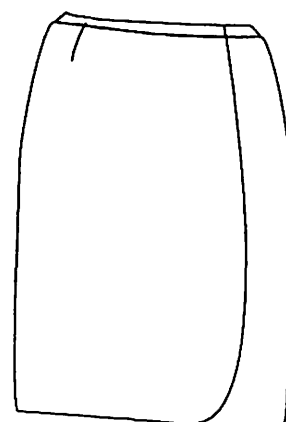
Straight



Tiered

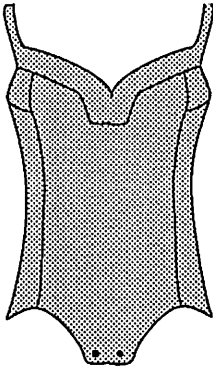


Trumpet

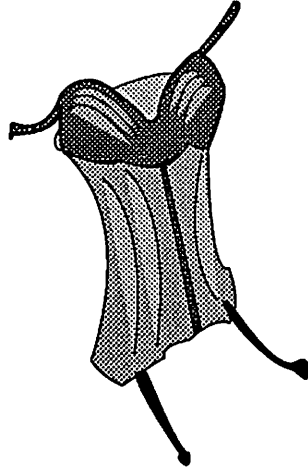


Wrap

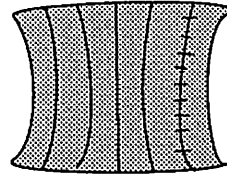
## Lingerie Styles



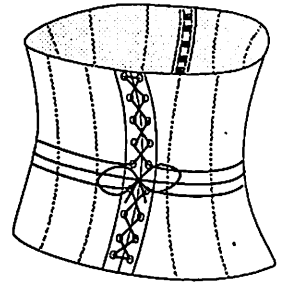
Body Briefer



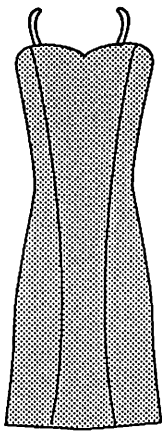
Brasellette



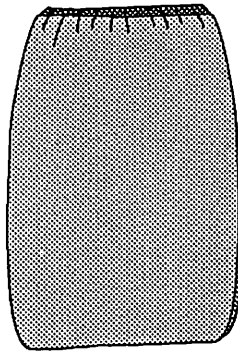
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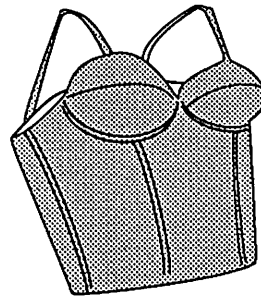
Corset



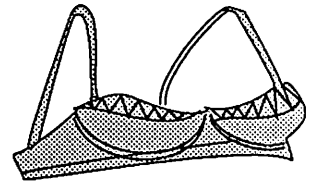
Full Slip



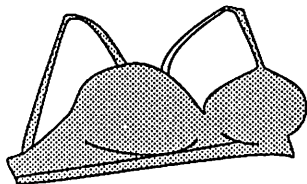
Half-Slip



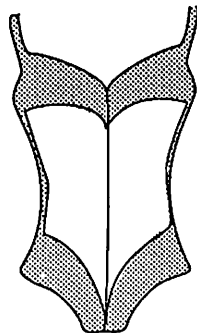
Longline Bra



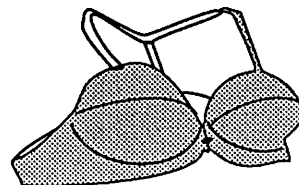
Push Up Bra



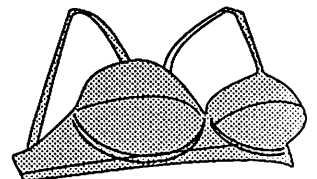
Soft Cup Bra



Teddy



"T" Back Bra



Underwire Bra



## About the Author

JoAnn Roberts was born in 1948, stands 5'6", has auburn hair and brown eyes. She has been dressing regularly and actively since 1980, although like most of us she has been a lifelong crossdresser. JoAnn is married and has two children. She is fortunate in that her family knows of her dressing and is very supportive of her activities. After spending 35 years in her shell, JoAnn really blossomed when she attended her first Pocono Fantasy weekend in 1983. There she met, for the first time, others who shared her desire to crossdress and made several new friends. On her second visit to the Poconos she won a trophy for Best Makeup and continued to return for more fun and awards. As a result of these activities, JoAnn developed a desire to aid people in understanding the crossdressing community and to help the novices, if she could. Through a mutual friend, JoAnn was contacted by a professor at the University of Pennsylvania and invited to address a class of students in a Human Sexuality course. This led to additional invitations and so far JoAnn has given over a dozen lectures and has appeared on radio and television shows about crossdressing. JoAnn has always enjoyed writing and the "experts" say write what you know, so she did! JoAnn has written articles for the Transvestian and is an editor of a new periodical "LadyLike".

JoAnn is one of the founders of the Renaissance Education Association, Inc., a non-profit organization whose purpose it is to bring information about transgendered behavior to the attention of the public and to counselling therapists.

JoAnn's philosophy is: "Be honest with yourself about who and what you are. Don't feel guilty for being alive and don't apologize to anyone for being yourself. You have the ability to control your life, so take it! Above all, remember; Don't dream it...Be it!"

Best Regards

*JoAnn*



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