

● YEAR OUT OF LIFE

What to wear is a waste of time

The daily wardrobe dilemma of trying to work out what to wear is costing women about a year of their lives.

A new study has found that females spend almost 12 months out of their lives trying to decide what they will look good in each day.

Choosing outfits for work, nights out, dinner parties, holidays and other activities means the average female will

spend 287 days rifling through their wardrobe.

UK clothes retailer Matalan compiled the results after polling almost 2500 women.

The study, based on women aged 16-60, found most spend about 20 minutes deciding what to wear before hitting the town on a weekend night.

Weeknights out can take up to 20 minutes at a time. And deciding what clothes to take on

holiday uses up to 52 minutes for every holiday excursion.

'What you wear has a direct impact on how you feel about yourself and it is important a woman feels exceptional in her outfit . . . we understand this is fundamentally important to women,' a Matalan spokesman said.

While on holiday, 10 minutes a morning will be taken up trying to find an acceptable outfit,

with another 10 minutes spent picking evening clothes.

Dinner parties, Christmas parties and black tie events take up about 36 minutes a time, six times a year - adding up to around 3½ days.

The study also found the average woman will try on two outfits each morning before coming to a final decision. And one-in-two spend 15 minutes the night before work deciding what to wear.



When playing the part is playing to win

He was Sydney's answer to *The Talented Mr Ripley*. Jimmy 'The Crickler' Garcia managed to swindle his way into becoming the most successful conman in Australia by the age of 27, and now there's a play based on his life. James Galea, above, plays the charming rouge in *Lying Cheating Bastard* at the Old Fitzroy Hotel until July 25. www.rocksurfers.org

Picture: CHRIS PAVLICH