

Fitting big, tall and small

Clothing for the unusual size means big problems

Most people are pretty average, especially when it comes to size. Buying clothing doesn't cause a lot of trouble. It's a fairly simple matter to troop down to a store (any store), pick something off the rack, take it home and voila! — new clothes.

But for people built to the tune of different drummers, buying clothes can be a frustrating experience.

The average American man stands between 5 feet 8 inches and 5 feet 10 inches tall and weighs 145 to 179 pounds. American women average 5 feet 4 inches to 5 feet 7 inches in height and weigh 110 to 140 pounds. If your dimensions differ from those, you may have a hard time shopping for clothes.

While large and tall men have a somewhat easier time buying clothes, the Eugene area is especially bad for people who cannot wear average-size clothing. A teeter-totter economy has reduced the number of specialty shops and driven up the prices of those that remain. The mainstream retailers are also looking at increasing their prices to cover the overhead of carrying specialty items.

Selection for small women is going to be limited, says Cynthia Gerdes, clothing manager for Frederick and Nelson. "Retail is dedicated to the idea of catering to the average, to selling things that will move fast," Gerdes says. "It's difficult for the small woman to find clothing that will give her a professional look and not a teenybopper look."

The Petite Woman's Shop, in Valley River Center, is a new store carrying some designer wear with a larger selection of petite clothes than most department stores, says manager Cindy Wiser.

Larger women may find the retail scene in Eugene depressing. The Bigger and Better Half store went out of business last year, leaving only J. Burton's in Valley River Center. The store carries a wide selection, including half-sizes, and what isn't in stock can usually be ordered.

Some mainstream retailers in Eugene carry a few half-sizes for petite or larger women, including Meier and Frank, JC Penney and Montgomery Ward, but shoppers still face limited selections



Sophomore Rodnie Taylor, a 6-foot-8-inch basketball starter, is flanked by petite junior Julie Ragozzino and 5-foot-10-inch senior Ellyn Kozlowski.

and high prices.

The situation is better for big and tall men. Suppliers are now making clothing for the larger man that is readily available in the retail store, according to Mark Lefeld, Frederick and Nelson men's clothing manager.

Most retailers can also special order for the large and tall man, Lefeld says, but it costs extra and delays the "immediate gratification" of buying clothes in a store.

What can't be found in a store may be found in a catalogue, but both Lefeld and Gerdes say that color and size are still limited and expensive.

By Allan Routh

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FAT, a matter of fact

Statistics about one of America's favorite subjects, fat, are overwhelming. For example, four people out of ten are overweight. Of the unfortunate overweight, 95 per cent of the men carry extra pounds above their waists. Only 25 per cent of overweight women are top-heavy.

Pear-shaped people can derive some comfort from research, although most of the news is not good.

Above-the-waist fat sufferers are more prone to diabetes than the pear-shaped. Top-heavy people have enlarged fat cells which have fewer insulin receptors to control the utilization of sugar.

Below-the-waist fat is harder to lose because fat cells multiply in that area. The enlarged fat cells of the top-heavy are easier to do away with. So if you're getting skinny on top and nothing's happening to your hips and thighs, there's a reason for it. The best thing to do is to tell people to quit bugging you about your disproportionate derriere and learn to live with it.

Taking off fat without working very hard at it is a frequent conversation topic. One way, which unfortunately doesn't work, is to steam or sweat it off.

Some people choose to soak in a steambath, sit in a sauna, exercise with a rubberized sweatshirt or invest in a natty pair of sauna shorts. But water weight loss comes back to haunt you as soon as you drink

something. The solution? Burn up more calories than you take in, and *don't* avoid water.

Phenylpropanolamine, or PPA, is the appetite suppressant found in over-the-counter diet pills. It works by inhibiting taste and smell receptivity, which reduces the drive to eat. Right now, there's no proof that

it's habit-forming, physically. Only 25 to 75 milligrams of PPA is found in most diet pills. But the pills add between 25 and 200 milligrams of caffeine, so you may be both eating less and climbing the walls. One cup of coffee contains 50 milligrams of caffeine. Almost all OTC dosages call for 3 to 4 pills a day.

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