

# A Day in the Life

The fall's  
best looks,  
from dawn  
to dusk

**CRYSTAL:** Katherine bra, \$195, brief, \$165, and silk Kiki kimono, \$1,095, all from Agent Provocateur

**JAMIE:** Boss pajama bottoms, \$89, from Harry Rosen

FULL CREDITS +  
SOURCES P.81

BY **STEVEN SCHELLING** PHOTOGRAPHY BY **ROBERT KENNEY**





**JAMIE:** Bespoke Carlie Wong wool blend suit, \$1,100; Boss dress shirt, \$185, from Harry Rosen; Christian Lacroix silk tie, \$145, and sterling silver and cinnabar chinoiserie cufflinks, \$475, both from Quorum Fashion; Panerai watch, \$6,000, from Palladio; John Fluevog Twin Turbine boots, \$295, from John Fluevog Shoes

**CRYSTAL:** Gianfranco Ferre deconstructed shirt-dress, \$2,895, from Vetrina Moda; Marc Jacobs Lil Birdie handbag, \$525, and floral silk halter, \$348, both from Holt Renfrew; Coco pant by Dace, \$150; sterling silver spike bubble ring, \$103, Italian brass and sterling silver bangles, \$61-\$150, and sterling silver spike bangles, \$61-\$150, all from Hilliard Design; stainless steel double-faced Jaeger Le Coultre watch, \$8,350, from Palladio







## STYLE



## ADVICE

**JAMIE:** Citizens of Humanity dark wash denim, \$260, and Fred Perry cardigan, \$215, both from Harry Rosen; Ben Sherman plaid shirt, \$88, from Lloyd's of Gastown; Roots x Douglas Coupland Test Pattern socks, \$18, from Roots; limited edition John Fluevog/Nooka timepiece, \$295, from John Fluevog Shoes

**CRYSTAL:** Citizens of Humanity Avedon Slick stretch jeans, \$197, James Perse tank, \$54, Joie linen stripe dress and belt, \$235, and Vince cashmere tie-back sweater, \$298, all from Holt Renfrew; hand-blown glass ring, \$45, from Braden Hammond; Frank Gehry FOG sterling silver cuff, \$665, from Tiffany & Co



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**JAMIE:** Giorgio Armani tuxedo, \$3,095, and shirt, \$395, both from Holt Renfrew; Brioni pocket square, \$75, and cummerbund, \$170, both from Harry Rosen; Equmen precision socks, \$48, from Holt Renfrew

**CRYSTAL:** John Richmond evening gown, \$2,850, and Gianfranco Ferre wood-knobbed clutch purse, \$1,375, both from Vetrina Moda; Dior python pump, \$645, from Holt Renfrew; black pearl drop earrings, \$240, from Elsa Corsi

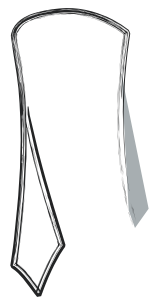


# Three Style Must-Knows

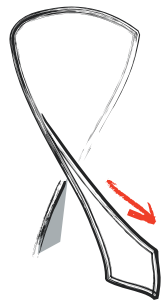
Figuring out what to wear is only half the battle. Here's how to actually pull it off

## 1. Tying a Bow Tie

**Fashion's cyclical nature** has moved the stodgy, geriatric bow tie to the forefront of fashion, according to Chris Gamauf, senior men's buyer for Holt Renfrew. Formerly the accessory of choice for quirky popcorn magnates and semi-retired lawyers in the southern U.S., today's bow tie projects an image of youthful cool, while offering a nod to a more traditional style of dress. A complement to the classic two-button suit, a bow tie can also work with a cardigan for a put-together look on casual Fridays. Below, your how-to in eight easy(ish) movements. – S.S.



**1.** Drape the bow tie around your neck, under the collar and grasp the ends. The end on your right should be about 1.5 inches longer than the end on your left.



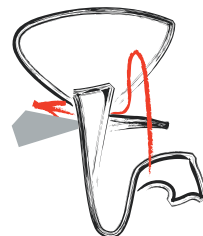
**2.** Cross the longer end over the shorter end. Make sure to cross near your neck so that the loop around your neck is just large enough to work with.



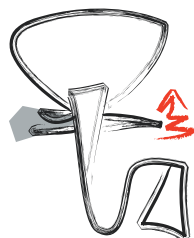
**3.** Pass the longer end up through the loop, forming a simple, loose overhand knot.



**4.** Grasp the dangling end now on your right and fold the end back to form a loop that's pinched between your thumb and index finger. Hold this loop, which will be the front loop of the completed tie, between your shirt's collar points.

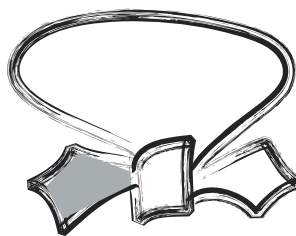


**5.** Drop the left end of the tie over the front of the bow.



**6.** Form a new loop with the left end, just as you did with the first one. While still holding the loop, double the end over itself.

**7.** Position the new loop behind the front loop facing the opposite direction. Pinch the loops together with your thumb and push the second loop into the knot behind the front loop. The tip of your right index finger will be in position to push the end of this loop into the hole behind the front loop. On one side, the loop will be on the front. On the other, it will be on the back.



**8.** Tighten the knot by pulling the two loops together, and straighten the bow tie. To loosen or untie the bow, pull on the tails.

**JAMIE:** Brunello Cucinelli flannel bow tie, \$190, Boss vest, \$250, dress pant, \$350, two-tone dress shirt, \$195, Ermenegildo Zegna suit jacket, \$2,595, Prada buckle loafers, \$775, and Pantherella socks, \$28, all from Harry Rosen; Franck Muller wristwatch, \$31,250, from Palladio **CRYSTAL:** Dior python pump, \$645, from Holt Renfrew

## 2. Polishing Your Leathers

**Ronald Nijdam is a third-generation cobbler and owner of Vancouver shoe repair shop Quick Cobbler (430 W. 2nd Ave., quickcobbler.com), and when it comes to caring for shoes, he swears by the tried and true. Nijdam says there's hardly ever a need for harsh chemical-based spot removers where cleaning is concerned; a pass with a damp cloth will remove surface dirt and dust. As for polishing, he suggests skipping the leather conditioners, spray protectors or other concoctions being pushed by your shoe salesman, and sticking to an old-fashioned polish. Herewith, six steps to getting buffed:**

- 1. Ready your equipment.** You'll need a tinned paste polish (the wax puck style, not the creams or liquids), a small, round brush called a dauber, a soft rag and a large, soft-bristled horse-hair shine brush.
- 2. Tap the dauber on the**

polish (you want just a small amount of polish on the tips of the bristles). Using a circular motion, massage the polish into the leather.

- 3.** Repeat until you have covered the entire leather upper of one shoe (the process should take about five minutes per shoe).
- 4.** Put the first shoe aside and repeat the process on the second shoe.
- 5.** By now, the leather of the first shoe has soaked in the moisture, the oils and the colour of the polish, while a protective layer of wax has established itself over its surface. Wipe off any excess polish with the rag (an old T-shirt or towel works best).
- 6.** Bring out the shine in the polish with a vigorous brushing using the shine brush. The more elbow grease you put in, the more shine you get. Repeat this process with the second shoe. – S.S.



## 3. Walking in Heels

**"As a woman, we're taught all these things** – how to cook, how to clean – but who ever taught us how to walk in high heels?"

Suzanne Fetting, bubbly and blonde, cheerfully puts this question to the 20 or so women studiously perched in a rented workout studio near the Vancouver-Burnaby border.

My answer: Nobody, and judging by the silence, I'm not alone. Lucky for us, Fetting has stepped up to do the job – in a pair of sky-high, pin-heeled platforms, no less.

This is High Heel Appeal, Fetting's class for women wishing to master the art of walking in heels, or as the 32-year-old former model puts it, "the exclamation point at the end of your outfit."

While I suspect the women in this room – a diverse collection in their 20s, 30s, 40s and beyond – have got along in life just fine despite punctuating their outfits with functional flats, a quick survey reveals some compelling reasons as to why they've shelled out the \$35 for Fetting's 90-minute tutorial.

Curiosity: "I wanted to learn how to walk nicely and gracefully – from a model," offers 38-year-old nurse, Janet Philpott. Co-ordination: "I'm so not comfortable with my body so [walking in heels] was really hard for me," adds Cindy Hunter, 30. And professional development: "I just got a job at Milestones and they require a one-inch heel," explains Wendy Swain, 29. "I don't make any tips because I'm falling down all the time."

A self-described "industry professional," Swain fits nicely ►



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Actively recruit talent in a new economy

into Fetting's secondary target market – servers, models, make-up artists and hair stylists. However, Fetting identifies new businesswomen as her primary market.

"Women that are stepping into an office environment where they really need to be wearing high heels in order to give them that sense of assertiveness or confidence or power," she explains, reiterating her belief in the transformational capacity of footwear. "High heels, when they're purchased and worn correctly, are the only accessories that will do that. You can't buy a pair of earrings and feel more confident. You know what I mean?"

Fetting's been offering her once-a-month group classes for just over a year and attendance is steady, between eight and 25 women a class. She has also attracted international attention, buoyed by national media coverage from *Maclean's* magazine and Global National TV. The interest prompted her to launch an instructional DVD in fall 2009, sold on her website for \$25. "It's the first instructional DVD [of its kind], which essentially covers everything I talk about in this class." That's basically a primer on how to buy the right kind of shoe (low, chunky heels or wedges are best for beginners; kitten heels are to be avoided) followed by tips on strutting your stuff (shoulders back, head high, and don't be afraid to sway those hips) and exercises and stretches to make the process easier.

Fetting also does private, corporate and chartered events – popular with her tertiary market, cross-dressing men, who, she says, appreciate her non-judgmental instruction – for which rates start at \$100 an hour.

Recently, Fetting taped an episode of CBC's *Dragons' Den*, looking for help marketing her DVDs. She's also hoping to license her class concept and create a teachers' training program. Fetting, who, when not advising people on the superpowers of stilettos, bills herself as a confidence coach, couldn't say whether the notoriously harsh *Dragons* were receptive to her plan (the episode is scheduled to air this fall), but offered this: "I will say *Dragons' Den* was the ultimate test of my confidence."

Let's hope the heels helped. □

– Jessica Barrett

## Credits

**HAIR & MAKEUP** LucyAnne for Lizbell Agency using MAC and Tresemmé mousse

**MODELS** Crystal (John Casablancas) Jamie (Lizbell)

**STYLING ASSISTANT** Amber Poffinbarger

**PHOTO ASSISTANT** Julie Jones

**335IS CABRIOLET** Courtesy of Auto West BMW in Richmond

**SHOT ON LOCATION AT** Millennium Water

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