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CORRECT CORSETRY

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1.

CORRECT CORSETRY.

The Corset in Relation to Health.

Most women wear corsets. Yet many do not know whether it is aiding their health or injuring it; whether they are wearing the wrong corset or the correct, What a correct corset is, how it should be worn and how to take care of it.

As one approaches the age of thirty one often finds two things taking place: (1) a tendency to increase the waist measure; (2) the sagging of the abdominal muscles. The first is a natural tendency. Thirty years ago to conceal this, a corset was worn which pinched in the waist line and the internal organs were pushed above the waist line and below it. A lady's size was supposedly measured by her waist. But if a corset is used to distort the figure or make a waist line smaller it is detrimental to the health.

The correct present day corset is constructed to proportion the rest of the body to the larger waist measure. The prevention of the sagging of the abdominal muscles is most important. The muscles over the abdomen are so arranged that they pull upward, supporting and holding the vital organs in place. The organs exert a downward pressure, and the strain of work, improper corsetry, improper or no support before and after childbirth all help to cause these muscles to loosen and fail to function properly. Then the abdominal muscles sag, the internal organs drop down out of place, and as soon as any organ leaves its natural position there is danger of disease. It may be slight and cause headache, backache, indigestion, poor complexion, nerves, or a serious disease may result.

EXAMINATION OF THE HUMAN FIGURE.

In the body there are 24 ribs. The first seven on each side are connected directly with the breast bone with bands of gristle and are called the true ribs. The remaining five are false ribs, the eighth, ninth and tenth are connected with cartilage to the bone above it. The eleventh and twelfth are free and are called the floating ribs. For this reason the waist line may be made small. The floating ribs are pressed in, the vital organs are either pressed or pushed out of their normal position and so a corset which presses in the waist line is harmful.

The bones at the hip line are solid and at the tip tend to turn in. This portion of the skeleton is so formed that it cannot be compressed. A corset at this point may be laced very tightly, without danger of pressing the organs and this holds it in place and eliminates the danger of the corset "riding up". If a corset "rides up" it anchors at the waist line and this is what should be prevented.

POINTS OF A CORRECT CORSET.

1. A correct corset should be anchored just below the hip bone - To keep this anchorage the corset should be adjusted each time it is put on.
2. A correct corset should give an upward lift across the abdomen. As the muscles have a tendency to sag under the weight of the vital organs the corset should act as an aid to the muscles. But the abdomen should not be pushed up by the corset.

3. A correct corset must also exert a firm, even pressure over the back to relieve strain and in conjunction with the upward abdominal support to help maintain a correct posture.

4. The corset should be sufficiently full in the skirt to take care of the hips and thighs, sufficiently full at the waistline so as not to exert pressure, and loose enough above the waistline so as not to raise the bust or cause rolls of flesh over the top of the corset.

5. The corset should be sufficiently long in the skirt in order to come below the curve of the back and give a smooth straight line.

HOW TO CHOOSE YOUR CORSET.

Corsets are designed for various types of people and in selecting a corset be sure to get the corset designed for you. From the demonstration on Dress Design-Line you know the actual proportions of your figure. One corset manufacturer has divided women into nine types - Look at your chart and see which type you most nearly represent. The nine types are:

1. Average
2. Tall slender
3. Tall heavy
4. Short slender
5. Short heavy
6. Large above the waist
7. Large below the waist
8. Short waisted
9. Curved back

HOW TO WEAR YOUR CORSET.

Most women wear a corset too high on the figure - This makes them short-waisted and takes away from the good proportions they should have. There are several reasons why corsets are worn in the wrong position.

1. Too small a size used
2. Incorrect corset for type
3. Corset not daily adjusted

In putting on a corset there are several points to follow.

1. Loosen the laces so that there is a 5 or 6 inch parallel opening before starting to put on the corset.

2. Put the corset around the figure sufficiently low and absolutely straight. Run your finger down the center backbone to see that it follows your spine.

3. Begin fastening at the next to the bottom clasp and fasten to the top, then the bottom clasp and hooks.

4. If there are center back supporters, fasten them first, then the front and sides.

5. Pull up the laces at the waist line to set the corset to the figure; then begin lacing at the bottom of the front clasp, lacing toward the waist line with a firm pull. Be careful to lace tight enough at the hip line and to keep a 2 inch parallel opening between the clasps.

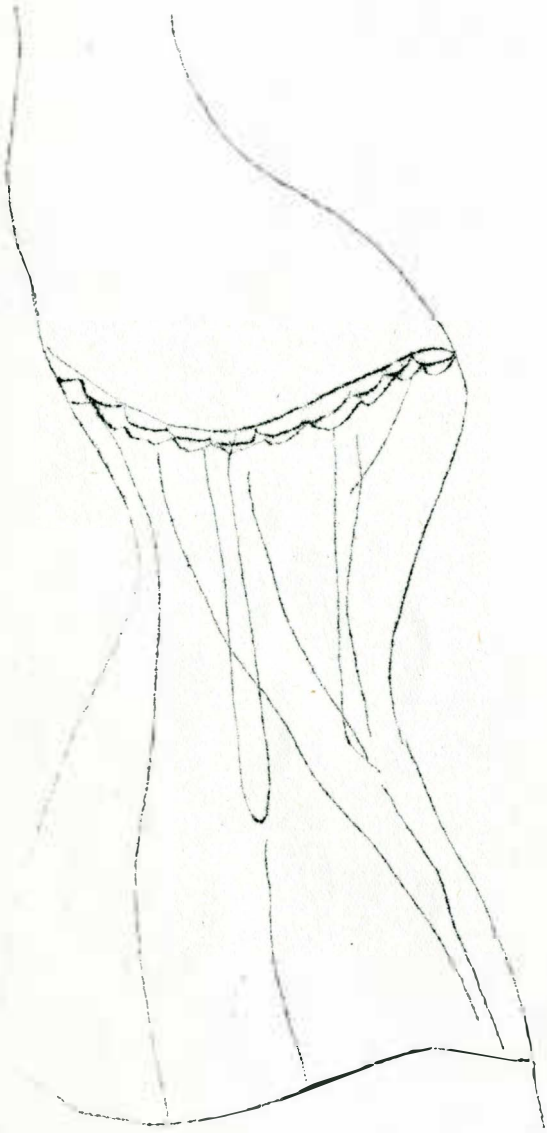
6. When the corset is to be removed unfasten supporters, loosen laces and open the corset beginning at the top.

THE CARE OF CORSETS.

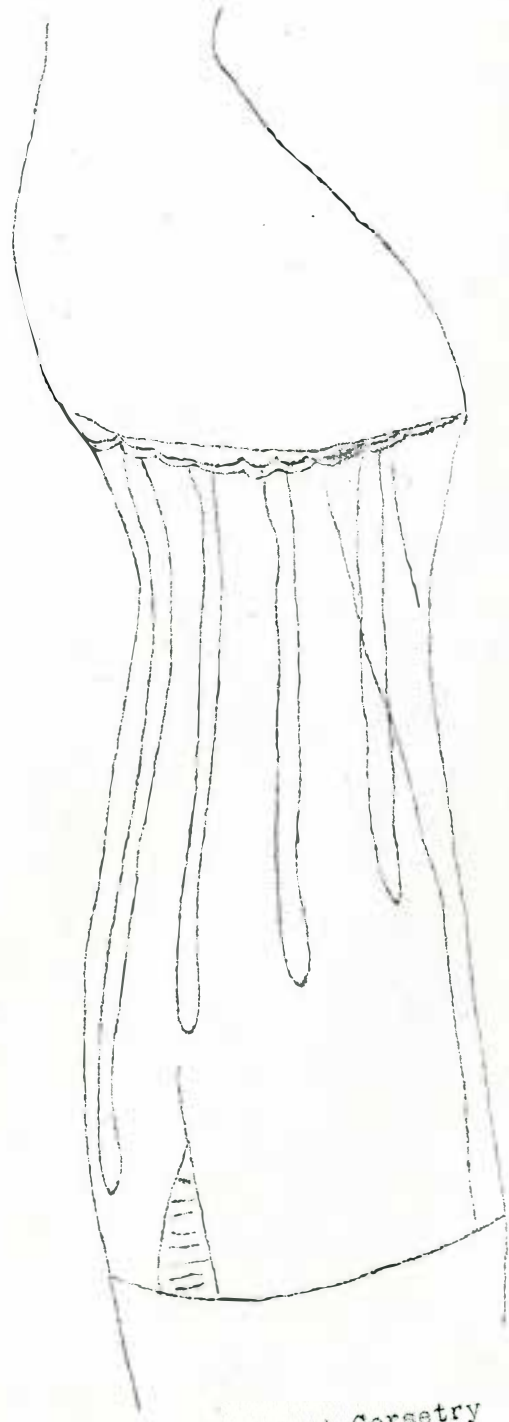
If properly cared for a corset will give long service. Hang the corset over the back of the chair at night where clean, fresh air can blow thru it. When it gets even slightly soiled, wash it. Wash it in a tub full of water. First make a lather of some soft soap. If the corset is really dirty add a little ammonia to the water. Let it soak for a while, then brush with a bath brush or some similar brush. Hang up to dry. If possible have two corsets and wear them alternately, the life of each will be much longer than if one is worn continually.

In selecting, wearing or caring of your corset remember the following points:

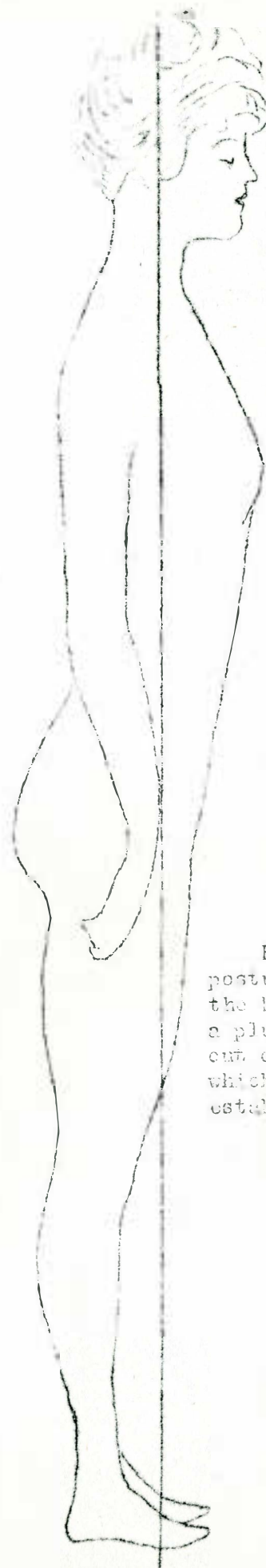
1. Study yourself and know your type.
2. Put as much thought into the selection of your corset as you do into the choosing or making of your dress.
3. Buy as good a corset as you can afford.
4. Buy a corset that is designed to the proportions of your type of figure.
5. Have your corset properly fitted.
6. Be sure the corset is sufficiently large.
7. Be sure that the corset is worn correctly; adjust it carefully each time it is put on.
8. Put your corset on in front of a mirror so that you can see:
 - a. That it is low enough in the body.
 - b. That it is straight
 - c. That it is laced with a parallel opening never more than 2 inches and never less than one and one half.
9. Loosen the laces each time the corset is removed.
10. Two corsets worn alternately will give longer service than two corsets each worn until it must be replaced.
11. Keep your corset clean
12. Wear a brassiere - it gives a trim youthfulness to your figure.
 - a. Buy a brassiere in a large enough size.
 - b. A brassiere should support not confine.
 - c. Have brassiere sufficiently long to reach well over the top of the corset.
13. A Good Corset:
 - a. Is anchored at the hip line so it will not "ride up"
 - b. Gives healthful support to the vital organs.
 - c. Does not raise the bust when standing or sitting.
 - d. Is sufficiently full at the top so that the flesh will not roll over and make an unsightly ridge under the shoulder blades.
 - e. Is sufficiently long in the skirt to curve below the curve of the back, so as to give a smooth back line.
 - f. Gives a graceful curve at the waistline but is sufficiently large so that there is no pressure on the internal organs.



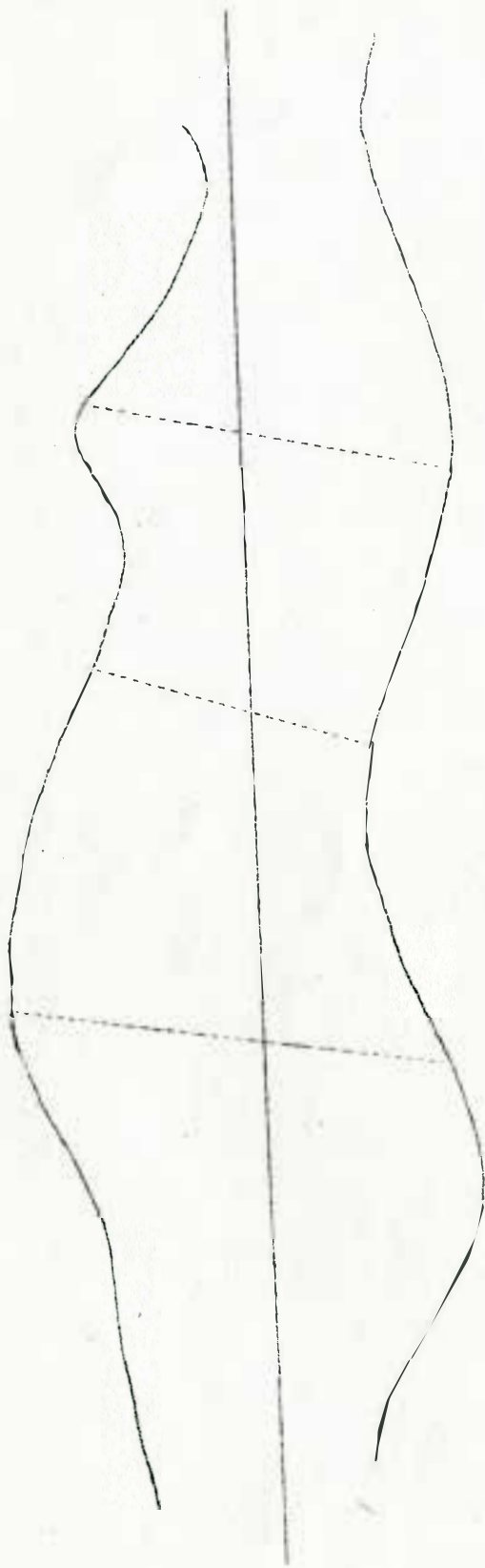
Incorrect Corsetry



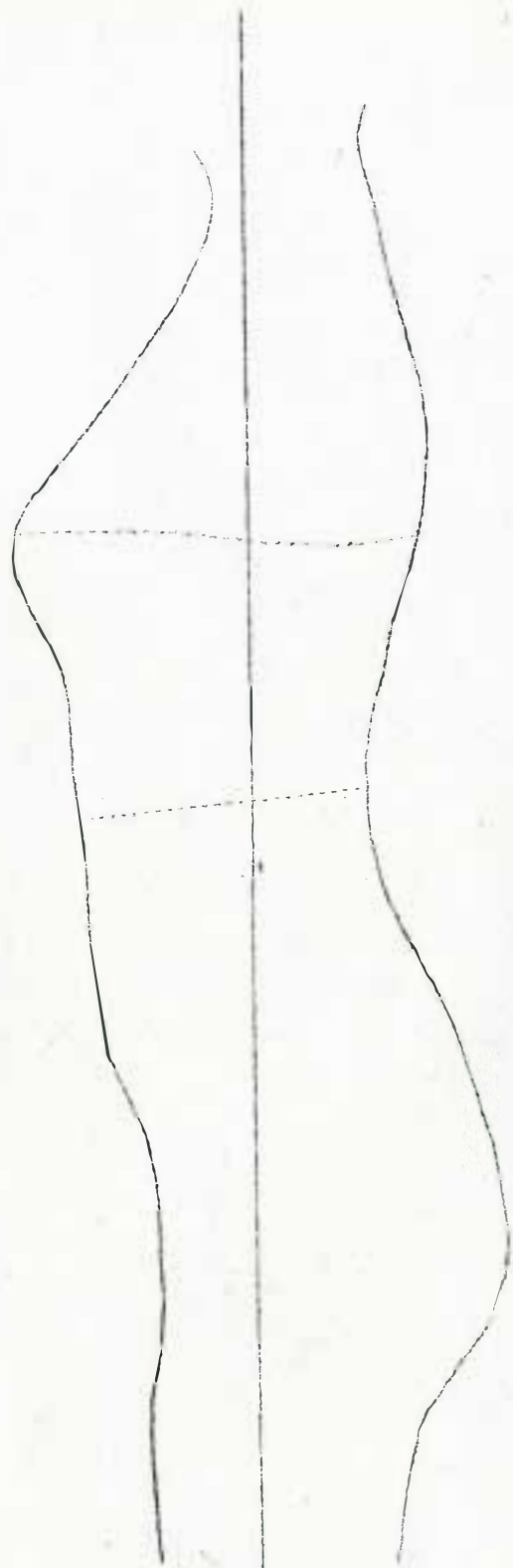
Correct Corsetry



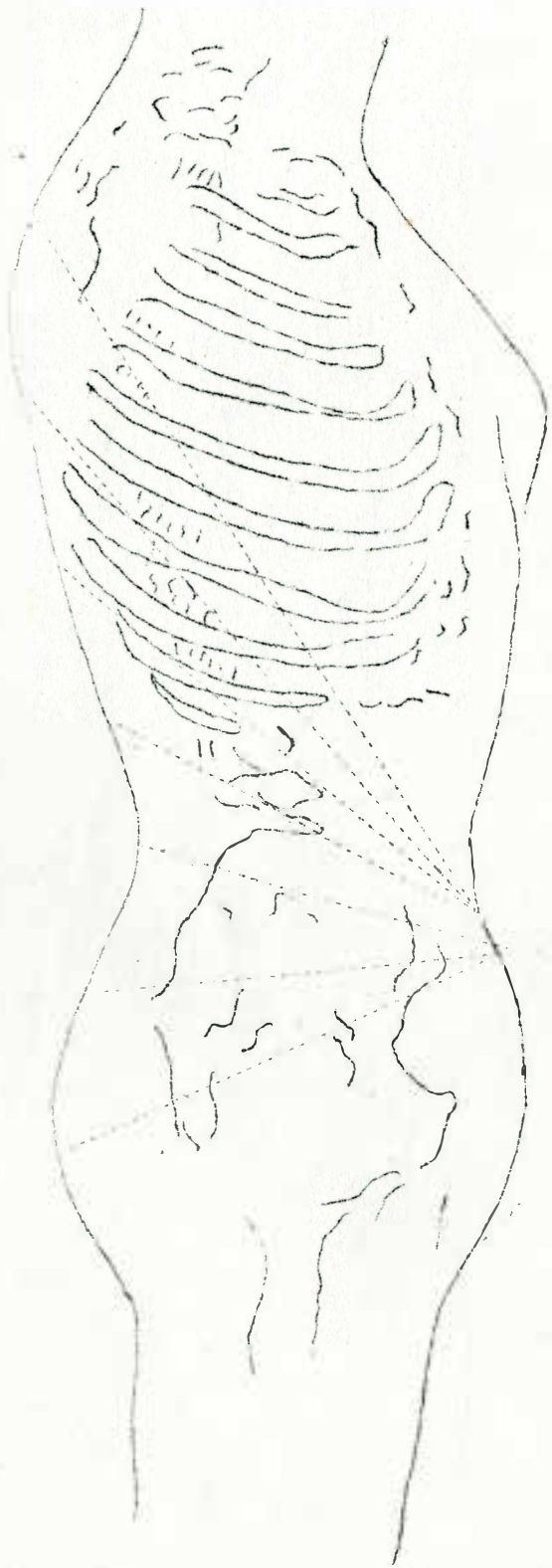
Health is dependent upon correct posture. There is a natural poise of the body. The body is constructed on a plumb line and when any portion is out of plumb there is a variation which causes strain in an attempt to establish balance.



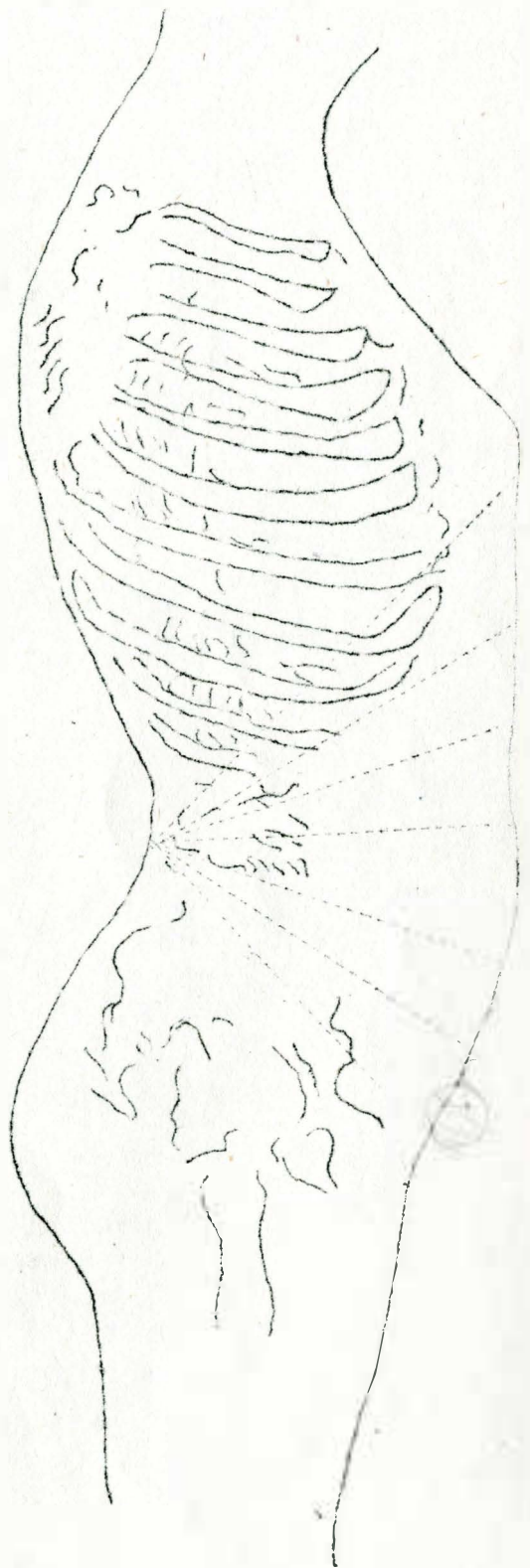
Incorrect Posture



Correct Posture



This shows faulty points of "Corset Anchorage" and a resultant incorrect poise.



This shows proper points of "Corset Anchorage" and correct poise.