

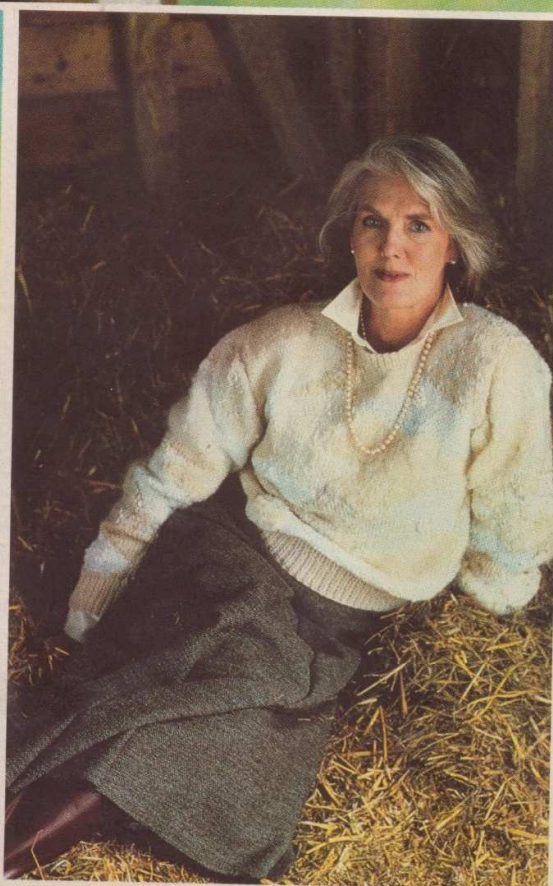
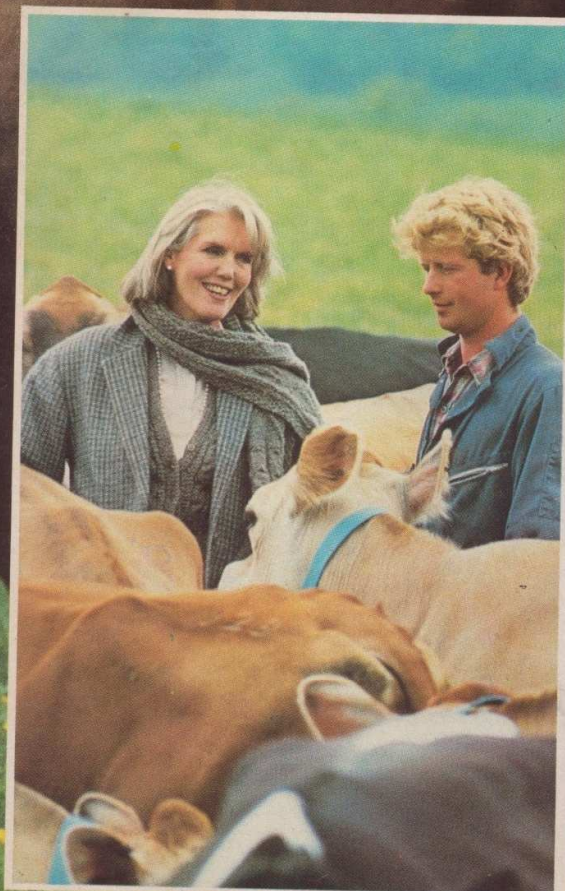
OCTOBER 1983

GOOD HOUSEKEEPING

WIN A WEEK AT A HEALTH RESORT
EXOTIC INDIAN COOKERY
THE GREAT COAT: BARGAIN OFFER

MELVYN BRAGG · CHRIS BONINGTON · RICHARD MABEY · KEITH WATERHOUSE

THEIR SENSE OF STYLE
Semi-retired Elizabeth Suter —
English elegance, Continental chic
(more on page 129)



Braving the cold
Country matters
for a good warm
stylish coat. Har
Amies green w
with tan facings
approximately £
Mulberry check
scarf, £12.50; S
Pearl studs, £45

Visiting the farm
Modern classics
day with nephew
Edward. Courten
green tweed bla
£149 and slim sk
£59; hand-knitte
Aran waistcoat, £
and scarf, £27; c
Viyella shirt, £39
Sloane Pearl stud
earrings, £45

Relaxing, country
style Smart
understated casual
with a top fashion
twist. Hand-knitte
patchwork sweat
with knitted-in p
trim by Artwork,
£139.50; Jaeger
wool tweed skirt,
£59; Courtenay
cream Viyella shirt
£39; Russell &
Bromley classic
riding boots, £99

HER SENSE OF STYLE



For a grand night at the opera Elizabeth takes her favourite tailored lines into evening wear too. *Perfectly proportioned black dinner suit with sparkly lapels by her ex-student Bruce Oldfield*

Semi-retired Elizabeth Suter – English elegance, Continental chic Elizabeth Suter couples style with a great feeling of sensitivity, so it's not surprising to learn that "Su" as she is fondly nicknamed, is an artist and was a teacher at St Martin's School of Art in London, "for more years than I can remember," she says. Some of her best students are now top names in the world of fashion – Bruce Oldfield whose glamorous dinner suit she sports above is one of many who still praise her great inspiration.

At 56 she has realised her ambition to retire to the country in pursuit of a Georgian gem, except that "I've ended up with a Victorian folly – but it's got the most gorgeous garden," she says. After a lifetime of being an independent career woman she has now semi-retired from living in London to restore her wonderful old house in the heart of Oxfordshire. Her life is pleasantly divided between doing the gardening and dallying with her drawing. She still does some freelance work for her favourite clients.

Elizabeth has always reflected the very best in classic good taste and typifies the traditional qualities of English style matched with the restrained chic of a Continental woman. She has always perfectly co-ordinated her country tweeds with city checks; her classic knits with rows upon rows of lovely ethnic style jewellery, collected over the years from her travels abroad. And always, at the centre of every look, there's basically one beautifully cut, impeccably styled item like a French navy blazer, straight tailored grey flannel trousers or an easy, throw-on knitted shawl.

Good taste and a strong sense of colour are, of course, an artist's natural gifts and Elizabeth has always used them to her best possible advantage, cleverly mixing and matching textures and tones to harmonise. Yet that doesn't necessarily mean that she's always spent a fortune on her clothes. "I've bought *little*, but *good*, and made it last," she says. Her old Armani tweed jackets, which were expensive buys, look just as right now as they did when she first bought them.

Elizabeth's family, though, have always lived in the country and her brother George's farm in Buckinghamshire is the centre for all family reunions for Christmas and the like. And country matters for Elizabeth's new lifestyle will no doubt mean being closely involved with her recently acquainted village community. However, she still sits on various College committees throughout the country and whisks up to London when called upon. Then there's the theatre and the opera. No wonder she says, "There's just not enough time to do everything. I go to bed these days far more worn out than I ever did in London." But then we think that stresses her capacity for enjoying a fresh challenge.

(Elizabeth has an extremely well thought out beauty philosophy – see page 131.)

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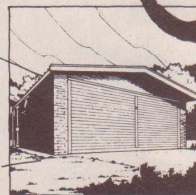
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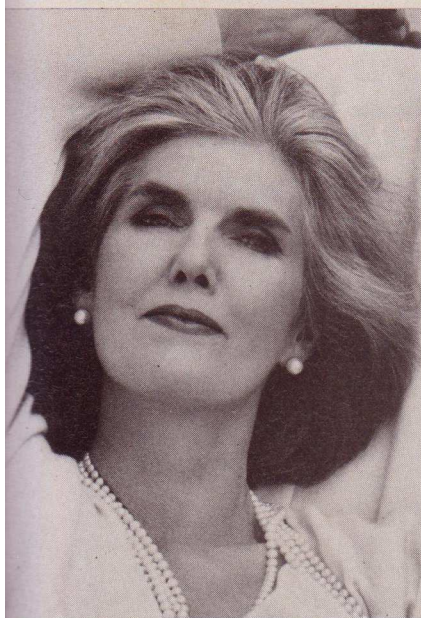
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ER SENSE OF STYLE



Scrupulous about skin care, Elizabeth is happy to ask for cleanser for Christmas. *Deep V-necked cashmere sweater by Ben Frankel for Ballantyne at Scotch House, £100*

Elizabeth – definite about health and beauty care “At my age you get a sort of half-way house about everything,” says Elizabeth and elaborates further. “Take hair for instance, I don’t want it too long, hanging around my face or too short, emphasising the lines and wrinkles. The ideal compromise is a flattering bob, a style and wear style.” For Elizabeth, one of the absolute bonuses of growing older is her change of hair colour. She explains, “I’ve been blonde all my life, and always felt much less dramatic than my brother who is platinum blond, or my sister, who’s a brunette. And now, suddenly I’m white, a very definite shade, and I’m thoroughly enjoying it.”

Elizabeth has always loved eye make-up, but prefers definition over than obvious shading with rainbow colours. She uses pencil to outline, “the more thick and blunt the pencil the better; anything too pointed drags the skin.” She uses lots of mascara “to enhance my thick black eyebrows”.

Exercise and diet play an important part in Elizabeth’s day but she has adapted conventional routines to suit herself. “I know it’s very important to eat properly and I’m a great fan of bran. Everyone in the household has a dose of bran daily – even the cats. I believe in a good protein breakfast and often make do with cheese and apple for lunch to help balance the effects of the sweet tooth developing in old age, which always manifests itself around my time.”

Elizabeth doesn’t do formal exercises but gardens all the time as a woman possessed,” she says, and “if not at my place, then at my sister’s.” The only area she does concentrate on specifically is her neck. “That’s because I’m slightly arthritic there and also exercise helps keep lines at bay.” Two of her favourites are as follows: (1) Turning right to left, left to right about 100 times as far as you can get. (2) Taking your head sharply from side to side, really feeling the pull of the muscles from the shoulder blades; and then moving the head backwards and forwards.

Elizabeth is very keen on skin care and uses soap and water or a unique cleanser if it’s given to her for Christmas. Fragrance is a great favourite with her. She loves Yves St Laurent and Chloe, but, refreshing smells rather than anything flowery. “I’m not too keen on fragrance as presents,” Elizabeth admits. “People do tend to give me sweet scents when I much prefer things like a bouquet of flowers by Grès or Sonia Rykiel’s 7th Sense.”

Hand and foot care is a priority. Elizabeth is lavish with hand cream and sees a chiropodist every six weeks. “I danced as a little girl and have awfully big joints on my big toes. I can’t let hard skin build up. It’s not that I care about my hands and feet being beautiful, it’s just that I want them to go on working for me and supporting me for years yet.”

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