

More Tricks of The Trade



Carollyn Faith-Olson

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Dedicated To...



This book is dedicated to all my beautiful sisters in the Vanity Club. If it were not for their friendship, caring, support and love, this book would still be in the closet...

The Vanity Club is a sorority of close to 200 loving trans-gendered women of which I have the honor of servicing as the Post Mistress.

You can access the Vanity Club site at:
www.vanityclub.com



About The Author

“More Tricks of the Trade” is the seventh book penned by Carolyn Olson, a married, straight, con-

servative, 50-plus year old cross dresser from California.

“Reaching your goal as a woman is the reason I wrote both beginners guides. I hope I have given you the information you need to help you gain insight and confidence in every aspect of your feminine life.”

Ms. Olson has been an ambi-gendered cross dresser for more than 30 years and is very active in the community. She is a proud member and the Post Mistress of the Vanity Club (www.vanityclub.com) and the co-founder of the Mature Woman Group (www.groups.yahoo.com/group/maturetgirls).

“My desire is to create an illusion which is a complement to all women,” Ms. Olson said. “Cross dressing is not meant to demean women, but to uphold their presence and beauty. I try to accomplish that goal every chance I get.

“Please enjoy the book!!!”

Ms. Olson can be reached at: carollynolson@yahoo.com

Introduction

When I realized, more than 30 years ago, that I was ambigender, I had no place to turn. (I will explain being ambigender later in this book). For the time being, I will use the more common phrase “cross dressing.”

The Internet was in its infant stage, transgendered support groups were few and far be-

tween and meeting others who enjoyed dressing as a woman were even harder to find. Of course, there were the drag clubs in San Francisco and other big cities and the Las Vegas “girls” reviews, but the individual ambigender person was usually closeted.

I realized in my early 30s that I was different. No, I wasn’t gay or interested in men. I was still very masculine, but I had discovered a deep female side in regards to my “wiring” and that I wanted to dress as a woman. I felt the urge for many years, but didn’t know what to do with these feelings. No, the feelings were not, never have been and never will be sexual. I don’t “get off” dressing as a woman, however, my feelings were very real.

Transgendered books and articles had been hard to find. I remember as a teen reading about England’s April Ashley and her sex change in the 60s. I wondered how a man could physically become a woman. I had seen pictures of the female impersonators at Finocchio’s in San Francisco, and renowned TC Jones on the Jack Benny and Ed Sullivan shows, but there was very little information available to the curious.

While attending college, library books on cross dressing were rare. I found only one at my college, but it was smaller than this book in length and lacked any significant content.

Today, one can find anything and everything on the internet. Cross dressing today has come out of the closet and there’s a world awaiting any man who wishes to dress as a woman, or go even further and have a complete sex change.

There are many excellent books available including “My Husband Betty: Love, Sex and Life with a

Cross Dresser” by Helen Boyd (Betty has since transitioned); “Alice In Genderland” by Dr. Alice Novic, and “Get Dressed!” by Gina Lance. However, there are very few guides for a beginner.

My sincere hope is that the following pages, with contributions from many of my personal and internet friends, will be helpful and aid those who are serious, and aspire to be a “woman.”

I have dedicated this book to all my Vanity Club sisters. For those unfamiliar with the Vanity Club, please check the group site at www.vanityclub.com. The Vanity Club sorority consists of the most wonderful, caring and beautiful women from around the world.

I would also like to give a big hug to those who contributed chapters to this book –Tawni Bonds, Espy Lopez, Cristy Garcia, Tanya Simone, Lucille Sorella, David Borrows, Dani Mitchell, Amanda Richards, Prue Dunne, Heidi Phox, Karen McCarthy, Imogine Lampost, Jennifer Nelson, Susan Miller, Jenne Davis, Kimberly Huddle, Kristy Snow, Stana, Tasi Zuriack, Michelle Popkov, Robyn Michaels and Marvin Evans. And to my editors, Cindy Shelton and Lisa Harris, to whom I owe a new dress or an outfit, thank you for your outstanding work.

A few of the chapters are designed with repeat information mentioned in another chapter or the first “Tricks” book. This was intention in an effort to emphasize certain techniques by the various contributors.

Best Wishes In Reaching Your Goal,

Carollyn

More Tricks of the Trade

A Beginners Guide To Cross Dressing

By Carollyn Faith Olson

Prelude

Are You Ambigendered? – By Marvin Evans

Ambigendered (from Latin, ambo = both+gender
= masculine & feminine) Having two genders, one

masculine and one feminine, being able to use both well and comfortably; able to think, talk, feel and act in both genders independent of each other. Double-gendered.

A friend of mine owns the sailboat “Brandywine” which has two complete wiring circuits, direct current (DC) and alternating current (AC). Similarly, many cross dressers are actually not CDs, but ambigendered. Their “vessel” (i.e. body) has two complete circuits, masculine current (MC) and feminine current (FC).

Before you shrug this off as “crazy” talk or far-fetched, think about how your body and mind works when you change from your male to female personas. Not everyone fits into this mold, but to many, it is a natural phenomenon.

It is very possible your body can operate on either or both the MC and FC currents. This means that everything about you, from your head to your toes, can operate both ways. Your eyes and ears, lips and tongue, your arms and legs, and especially your brain, can change currents once the switch is flipped on.

It’s not easy though. Once you learn how to “throw the switch” everything is natural and as it should be on whichever current you have selected. Some girls have a “label” on the switch, such as hair or makeup or the final zip of a dress. Others don’t need anything, the switch is automatic. I’m fortunate to fall into this classification.

When the switch goes from MC to FC, you are totally complete and everything about you is functioning as a woman because you ARE A WOMAN. Your thoughts, emotions, gender expression and for

some, romantic love, are female. The MC circuit is in the OFF position and simply not working. Likewise, when the brain switches from FC to MC, then the FC is OFF. For most people, only one circuit works at a time.

It is quite accurate to say that my “evil twin” brother and I live together as one. We may be completely different people but we are best friends. We complement and supplement each other. There is no doubt that he is wired as a man, not like a man. As a man, he thinks like a man. He does not think “woman” and then translates his thoughts to man. It’s similar to thinking in French rather than in English and then translating into French.

On the other hand, Carollyn Olson is wired as a woman, not like a woman. She thinks as a woman. She does not think man then translates her thoughts into woman. She is a woman!!! The two have come together as one to be ambigendered.

Marvin Evans is an author and philosopher and chaired a pioneering Task Force on Sexual Minorities in Seattle. He has sustained a continuing interest in LGBT concerns since that time. He is retired and lives in Washington State.

Chapter 1

Who I Am – Who We Are – By Ana Cristina
(Cristy) Garcia

Who am I?

In this realm, I am Ana Cristina García or Cristy as my friends call me. “I am a happily married heterosexual cross-dresser.”

- This is the sentence that is present in all of my Internet profiles. I could not think of a sentence that better describes me both as the regular male that I am, most of the time, and the feminine identity I assume when playing the role of the opposite gender as Cristy. Let's parse the sentence starting from the end to the beginning to further understand what it means:
- I am a cross-dresser (CD) because I am a male who enjoys dressing as a female.
- I am heterosexual because I am attracted exclusively to females regardless of how I present myself.
- I am happily married because I have been married for 23 years to my best friend and soulmate.

I will now try to expand on those three adjectives that describe me and so many cross-dressers so well from the perspective of the individual and as objectively as possible.

A cross-dresser is someone who wears clothes intended to be worn by the opposite gender. This practice is more evident in men who wear women's clothes than the other way around since women have more freedom to wear male clothing. Some experts in the gender identity field argue that there are no female to male cross-dressers. Hereinafter, when I refer to cross-dressing it will be regarding a man wearing female clothes.

I could get into a long discussion on all the types of men who cross-dress, ranging from transsexuals to fetishists, but I'd rather stick to heterosexual men. This takes us to the second key word in my description.

A person is heterosexual if he or she is attracted only to people of the opposite gender. I am a male who is attracted exclusively to females. This is the part that is harder to understand for those who do not share this particular condition. How can an oth-

erwise completely “normal” male be interested in taking the appearance and adopting the mannerisms of a female without being homosexual or transsexual? I have no idea and to the best of my knowledge, nobody knows. It is believed that, much like transsexuals, we are born like this and there are more of us than anyone can possibly imagine.

The estimates I have found vary, but on the average it is believed that about 5% of males are heterosexual cross-dressers. Some are quite open about it, but most keep it to

themselves and even try to repress it. However, with the growth of the Internet and, more recently, social networks, many of us have found the means to share this important, yet very private part of ourselves, with other people like us.

At first we were limited to a few portals and networks aimed exclusively at the TG community. From there, we have created our own communities in almost every social network and digital-media sharing site. Digital photography has allowed us to share our feminine persona without having to go through the embarrassment of taking film for development and prints. This has also been fundamental for the growth of our virtual community. Every year, the number of TGs in general, and CDs in particular, coming out on-line increases.

Granted that there are different degrees that range from the occasional cross-dresser to those who cross-dress all the time, I will argue that the most important characteristics that define a heterosexual CD are:

- The desire or need to wear women’s clothes has always been a part of us with different degrees of in-

tensity and completeness, from early childhood and all the way into senility.

- When we wear female clothes, and especially during adolescence and young adulthood, we are sexually aroused. For many of us, our first arousal happened while wearing women's clothing. This tends to diminish and even disappear, as we get older. A similar excitement occurs when we see a convincing male to female transformation performed by another person, without that implying a sexual attraction to the person performing the transformation.

- We are not satisfied with just wearing a few female garments and need to dress as complete as possible. In the early stages we manage with what we can get, but the ultimate purpose is to look as passable as a woman as possible, and to even go out. In my case, and that of many of my friends, it is either all the way or it is a waste of time.

- We are not attracted to other men. Some CDs are confused by the arousal produced when seeing a male convincingly appearing as a woman, but in my opinion, it is the transformation and not the person, who produces this reaction. The simple fact is that the typical heterosexual CD will be attracted to women and not men. We are attracted to the external presentation not the male underneath.

- Whenever we repress dressing we suffer great discomfort and even depression.

Even when I am looking my best as Cristy, I am always aware that I am a man pretending to pass for a woman. Passing in public is the best reward I can get and is my ultimate goal. I achieve this by look-

ing, acting and sounding the part, but it has taken many years

of practice and careful attention to how women dress, act and talk. I have been fortunate to come up with this character that I love to play and take for a test into the real world whenever possible, which is not often.

This does not mean that I want to be a woman or that I “feel” like a woman when dressed. I think the most accurate description is that I, a male, assume the role of a woman when I am dressed and made up to look like one. The male brain is always making sure that “the woman” acts accordingly. This takes a great deal of concentration and, arguably, I tend to be less attentive as Cristy because my brain is mostly occupied with playing the role that corresponds to the appearance I am presenting.

I have been happily married for 23 years to an extraordinary woman. She is the love of my life and I am loyal and faithful to her. She has known about my cross-dressing since we were just friends and has been understanding and supportive throughout our marriage. Most of my wife’s family and my family know about Cristy, but we keep this part of me very private and despite the wide coverage I have on many places on the Internet, most people around me would not even suspect anything because my male persona is that of a quite masculine guy without being the “macho” type.

Having the support of my wife has been fundamental for my well-being and for accepting myself for who I am. I do not dress too often and the original idea was for me to dress once a month. However, arranging for me to have opportunities to dress has become more and more complex as our children

grow up. I might dress a couple of times in a month and then go several months without dressing, and I am cool with that. My Internet activity helps in coping with the long droughts as I interact with transgendered friends. I am a happy person who is at peace with my inner self.

This is about all I can say about “who I am” – a happily married heterosexual cross-dresser.

I felt the need to start with an explanation for those who might not have a clear understanding of what being a hetero CD means. My intention for sharing this information are to help those who are still confused to try to understand and accept themselves, and to hopefully find a way of dealing with and incorporating their dressing in their lives and pursue a happy and fulfilling life.

If one person finds this helpful and inspiring then it has been worth the effort. Please feel free to comment or ask any questions and I will try to address them.

Anna Cristy Garcia is a member of the Vanity Club and resides in Guatemala. She can be reached at: anacristy98girl@yahoo.com.

Chapter 2

Being A Lady – From Tanya Simone (author unknown)

Being a female is a matter of birth, being a woman is a matter of age, but being a lady is a matter choice!

A lady understands that her appearance, behavior and way of communicating provide others with valuable insight into her character. She knows that her true beauty is not acquired at a makeup counter, with a new outfit or by following the latest Hollywood trends. Rather, she understands true beauty comes first from inside. A lady understands that her real strength is not found in trying to be like a man, but rather, in being gracious, thoughtful, kind, intelligent, self assured and poised.

A lady is generous with her time, wisdom and resources. She is a woman of her word and follows through with her commitments, whatever the cost. She willingly serves others and extends a hand to those in need. She manages her priorities and time well - understanding that she can only serve others after she has taken care of herself.

A lady possesses a positive outlook on her life. Her humor, wisdom and consistent encouragement attract others to her.

A lady is a life-long learner. She maintains a teachable posture and embraces change for the better. She does not compare herself to others, but embraces her strengths and accepts her weaknesses.

A lady models civility in how she treats others. She demonstrates respect, restraint and personal responsibility in her appearance, behavior and communication. She is honorable and values and respects others.

A lady is well mannered and knows what is appropriate. She is able to navigate various social and professional settings with ease and proficiency. She embraces all people- those from other cultures as

well as individuals from other social and economic backgrounds.

A lady has a strong work ethic. She takes pride in her labor. She strives to be the very best.

A lady is poised, graceful, and confident. Her posture and body language communicate a strong personal presence.

A lady is well-dressed. She knows how to select clothing that is modest yet flattering, age appropriate, within her budget, and perfect for the occasion. She is well-groomed, practices good hygiene, and maintains her health. She understands that her personal appearance – the way she chooses to dress, groom, and carry herself – communicates instantly to others who she is.

A lady is well-spoken and a generous listener. She knows how to effectively connect with others and communicate her message. Her words are kind, tactful, and free from gossip. She is gracious and inclusive.

A lady manages her home and the needs of her family. She creates a welcome, peaceful, loving, and nourishing environment – a safe shelter from the storms of life. Her actions reflect whom she has chosen to be rather than base them upon the opinions of others.

Our society is a case in point for the need to embrace the understandable and, ultimately, achievable principles of being a lady. The case of being a lady is relevant for today and it is accessible to every woman – young and old.

Tanya Simone is a member of the Vanity Club and resides in Montreal, Canada.

Chapter 3

Female Deportment – By Carollyn Olson

Deportment refers to the way a lady carries herself; how she moves, walks, inclines her head, her manners etc. A lady walks, talks, eats, stands, quite differently than a male counterpart and it is the sum of all of these parts that embodies what it is to be a lady. As someone once noted, all ladies are women but not all women are ladies, especially in today's modern world where dress and roles in life cannot always be easily identified as male or female. But if you are serious about creating a total feminine illusion then deportment is something that should be studied even if you only use bits and pieces.

Much about creating the feminine illusion is to do with clothing, shape, makeup and there is much in the mental aspects of confidence. Often the bridge between the two can be aspects of deportment which make the whole make sense. Indeed, deportment and physical exercises are often a physiological key into 'feeling' more feminine and lead to that eventual confidence of feeling feminine and less than a 'guy in a dress'. It's hard to dispute. We see the results weekly when we see a novice trying a pair of 3" heels for the first-time. Sure, the first un-gainly steps can look awkward but after a short-time anyone can walk taller and more serene in a pair of heels with a little help. Indeed, heels naturally re-align the body into a more feminine shape by shifting the weight onto the balls of the feet and pushing the buttocks slightly out.

So what's important to learn from deportment to help complete your feminization? Is it more important to stand like a lady or to be able to have the table-manners of a lady? The list can go on and on as to what you can do to help perfect the image but we are trying to distil it down to the 'must-have' pointers that will give you the most gain with the least pain.

Stand Tall in Heels: A girl unable to walk in heels is a big giveaway. Choose an appropriate heel height in a comfortable shoe that fits. Next, practice in the confines of your home how to walk with good posture: stand up straight with your shoulders back. Do not be tempted to stoop even if you are 6' tall – even tall women look feminine.

Walk With Confidence: Walk heel to toe with small steps/strides and notice that women on the whole walk slower and more graceful than men. Practice as often as possible and always walk: as possible and always walk with confidence. Keep legs, feet and knees as close together as you can and start by taking steps half as long as you would normally. This will feel terribly awkward to begin with but with practice it will become second nature.

Keep Shoulders Still: For the most part women's shoulders stay still when walking whereas men's definitely move. If you stop the shoulders moving you will find the rest of your walk will look and feel a lot more feminine. By keeping shoulders still you'll make your hips sway when striding. When practicing, exaggerate the hip sway from side to side – you can always calm it down when you go out but make sure you practice in an exaggerated fashion so you know what it looks and feels like.

Hold Your Head Up High: When standing or walking ladies tend to keep heads held high as if a piece of string were pulling from the centre of the top of the head upwards. This does not mean walking stiffly however, indeed, many ladies walks with a relaxed gait.

Stand Compact and Curved: Do not forget the principles when you stop walking. It's very important to retain your new improved posture when you become stationary; remember, chest out and shoulders back; sometimes turning the palms outward in an open position help force the shoulders back too. Stand with arms close to and in front of the body, lightly clutched together. Using a purse or handbag is an excellent 'prop' to help melt away any awkwardness with such new mannerisms. As as possible and always walk with confidence. Keep legs, feet and knees as close together as you can and start by taking steps half as long as you would normally. This will feel terribly awkward to begin with but with practice it will become second nature.

Talk Softly: Ladies tend to talk with a softer tone than men. Tone is different to pitch and although ladies tend to talk in a higher pitch the tone is just as important, if not more so. Try concentrating on creating a more pleasing tone rather than just exaggerating the pitch.

Take Care when Sitting: Sitting down and standing again is very tricky in heels and need practicing otherwise they are another 'giveaway' when you are out. When sitting you should keep knees together and remember to straighten your skirt or dress under your legs as you sit. Such movements need practice in order to appear second nature. Once sitting legs should remain slightly to the side with

knees together and remember good upper body posture at all times. If you must cross your legs, a lady will only cross her legs at the ankle and no higher.

Some of this will seem very old-fashioned but try to implement some aspects where you need most help and you will increase the chances of passing as a lady. Just as an actress needing to play a part of a different period may do, watch some of the old Hollywood starlets on Turner Classics and mimic how they walk and talk.

Above all, have fun and be confident in all you do. Even if you are not the most graceful, if you walk across a room with an air of confidence and purpose and you look presentable, no-one will question what or who you are!

Chapter 4: Planning Your Wardrobe – By Heidi Phox

While there are various reasons that guys like to cross-dress, the goal is usually to create an illusion that conceals the masculinity and creates an image of femininity. However doing this in a stylish way can be challenging.

Some of the most fun I have is to take out all the clothing items I own and pair them in every possible combination until I find an outfit that I think works. And judging by the state of my daughter's bedroom, she does this same thing every day. That can be very time consuming and there are better ways of putting together an outfit.



Heidi Phox... ...what a fox!!!

Whether planning on going out shopping on Rodeo drive or just dressing for the mirror at home it helps to try to take several factors into consideration even if they are purely fictional.

First you have to consider the season and temperature. Also, the outfit should also be appropriate for the expected activity. Will those heels still feel comfortable after an hour of shopping?

One of the choices is to get to pick a mood; do you feel like you want to blend in, be casual, feel girly, or be a sophisticated pretty woman. The outfit should be as flattering as possibly. Be sure that none of the pieces of the outfit are obviously contradictory to another. Luckily, most things can fit into multiple categories.

Even after taking all those ideas into account it can still be difficult to know what pieces to put together.

Another idea is to watch reruns of the Learning Channels wonderful show “What Not To Wear.” The show includes so many good ideas and tips one can learn from the hosts, Stacy and Clinton, such as pattern, texture, color, shine and other word and hits to remember. Check your cable TV listings.

A safe place to start is with solid, neutral colors. The lot of women start and end here but that can be boring and as a cross-dresser you probably want to take advantage of more feminine designs to enhance the illusion. Simply adding one fun item to any solid, neutral outfit, such as a scarf or a piece of jewelry, can take it from boring to stylish.

Exchange the top or bottom for one that is bright colored, patterned, ruffley, tight, or baggy. Make sure it is just one item. You can even do this by trading out the shoes for ones that are colored or patterned if you balance the color in a top or neckline of the same color.

As for shoes, in general, the height of the heel should match the dressiness of the outfit. One good rule is: the higher the heel the dressier the outfit. Similarly, makeup should be less dramatic for casual and day outfits and more dramatic with evening and dressy outfits. Colored eye shadow can be very tricky and is best avoided.

Watch out for certain pitfalls that are easy to fall into. Just because those shoes are soooo cute and that skirt is just beautiful doesn't meant they should be worn together. Nylons make your legs shapelier but despite Kate Middleton's lead, they

aren't worn as much as they used to be and should never be worn with open toed shoes or casual outfits. Black nylons generally should not be worn with anything but black shoes and a dark dress. Be careful about dressing too young or trendy.

A good way to compile a series of outfits that you can call up is to take pictures of the ones that look good. When you buy a new article of clothing, play with it and see how you can dress it up or down. Often an outfit can seem good when you put it together but later when you look at the picture more objectively you how it doesn't quite work.

Most cross dressers really do need to find a few (2 - 4) really good role models for their dress; those women don't need to know they're your role models. Just study them. And don't forget, some may be bad examples. Also, watch the newspaper sales flyers and ads

from high quality stores like Macy's and Nordstrom. Notice how the designers put outfits together.

And, don't go cheap. If you do you'll look cheap. Invest in a good wardrobe. Look for fashions that will hold up for several years instead of going out of style before you get to wear them a few times. It is especially true if you only get to dress a few times a year. Closely following the fashion trends is okay for dating, but not for the office (and many GG's are bad about this). There's nothing wrong with looking feminine at the office (as a matter of fact, it's a good thing), but it needs to be a more conservative feminine.

Like all of these guidelines there can be lots of exceptions and finding those exceptions can be a lot

of fun too. Just be sure to leave plenty of time to clean up the mess when you're done.

Heidi Phox is a member of the Vanity Club and the 2012 Glamour Boutique Glamour Girl of the Year. She resides in Utah.

Chapter 5

Wigs: “What Do You Get For Your Money?” — By David Borrows

In the last few years I have noticed how our wig sales have grown as a proportion of our overall sales, particularly as many customers begin to experiment and discover the middle-range and better quality hair pieces on offer. Most wig salons have always had a good budget range of wigs for the occasional wearer. These hair pieces are available for as low as \$40 and with the minimum of care will serve you well in your dressing. So then why would someone pay upwards of \$100-\$200 for a wig? The answer, as those that visit a salon will testify, is quality, longevity and choice.

With wigs you do get what you pay for.

Most salons display budget wigs, middle range wigs and expensive monofilament wigs side by side. The first thing you will notice is the color. Cheaper wigs tend to be flat colors that are certainly acceptable, but they do tend to fade after a while particularly after they have been washed. Spend a little more on a mid-range hairpiece and the color blends are certainly more attractive and life-like and they tend to retain their color for longer with a minimum of maintenance.

The middle-range and more expensive brands also tend to have the more fashionable styles as well as the classic cuts that many budget manufacturers will stick to.

Approximately 95% of all genetic females have a head circumference of between 21.25 and 22.5 inches (Average) and so almost 100% of wigs made by the budget manufacturers will meet this size requirement. The better brands tend to make the majority in this range but will also offer styles for smaller heads and of course what most transgender girls are interested in, larger heads.

What considerations should you take into account when choosing a wig for your cross dressing needs especially if you do not fall into the average size bracket?

What Size Wig Do You Need?

Make sure you measure your head correctly to determine the perfect wig size. First, take a tape measure. Measure the circumference of the head from the front hairline, down the sides over the top of the ears to the nape of the neck. If you do not have a tape measure then use a length of string and measure that length against a ruler to get the correct measurement in inches.

Small/Average = under 21.25"

Average = 21.25 to 22.5"

Large = 22 to 22.5"

XL = 23" and above

Many cross dressers still fit into the average range so they have a large choice. But if you fall into the large and x-large ranges then you should consider a middle-range wigs that is specifically de-

signed for larger heads. The Estetica brand wigs are constructed with a stretch wig cap so it will fit comfortably on larger heads.

Most hairpieces have a wig cap that that will allow for some adjustment (i.e. loosening and tightening in a small range and the stretch is located on the side tabs of the wig). The Estetica wigs are constructed with a wig cap that stretches throughout the whole perimeter of the cap so that even large heads can wear them with comfort.

Estetica also have some of the most attractive hair blends available on the market which is a major plus though the stretch cap is the real selling point.

Do more expensive wigs tend to need more maintenance? Actually, no, that is not the case. In fact the opposite is true. The same basic rules apply for budget, middle-range or more expensive hair-pieces:

HAIRNET - If your hairpiece comes with a hairnet always store with the net on if you cannot hang on a wig head.

BRUSHING - Only use a wig brush and brush from the ends of the hair up towards the crown (i.e. brush out the ends first and then move up and brush a longer length). Always brush before wearing the wig and again before storing away after dressing.

STYLING - Try to purchase wigs in a style close to what you want so you do not have to use sprays etc to re-style it. The more hair product you use in the wig the more you will need to wash it.

WASHING - It is recommended you wash your wig as seldom as possible. Unless you wear the piece every day/all day, use product in the wig often, or the wig has picked up odors, wash no more than every 15 to 25 times it is worn.

DRYING HAIR: Never use a hairdryer on a synthetic wig. Pat dry with a fluffy towel and then allow to air dry. A hair dryer may only be used on Human Hair Wigs.

The next time you are shopping for a hairpiece consider what an extra \$40 to \$50 may get you; better fit, better quality and a wig that will last longer with the minimum of maintenance.

David Borrows is the owner of the Glamour Boutique.

Chapter 6

Shoes — By Lucille Sorella

Are you as addicted to sexy shoes and boots as I am?

The right pair of shoes can instantly transform the way you look, feel and walk.

Since shoes are so important to your feminine image, I'd like to share some tips on selecting the perfect shoes.

Here are five shoes styles I believe should be part of every cross dresser and transgender woman's wardrobe:

1. Classic black pumps

