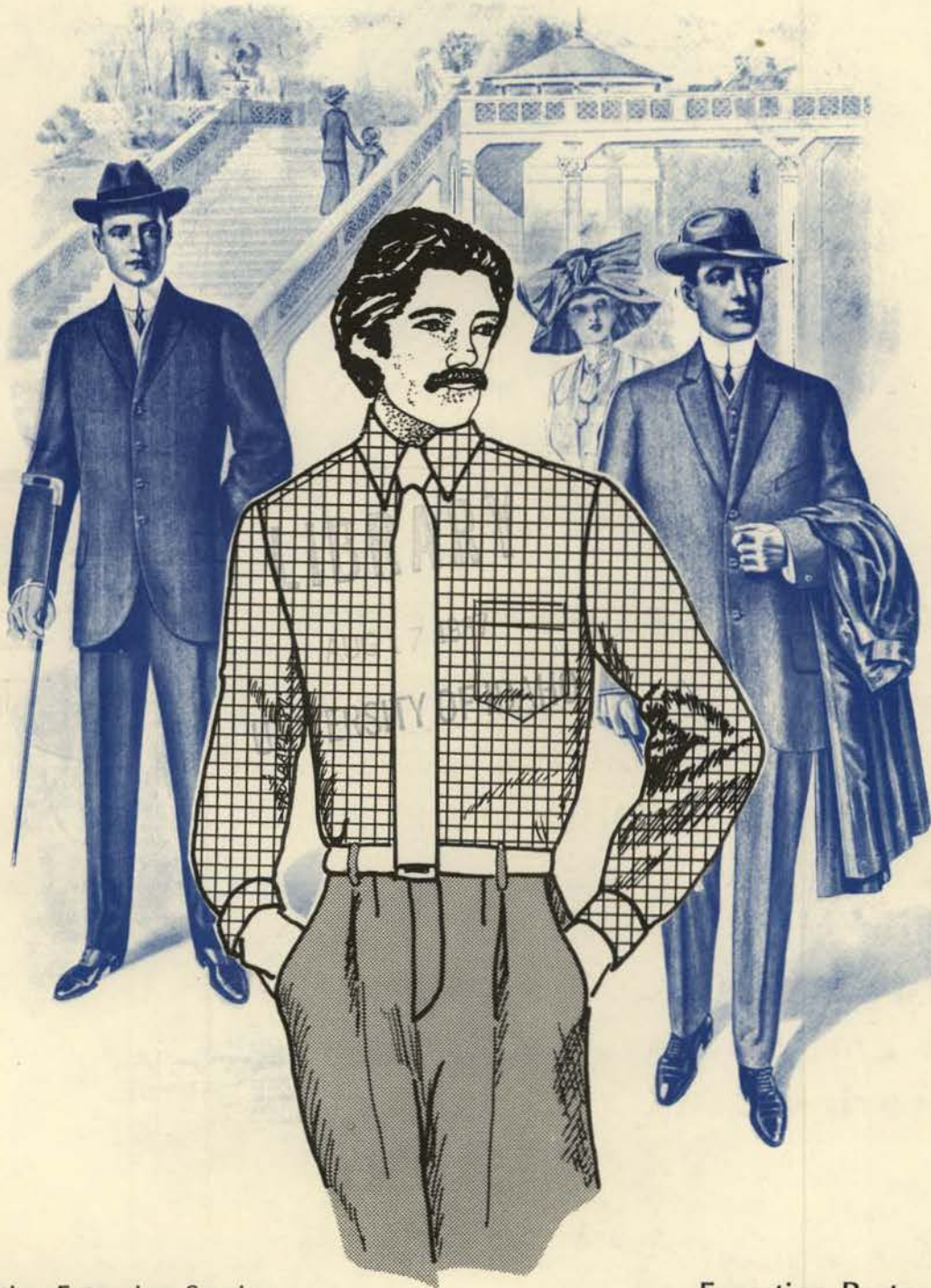


# MENSWEAR

Bulletin No. 668



Cooperative Extension Service  
College of Agriculture

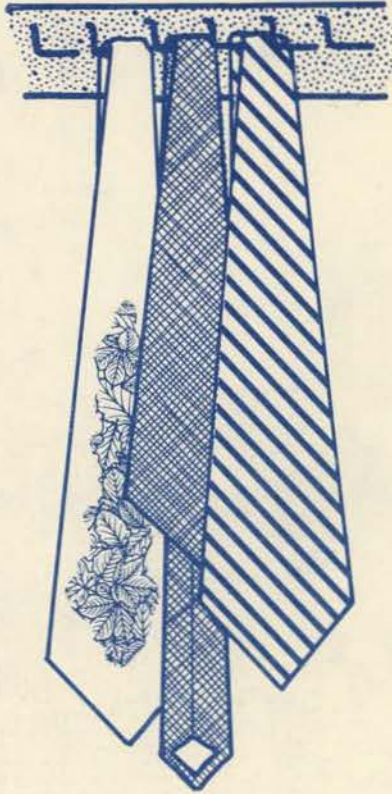
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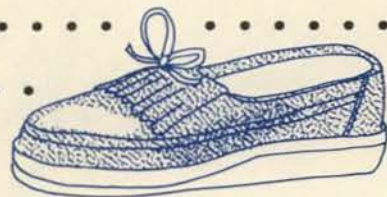


# Menswear



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Illustrations by Kathleen Erin Old  
Agricultural Communications Center

Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, H. R. Guenther, Director of Cooperative Extension Service, University of Idaho, Moscow, Idaho 83843. We offer our programs and facilities to all people without regard to race, creed, color, sex or national origin.



# Size and Fit

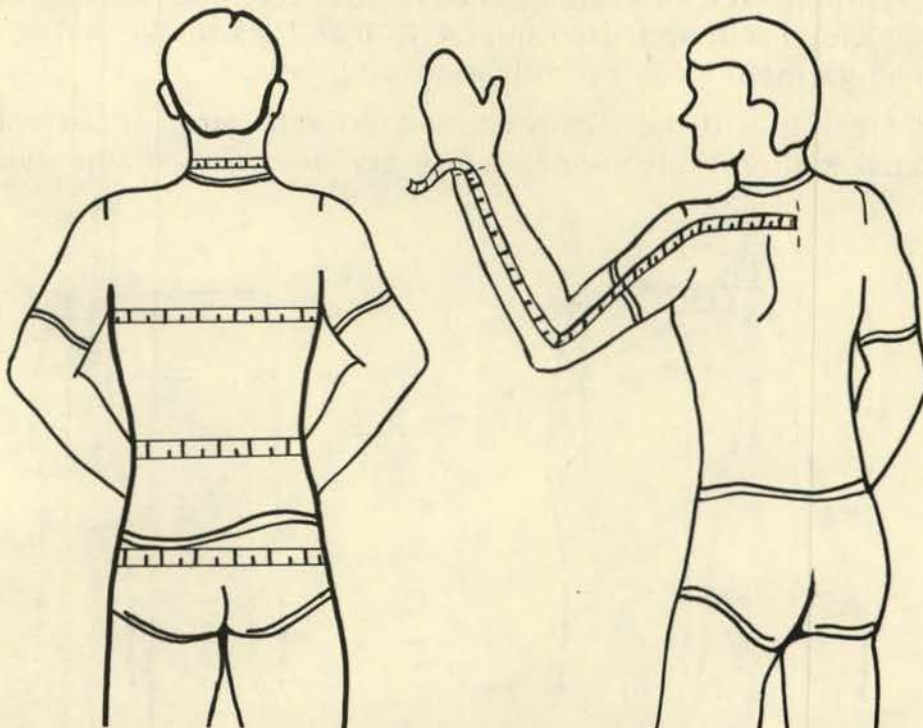
The change in America to a more casual lifestyle has greatly influenced men's clothing. Garment style such as the unconstructed jacket, leisure wear and special garments for sports provide comfort, ease and practicality for this casual living.

The kind and size of a man's wardrobe depend on his lifestyle, activities and career. Never before in menswear has there been such a wide variety of colors, designs, styles and fabrics. Garments that can be mixed and matched contribute to a more versatile wardrobe. Buying and sewing menswear can be a decision-making task because of the diverse selection available. A few pointers about menswear can make this process easier.

## Taking Accurate Measurements

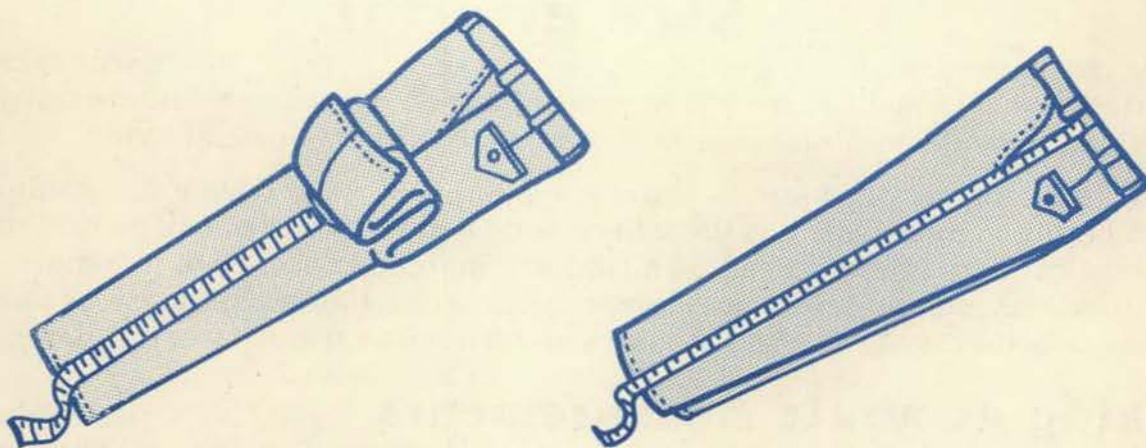
Have someone assist in taking measurements, if possible (Fig. 1). The same measurements are made for buying and sewing menswear.

- **Neck** — Place a tape measure comfortably around the neck below the Adam's apple. Read the measurement to the nearest  $\frac{1}{2}$  inch.
- **Chest** — Measure around the chest over a t-shirt. Keep the tape under the arms and over the tips of the shoulder blades.
- **Sleeve length** — Hold an arm straight out from the body but slightly flexed. Measure from the base of the neck at the center back, across the shoulder and down the back of the arm to the wrist bone.
- **Waist** — For best results, measure around the waist over underwear. Hold the tape tightly enough so it does not slip around the body.
- **Hip** — Measure at the fullest part of the body.



**Fig. 1.** Take measurements around these areas for buying and sewing menswear.





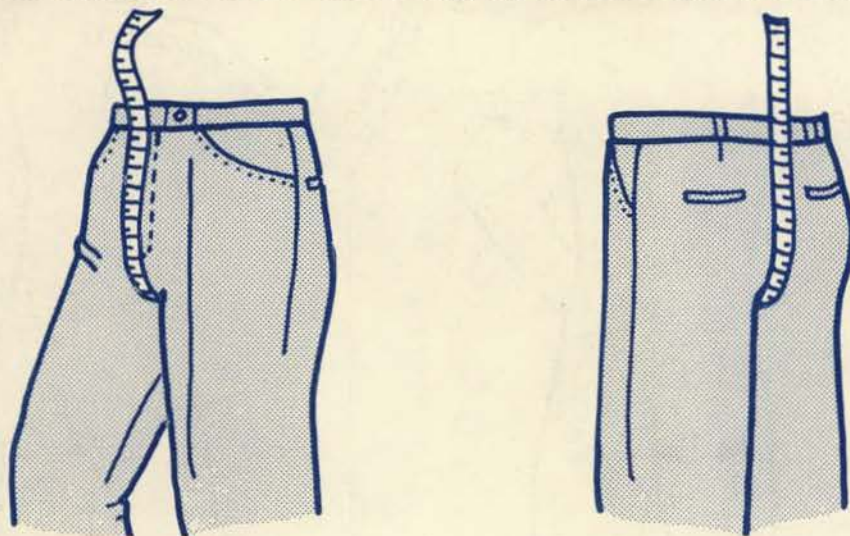
**Fig. 2.** Determine pants length by measuring the inseam and the side seam.

Take the following measurements on pants that fit (Figs. 2 and 3):

- \_\_\_\_\_ **Inseam** — Measure from the point where the crotch seam and inseam meet to the finished edge of the pant leg.
- \_\_\_\_\_ **Pant length** — Measure from the top of the waistband down the side to the finished edge of the pant leg hem. If the waistband is more than 1½ inches wide, measure approximately where the natural waist falls.
- \_\_\_\_\_ **Center front seam length** — Measure from the top of the waist band or from the natural waist to the inseam (helpful for hard-to-fit men).
- \_\_\_\_\_ **Center back seam length** — Measure from the top of waistband to inseam (helpful for hard-to-fit men).

Fit in menswear is a matter of personal taste. Clothes that are comfortable when walking, sitting, standing, etc., look and wear best, however. Since garment measurements vary within a given brand and size range, try on clothes to check fit (Fig. 4). For best results, choose garment sizes by body measurements.

Alterations are frequently necessary on ready-to-wear garments to make them fit correctly. If extensive alterations are necessary, try another garment style or a different size.



**Fig. 3.** Determine center front and back crotch length measurements.

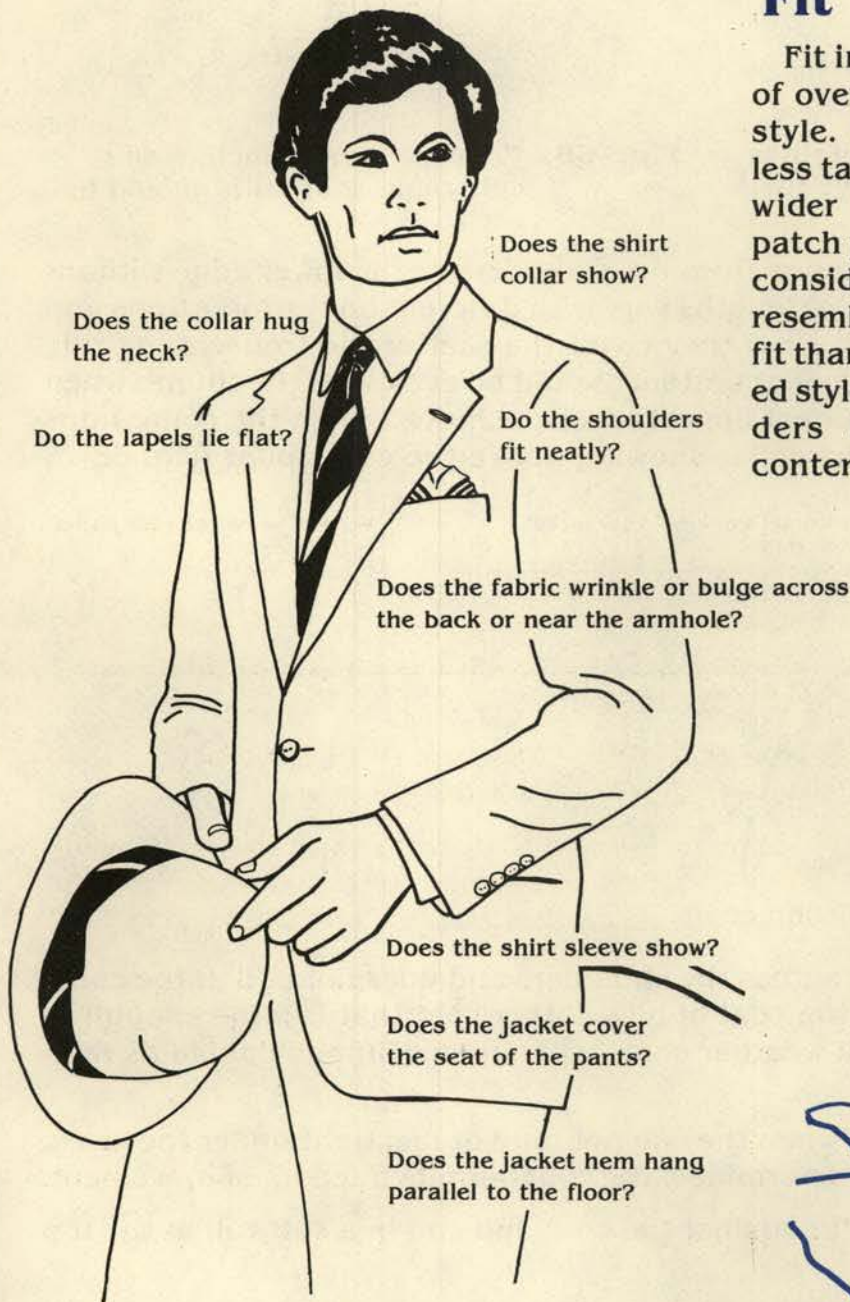


# Coats, Jackets and Blazers

Coats — top coats, all-weather coats and overcoats, jackets and blazers — are sized by the chest measurement in proportioned heights (short, regular, long and extra long). Difficult-to-find sizes and large sizes are available in some styles. Patterns for home sewing are sized by chest measurements in even numbers.

## Fit

Fit in a coat or jacket is a combination of overall comfort, appearance, cut and style. The unstructured suit jacket has less tailoring, softer shoulders and often wider lapels, slight waist shaping and patch pockets (Fig. 5). The casual jacket, considered a revolution in menswear, resembles a shirt in styling and has less fit than a suit jacket. European or imported styles fit more closely across the shoulders and body than traditional or contemporary styles.

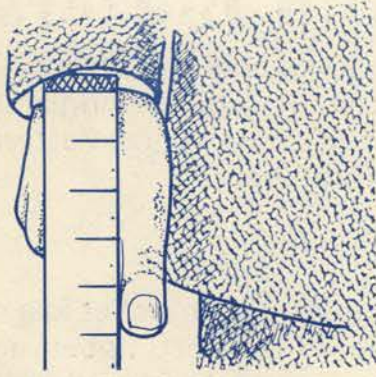


**Fig. 4.** Answer these questions about proper fit of menswear.

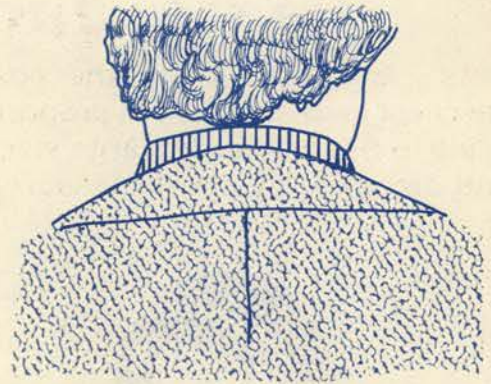


**Fig. 5.** Unstructured suit jacket.





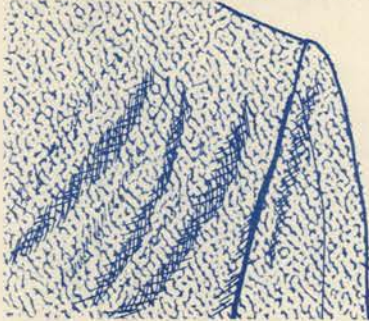
**Fig. 6A.** Optimum jacket sleeve length is 5 inches from end of sleeve to tip of thumb.



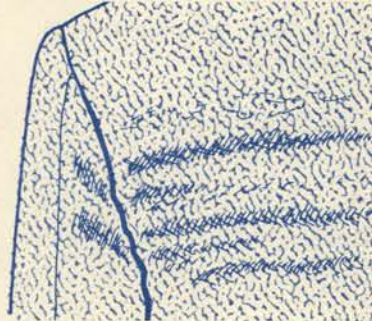
**Fig. 6B.** No more than 1/2 inch of shirt collar and shirt cuffs should be seen.

The coat fits naturally when it hangs from the shoulders to the lower edge without unnecessary wrinkles or bulges. Coat lengths vary with different body proportions and coat styles. Suit jackets look best when they cover the seat of the trousers. A "rule of thumb" to follow indicates the jacket bottom should be even with the thumb when the hand is at the side (Fig. 6A). A neat appearance is achieved when the collar hugs the back of the neck with the shirt collar showing above the coat collar (Fig. 6B).

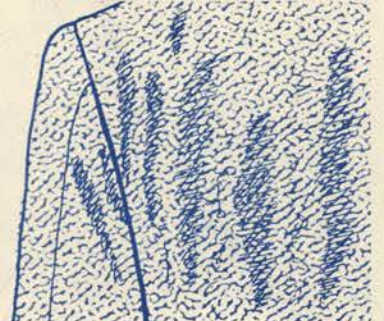
Diagonal lines across the back indicate opposite shoulder too low.



Horizontal wrinkles? Your jacket is too tight.



Vertical wrinkles? Your jacket is too loose.



**Fig. 7.** Look for these signs of ill-fitting coats.

A well-fitting coat lies smoothly across the shoulders and does not pull at the chest when buttoned (Fig. 7). Choose a top coat or all-weather coat that is large enough to be worn over a suit or sweater. All-weather coats with zip-out linings double as raincoats and overcoats.

Armholes are most comfortable when they do not bind or feel tight under the arms. Swing the arms in all directions to determine if the coat permits freedom of movement.

Lapels look best when they lie flat against the coat and end in a soft roll at the top button.

The bottom of the coat should be parallel to the floor when it is buttoned.

## Figure Camouflage

Hide your bad points. Play up the good ones. And with that in mind, here are some tips from outstanding menswear designers (Table 1 on back page):

- **Broad shoulders and narrow waist** — Avoid sharp-cornered, tailored shoulders and choose instead narrow, soft shoulders with minimum waist definition and side vents. No



horizontal patterns. Also choose shirts with high collars and narrow spread; ties with long, small patterns.

- **Narrow shoulders and broad waist** — Basically, do the opposite: Choose tailored shoulders, gentle waist definition, center vents, slanted pockets and subdued patterns. Also recommended: large plaids or horizontal patterns; longer jackets to give a long-line look to the silhouette. Shirt collars should be widespread with medium points. And maybe a bow tie.
- **Long torso and short legs** — A shorter jacket is best, preferably one with 2-button closure, side vents and horizontal effect pattern, if possible. Beltless, straight-leg trousers suggested. Shirt with widespread collar.
- **Short torso and long legs** — This is a very modern proportion; make the most of it. But if you think your problem is exaggerated, try a 3-button jacket, center vent, fabric with a striped pattern; belted, straighter-leg trousers; shirt with narrow spread and high collar.
- **Too much behind** — A center vent helps lessen the problem. Also: tailored shoulders, minimum waist definition, 3-button closure; stripes; beltless, straight-leg trousers; shirt with narrow spread and high collar. Keep the coat on as much as possible.
- **Too little behind** — A narrow, soft-shouldered jacket with waist definition, side vents, plaid patterns; belted, straight-leg trousers; shirt with widespread collar. Again use a jacket to cover the situation, and consider padding the back trouser pockets with handkerchief or wallet.
- **Slumped posture** — Consider padding the shoulders and carefully check the back length of the jacket. The collar of the coat may be shortened to get a closer fit in the collar area. Also recommended: 3-button closure, center vent; beltless trousers; low shirt collar with wide spread; long tie.
- **Uneven shoulders** — Fitting can easily compensate. A tailored-shoulder jacket is good because it's easier to pad them.
- **Broad hips** — Again, a center-vented coat is best. Large plaids or horizontal effects help, too.
- **Thick neck** — Low-collar shirt with a narrow spread. Long tie and, as for a jacket, try a 2-button closure and soft shoulders.
- **Skinny neck** — A shirt with long enough sleeves to show half an inch of cuff under the jacket sleeve to create the illusion of a shorter arm. A 3-button closure, tailored shoulders and bow tie can also be of assistance.
- **Long arms** — Avoid vertical patterns and French cuffs.
- **Short arms** — Just the opposite: Try vertical patterns and French cuffs. You may also try having the width of jacket sleeves narrowed.



# Slacks, Pants and Jeans

## Size

Ready-to-wear slacks, pants, overalls and jeans are sized by waist and inseam measurement. Patterns are sized by the waist only. When buying pants, remember that waist measurements appear first in the series of numbers on the label. Inseam lengths are always the second number. For example, a size 32-33 inch has a 32-inch waist and a 33-inch inseam.

Unhemmed slacks are more expensive but offer a greater choice of length. Cuffs require extra length to hem. Prehemmed pants are popular and less expensive.

Tall men and big or portly men's slacks are available in limited colors and styles.

## Fit

Slacks that fit well look neat and hang without wrinkles or bulges. They are full enough in the crotch, seat and thigh areas for sitting comfortably. Check for wrinkles or pulling by sitting and standing.

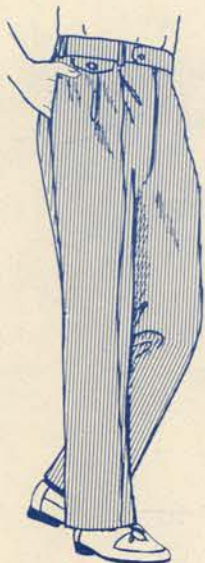
Poorly fitted slacks create wrinkles. Pants and jeans that are too tight bind and hamper body movement. Those that are too loose drape in folds around the body and feel uncomfortable. Slacks look nice when they hang straight or have a slight break in the front pants leg. For a neat appearance, the hemline may hang even with the top of the shoe back or the lower edge may angle down toward the back. The shoe heel height determines the slack length.

For some figure types, such as ones with a full or protruding abdomen, slacks may need special alterations. Pants should be adjusted properly for comfort and looks.

## Figure Camouflage

The jacket half of a suit or sports ensemble always gets special attention, but the proper fit of trousers or slacks is just as vital. Trousers are meant to cover bodies from the waist down and, if desired, to show the curves (and bulges) provided by Mother Nature. But there's no reason why curves and bulges can't be camouflaged.

Here are some ideas for men with lower-figure problems:



- **Bowlegged** — Wear slightly wider trousers than the norm or legs that have a straight instead of a tapered cut. Quality stores can alter trousers, moving the crease toward the inside of the pant leg, thus minimizing the "arch effect."
- **Knock-kneed** — Don't wear baggy trousers. These men should have the crease moved to the outside, de-emphasizing the "triangle effect."
- **Short legs** — Don't wear wide pants which give a "boxy look." The jacket for this type of figure should be short to show as much trouser area as possible.
- **Belts** — Ironically, belts look best on people who need them the least. . . the people who don't have dietary problems and use belts for decorative purposes. Men with a somewhat abundant middle, who face the embarrassing problem of losing their pants if they don't keep them in place with something, must wear belts. But they should be thin belts which reduce the im-



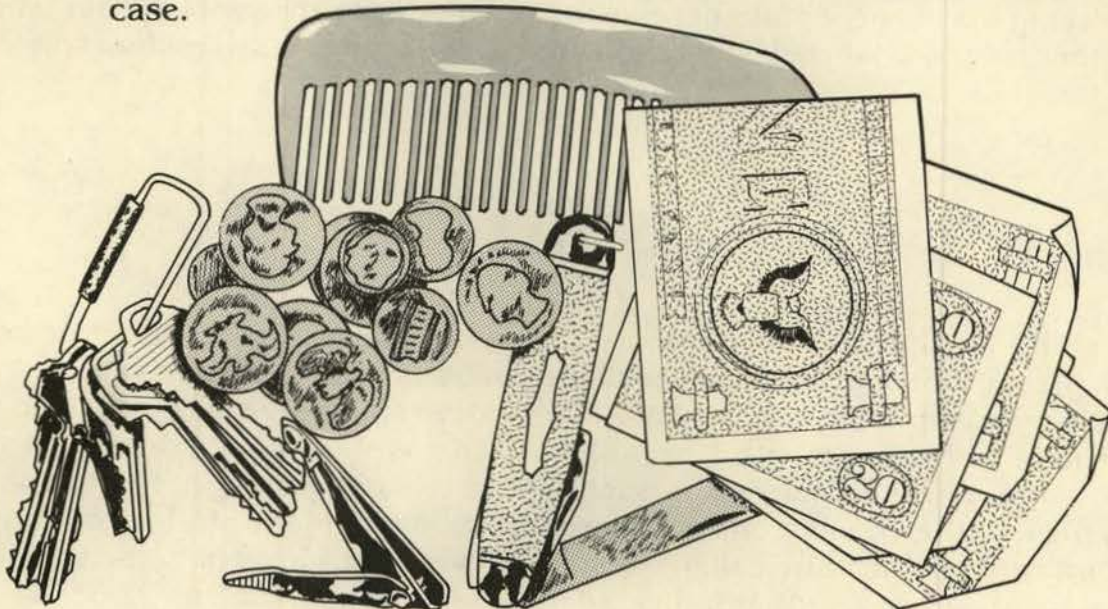
pact of the horizontal line going across the equator of their bodies.

- **European cut** — Best worn by people with fairly well-proportioned figures. Men with more than ample behinds, or excess anywhere in the trouser region, should avoid this cut. So should men with short legs.

## Items Carried

Whatever style of pants a man is wearing, he shouldn't spoil the original line by overstuffing them. Since the American male is still reluctant (and perhaps he always will be) to wear a masculine shoulder bag, he should eliminate many of the items that he carries (out of bad habit, in most cases). Examples:

- **Keys** — Carry only the ones you use daily . . . and on a modest key ring. Leave the rest of your keys home.
- **Change** — Why carry \$5 worth of metal? It is heavy and bulky.
- **Money clips** — A clever device originally designed to keep your bills neatly together, they don't have to weigh a quarter of a pound and be large.
- **Wallets** — Carrying a dozen credit cards is nonsense. Those 37 pictures of the family belong in an album. Bills and receipts should be kept at home in a drawer or file cabinet.
- **Checkbook** — Unless you are a compulsive check-writer, you don't need to carry a checkbook. Fold a couple of blank checks in your wallet, if you must. If you do go the "separates" route, keep a record of the checks you write or risk fouling up your bank account.
- **Handkerchief** — It doesn't have to be the size of a king-size bed sheet.
- **Miscellany** — If you want to carry a knife, a nail-clipper, a good-luck charm, a roll of mints, put them in an attache or brief case.





## Care

The handsome, distinguished lines that are so carefully tailored into a man's suit can be replaced by a rumpled nondescript look if you do not provide proper care. Rotate suits on a regular basis so they will retain their shape for a long time. When given a rest between wearings, suits will look even neater because the fibers have a chance to realign.

Hang suit jackets and sport coats on shaped wooden hangers to preserve shoulder fit. Hang clothes straight with the shoulders resting squarely on the hanger and lapels flat. Pocket flaps should never be tucked inside the pocket. Wire hangers provided by dry cleaners are only a temporary means of transporting a garment. They should not become a permanent accessory in a closet.

Avoid overloading suit pockets, no matter how many things you are accustomed to carrying. This important rule applies to clothes in the closet as well as those worn. Overstuffed pockets pull a suit out of shape and look unsightly,

Brush a suit regularly, after each wearing, using a stiff clothes brush or whisk broom. Brushing removes lint and dirt that can weaken suit fibers. Get at those hard to reach areas under lapels and collar and inside cuffs too. Don't let anyone tell you that dry cleaning wears out a suit. Regular dry cleaning actually can revitalize suit fabrics.

Avoid hanging suits in a closet if they are damp from rain or perspiration. First hang them on a shower rod to dry and shed wrinkles. This airing can be a good refresher.

Hang trousers on special felt-lined hangers that clamp onto the cuff area. This avoids the horizontal crease that cross-bars on hangers often cause. When trousers are hung vertically, gravity helps pull the creases straight and removes minor wrinkles. Woven trousers should have a sharp crease, but don't expect that same look in your knit pants.

Be sure to have spots and stains removed from clothing promptly. Your dry cleaner can remove stains with much success if you take in the garment as soon as possible and explain the type of stain in question.

If you're a "do-it-yourself" man, try the pre-wash sprays and stain removers, available in the soap and detergent section of supermarkets, for pre-treating stains on washable garments. Do not put a stained garment into the washing machine without pre-treating. The temperatures to which a garment is exposed during machine washing and drying may set the stain permanently. When stains or spots appear on expensive garments or those labeled "dry clean only," take them to a professional dry cleaner for best results.

## Shirts

### Size

Men's shirts are of three basic types — tailored dress or western, sport or work and pullover. Sizes differ slightly within each group. Sizes of shirt patterns are determined by the chest measurement. Tailored dress or western shirts are sized according to neck measurement and sleeve length. The body of the dress shirt may be tapered or straight (natural) cut and will be marked as such on the label or package. The tapered body reduces the waistline measurement. A larger man may find the straight or natural cut more comfortable. The shirt collar size and sleeve length are marked on the back of the collar band. Sleeve length is indicated with two numbers such as 32-33; 34-35, etc.



Western shirts are tapered and usually have interesting design features such as front and back decorative yokes and snaps instead of button closings.

Sport shirts and work shirts differ from dress or western in that they may not have a neck band. Sport shirts usually have pointed collars and often are worn with leisure clothes. They are grouped according to small, medium, large and extra large. Sport shirts may be tapered or straight cut. Sleeve length (short or long) may be mentioned on the label.

Work shirts are designed for durability and may be double faced, have reinforced elbows, non-rip gussets in lower seams and double or triple-stitched seams bar-tacked at stress points. The collar may be soft and flexible or stiffly interfaced to stand up. These garments are cut with greater fullness and length in the body to allow maximum body movement. Some have water and oil repellent finishes.

Knit sport shirts, t-shirts, undershirts, sweaters and pullovers are sized in four categories – small, medium, large and extra large.

All shirt sizing may vary among manufacturers and within the same brand, so it is always a good idea to try on shirts before purchasing to determine proper fit.





## Fit

Proper fit in shirts means comfort. Look for collars that fit close to the neck but allow ease. Watch for collar points that lie flat and hold their shape. Collar point stays keep collars looking fresh and prevent their turning up. Depending on current fashion, the collar may extend above the coat or jacket collar.

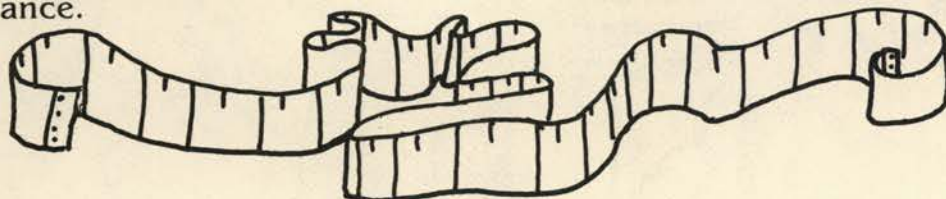
Look for yokes with double thicknesses to prevent strain but still allow freedom of movement. The back pleat centered or placed over the shoulders provides room for shoulder movement. Armholes large enough for ease provide the most comfort. For a neat appearance, see that the shoulder seam falls at the shoulder bone and the bottom of the sleeve covers the wristbone when the arm is bent slightly. Shirt tails should be long enough to remain neatly tucked into a waistband.

Most major brand dress shirts have basic fits — very tapered, slightly tapered and full cut. Some manufacturers make additional fits in a big and tall range. Here's an explanation of these terms that will help you determine where you "fit."

- **Very tapered** — This is a trim-styled garment for slim builds. The garment is meant to fit close to the skin and accent the wearer's shape. Sleeve material is lessened to reduce the blouse effect. The armhole is cut in more to the armpit. Darts may or may not be placed in the back to accent the taper.
- **Slightly tapered or regular cut** — This garment has a slight taper for an average build. More material is in the sleeve area, and the armhole will be slightly lower for more freedom of movement.
- **Full cut** — This garment has no taper to speak of and is made for the huskier builds. The garment has more fullness throughout.
- **Big fit** — This garment has a proportioned fit for the big man (i.e., large neck size, larger chest and waist sizes).
- **Tall fit** — This garment is proportioned for the tall man. The basic fit will be like the slightly tapered or regular cut; however, the body will be longer by 2 to 4 inches, and the sizes offered generally will be larger, with longer sleeve lengths offered as well.

While this is a basic guide for fit, you should also look for the size/fit comparison chart on the back of the shirt bag. When no chart is provided, remove the shirt from the bag and measure it at the chest and waist. For the chest, take the measurement just under the arm and across the front to just under the other arm. Measure the waist across the front from side seam to side seam between the fourth and fifth buttons. Then double measurements to get the total circumference.

Before any measuring of the body though, you must determine your correct neck size. This accomplished, you will be on the right track to a good comfortable fit and a good appearance.





# Workmanship

Good-quality construction doesn't necessarily mean clothes must be expensive. However, the intended purpose for which the garment is purchased should influence how well the garment should be made. The workmanship may influence the cost. For example, a garment that will receive long, hard wear will look best and last longest if it is well constructed from good quality fabric. It may cost more than garments designed for other purposes.

Fashion fabrics used in menswear add to the comfort, looks, styling and wearability of the garment. Therefore, many consumers rely on brand names and store reputation for good-quality clothing.

Fabrics for slacks and suits should be firmly woven or knitted to retain shape and appearance for longer lasting garments. Loosely woven or knitted fabrics may be less durable than tighter construction, but they add a casual look to shirts, pullovers and sports clothes.

Wool and cotton are the most popular fibers used in menswear. Used alone or blended with polyester, they offer comfort, ease of care, wrinkle resistance and aesthetic characteristics most men prefer.

Wool or wool/polyester blends are ideal for suits because they hold shape and resist wrinkles.

Cotton and cotton blends are popular for men's shirts, work pants, jeans, overalls, jumpsuits and underwear. Cotton, an absorbent fiber, makes a cool, comfortable fabric for hot, humid weather.

Sport shirts provide colorful patterns and textures for the casual look with casual clothing.

Fibers such as rayon, nylon, acrylic, silk and linen usually are blended with other fibers to enhance the appearance and quality of workmanship in a garment.





Some workmanship points to consider when buying or making menswear are:

- Check the pattern of the fabric to see if the design matches at the seams, sleeves, pockets and front button closing.
- Check inside seams. They should be wide enough for altering if necessary. Exposed raw edges that can ravel last longer when overcast or finished.
- Check for adequate ease in the cut of the garment. Clothes should be comfortable when walking, sitting, standing, etc.
- Check stitching for straight, even, secure seams.
- Check linings for proper ease and smoothness.
- Check buttons and buttonholes for neat, even, secure stitching.
- Check for added reinforcement at points of stress — pockets, fly, belt loops.
- Check for smooth sleeves, lapels and collars.
- Check the pockets for adequate depth, secure stitching and durable fabric.
- Check collars, cuffs, lapels and waistband for proper interfacing to hold shape for the life of the garments. Squeeze the lapel in one hand. It should spring back without wrinkles. When home sewing, add quality to garments with interfacing, interlining and shoulderpads. These fabrics are available separately or precut in packets for home sewing.

## Recognizing Quality

Quality products are a result of quality ingredients and quality workmanship. Traditionally, men's clothes have been better made than women's because patterns change less radically and less often. The basic formula is:

$$\text{Garment cost} = \text{Style} + \text{Workmanship} + \text{Serviceability}$$

The ingredients that are used in creating a quality suit include outer fabrics, the interfacings and linings. Essentially, these products have a great deal to do with the serviceability the suit provides. Combine quality workmanship with poor materials and the result is a poor product and poor serviceability.

Wool, or a fabric that looks like wool, is desirable. Wool is comfortable to wear and generally maintains its appearance. Polyester and wool blends of comparable quality sell for about as much as wool suits, wrinkle less but many times do not retain the good appearance. A recent survey (**Money** magazine, December 1980) of 200 men who wear suits to work revealed the wear-life of suits and cost on a yearly basis.

<b>Suit fabric</b>	<b>Cost</b>	<b>Wear-life</b>	<b>Cost per year</b>
All-wool	\$216	6.3 years	\$34.29
Wool-blend	175	4.2 years	41.67
All-polyester	137	3.6 years	38.06



Many variables are not revealed in the magazine article: Was the workmanship comparable? Were the fabric and interlining similar? Did the consumers use the same transportation to work? It does indicate that the garment with the greatest initial cost may last longer and cost less in terms of total service. True cost must be figured on the amount and length of wear the garment provides.

The interior portion of the suit can't be seen but does contribute significantly to the performance of the final product. Handworked canvas interfacing helps the garment mold to the body and continue to hold its shape. The critics of fused interfacing claim that it has a more rigid appearance. There have been problems of bubbling and rippling which detract from the desired appearance. A new process — direct stabilization — is being introduced into suit manufacturing. A polymer is applied with heat and pressure directly to the suit fabric to give the fabric support. Manufacturers claim that the process works successfully with different fabric types, weights and textures. Direct stabilization should not interfere with stretch properties of the fabric.

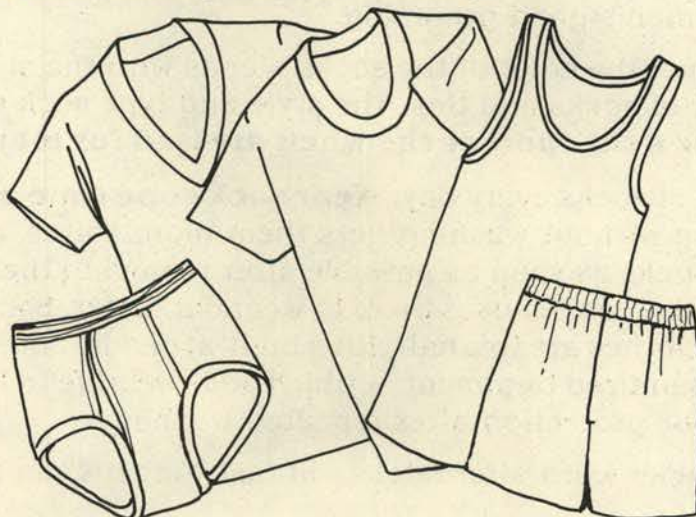
Innovations such as fused interfacings and direct stabilization keep clothing within the reach of the average consumer. Many people can no longer afford the price of a hand-tailored, interfaced suit. These innovative processes improve over time. For example, fused interfacing has overcome many of the early bubbling problems and now is the major method of interfacing.

Does a designer's name on a suit indicate quality? Several authorities say no. The apparel may simply have more style. In many cases, the designer has little to do with the quality of manufacturing or the fabric selected. The manufacturer pays a fee of 7 to 10 percent of the wholesale price for the use of the designer's name. This increases the price at retail by \$20 to \$40. With the designer's name added, many consumers feel the suit has more style and will pay a greater price for it.

## Underwear

Underwear should be comfortable, absorbent and allow freedom of movement. A man's activities and preferences will determine the kind of underwear he selects. Colors and styles are available to suit many needs.

When buying underwear, be sure to select the correct size according to the waist measurement. Underwear that is too small may bind, stretch and tear. If it is too loose, it will wrinkle, be bulky and may show in the outerwear. Well-made underwear is constructed of soft, smooth fabric with finished seams to prevent irritation. Waistbands with elastic should fit comfortably without binding.





# Shoes and Socks

Proper fit in shoes and boots is important to maintain comfort and foot health. The shoe salesman should measure the foot for proper sizing. Buy shoes in the afternoon when feet are their largest. Select only comfortable shoes or boots that adequately support the foot and are suitable for the occasion. The more closely the shoe conforms to the foot the better.

From previous experience, choose a brand of shoes that you know fits well and lasts. Look for shoes that are neatly finished with no rough edges. Avoid buying shoes with loose threads, loose heels, paper-thin soles, exposed nails or tacks. Leather is generally a better buy than synthetics because it breathes and conforms to the foot.

Polish a new pair of shoes right away because polish protects the new leather. Use a shoe tree (preferably wooden) to absorb moisture. The shoes you wear most should be cleaned with saddle soap at least once a month. Never let your heels wear down too far.

A wise shopper will select socks based on foot size, length of leg, quality of yarn, type of construction and color to give comfort and durability. When the foot length is correct, the sock should have enough give to be pulled out at least ½ inch longer than the foot in a standing position. Socks should be long enough in the foot not to bind the toes and short enough not to wrinkle.

Men's socks come in various lengths. With long trousers, select a sock long enough to prevent the bare leg from showing when seated. All socks should be reinforced well at the heels and toes.

Socks may be made of cotton, nylon, acrylic, wool or a blend of several fibers. Cotton and wool absorb moisture more readily than nylon or acrylic. Select socks made from the fiber or the blend of fibers that will keep your feet most comfortable.

Men's socks are either circular knit (seamless and ankle area is shaped by use of smaller knitting needles) or full-fashioned (knitted flat and shaped by dropping stitches — fashion marks — so the sock is leg-shaped). The stitch may be plain, ribbed or knitted with a design.

For economy, buy two or three pairs of socks the same style and color at one time. When one sock is ripped or torn and cannot be worn anymore, the good one can be worn with the others that match it. The minimum number of socks you should have is six pairs. This is generally recommended for easy care and upkeep.

Socks that stay up instead of rolling down and wrinkling over the tops of shoes are an indication of a man's good grooming.

Men look best when the color of the socks blends with the slacks. Some men enjoy matching the color of socks and ties. The style and type sock should be selected for the occasion. **Never wear sport socks when dressed for more formal occasions.**

Wear a clean pair of socks every day. **Wear socks one time only before washing.** Wearing them again without washing gets them more soiled, and they do not fit as well, either. Wash socks as soon as possible after removing them. Perspiration left in socks weakens the fiber and causes them to wear out faster. Some t-shirts, underwear, socks and athletic clothes are treated with a built-in deodorant — such as the bacteria and fungus-killing sanitized treatment — which adds wearlife to the garment. The treatment is locked in for protection after repeated washings.

Three pairs of socks worn alternately will last longer than three pairs worn continuously.



Everyday socks get the hardest wear. Buy the proper size and a good quality. This will save replacing everyday socks too frequently. Doing this saves time and money.



## Accessories

Accessories were invented to give highlights and sparks of individuality to your wardrobe. They were not made to stand on their own. So think of them as secondary items. If they overshadow your suit or jacket, chances are they're just plain too gaudy.

- **Jewelry** — The definite trend in men's jewelry is simplicity. So remember, the simpler and more understated, the better. The more overwhelming the jewelry, the more it distracts from you.
- **Watches** — Select a plain, unadorned gold or silver watch. Stay away from novelty wristwatches. If it doesn't make you uncomfortable, and you're into 3-piece suits, a watch chain tucked into your vest can give your wardrobe a nice touch of elegance.
- **Belts** — For business wear, forget about wearing belts that are 2 inches and wider. And if you're at all stout, never, under any circumstances, wear a wide belt. It only calls attention to your middle. Like most accessories, when you buy a belt, go for function rather than bold appearance.
- **Ties** — They seem to be worn only out of habit. Wearing a tie is an almost automatic response as a young man matures and begins to assume responsibility. It may be considered a sign of conformity by some, but a tie contributes to a sense of belonging for others.



## More About Ties

When wearing ties, men become "one of the boys" and are told, "Welcome to the team." Over the years, ties have become indispensable and symbolic of the white-collar business uniform.

Precisely because a tie is physically restricting, it contributes or confines a man to more refined behavior and fosters a feeling of formality. With the passing of time, ties have become a major factor in creating an attitude and appearance of being "dressed up," considered so appropriate for business wear and Sunday best.

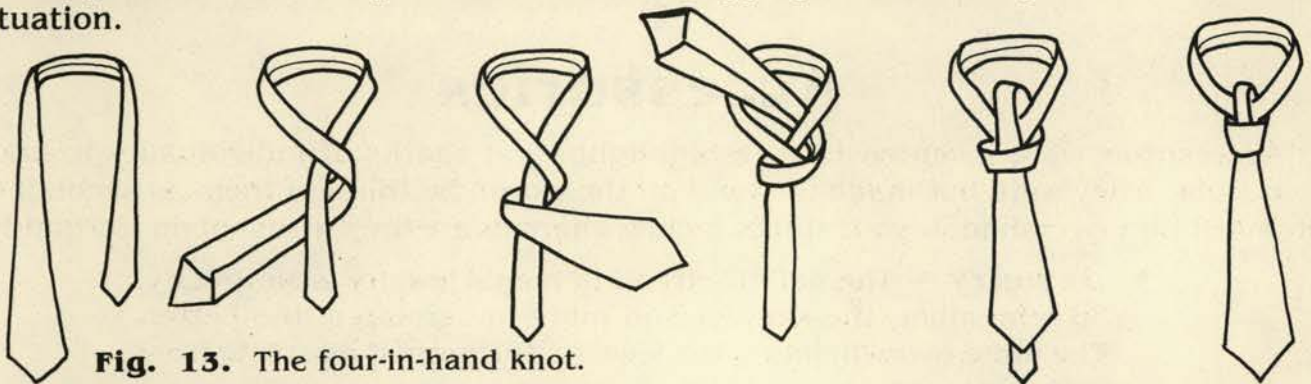
Artistically speaking, a tie adds a much-needed decorative touch of texture and color contrast, and possibly pattern. It becomes the center of interest on a suit and draws attention close to the face, the place where you want attention.

At the same time, a tie is often the only detail of uniform dress that provides an opportunity for a man to express his individuality, personality and creative flair.

Conservative men tend to select ties in darker colors and with simple patterns, while outgoing and creative men are more likely to select ties in brighter colors and bolder patterns. Ties have become essential to the artistic composition of a look.

A tie is considered by many image makers as the most important status symbol a man can wear. It is important, in part, because it can reflect high class and good taste.

Coordinate your tie in a way that will complement the look you want. For example, most people select a tie according to color and pattern preferences. While the combined effects of a navy blue chalk-stripe suit, white shirt and burgundy tie may be artistically attractive, it may not be considered appropriate, let's say, for an interview situation.



**Fig. 13.** The four-in-hand knot.

The harmony of a tie appropriate for the clothing and for the occasion establishes credibility and good taste. If in doubt, use restraint. And, let's face it, flashy colors, big or busy patterns and photographic prints just won't do.

Look at photos in better men's magazines and at well-dressed men for examples, but don't become paranoid over what tie to wear with what or for which occasion.

Even when your tie is totally appropriate, it is a sense of self confidence and the ability to command authority and do the job that counts. All frosting and no cake is a disappointment, no matter how terrific the taste.

Hang ties on a rack with an individual spar for each tie.

Never hang up a tie with a knot still in it. It will ruin the shape.

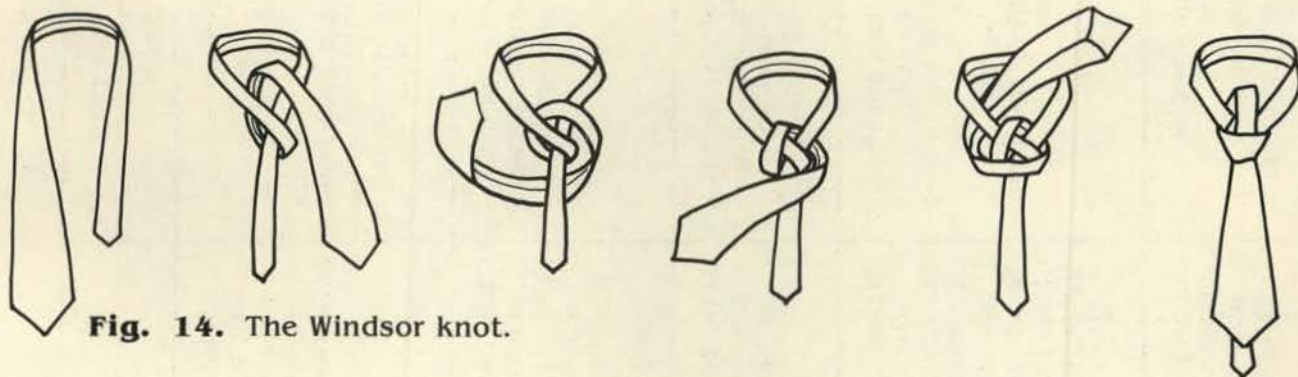
When donning a tie, place it under the shirt collar and proceed to knot it rather than stand the collar up and then fold it over when the tie is secured. This enables the collar to retain its shape longer.



The contrasting color of the tie may claim undue attention. It may be advisable to let the pin-stripes do the talking and go for an understated dark silk tie.

Great freedom is available in the selection of color, pattern and texture when a man is well established in a profession, as well as in relaxed social situations.

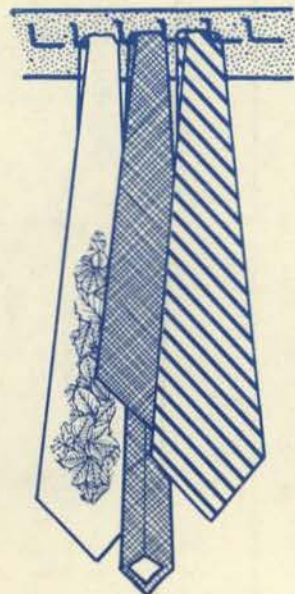
A colorful regimental stripe adds interest and yet commands attention in leadership roles. A paisley print adds flair and softens the look for an evening on the town, while a highly textured knit tie, in a solid color, can pull together the casual look of a sports coat and softly striped shirt.



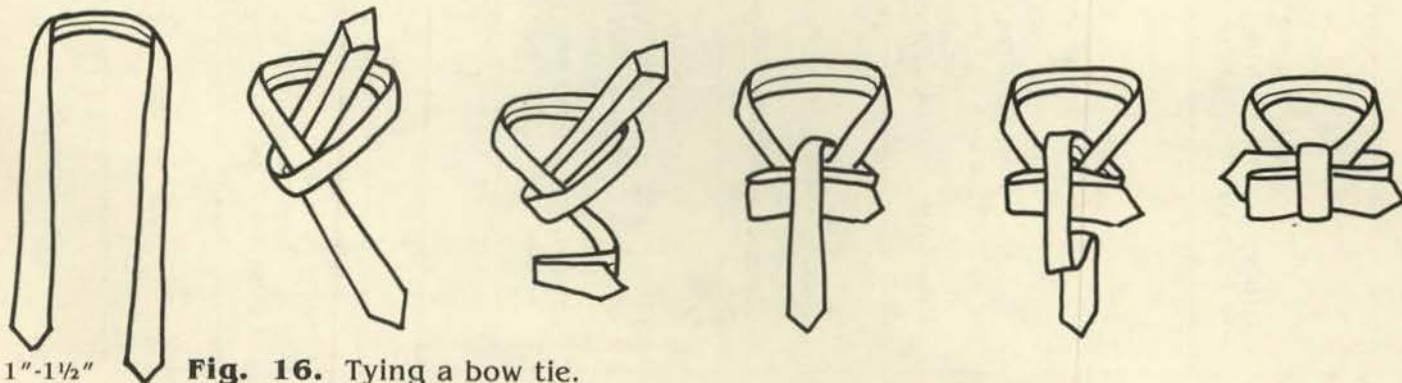
**Fig. 14.** The Windsor knot.

## Tying Ties

A word about the bow tie. Start with end in left hand extending 1 to 1½ inches below that in the right hand. Cross longer end over shorter and pass up through loop. Form front of bow by doubling up shorter end (hanging) and place across collar points. Hold this front loop with thumb and forefinger of left hand. Drop long end down over front. Place right forefinger up on bottom half of hanging part. Pass up behind front loop and poke resulting loop through knot behind. Even ends, tighten, and voilá, the perfect bow!



**Fig. 15.** Hang ties on a rack.



1"-1½" **Fig. 16.** Tying a bow tie.



**Table 1. Body dimension chart.**

	<b>Short</b>	<b>Tall</b>	<b>Heavy</b>	<b>Thin</b>
<b>Line</b>	Accentuate up and down lines. Jacket must be correct length. Hem should be even with thumb knuckles. Vents accent vertical line. Avoid pocket flaps.	Contrasts in color of jacket and trousers will reduce apparent height. Avoid narrow, prominent vertical stripes.	Emphasize vertical lines; use subtle vertical stripes, one color schemes, loose fit. A shorter jacket will make the legs appear longer. Sleeves should be tapered. Fitted jacket better.	Details that increase body width include pleats and cuffed trousers; peaked/wide lapels fill out the chest.
<b>Color</b>	Choose one overall color. Avoid contrasts between jacket and trousers.	Color contrasts will reduce height. Dark top will add weight and decrease apparent size.	Follow one-color scheme. Avoid pale or bright colors as they increase apparent size. Use medium to dark value colors.	Bright, light warm colors help fill out the body. Very dark/very light combinations stress height; light/bright combinations are desirable.
<b>Texture</b>	Select smooth types; sharkskin, gabardine, clear-faced worsteds, soft tweeds and knits.	Textured fabrics are great: chevots, twists, tweeds, shetlands and flannels.	Smooth fabrics. Avoid heavy fabrics or lightweight fabrics that crease easily. Neatness is important.	Bulky fabrics add width; use wide-wale corduroy, cheviot, tweeds, flannel.
<b>Style</b>	Single breasted preferred; 2- or 3-button style. Make sure you have a long lapel line. Avoid wide lapels. Slightly built-up shoulders add height.	Choose 2- or 3-button suits with wide spacing. Moderate rolled lapels. Jacket accent width, double-breasted or Edwardian. Shoulders should be squared. Waist fit loose. Pocket flaps good.	3-button suit will add height. Avoid a wide lapel to reduce horizontal effect. A long roll lapel stresses the vertical line.	Double-breasted with wide lapels. Avoid sack-like styles, but an easy fit is better than too tight. Vests add bulk.
<b>Pattern</b>	Narrow stripes and herringbones. Miniature muted plaid.	Subtle plaids are good. Checks, herringbones must be widely spaced and in soft tones.	Muted tweed, faint plaid. Use no more than two patterns; too much contrast breaks up vertical lines.	Avoid obvious stripes. Use fabrics that add width, such as plaids.