

Plus Size Fashion Icon Catherine Schuller Dishes on NY Fashion Week

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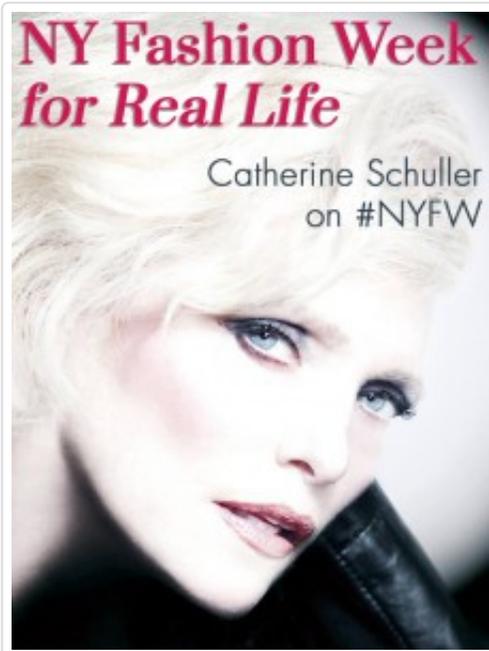
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It's Fashion Week in New York, which means that we'll be seeing lots of clothes that won't show up in stores for months. The timing is perfect for everyone who brings us fashion. Store buyers need to place their orders this early so that the clothes can be made and sent to their shops on time.

But what about the rest of us?



It's still snowing in many places in the country, but it's fun to start dreaming about what we're going to wear in the spring. What trends are we going to see this season? Not all trends are right for every body, so it helps to think about them before we start shopping. Better to know which trends we want to skip, before buying something just because we've seen 10 versions of it in the past hour.

So, to make that process easier, we've got the inside scoop on the latest spring trends. I

spoke to plus size icon Catherine Schuller during the Spring 2015 shows at last Fall's New York Fashion Week.

Catherine Schuller has been at the center of plus size fashion for decades. She was a plus size model for Ford, and an editor at plus size magazine [Mode](http://en.wikipedia.org/wiki/MODE_%28magazine%29) (http://en.wikipedia.org/wiki/MODE_%28magazine%29).

Read on for what this amazing Icon of Plus Size women's fashion has to say about New York Fashion Week 2015!



Catherine, you were all over the place at NYFW this year, as always. Can you tell us what trends you saw at Fashion Week?

I saw a lot of color, I saw a lot of beading, a lot of shapes and a kind of a return to really wearable things. It wasn't that kind of outrageous fashion that isn't practical at all. But the one thing that I saw that might be a difficult trend to adapt for the plus size niche, is the

mixing of different patterns and colors, and the eclecticism of some of the stuff. It takes a little bit of understanding – mixing a floral with a pattern, but people love it. When it's done right, people love it.

I loved all the twists and turns and different interpretations that people are doing. But my thing is really being bold and taking those fashion choices 'cause they can look really cute on a size 2 but then you mix a floral pattern with another floral pattern and another thing that doesn't seem to go so well and it's kind of jarring and it looks clownish when it's done too much – especially on a larger frame woman. I love the mix of pattern and textures and all that, but it has to be done judiciously. It has to be appropriate. And that's hard to get right. *(Ed. Note: [Stay tuned \(http://eepurl.com/Rdr-5\)](http://eepurl.com/Rdr-5) for AbbeyPost's spring prints, coming soon!)*



Cabiria-2014's first-ever Plus Size brand to show at Fashion Week—mixes prints in a bold way!

The runway does not often teach us how to do things for our daily basis — it's doing it for show. How do we adapt that so it makes sense for our wardrobe to make a wearable trend? When I look at all the runways, I do the

50% reduction plan – like 50% of this I can wear, now I look at that 50% and interpret it so that it suits my age, my size, my shape, my lifestyle and make it work so that I keep up.

I found that shoes have changed too. There are a lot of chunkier shoes, as opposed to really super high, sky-high stilettos. There's a nice chunky heel which I remember from the 70s and it looks a lot sturdier to me than most stilettos. It looks fresh again. That was refreshing too.

There are lots of designers out there. Man, that was one jam-packed schedule. And they were all over the place because a lot of people aren't just doing the tents anymore, they're all over town. The tents are very expensive, so they're doing their own shows while people are in town – just have it at a venue – so I was running all over Manhattan. I'm glad I have a bike so I can get from appointment to appointment. That was pretty much the way of the week!

So what have we learned?

First, that attending loads of fashion shows isn't as glamorous as it sounds!

Second, supportive shoes are “in” this year – let's hope that trend sticks around.

Third, if you're inclined to mix patterns you won't be alone this season, but don't overdo it.

Last and most important, even an experienced fashionista considers only half of what walks down a runway. Don't be put off by the high fashion showmanship on display during a fashion show. It won't all be for you, but some of it will be. Fashion is for all of us (<http://abbeypost.com/shop>) – not just the lucky few who get to watch the shows live!!

What do you see emerging as trends for your real life? What inspiration will you draw from Fashion Week? Talk to us in the comments!

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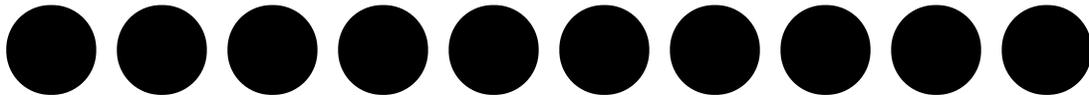
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