



## **Rowan Pelling** *Notebook*

Another modern orthodoxy that I would like to banish is the notion that black flatters all women. Black may be slimming and unlikely to show stains, but those are its sole virtues. It drains the face of colour, blends you into the shadows, highlights dandruff and makes many women look like Italian peasants at a funeral.

Now the “colour consultant” Jules Standish has confirmed what I have long believed, that the negative effect of wearing black can be “as serious as making women feel drained, self-conscious and introverted”. According to Standish, only one in five women in Britain has the right milky-white skin tone for black – most of our complexions are too “warm”.

Fashion stylists have long realised this, which is why you almost never see female TV presenters – or royalty – wearing black. If I were to offer any woman one piece of fashion advice, it would be to eschew the little black dress and remember that a well-cut white shirt offers a far better investment – not to mention an instant facelift.