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**Kelly Millar, clothing stylist**

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**Chris W. of Markham, Ont. emailed us at [asktheexpert@sweetspot.ca](mailto:asktheexpert@sweetspot.ca):  
What style of jeans are appropriate for my age?**

**...and our style expert, Kelly Millar answered:**

When women graduate from one demographic to another, their jeans (that great wardrobe staple) face new style standards. Staying age-appropriate and booty-licious in your basic blues is a matter of cut and comfort. Here are your basic denim guidelines:



**Age: 20s and 30s.** Choices, choices. A wide selection of styles are open to this age bracket, making it easy to wear denim day or night. Trendy options, such as skinny jeans, are cute but may not suit every body type. Chase the latest look if it's flattering for your figure (skinny legs = skinny jeans; hippy chicks = boot cut style), and then opt for classic cuts when it's not.

**40s.** It's time to pay attention to age-appropriate styles. (Sigh.) Instead of low-rise flares, reach for boot cut and straight leg (better for creating a long, lean look). Add oomph to a flattish derriere with back-buttoned pockets, while such embellishments should be avoided by ladies with a larger hip.  
*Shopping tip:* Bring along a trusted friend or personal shopper.

**50s.** For a more sophisticated style, dress in jeans with an overall trouser cut (ignoring anything low-rise or flared). Straight or slightly tapered legs are most flattering for petites. Indulge yourself with a custom fit by having jeans altered.  
*Shopping tip:* Hunt for denim in boutiques rather than blue jean retailers.

*Kelly Millar is a fashion stylist and owner of Kelly Millar Image Consulting in Toronto. She may be reached at [www.km-ic.com](http://www.km-ic.com); [info@km-ic.com](mailto:info@km-ic.com); 647-283-3712.*