Don't fail to make a campaign of buying your bathing-suit. Do take off your girdle before you try on—it's likely to give you delusions of grandeur about your figure, and how can you get the effect of a suit if garters show? Part with your shoes, too. Two or three inches of heel-height are likely to change your proportions.

Don't look only at the front view of yourself in your suit. Face facts and figures. Beware the Rippling Tummy, the Substantial Posterior (side view). Flee from the suit that is merciless to Wing Shoulder-Blades and String-of-Beads Vertebrae (back view).

Don't make the mistake of buying a suit a couple of sizes too small, meanwhile telling yourself, "By the time I wear this suit, I will have dieted off those seven pounds." Look yourself in the eye, too.

Don't spoil the looks of your perfect half-gainer with a fluffy-ruffles, cutie-pie suit. If your diving is of stop-and-look calibre, get a suit that gives you a knife-clean silhouette. (Pages 98 and 99.)

Don't go in for violent water sports in a suit with trick fastenings that are likely to come undone just as you start making the turn on an aquaplane or are sprinting the last twenty yards to the float. You can't take five minutes off in the midst of things to adjust a slipping strap, or retrieve a departing pair of shorts.

Don't overdo the little-girl angle when you're chronologically or anatomically unsuited. There do exist suits that are kind to less-than-perfect proportions. They are pretty. See pages 92 and 93.

Don't buy a striped suit solely because Stripes are Being Worn, with blissful disregard for their fool-the-eye tricks. Stripes can be a hazard or a joy. North-to-south ones slenderize. East-to-west ones, just the opposite. Whatever your architecture, stripes can be your friends. (Page 48.)

Don't fall for a white bathing-suit under the following circumstances: (a) If you're the white-skinned, non-tanning type. You'll look underdone. (b) If you're the black-browed variety and tan mahogany colour. You'll look like a bandit. (c) If you're planning to do your swimming in a little Connecticut brook, with your beach a grassy bank. Grass, unfortunately, comes off on you. How about a grass-green suit?

Don't buy just any old bathing-cap. Try them on like hats. Avoid the eclipsing kind that slips down over the bridge of your nose. Avoid the high-riding kind that puffs with air at the top and sits on your head like a baker's cap. If your swimming is confined to playful splashing and dog-paddling, solve the cap problem with a becoming turban.

Don't sun-bake all day in a suit with a fancy neck-line. This is especially sinister when done the day of a party, because once you're branded, you're branded for some time.