

Advice from an Older Sister

Let's start with your cigarette brand. Virginia Slims are for girls who are gullible enough to identify with advertising. Kools are for blacks. Chesterfields are for older women with barking laughter that always ends in gravelly hack. Salems are fine. Benson and Hedges has the best cachet, suggesting a downtown department store or law firm.

Make sure you inhale. Otherwise, you look stupid, as if you're only smoking to make an impression.

The most skilled smokers French inhale. There is a trick of timing involved in closing off the air in your throat at precisely the moment you inhale with your nose. This inhale must be strong enough to suck the smoke into your nose from just outside your lips. It may help to practice this in a mirror.

Always remember that you are your scent. Never wear a perfume that is sold in a drugstore; it cheapens you. If an expensive brand gives you a headache, take a preventive aspirin.

Avoid ordering grasshoppers and pink ladies. Those are for kids. Instead, order a vodka and tonic with a twist which is a bit of lemon or lime peel. Better yet – order a vodka martini and say “extra dry, please.”

Last, a few small but important points. Nothing will compromise your image as fast as blue eye shadow. Earth tones only! Never sit close to your boyfriend in a car or walk with your arms around each other; it looks desperate and paranoid. Stay away from the color red in clothes; you'll get tired of it.

If you've got it, you don't need to flaunt it. Remember, it was Coco Chanel who said, elegance is refusal.

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