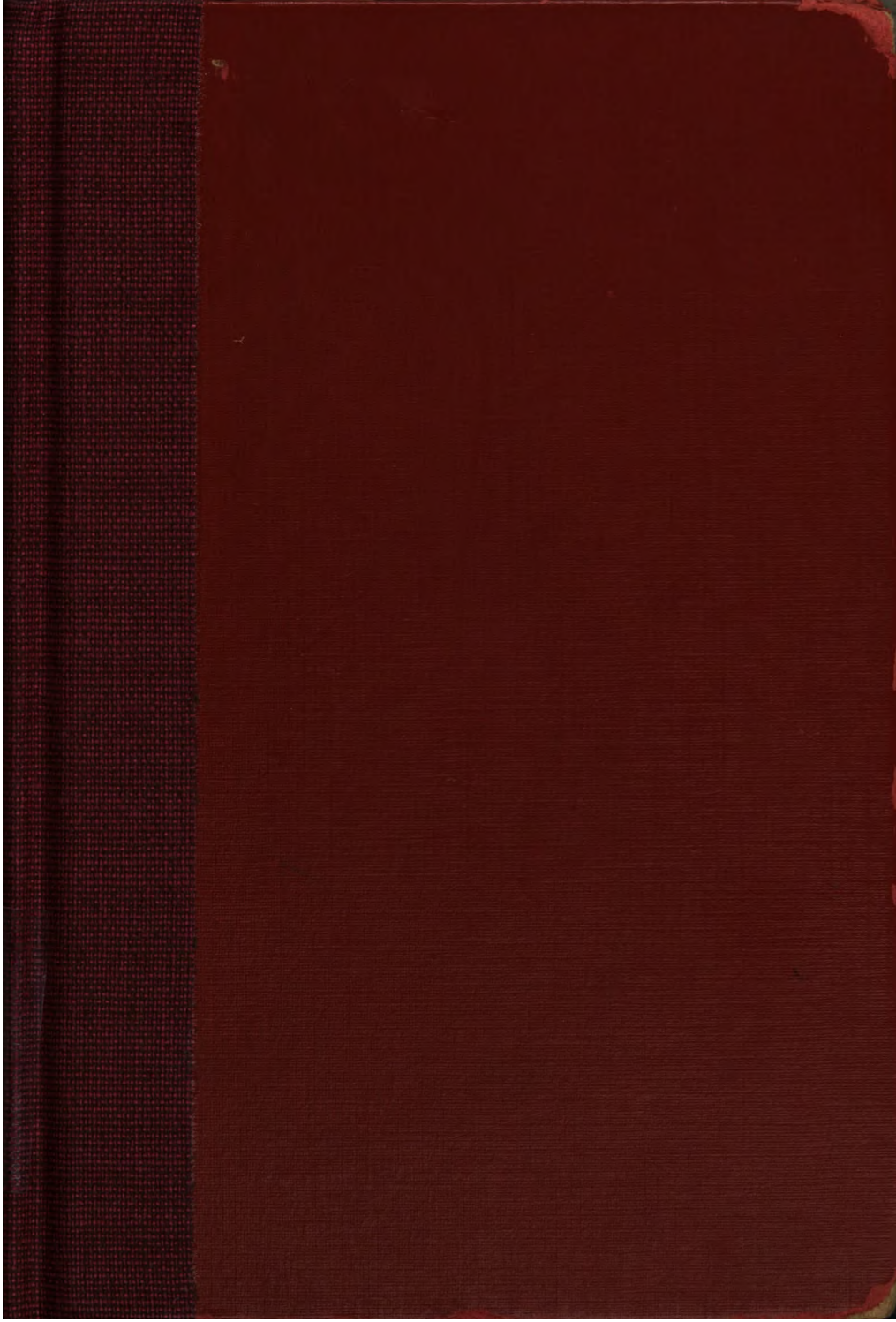

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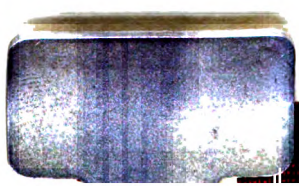

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BERT BACHARACH'S BOOK FOR MEN

BY BERT BACHARACH

Illustrated by Jesse Washington

A. S. BARNES AND COMPANY

NEW YORK

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Published on the same day in the Dominion of Canada by The Copp Clark Company, Ltd., Toronto.

Library of Congress Catalog Card Number: 52-13822

Fourth Printing

196469

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PREFACE

For the last ten years, as Men's Fashion Editor for several large consumer magazines, I've received an ever-increasing quantity of mail from men in all parts of the country and, in fact, the world. All the letters have included questions about apparel problems, and many of them have also asked, "Isn't there a book on the subject of men's clothes?"

For the last three years, as author of a column called "Stag Lines," which is syndicated to newspapers throughout the country and, in fact, the world, I've been the recipient of mail of a broader nature. The writers of these letters have not only asked about clothes but have sought further information on all the subjects covered in the column, such as how to pack, tipping, barbecue cooking, exercise hints, and a dozen other areas. And many of these men have also asked, "Isn't there a book on such subjects?"

For the last few months—since A. S. Barnes and Company asked me a much more pointed question: "Why *shouldn't* there be such a book?"—I've been busily occupied collecting, collating and transcribing all the material you'll find in the following pages.

Assembled here are items on a variety of subjects. But all have one thing in common—they're subjects of interest to most men. There are three whole chapters on apparel, another on health, one on travel, one on getting married—and others on practically every other subject except getting divorced! If asked to describe what follows, I'd say it is a "compendium of

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all things to all men"—a guide book to better dressing, better health, better manners, and better living.

This, then, is *The Book for Men.* I hope it's what so many of you asked for and wanted.

B. B.

June 13, 1953
New York, N. Y.

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CONTENTS

PREFACE 5

1 CLOTHES MAKE THE STAG 11

2 ALL ABOUT CLOTHING 40

3 ACCESSORIES AND FURNISHINGS 59

4 PERSONAL CARE IMPROVES THE STAG 87

5 THE STAG IN SHAPE 93

6 THE SOCIAL STAG 99

7 THE STAG AWAY 107

8 THE STAG AT BAY 118

9 THE STAG IN THE KITCHEN 123

10 THE STAG AS A BARMAN 130

11 THE STAG BEHIND THE WHEEL 136

12 THE HANDYMAN STAG 140

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CHAPTER ONE

CLOTHES

make the stag

HOW TO PICK THE RIGHT MODEL, COLOR, STYLE AND PATTERN . . . WHEN TO WEAR WHAT . . . A BASIC WARDROBE . . . DO'S AND DONT'S . . . KEEPING COOL IN SUMMER; WARM IN WINTER

I don't know whether I fully subscribe to the old slogan "Clothes make the man," but I'd go 'way out on a limb to proclaim that they surely help. I could give you hundreds of examples of situations where the well-dressed man got the job or the girl or the good table. I've seen well-groomed salesmen get in to see a busy executive while sloppily dressed ones cooled their heels in the reception room. I've seen the velvet rope in swanky restaurants and night spots lowered to admit a man who was smartly attired while less elegantly dressed gents were turned away.

Clothes help make the man in another way—in giving him self-confidence. A man's morale is bolstered if he knows he looks right. He feels better when properly and smartly attired. You've undoubtedly had the experience yourself of stepping out on a beautiful day in a new suit and feeling on top of the world.

There's ample evidence, too, that the fair sex appreciates the man who takes the trouble to be well dressed and well groomed. Women want to be proud of their men—want them to look nicer than the other fellows. Some women consider it an affront if, after they've primped and preened, a man doesn't go to a little trouble to better his own appearance.

These are the reasons why so many men—and the number is increasing in leaps and bounds—are interested in the subject of dressing better.

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Let me say a word right here about good grooming and its cost. Certainly the man with an unlimited budget for the purchase of clothes has an easier job than the fellow with a limited amount of money to spend. But in buying apparel, money is less important than it is in the case of almost every other commodity. I've known millionaires—by sight, at least—who invariably looked badly groomed, even sloppy, in their expensive clothes. And I've known plenty of so-called white-collar workers, with very little money to divert to their clothes purchases, who always looked like the proverbial million dollars! It's all in the "know-how" of selecting, wearing and caring for your clothes. That's why so much attention and space is devoted to these subjects in this and the next two chapters.

PICK THE RIGHT CLOTHES

The first, and most important, step in being a well-dressed man is to learn how to select the proper clothes *for you.* Consideration must be given to your size and shape, your color and complexion, the proper fabrics for your vocation and avocations, and the garments which will best combine to constitute an economical basic wardrobe for you.

It would be difficult, if not impossible, to give you all the information required to make you an expert in picking the right clothes, even if this whole book were devoted to the subject. It takes years in a textile or technical school to become such an expert. This treatise attempts, therefore, to give you only the highlights, couched in layman's terms, of dressing well. But as a preface to the advice that follows, here's some invaluable counsel. If you follow it, it will keep you from ever going wrong in the selection and wearing of your clothes.

It's just this: *Patronize a reputable store.* Put yourself in the hands of the management and tell them you want their help in becoming a better-dressed man. If I know the people in the men's-wear business (and I've associated with a great many of them over the past thirty years), they'll turn sartorial handsprings doing the job for you. In the first place, they're experts—professionals—in the art of good grooming. Secondly,

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they value nothing more than a satisfied customer. They know the value of word-of-mouth advertising if a man is happy with his treatment in a store, and the damage that can be wrought by word-of-mouth advertising if a customer feels that he has been badly handled. So they'll do their level best to make you look your best.

But even if you put yourself in the hands of the professionals, there are certain aspects of choosing clothes properly that are well worth your knowing.

The Right Model for Your Size and Shape

Comparatively few men know that clothing is produced in a wide variety of models to fit almost every size and shape. Consequently, many men wear suits that do not really fit them, and many others believe—erroneously—that they can be fitted only in custom-made clothing.

Some stores carry wider ranges of models than others, and these can properly fit most of the customers who come in. Other stores attempt to alter models to fit their customers, and this is not always successful. The following chart will help you to determine what model is best suited to your size and shape. See that you get this model when you shop for your next suit. It should give you complete satisfaction in comfort and appearance.

The Right Style and Pattern for Your Physique

In former days, people believed that there were certain rules of dress that applied invariably to thin men, heavy men, short men and tall men. When a customer walked into a store, the clerk would take one look at his physique and head for a certain rack of clothes. If the man was heavy, the clerk would show him a striped suit, which was supposed to make him look thinner. If the customer was thin, he'd shy away from anything striped and wear only checks and plaids, which were supposed to make him look heftier. Double-breasted models were thought to hide a protruding paunch, and single-breasted suits with heavy shoulder padding and tapered waists were believed to make a slight man look bigger.

However, these theories have changed along with devel-

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COMPARATIVE MODEL CHART

Model	*Height*	*Waist*	*Coat Length (comparative)*
Regular	5′ 7½″ to 5′ 10″	5″ to 7″ less than chest	30¼″ to 30¾″, depending on model in size 38
Short	5′ 5″ to 5′ 7″	5″ to 6″ less than chest	1½″ shorter than regular
Extra Short	5′ 2″ to 5′ 4″	5″ to 6″ less than chest	¾″ shorter than short
Long	6′ 1″ to 6′ 3″	Same as regular	2″ longer than regular
Medium Long	5′ 10½″ to 6′ 1″	Same as regular	1″ longer than regular
Extra Long	6′ 3″ to 6′ 5″	Same as regular	3¼″ longer than regular
Portly	5′ 7½″ to 5′ 10″	3″ less than chest	Same as regular
Short Portly	5′ 5″ to 5′ 7½″	3″ less than chest	1½″ shorter than portly
Long Portly	5′ 11″ to 6′ 3″	3″ less than chest	2″ longer than portly
Young Man's Stout	5′ 7″ to 5′ 9″	2″ less than chest	1″ shorter than regular
Slenderizer	5′ 7″ to 5′ 9″	1″ less than chest	1″ shorter than regular
Stout	5′ 7″ to 5′ 9″	Same as chest	1″ shorter than regular
Short Stout	5′ 5″ to 5′ 7″	Same as chest	1″ shorter than stout
Long Stout	5′ 10″ to 6′ 1″	Same as chest	1¾″ longer than stout

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opments and improvements in fabrics and styles. Today a man, regardless of his weight and size, can wear almost anything he likes. Fabric patterns have been muted, and there are vertical stripes which are flattering to even the tallest and thinnest of men. Plaids, checks and over-all patterns can be becoming to heavy men as well as to their thinner counterparts. New long-roll lapels on low-waisted, single-breasted models give a more tapered appearance to a heavy man than the traditional double-breasted styles.

In other words, forget the old cautions about what you can and cannot wear. Today's clothing is so styled and constructed that, regardless of your size, weight, height and age, you can wear whatever your personal taste dictates. Just be sure it fits properly and is in good taste.

The Right Colors for Your Complexion

With the broad range of hues available in men's apparel today, there are few problems—and fewer rules and regulations—in choosing the "right" colors to suit your hair coloring and complexion, whatever they may be.

It is always wise to consider the general rule of contrasts. A dark-haired man, or one with a deep suntan, usually looks extremely well in light-colored clothes. Blond men, on the other hand, look well in dark clothes.

The following chart should prove a helpful guide in determining the best colors of clothing and accessories for you.

Color of hair	*Suit*	*Shirt*	*Tie*
Black	Gray	White	Navy
Gray	Dark blue	Blue Gray	Gray Light blue
Red	Brown Gray	Tan White	Maroon Navy
Blond	Blue-gray	Blue	Dark blue
Brown	Brown Medium gray	Tan White	Green Maroon

Styles of Jacket Collars and Lapels

Stores often use descriptive terms that mean little to the consumer. Technical terminology for the collar and lapel

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styles illustrated are as follows (from left to right): Notch collar; Peak lapel; Bal or convertible collar; Shawl collar.

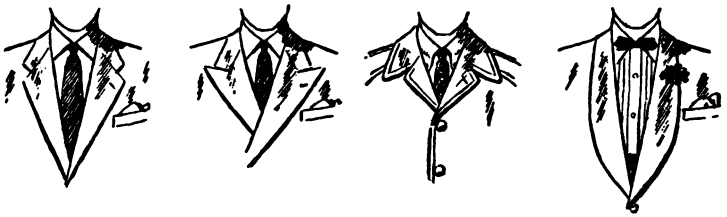

Figure 1 Four well-known lapel styles.

Styles of Shirt Collars

There are many types of shirt collars to suit many types of faces. Some collars are more flattering than others, and it is worth while to experiment with different shapes and proportions to determine which are the best for you.

The following are today's most popular collar styles:



Figure 2 The regular collar.



Figure 3 The widespread collar.



Figure 4 The button-down collar.

Regular (see Figure 2). This is the type of collar worn by approximately 60 per cent of all men, because it is adaptable and flattering to the average face.

Widespread (see Figure 3). Although it is becoming to

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most men, this style of collar is especially popular with younger men and those who like to emulate the dress of motion-picture and television stars.

Button-down (see Figure 4). This style is a favorite of both college men and postgraduates. It has a casual appearance because of its slight roll.

Long Point (see Figure 5). The long-point collar is becoming to men with broad faces and short necks. These collars are worn with stays to keep the collar points from curling.

Short Point (see Figure 6). There is a strong trend these days to shorter points in all types of collars for added neatness and trimness. Short-point collars are available with rounded points, in the button-down style and in spread models. These collars sometimes look well when worn with a collar pin.

Low Slope (see Figure 7). All of today's collars have a lower slope than the ones our fathers and grandfathers wore. This construction gives added comfort and a more casual appearance. The collar with the lowest slope of all is of the so-called "vanishing band" construction. This type of collar has a band in the back but tapers to no band in the front.



Figure 5 The long-point collar.



Figure 6 The short-point collar.



Figure 7 The low-slope collar.

Whatever style of collar you prefer, remember that no collar model can be either becoming or comfortable if it doesn't fit you. A collar that is too tight pulls out of its origi-

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nal shape (Figure 8, *left*); a collar that is too large droops on the neck or protrudes at the back or sides (Figure 8, *center*). So be sure not only that you select the best collar for your particular type but also that it's a correct fit (Figure 8, *right*).



***Figure 8** How does your collar fit? Left: too high on the neck. Center: too low. Right: correct fit.*

In this connection, remember too that it's a good idea to check up on your collar size periodically, by asking the clerk to measure your neck each time you buy new shirts. The average man goes right on wearing the same collar type and size throughout his life, despite the fact that the neck grows like the rest of the body—approximately one quarter-size each ten or fifteen years.

Shapes of Neckwear

There isn't as wide a variety in shapes and styles of neckwear as in collar styles, but here are a few notes on selecting the right types.

There's a current trend to ties which are quite narrow (1″ to 2″ at the bottom). These "slim" ties are fine for young men and for older men with slight builds, but they are not recommended for large men. Almost all ties are of smaller shapes these days, and a three-inch width across the bottom should be small and neat enough for those who wish to avoid extreme styles.

Contrary to the opinion of many men, bow ties are as becoming to older men as to young ones. But here again, one should be careful to avoid extremes. College men have launched a fad for "string ties" (approximately ½″ wide) in bows, but these ties are neither flattering nor correct for men of good grooming.

As for color and design of tie fabrics, here's a general

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rule that may be helpful: The shape of a man's face should dictate his choice of patterns in neckwear. Polka dots and circular patterns compliment the long, thin face; diagonal or vertical stripes serve to lengthen the round face.

HAT CHECK

Many men go through life wearing hats in the wrong proportions for their faces. Here's an example—for the man with a broad full face, the best hat (right) is one with a slight



Figure 9 The right hat for the full-faced man.



Figure 10 The proper hat for the man with a slender face.

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tapered crown, worn moderately back on head. He should not wear a narrow brim (left) or tilt the brim over his eyes.

And here's the "right" and "wrong" for a slender face. Do not wear a wide brim and full crown (left). Wear a smaller, neater shape as shown (at right).

FOR YOUR BASIC WARDROBE

If you're like the great majority of men, you'll want to buy and own the wardrobe that will give you the greatest mileage for your money. And unless you have unlimited means and can buy enough clothes so that each outfit will be worn only occasionally, you must utilize plenty of "know-how" in choosing your wardrobe.

One of the most important things to know—and to remember—is that *good* clothing is the best buy in the long run. Cheap clothes, which have an understandable appeal to those with a limited budget, often prove to be a foolish economy. Good clothes look the part when you buy them and maintain their appearance for a long time. Cheap and inferior clothes all too quickly show their shortcomings, in both appearance and wearing quality.

An equally important consideration in selecting a basic wardrobe is that the clothes you buy be practical and adaptable. This means that you should buy garments that you can match or mix—clothes that bloom into more outfits than you actually buy. As an example—and you can use your ingenuity in creating others—see Figure 11.

Suppose you buy one single-breasted blue suit and one single-breasted gray suit. This will provide you with the following outfits: (1) the blue suit for dress-up wear; (2) the gray suit for street or business wear; (3) the blue jacket with gray pants for spectator sports; and (4) the gray jacket with blue pants for another sportswear outfit.

Let's go further by adding to the basic wardrobe a sports jacket in tan or brown tweed and a pair of slacks in tan or brown. That gives us (5) the sports jacket and slacks; (6) the sports jacket with the gray pants; and (7) the gray jacket with the tan slacks. In other words, here are seven wearable outfits

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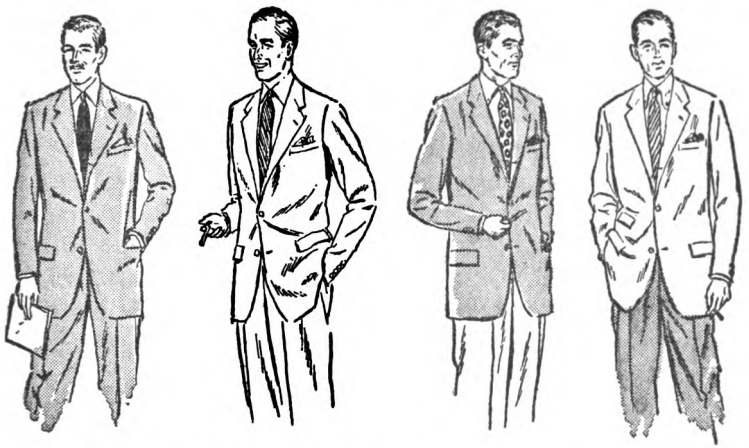

***Figure 11** Building a basic wardrobe: get four outfits from two suits.*

developed from two suits, a sports jacket and a pair of slacks. This is what is meant by practicality and adaptability: buy a little and have a lot.

DO'S AND DON'T'S

A well-dressed appearance, as we have mentioned previously, is achieved (a) by selecting the proper clothes and (b) by wearing them correctly. One is as important as the other. In fact, if there had to be a choice, we'd say that it's not so much *what* you wear as *how* you wear it that counts. Many men who show excellent taste in buying their clothes ruin what would otherwise be a good effect by improperly combining clothing and accessories. The following are a few of the "rights and wrongs" of dressing well.

Combining Patterns Effectively

The most common sartorial failing among men is the improper combining of patterns in clothing, particularly in the newly popular sports clothing. This type of casual wear allows a man to banish many inhibitions against pattern and color. But too many men, probably through lack of knowl-

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edge, have gone overboard and have become walking rainbows instead of well-groomed and tastefully attired gents.

A general principle—and it's a simple one—that covers the combining of patterns is the rule of *contrasts*. Never wear a bold jacket with patterned slacks. Tone down one or the other. Figure 12 illustrates one wrong way and two correct ways of combining patterns. The lad on the left is wearing a bold-plaid sports jacket with a distinctly patterned pair of slacks. The effect is one of garishness and poor taste. See the difference and the improvement in the two outfits at the right —the plain jacket worn with patterned slacks and the fancy jacket worn with plain slacks.

Always remember to contrast your apparel—bold with neat; neat with bold.

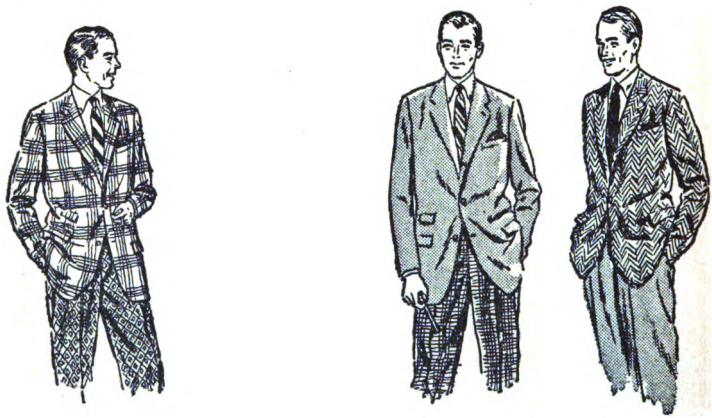

Figure 12 Combining patterns. The figure at the left is dressed in poor taste.

Combining Colors Effectively

One of the most important factors in good grooming is the ability to combine colors effectively. This isn't easy to achieve; one can study the subject for years and still feel that he does not qualify as an expert.

Yet you can do a good job of combining colors effectively. Look at the advertisements of men's wear in the major magazines. The illustrations in these ads are not haphazard

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choices—they've been selected by highly qualified professional people who know a great deal about the subject. Consult your local retailer who, because of his long experience in buying

COLOR CHART FOR SPORTSWEAR

Jacket	*Slacks*	*Shirt*	*Tie*	*Hose*	*Shoes*	*Hat*	*Coat*
Brown	Tan	White	Canary Maroon	Brown Maroon	Brown	Brown	Tan
		Cream Tan Canary	Brown	Brown Tan			
	Gray	White	Maroon	Maroon Blue			
Gray	Dark gray Blue	White Blue Gray	Blue Maroon	Blue Maroon	Brown Gray	Brown Gray	Blue Gray
Blue	Gray Light blue	White Blue	Blue Gray	Blue	Brown	Brown Gray	Blue Gray

COLOR CHART FOR BUSINESS CLOTHES

Suit	*Shirt*	*Tie*	*Hose*	*Shoes*	*Hat*	*Gloves*	*Coat*
Blue	White Blue	Blue Maroon	Blue Black	Black Brown	Gray Brown	Gray	Blue Camel
Gray	White Blue Maroon Gray	Blue Maroon Black	Blue Maroon Black	Brown Black	Gray Brown	Tan	Tan Gray Blue
Brown	White Tan	Maroon Blue Green Brown	Maroon Blue Green Brown	Brown	Brown	Tan	Brown Tan Camel
	Blue	Brown Blue	Brown Blue				

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men's wear, has an excellent working knowledge of color combinations. Look in his display windows for further tips along these lines. His display men are pretty expert too. The charts reproduced here may be helpful guides.

General "Rights" and "Wrongs"

Avoid mixing sportswear with business clothes. Don't wear a sports shirt with a suit or a dress-up hat, like a Homburg, with sports clothes. Wear casual shoes with casual clothes. Sleeveless pullover sweaters are both smart and practical, but they should be worn only with sports suits or jackets and slacks. A sweater worn under a business suit can spoil the entire effect of an otherwise smart outfit, although it may be the perfect accompaniment for a sports suit (see Figure 13).

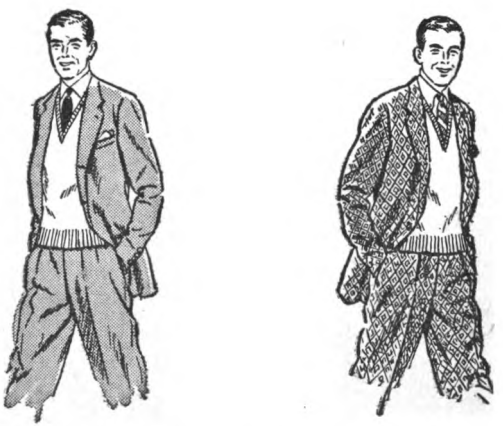

Figure 13 Never mix sportswear with business clothes, as the figure at the left has done.

Since garters have lost popularity, men have adopted their most careless dress habit: They've gone in for dangling or droopy socks. If you prefer ankle-length socks, as so many do nowadays, see that they're long enough so that you do not show an expanse of bare leg when you sit down and hike up your pants (see Figure 14).

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Figure 14 Be sure your ankle-length socks are long enough. The figure at the left is wearing socks that are too short.

WHEN TO WEAR WHAT

The well-dressed man is always careful to dress for the occasion, on the theory that one can be both mentally and physically uncomfortable if attired in the wrong clothes. Because of the wide diversity of apparel available and appropriate for daytime wear, and because there has been a gradual but distinct change in our living habits, there are few strict rules to govern the choice of clothes for business, street and informal evening wear, or for outfits that may be worn in the country, in the suburbs, or general sportswear.

There is less latitude in the clothes prescribed for formal occasions. During World War II, and even after the war, there was little or no formality in apparel. But the cycle has now returned us to an era of strict observance of formal-dress rules. These will be discussed and outlined in detail in the following pages. Our comments on daytime dress and sportswear will necessarily be treated in a more general manner.

Informal Clothes for the City

The past few decades have seen a decided change in our way of life. Today all men, regardless of occupation, have far more leisure time. Daily working hours and the length of the working week have been shortened to give most men week-

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ends free, and, in many sections of the country, business hours start and end earlier in the day, thus allowing employees a couple of daylight hours of leisure. Add to this the very important fact that no small part of our city population has moved to suburban or even country homes and you have at least a partial explanation for the change in our customs of dress. Outfits that were formerly confined to country clubs are now seen on city streets. And, except in the very finest restaurants in the major cities, casual clothes are permissible everywhere.

But the wide acceptance of this trend toward more casual dress doesn't make it proper. The man who cares about his appearance will not go along with such letdowns in conventional grooming. It is neither correct nor very good judgment to wear sports clothes for business. On the theory that other people notice your attire, favorably or unfavorably—and in the opening paragraphs of this book we gave evidence that this is the case—you should dress for the occasion.

The head of an important personnel-placement firm recently remarked, "If two or more men seem to be equally qualified for a post, I take particular note of their attire. If we are seeking a businessman, we rarely take one who looks like a golfer!"

Restaurateurs are advocates of better dressing, too. They, and their headwaiters, like to "dress the house" with not only important but important-looking people. Thus, the good tables, and even the good service, usually go to men who look well. And it should hardly be necessary to repeat that women are quick to notice—and to prefer—a man who apparently cares enough to look his best. So let's say it's advisable to wear a suit, rather than jacket and slacks, during business hours.

SUITS

The color, fabric and type of suit you choose to wear is a matter of personal taste. As a rule, smooth fabrics, such as hard worsteds and gabardine, are slightly more dressy than rough fabrics, such as tweed; dark shades are a bit more formal than light colors; and conventional models are dressier than extreme cuts.

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One of the most popular and most correct suits for daytime wear is the gray flannel or worsted. This suit has become a "classic" and can almost be considered an essential in the average man's wardrobe. In fact, if a man could afford to own only one suit for business wear, he could find nothing more practical, or more adaptable, or more correct than a gray flannel.

For informal evening wear in the city, a dark blue suit is a must. This can be in the wearer's choice of fabrics and in a single- or double-breasted model. For dining out, for theater, for dancing, or for a party when formal clothes are not required, only a dark blue suit is proper.

SHIRTS

Colored shirts are not only correct for business wear—they're advisable, from both a fashion and an economy standpoint. Men are beginning to revolt against the "uniforms" they've all been wearing during the past years. Colored shirts add a touch of distinction and individuality. They'll stay clean and fresh-looking longer, too.

As smart as a colored shirt is for daytime wear, it is absolutely incorrect for evenings. There can be no correct substitute for a white shirt for any occasion when the clock shows that it is after 6 P.M.

SHOES

In former days, a smartly dressed man wouldn't think of wearing anything but black shoes with dark clothes. Today, however, this is no longer the case. For daytime wear, a dressy pair of brown shoes—and they should be dark brown, not tan—is acceptable with suits of any color. For evening, though, only black shoes are proper.

Although many men have taken to wearing slip-on moccasin-type shoes with business clothes and for evening, they are incorrect for any occasion other than sports. The newly-popular tasseled moccasins, while also meant to be worn with sportswear, are being seen with business and dress-up clothes. If this is done, one should be careful to wear only dark-stained leathers.

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HATS

In the old days, people would have looked askance at anyone who wore a brown hat with anything other than brown or tan clothes. There's been a change in this fashion, though, and now you'll see many smart men wearing brown hats with gray clothing. Brown and gray is a good combination in clothing—and just as good when brown hats are combined with gray clothes.

Certain hat styles are more formal than others. A Homburg or off-the-face model is dressier than a snapbrim. A snapbrim, in turn, is more formal than a Tyrolean. Your choice of hat should depend on the formality of the occasion and the other clothes you are wearing.

Formal Clothes for the City

Formal dress today is on the upswing of popularity and promises to reach a higher degree of acceptance than ever before. This can be explained at least partly by the steady increase in party-giving in both private homes and public places and by the great amount of "going out on the town" that has accompanied the good economic conditions of the past few years. A more important reason is the enormous change, a real revolution, in men's formal wear. In past days, a tuxedo was known as a "strait jacket," the formal shirt was a "boiled shirt," and the collar was called a "choker." It was a chore for a man to get into formal clothes and real punishment for him for the duration of the evening. Today's clothes, by comparison, are sheer comfort. Tuxedos are made of a lightweight fabric and with soft construction that provides the ease of an old smoking jacket. Modern dress shirts are as casual and comfortable as your favorite sports shirt. Ready-tied bows are available; they fasten on with bands or are clipped to the collar. And dress shoes are as easy on your feet as bedroom slippers.

With the increase in the wearing of formal apparel, the rules and regulations for "the proper clothes for the occasion" have become more important. The following chart gives full details of the correct outfits for various degrees of formality.

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DRESS CHART FOR FORMAL AND SEMI-FORMAL WEAR

	Formal	*Semi-formal*	*Summer or Resort*
Coat	Midnight-blue or black tailcoat	Midnight-blue or black single- or double-breasted dinner jacket	Midnight-blue or white single- or double-breasted dinner jacket
Trousers	To match coat, braided	To match coat, braided	Midnight-blue or black, lightweight
Vest	White, single- or double-breasted	Black or midnight-blue cummerbund	White or colored cummerbund
Shirt	Plain, starched-bosom, neat-figured	Pleated or plain bosom	Lightweight white
Tie	White bow	Midnight-blue or black bow	Black, midnight-blue, or deep maroon bow
Collar	Wing	Turned-down, attached or detachable	Turned-down, attached
Hose	Black silk or wool	Same as for formal	Black or midnight-blue silk or cotton
Shoes	Patent leather dress shoes or pumps	Same as for formal	Black dress shoes or pumps
Jewelry	White studs and links	Black or gold studs and links	Black, gold, or colored links
Hat	Opera or high silk hat	Opera or black Homburg	White Panama or boater straw
Coat	Black or blue overcoat	Same as for formal	None

Clothes for the Country and Sports

It is difficult, if not impossible, to prescribe any rules for the type of clothes to be worn in the country or for sports. There is such a diversity of fabrics, colors, patterns and types available that a man can go far afield from what were formerly known as conventional clothes and still be dressed in good taste.

The only hazard is in going too far afield. Clothes for the

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country and for sports have given men their first real opportunity to overcome their inhibitions about color and pattern. Man's normal conservatism, which makes him loathe to look the least bit different from his fellow city-dwellers, is forgotten once he gets to, or past, the suburbs. Many men, who in business or city clothing would avoid loud patterns as if they were a plague, have no hesitancy in selecting the wildest patterns for leisure wear.

There's no reason why you shouldn't have a colorful, or even loud, shirt, scarf, cap, jacket, or pair of slacks for sportswear. It's when you combine two or more loud patterns and colors that your appearance suffers. In other words—and again we must refer to the rule of contrasts—it's perfectly all right to wear a highly colorful jacket or an equally brilliant shirt. But they should never be worn together, else you may look garish.

JACKETS

You can take your choice of plaids, checks, stripes, or even plain colors in jackets, in an endless variety. The best sports jackets these days are those which look most unlike suit jackets. This difference in appearance is often achieved by a difference in tailoring details. Some sports jackets are distinguished from suit jackets by four patch pockets instead of the usual three. Side vents, or slits, are preferred today in sports jackets to the plain back or the center vent. (The side vents, incidentally, were copied from the "hacking coats" used in the old days for horseback riding. They allowed a man to sit his saddle more easily, without mussing his coattails.) Other details of tailoring which distinguish a good sports coat from a suit coat include the button-and-tab on the lapels, which allow the jacket to be buttoned up to the neck; and the small "cash," or "ticket," pocket above the regular pocket on the right side of the jacket.

A very important jacket for sportswear, and one which has become especially popular in this country in the last five years, is the so-called "blazer." This is a navy blue jacket with brass or silver buttons, often worn with a school or club crest on the breast pocket. Blazers have long been standard wear in

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British and Canadian schools, where they are seen mostly in the double-breasted style. However, the single-breasted blazer is by far the more popular model in the United States. Blazers worn with gray flannel slacks are smart and a bit dressier than other sports jackets. They're much in evidence at informal country-club affairs and are even seen occasionally in cities for week-end wear.

SLACKS

No fabric is more adaptable or more useful for slacks than gray flannel. There is practically no color with which it does not blend nicely. As mentioned earlier, gray and brown has become a popular color combination—and gray slacks go ideally with brown or tan sports jackets. The second-best color, from the standpoint of practicality, is tan or brown. From there on, there is a wide variety of shades in both plain colors and patterns.

In selecting slacks for an ensemble, it's advisable to pick a shade that is darker in tone than the sports jacket. For example, with a light blue jacket, wear dark blue or dark gray slacks; with a tan jacket, wear brown slacks. This is a comparatively easy rule to follow these days, when jackets are available in white, off-white, oyster, and oatmeal shades.

SPORTS SHIRTS

Every conceivable variety and type of fabric has been made into sports shirts. For hot-weather wear, you can get shirts that are as sheer as voile. For cold-weather wear, shirts can be found in the heaviest and warmest flannels. In between, you take your choice.

One type of shirt that has found wide acceptance in the past few years is that made of jersey. This knit material, which provides great comfort for the wearer, is available in wool, silk, man-made fibers, and blends of all three. Men like jersey shirts because of their softness, flexibility and absorbency, and because they can be purchased in a number of colors and patterns.

Styles in sports shirts vary greatly. Of almost equal popularity are the button-front and pull-over models. Both styles

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have regulation collars, but the former buttons all the way down the front, like a dress shirt, and the latter has a buttoned placket at the neck. Other collar styles now popular include the Gaucho collar, the crew neck, the V-neck, and even the old-fashioned turtle-neck.

SHOES

No industry has shown greater ingenuity in the production of new and different styles than has shoe manufacturing. It wasn't too long ago that the only shoes available for sports wear were the black-and-white and brown-and-white combinations. But in the last decade many new shoe ideas have been introduced and accepted.

Most important of these is the casual slip-on, sometimes known as the moccasin or "Loafer." These comfortable and good-looking slip-ons, first brought to this country many years ago from Norway, have swept the country. The newest development in casual slip-ons is known as the "tasseled moccasin"—which, as the name implies, has two leather tassels over the instep of the shoe. All of these casual slippers come in a wide variety of colors and leathers, and they are among the smartest and most practical shoes for use with sportswear.

For pure comfort, many men like the thick crepe-rubber sole, now available in shoes of many types. Most popular of the footwear with crepe-rubber soles are the lightweight canvas sports shoes. These come in a wide range of neat and plain colors, to match or blend with all sorts of sportswear. Crepe-soled shoes are also available with lightweight leather tops. Both models—the canvas and the leather—are relatively inexpensive.

Also gaining in popularity for sportswear are the brushed leathers. Like the canvas-topped shoes, these suedes, reverse calfs and buckskins come in a large range of colors—brown, tan, gray, green and white—allowing plenty of leeway in creating good sportswear ensembles.

HEADWEAR

Hatlessness hit its peak on golf courses, beaches, and in the country about five years ago. It was a rarity, in those days,

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to see one man among the masses who wasn't bareheaded. Partially responsible for this trend was the fact that there were few styles of headwear appropriate for wear with sports clothing. Only the Tyrolean was informal enough to blend with casual wear.

Then the hat industry got busy producing styles that would be more appropriate for the sportswear trend. In the beginning, headwear, rather than hats, was produced, and caps of all types became popular. Men accepted these head coverings because they had tired of wind-blown locks of hair and dried-out scalps. They accepted them also because they were smart and colorful and added something to the sportswear ensemble. The first batch of caps approached garishness, with loud plaids, checks and patterns too much in evidence. After the first checkdown, it was found that men preferred neat patterns and plain colors, and these have had a tremendous run of popularity. Nowadays one can find a wide variety of sports hats as well as caps, and the trend to hatlessness has been greatly curbed since the inception of these better-looking and more appropriate head coverings to be worn with sportswear.

Clothes for the Campus

Before World War II, many experts considered the college students of this country the best-dressed men to be found anywhere. Fashion scouts at first concentrated their attention on the Big Three—Yale, Princeton and Harvard. Then other Ivy League colleges came to the fore sartorially, and eventually schools and universities all over the country became as prominent in the fashion picture as the big Eastern schools. The colleges gave rise to many important fashions, among them the gray flannel suit, the camel's hair overcoat, the button-down collar-attached shirt, the narrow-brimmed hat and the white buckskin shoe.

But World War II changed all this. During the war, and in the years immediately following it, the majority of students were attending school on the GI Bill, and apparel became unimportant. The average student then wore his old Army field jacket, suntan pants or "pinks," or anything else he owned. These fellows were there for serious study, making up the

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time they'd lost while in the service, and nothing else mattered.

As the years passed, this mode of dressing had its effect. When Army clothes wore out, or when the men tired of them, they adopted extremely casual clothes. T-shirts, sweatshirts and sweaters were worn with denims and Levi's. This vogue for extremely casual attire, which approached sloppiness, lasted for about four years, and, although many college men still dress this way, the trend of late has been toward better grooming. And once again, certain colleges are serving as fashion sources for the nation.

The most important style set by the colleges in recent years has been suits and slacks in charcoal, a gray so dark in tone that it approaches black. This color has become almost a uniform at Harvard, Yale and Princeton. It is practical for a suit since it rarely shows dirt or signs of wear. For these reasons—and because college men are great imitators of one another—the charcoal suit can be expected to be with us for a long time.

The typical college shirt is the button-down model with collar attached, in white or colored Oxford. The construction of this shirt (see Figure 4, p. 16), which allows the collar to roll rather than lie flat, provides the casual touch which young men like.

College men have accepted wholeheartedly the narrower and trimmer neckwear. These ties are most popular in repp stripes and club colors. College men have also taken to bow ties, often so narrow that they resemble string ties.

Camel's-hair polo coats are still the favorite type of outer wear among college men, though tweed topcoats, with or without removable linings, are also popular. Small hats, with 2¼-inch or 2½-inch brims, are much preferred to the fuller shapes, which college men always called "umbrellas." Incidentally, it's surprising how many college men are now wearing hats.

Casual slip-on shoes of the moccasin type are by far the most popular with students. However, white buckskins, especially with thick red rubber soles, are still much in evidence.

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KEEPING COMFORTABLE

We have made enormous strides in this country in the knowledge of how to be comfortable in various types of weather. Much of the progress along these lines is attributable to the research of the United States armed forces during World War II. When it became necessary to transport troops to countries and territories where the temperature reached both extremes, the Army had to develop uniforms which would keep them warm or cool, as necessary. New fabrics, new constructions, and new finishes all combined to do the job.

Keeping Cool in Hot Weather

The first and most obvious way of keeping cool would seem to be to become a nudist. Unfortunately, or perhaps fortunately, that's against the law in this country, but even if it were legal, nudism still wouldn't be the solution. Body temperatures are lowered by the proper type of insulation. Thus, a man properly shielded from the sun is much cooler than one who is completely unprotected from the direct rays. That's why we try to get into the shade in hot weather. So wearing clothes, properly selected for their comfort in hot weather, is really the best way of keeping cool—and it's legal, too.

The favorite national pastime for men in summer, besides following baseball scores, is griping about the stupidity of men's clothing designers. Editorial writers and radio commentators plead for a revolution. They ask men to throw off the yoke of bondage—to discard their ties and jackets and let their shirttails flap in the breeze. Hundreds of thousand of readers or listeners voice their approval.

But these men are talking and thinking of the past—of the days before summer clothing had been improved technically, of the days when summer clothing was so little unlike winter clothing that it failed completely in its purpose of keeping the wearer cool.

It's a different story today. Fabrics are much lighter in weight and they have much greater porosity, which allows the

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air to get in and the body heat to get out. Garments are softer in construction. And all of this has been accomplished without sacrificing the good looks and style of summer clothes. Even with practically a skeleton construction, they have the lines and the drape of heavier apparel. And the new blends and finishes allow even the lightest garments to hold their shape and resist the wrinkles that used to plague summer-clothing wearers.

So, actually, today's hot-weather clothes answer the pleas and demands of hot-under-the-collar males! Yet many men are just not aware of the fact that such clothes exist, as they go through heat waves attired in heavy woolen apparel of the type they wear all year round. Production figures on the manufacturing and distribution of lightweight clothing show that not more than 5 per cent of the adult male population of this country buy such suits. Surveys taken at such widely separated points as the New York subways and the sidewalks of San Francisco bear out this figure. (In the South, of course, the percentage is much higher.)

Our first advice, then, to men who would stay comfortable in hot weather, is to try one of the new summer suits now available. The wardrobe can be completed with furnishings and accessories which have followed the same trend as clothing. Shirts are available in light-as-a-feather sheer fabrics and with the low-slope collars designed to give the utmost in comfort. The narrower and lighter ties and the practical, clip-on bow ties are virtually weightless around the neck. Braided or mesh shoes feel like open sandals on the feet, yet have the appearance of dress shoes. And summer hats have been developed which weigh only a couple of ounces.

Here are a few general tips for keeping cool in hot weather:

1. *Wear a hat.* As mentioned before, one comes into the shade to get cool. The same principle applies to the protection of the head from the direct rays of the sun. When the head is exposed to the sun, the temperature of the whole body rises. When it is shaded, the temperature is lowered. It would seem obvious, therefore, that you could be far more comforta-

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ble wearing a hat than bareheaded, especially when you wear one of the new lightweight, porous summer hats.

2. *See that the collars of your shirts are comfortably loose.* Constriction at any part of the body will make you warmer. Save the snug collar-attached shirts for winter wear and use only your loose ones in the summer.

3. *Wear an undershirt in hot weather.* Many men believe that the fewer clothes they wear the cooler they will be, but others have found that the absorbent quality of a cotton undershirt makes for greater coolness. Then, too, the undershirt often will keep the outer shirt from showing signs of perspiration.

4. *Try wearing wool socks in the summer.* This custom has been rapidly gaining devotees. Wool socks are porous, absorbent, and provide a fine cushioning effect. And those who wear them claim that wool is as cool as any other fiber.

5. *Don't wear your watch on your bare wrist.* It makes one warm to have anything tight around the wrist, so hook your wrist watch through your belt, or through a belt hook, in hot weather. It's better for the watch, too. If you insist on having it on your wrist, try fastening it over your shirt cuff.

Keeping Warm in Cold Weather

Time was when you had to bundle up against the cold till you looked like the fat man in the circus. Some of you may remember wearing heavy underwear, high-buttoned shoes (and, after that, spats), wrist warmers, chest protectors, and winter suits the weight of a horse blanket, topped by overcoats twice as heavy. A man also wore a vest in those days and, just to be on the safe side, probably donned a sweater or two before venturing forth. The net result was a gross weight on your shoulders that felt like a ton!

Those days, praise be, are gone forever! Now a man can be both warm and comfortable—and, just as important, he can have complete ease and freedom of movement, no matter how cold the weather—thanks to the development of new textiles, new finishes and new lining materials.

One important fact that people didn't know in the old

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days is that the warmth of a garment doesn't depend exclusively on the weight and bulk of the fabric. In fact, a lightweight, closely woven cloth, which keeps the cold air out and the body heat in, is far better for winter wear than a heavy material that is loosely woven. Then, too, the finishing of the material is important. A featherweight golf jacket, if given a "wind-resistant" finish, will provide adequate protection against the cold.

But that's only part—let's say two thirds—of the story. An equally important contribution to cold-weather comfort has been in the field of linings. Here science has produced some near miracles of thermal control, such as the lightweight lining fabric that is sprayed with metallic particles to reflect the wearer's body heat.

The over-all result, as stated before, is warmth without weight and greater freedom of movement. Add to this the style factor: A man no longer has to look overstuffed to keep warm; he can be as trim and streamlined in the winter as he is through the rest of the year.

Now let's take a look at some of the available garments which incorporate the foregoing features. Zippered jackets, varying in length from 26 to 30 inches, come in gabardine, cotton, synthetic tweeds and blends of wool. These have insulated linings or interlinings and are excellent for driving or outdoor sports. Some of the new ones have colorful printed linings and Ascots to match. In the colder climates, you might want to wear a plaid wool surcoat, today's adaptation of the old lumber jacket. These coats run 31 to32 inches in length, a bit longer than lumber jackets and not quite so long as three-quarter-length coats.

Most important of the garments for outer wear are the three-quarter and full-length storm coats. These, with synthetic, part-wool, or all-wool shells, come with a variety of linings—alpaca, shearling, insulated quilting, or lightweight plaid wool. All are soft, pliable and not bulky. The coats have mouton collars, which look like fine fur and provide the feel of luxury.

Leathers have proved adaptable for outer wear. Horsehide has been developed in softer effects and has practically re-

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placed the more expensive capeskin. Suedes are available in jackets and in full-length topcoats, some of them reversible, with suede on one side and tweed on the other.

Regular topcoats and overcoats, smartly tailored and shaped to the lines of the body, are now on the market with extra linings which can be zipped or buttoned into the coats when needed.

With any of these clothes, wear a good weatherproof pair of shoes, wool socks, an undershirt and shorts, a muffler, lined gloves and a hat. The hat and wool socks are of real importance, for scientific tests have proved that the general body heat is regulated by the extremities. If your head and feet are cold, you'll be cold all over.

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CHAPTER TWO

all about

CLOTHING

HOW TO KNOW FABRICS, FIT AND WORKMANSHIP . . . DRESS TIPS . . . HOW TO TAKE CARE OF CLOTHES TO INCREASE THEIR LIFE AND MAINTAIN THEIR APPEARANCE . . . BEST WAYS OF STORING CLOTHES AWAY

Although all men's apparel can be called "clothing," we will differentiate here among the various articles by referring to suits, coats and sportswear (*i.e.*, jackets and slacks) as "clothing" and to shirts, ties, underwear, jewelry, socks, etc. as "furnishings." In the present chapter, we shall try to give the would-be well-dressed man some hints on buying, wearing and caring for his clothing—the most important, and certainly the most expensive, items of his wardrobe.

WHAT TO LOOK FOR IN BUYING A SUIT

It is difficult for the average consumer to judge the quality of a suit of clothes. Much that affects the wearability, appearance and even the fit of the garment is hidden in the construction. You must therefore buy largely on faith—faith in your own judgment, faith in the brand-name label that the suit carries, and faith in the recommendations of the store where the purchase is being made.

If, however, you would prefer not to base your purchases exclusively on faith, you should learn how to determine your correct size, how to select the best fabrics for your purposes, and how to judge the workmanship and fit of the clothing.

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Know Your Size

Clothing sizes are based primarily on chest measurements. A man with a 40-inch chest will ordinarily wear a regular size-40 suit, coat, or sports jacket. If the man is taller, shorter, heavier, or lighter than the average size 40, he will require a variation on the size—*i.e.*, 40 long, or short, or stout. As noted in Chapter 1, pp. 13-14, models are now available to fit almost every man, regardless of his size and build. The selection of the proper model, based on the chart shown on page 14, will eliminate the necessity of having extensive alterations made on new clothes and will ensure a better fit and greater comfort for the life of the garment.

To determine your size in trousers and slacks, measure your waist, at the point where you wear the tops of your trousers, and the length of your trouser leg, from the crotch to the bottom inside edge of the cuff.

Know Your Fabrics

The selection of fabrics for your clothing will rest on your personal preferences and on the use the clothes are going to get. Some materials of the luxury type should be used for dress-up wear only. Others are strong and sturdy enough to take all sorts of abuse. Without getting too technical, here is a rundown on the textiles available in today's clothing.

Aside from cotton and silk, which are used solely for summer clothing, all clothing fibers come from one of two sources: they are either natural—*i.e.*, wool—or man-made.

Wool fibers can be divided into two classes: those made of worsted yarns and those of pure woolen. Each is made by a different process and each has different functions and characteristics. Typical examples of worsted fabrics are serge, covert, gabardine, sharkskin, or clear-cut. Lightweight tropical suitings, as well as most formal-wear fabrics, are also made of worsted yarns. The texture of most worsted fabrics is smooth and clear, although there is a so-called "unfinished worsted" on which a slight nap has been left. Worsteds drape and tailor well and, because of their smooth surface, are resistant to wrinkling and dirt.

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Woolens, such as tweed, shetland and flannel, are softer and more loosely woven than worsteds. They provide less wear than worsteds, but they are comfortable and produce a more casual drape.

In shopping for wool or worsted clothing, look first at the fiber-content label, which is usually stitched to one sleeve or the underside of the collar. It will tell you the wool-fiber content and the kind of wool used in the cloth. In 100-percent-wool fabrics, the classifications are "wool," "reprocessed wool," and "re-used wool." The first of these is stronger and better than the others. The label will also reveal the presence of fibers other than wool.

The careful buyer will check the fabric weight, to determine whether the suit will be comfortable for its purposes. For the past dozen years, the trend has been toward lighter fabrics for year-round wear. Men have discovered that heavy fabrics can be quite uncomfortable for indoor wear, even during the coldest weather. They can protect themselves with an overcoat when outdoors and be far more comfortable indoors while wearing lighter clothes. A 12-ounce cloth should be adequate for winter wear, and an 8- to 10-ounce fabric should provide maximum comfort for warmer weather.

Here are the characteristics of a few of the most popular wool fabrics:

Camel's hair, used most extensively in topcoats and sports jackets, has a soft "hand" (feel), wears well, tailors and drapes well, and comes in a wide variety of colors.

Cashmere is a luxurious fabric with a wonderful feel. Since it is comparatively perishable, it is not recommended for everyday wear, but it is an excellent dress-up fabric.

Cheviot is a medium-weight, closely woven woolen (or worsted) fabric that will stand rugged wearing and holds its shape well.

Covert is a smooth-surfaced twill weave that is very popular for topcoats and slacks and, to a lesser degree, for suits. It resists wrinkling, wears excellently, and will take all sorts of punishment.

Flannel has become a classic suiting in both woolen and

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worsted. It is always in fashion, wears and cleans well, and is one of the most comfortable fabrics to wear.

Gabardine is a hard-finished worsted twill that holds its shape, cleans well, and has proved to be an all-around fabric for business, travel, sports, or dress wear.

Serge is one of the long-time favorites for men's clothing, popular because it seems to wear forever. Its only fault is that it will take on a shine long before the fabric wears out.

Shetland, one of the best sportcoat fabrics, is lightweight though warm, soft and fine though tough and durable, and tailors well.

Tropical worsted is porous and therefore cool, lightweight (from 8½ to 11 ounces per running yard), durable.

Tweeds are sturdy woolens with a fuzzy surface. They spring back into shape after many wearings and are ideal for casual and sportswear.

The man-made fibers listed on the following pages are found in all types of men's apparel, alone or mixed with wool or other fibers. They have been available in lightweight clothing for several seasons and are now being offered for year-round wear. Among their many advantages are their resistance to wrinkling, spots and stains, and moth damage. They fail, however, to satisfy some men, who feel that these so-called "test tube" fibers do not have the softness of hand, the appearance, or the draping quality of wool. This is not a consensus, though, as the skyrocketing sales of the new fibers will attest.

Although the developments in synthetic fibers are going along at such a rate that it is difficult to keep up with them, here are some of the most important of the man-made fabrics used in men's clothing.

Rayon was the original man-made fiber and was first called "artificial silk." It is made from cellulose and does not have the resistance to wrinkling that is found in some of the later developments.

Acetate is also a cellulose derivative, but it has a better hand than rayon, dries quickly, and gives good service in clothing.

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Nylon is made of coal, water and air. It was the first filament to achieve wide use in men's apparel and combines great tensile strength with light weight.

Orlon has many of the characteristics of wool. It combines a very soft feel with great strength and an ability to hold its shape.

Vicara comes closest to the luxury wools, possessing a soft hand and an appearance of fine quality.

Dynel is also distinguished by its great softness combined with durability.

Dacron is one of the newest and most popular of man-made fibers for men's apparel. It holds its shape and crease, even when doused in water, and is noted for its stretch resistance and durability.

There have been a few complaints from consumers that some of the new garments of man-made fibres have not lived up to promise. It is the opinion of the clothing industry that the fault lay in the promises—rather than in the garments. Customers were led to believe that they would never need to have the suit pressed. This sartorial Utopia, however, has not yet arrived—perhaps never will. The new clothes are wrinkle-resistant rather than wrinkle-proof. They are a vast improvement on what we've had. But do not expect miracles.

Clothing Patterns

Men often own a suit that they particularly like—but do not know what to ask for when they want another one like it. Herewith are three of the most popular patterns:



Figure 15 Herringbone. Sharkskin. Glen Urquhart Plaid.

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And here are three others. Twill is sometimes referred to as a two-toned diagonal; houndstooth is very much like a shepherd check; and nailhead may be called a bird's-eye.

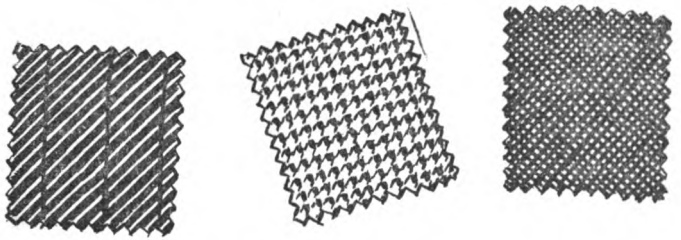

Figure 16 Twill. Houndstooth. Nailhead.

Workmanship

The quality of the fabric is only one factor in the quality of a suit. Many times you'll see the same material used in suits of widely varying prices. This is because there is such a great diversity in the quality of workmanship. There are as many as two hundred hand operations in a fine-quality man's suit, many of which are eliminated in making a cheaper suit. Here are some of the clues to good workmanship:

(1) Good workmanship is usually revealed by the careful matching of patterns at the seams, on the pockets, and in the coat front. Look, too, for careful, even stitching throughout the garment and for smooth, neatly fitted linings.

If you're buying a patterned suit or jacket, see that you get perfect matching of the pattern at the center back seam as in drawing (left); front closing (center); pockets and sleeves (right).



Figure 17 Careful matching of pattern indicates good workmanship.

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(2) Be sure that the maker didn't skimp on fabric. Look at the inside seams on jacket and trousers to ascertain whether enough fabric has been allowed for letting out the seams, if necessary.

(3) See that the button holes are neat and evenly sewed, preferably by hand.

(4) Check on the construction and quality of the lining. It should be color fast and pre-shrunk.

(5) Look at the pocket linings to determine whether they're strong and durable.

(6) Examine the crotch of the trousers to see whether this part of the garment has been pieced. If it has, the manufacturer has skimped on the cloth.

Fit

No matter how fine the quality of a garment, it cannot look well or wear well unless it fits properly. So it behooves you, the careful shopper, to be exacting in your choice of clothing—or, for that matter, to inspect periodically the clothing in your wardrobe to see that some of the faults listed below have not developed.

When trying on a new suit, put on a belt or suspenders in order to get a better fit. And put all the things that you normally carry into the pockets of the new suit. A garment that is altered to fit with empty pockets will ofttimes be a misfit when you load it up with wallet, handkerchief, keys and all the other things you carry.

A new suit should fit comfortably and should provide freedom of movement without any tautness. After putting on a suit, try raising your arms, moving the shoulders about, or changing positions. Even with the jacket buttoned, the garment should not feel tight.

The trousers should be full enough to permit easy and comfortable walking and sitting. However, guard against bagginess and fullness, since they spoil the general appearance.

Here are a few other things to check on when trying on a new suit or inspecting one of your old ones:

(1) Many outfits are completely spoiled by badly fitting coat collars. There's nothing worse than a collar which gaps

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away from the neck a few inches in the back. Almost as bad are coat collars which are so low that they show the whole shirt collar or so high that they hide the collar completely. With the proper fit, of course, the coat collar hugs the neck closely and shows enough shirt collar, as depicted in Figure 18. The collar shown at the left is correct; the one in the center is too high; and the one at the right is too low.

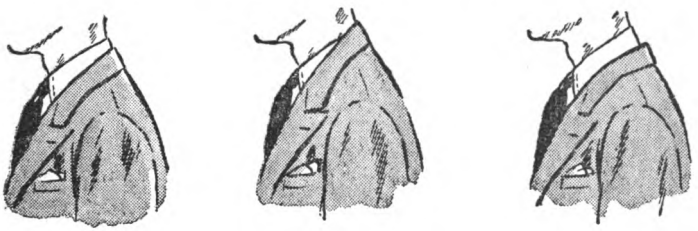

Figure 18 Coat collars should fit. Left: correct. Center: too high. Right: too low.

Many times the fault lies in the careless way a coat is put on. After the coat has been worn in this manner a few times, the collar may never fit properly again. Sometimes the collar shrinks or stretches in the process of pressing or dry cleaning. Whatever the trouble, you can usually have it corrected rather simply and inexpensively by your neighborhood tailor.

(2) Lapels should lie flat and not bulge outward regardless of changes in body position.

(3) The armholes should be cut comfortably full but not so deep that the whole coat lifts up when the arms are raised.

(4) The shoulder line should be straight from the collar line to the edge of the shoulder to prevent drooping and to keep the sleeves from hanging unevenly.

(5) Coat sleeves should taper to the wrist, not so tight as to be uncomfortable and not so loose as to cause wrinkles. Sleeves of the proper length will show about ¼″ of shirt cuff (see Figure 19). It isn't enough to have both sleeves the same length, for many men have one shoulder lower than the other —or even one arm longer than the other. So, run the tape measure from the tip of the thumb to the end of a properly

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fitting sleeve; then see that the other cuff is altered to the same length from the thumbnail.

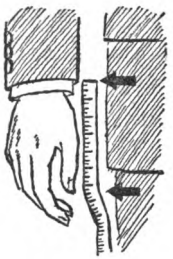

Figure 19 How to determine the proper length for your coat sleeves. Measure a properly fitting coat sleeve (i.e., *one that shows about ¼″ of shirt cuff*) *from the end of the sleeve to the tip of the thumb. Alter your other jackets to this measurement.*

(6) Trousers should hang straight from the waist, showing no wrinkles in front or at the seat when the wearer stands up.

(7) The cuffs of the trousers should hang straight in the back and show a slight break over the instep in front (see Figure 20). The sketch at the left shows the trousers hanging properly. The trousers in the center are too short; those at the right are too long. If your trousers are not the right length, it may be that you are not exercising enough care in the adjustment of your belt or suspenders. Possibly the pants were the right length when you got them but are being worn wrong. So check up on yourself in front of a full-length mirror every once in a while and tighten or loosen your belt



Figure 20 The hang of your trousers. Left: correct. Center: too short. Right: too long.

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or suspenders to assure a proper fit. Otherwise your friends may think either that you're wearing your kid brother's trousers or that you're a victim of the well-known Sam who made the pants too long.

DRESS TIPS

To make your clothes look their best, carry as little as possible in the pockets.

When wearing an overcoat, carry an extra handkerchief in its pocket. Then a sudden cough or sneeze won't cause you to do a strip tease to get at a handkerchief!

If your suit jacket has two inside breast pockets, as most of them do these days, put your pocket handkerchief in one of them, instead of your hip pocket, where it might bulge the suit out of shape.

If you leave the suspenders attached to trousers when placing them on hangers, you'll probably find that they hang down to the floor of the closet. You can avoid this by looping the suspenders inside the trouser legs (at the crotch) before putting them on the hanger.

Some of the new suits have a small cash or ticket pocket. This is a good and handy place to carry a cigarette lighter. In this day and age of wrist watches, another good parking place for a lighter is the small watch pocket at the top of the trousers.

Nothing spoils the look of a handsome suit more than an outside breast pocket full of pencils, pens and cigars! If you must carry all these with you, park them in an inside breast pocket or the shirt pocket.

With a three-button suit, it's a safe bet that you'll get the best fit if you button only the middle button.

When you can see the zipper tab on a man's trousers, it's because he closed the zipper carelessly. Practically all of them have a locking device and will lay flat and out of sight when properly fastened.

Most trouble with good zippers comes from catching the shirttail or underwear. If this happens, do not try to force the zipper—unzip it carefully instead.

All double-breasted suits have a "stay button" on the

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inside of the coat. If it isn't fastened, the coat cannot fit properly.

If you're one of the remaining vest wearers, be sure that the bottom of the vest overlaps the top of your trousers. Nothing gives a worse effect than being able to see a gap between the two garments.

HOW TO TAKE CARE OF YOUR CLOTHING

The best clothing will give only fair service if it is not cared for properly, and, conversely, cheaper apparel will last long and keep looking well if attention is given to its care and upkeep. Most of the methods for taking care of clothing are simple, requiring only a little time and money. In fact, you can do many of these things yourself. Yet the average man is prone to neglect such important matters, with costly results.

With ordinary attention, a good suit should remain in wearable condition for anywhere from four to eight years. Shoes, if kept in repair and not worn steadily, should be good for from two to four years. The life of washable apparel—shirts, underwear, and so on—is much shorter because of the frequent laundering necessary.

Here are some tips to help you get better mileage from your clothes and maintain their appearance during the life of the garments.

How To Keep Your Clothing Clean

Get spots out of your clothing as quickly as possible. Many men reason that they may as well get a dirty suit dirtier before having it cleaned, so they wear the suit when they are doing rough work. However, the longer spots are in a fabric, the more firmly they become imbedded, and the tougher they are to remove.

A good cleaner can usually get most of the spots out of any suit, but he can't always tell what caused a spot just by looking at it; consequently suits often come back from the cleaner with spots still on them. This is rarely the case when the cleaner knows what caused the spots—and therefore

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what to use on them. So, pin a little explanatory note to your clothes before sending them out. With this guidance, the cleaner can do a much better job.

Although a good cleaner will always come in handy, you will be able, if you follow the suggestions given below, to save yourself a good deal of money by doing at least some of the cleaning yourself.

The simplest method for removing spots—and one that the average man rarely thinks of—is a good rub with plain aqua pura. You'll be amazed at how many spots can be removed with water. But before using cleaning fluid, or even water, see whether a rubbing with another part of the garment won't remove the spot.

To remove stubborn stains from dark clothing, try black coffee.

You can frequently remove perspiration stains from clothing by dampening the discolored parts with water and holding them over the mouth of an open bottle of household ammonia for a few minutes.

If you've ever tried to get chewing gum off clothes, you know how it sticks. But if you apply an ice cube to the gum for a few minutes, it should harden and come off easily.

Before using turpentine or cleaning fluid to remove paint spots from clothes, scrape off as much paint as possible—but do it gently, so as not to harm the fabric.

Make a practice of going over the collar folds of your coats every once in a while with a little cleaning fluid to remove accumulated dust and dirt, which can soil your shirt collars.

No matter how clean your house is, dirt and dust will settle on the collars and shoulders of suits that are hung away in closets. So brush them about once a month to keep the dust from getting imbedded in the material.

Try using a rubber brush, rather than a regular whisk broom, for brushing woolens.

Brush out pockets and cuffs of trousers once in a while. You'll find that a lot of lint, crumbs, dust, and what-have-you accumulates in these spots.

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When wearing a light-colored suit, do not tuck a freshly printed newspaper under your arm, where the ink can rub off. Carry it in your hand instead.

How To Increase the Wear and Maintain the Appearance of Your Clothing

If your suits come back from the tailor with indentations on the cloth from the buttons, tell him you want hand pressing next time instead of machine work. This will improve the appearance and increase the wear of the garment.

Coat buttons should be anchored to both the inside facing and the lining of a coat. If any of your buttons are attached to only the outside cloth, have a tailor sew them on properly, to avoid misshaping the coat or even tearing the fabric.

If you want the sleeves of your coat to look better and to have fewer wrinkles, tell the tailor not to put creases in them. The recognized signal for this job, in the event that you do not give the tailor personal instructions, is to turn up one of the cuffs (see Figure 21). When the tailor sees the turned-up cuff, he'll know that you want "rolled sleeves."

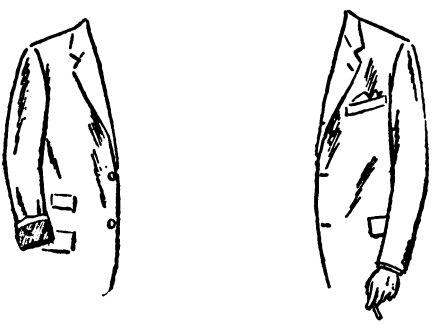

Figure 21 How to indicate to the tailor that you want "rolled sleeves."

Perfect-fitting clothes are often stretched or shrunk by careless cleaning and pressing. Most flaws of this type can be remedied by a tailor. Figure 22 indicates how a gaping coat

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collar (left) can be shrunk and worked back to its original shape (right).

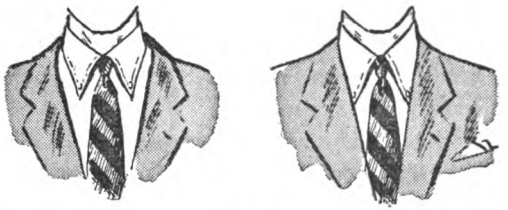

Figure 22 The tailor's skill. The gaping collar at left can be worked into a proper fit (right).

Two- or three-button single-breasted suits (left) can be converted to more flattering low-waisted model (right) if tailor presses lapels with a longer roll.

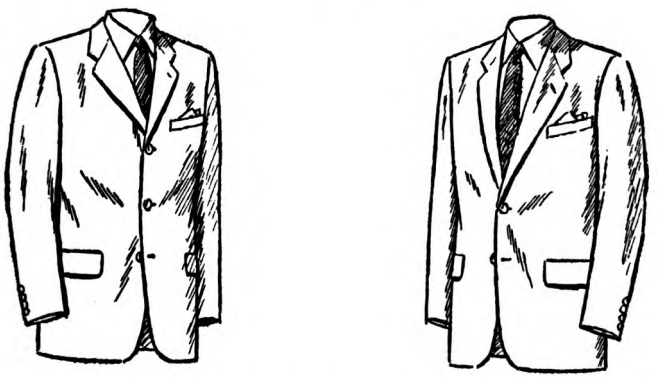

Figure 23 Proper pressing can make your suit more becoming.

To prevent worn trouser cuffs, have a three-quarter-inch cotton tape, of the same color as your suit, sewn inside the cuffs.

If you do a great deal of sitting at your desk, get a fabric-covered seat pad. Constant friction of leather against suit fabric will put a sheen on trousers.

Always remember to unbutton your coat when you sit

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down, for even the finest woolens are likely to stretch out of shape. Unbuttoning the coat is easier on the buttons, too.

Hitch up your trousers when you sit down, especially in humid weather, to avoid having baggy knees.

Never hang an overcoat overnight, or for any extended period, by the loop in the neck of the coat. The weight can stretch the coat out of shape.

See that the metal parts of wooden clothes-hangers are clean and free from rust before you use them for suits, especially light-colored suits.

When removing one of the little pronged cleaner's tags from clothing, always open the prongs carefully. Yanking the tags can tear the fabric of your clothing.

If you carry your keys on a chain that goes into your trouser pocket, switch pockets once in a while to avoid wear on the cloth.

When you take off a suit and put it in a closet, remember that the purpose isn't just to get it out of the way; if it were, you could throw the suit in a drawer instead. The real object is to preserve the suit's shape and appearance. You must hang it carefully, for a suit will mold itself into whatever shape it is

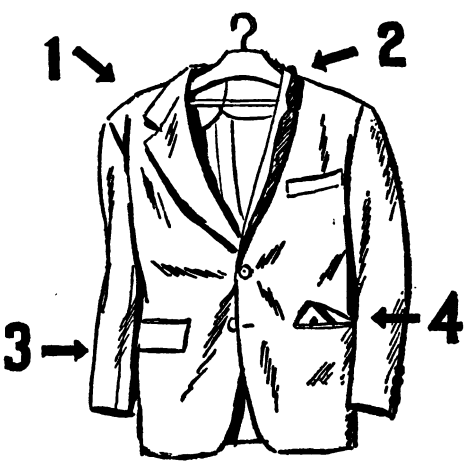

Figure 24 Don't hang your suit up just any old way!

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hung. Check the following points when you hang up a suit: (1) See that the suit is hung straight—not lopsided—on the hanger. (2) See that the lapels lie flat—not pushed out of shape. (3) Make sure that the sleeves are hanging straight—not twisted. (4) If the pockets have flaps, be sure that they're smooth and straight and not tucked into the pockets.

It may not be good news to tailors, but many men have found that if they alternate their suits frequently, they rarely if ever have to have them pressed. Good clothes restore themselves to proper shape with proper rest.

In humid weather, many men make the mistake of turning their coats inside out over a chair or on a hanger. There's no easier way of mussing them or spoiling their shape. Instead, empty all pockets and hang your coat on a good wishbone hanger. The drying may take longer, but the results are much better. In any case, when you hang up a suit in humid weather, make it a practice to give the whole thing—suit and hanger—a brisk shake, to remove the wrinkles. And never put a coat or suit away in a closet until all dampness, including perspiration, has dried out.

Do your trousers ever slide off the slippery crossbar of a coat hanger? A strip of adhesive tape wound around the bar in a spiral will make it skidproof, and it will keep trousers well pressed instead of mussed.

When you pull trousers on over your feet, hold the cuffs in your hand to keep them from dragging on the floor.

Cut small grooves in the clothes rod of your closet to remind you to keep garments spaced the proper distance apart. This prevents crushing and gives the clothes air space.

If you have nothing but wire hangers and find that a single one will not support the weight of a particular garment without letting it sag, add strength by binding several wire hangers together with cellulose tape.

To remove wrinkles from clothing, try the time-proved method of traveling salesmen: hang garments in a steamed-up bathroom. To hasten the rehabilitation process, give the clothes a good brushing while they are steaming.

You've probably heard the phrase "finger-pressing" without knowing what it means. It's a method of replacing

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or sharpening creases in a garment when it is damp from washing, rain or even humidity. Using as firm pressure as possible, run your fingers down the section you want creased, as shown below.

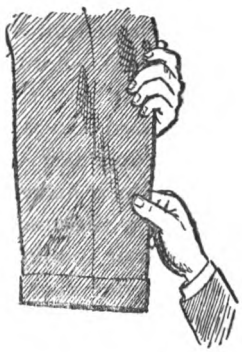

Figure 25 "Finger-pressing" does not require an iron!

How To Rehabilitate Your Clothing

On a soft-fabric suit, you can sometimes raise the nap on the edges of trouser cuffs by brushing gently with a stiff brush.

Because most jacket or coat sleeves can stand a quarter-inch shortening without suffering in appearance, you can have yours turned up that much when the nap is worn away, or when the cuffs on light-colored suits are permanently stained.

If the stitching on trouser cuffs comes loose, as so often happens to men who pull their trousers on over their shoes, a strip of cellulose tape or a small straight pin will hold it securely until you have a chance to get the cuffs sewed.

You can reduce the shine on clothing by rubbing the surface with a pressing cloth moistened with household vinegar, which serves to raise the nap. Then moisten the cloth in the solution again and use it in the regular manner as a pressing cloth.

If the cord in a buttonhole begins to come loose, trim it off as closely as possible. Do not pull it out.

To protect or repair a sports jacket, have a tailor sew suede or felt patches on the elbows and put bindings on the

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cuffs. This will give you added years of wear from the jacket —and besides it's fashionable today. The fad was originated for utilitarian purposes only, but many smart men these days have elbow patches put on as soon as they buy a new jacket.

To keep soft homespun or tweed trousers from getting baggy, have a tailor line the knees. This will prevent the cloth from stretching.

You're not completely out of luck if the inside of your trouser cuffs show signs of wear. A tailor can usually make false cuffs and, if not, there's no rule against wearing straight pants, with no cuffs at all. (You do it with your best dress-up clothes, your tuxedo!)

You can more easily brush out the cuffs of trousers, and particularly of golf slacks, if you have the stitches taken out of each side of the cuffs and replaced with metal snap fasteners.

What You Can Do To Avoid Moth Damage

Two moths can produce 625 million descendants in a single year. One moth can eat ninety pounds of wool in that period. Unless we combat the moths, individually and collectively, they can destroy all existing clothing within an appallingly short time. Clean wool is far less appetizing to moths than dirty wool, so the first line of attack is obvious. And remember that it's not enough to be sure that the outside of garments is clean: give all pockets and the inside of cuffs a brushing out as well.

Many tailors and cleaners offer a combination cleaning-mothproofing service on winter clothes; whatever the cost, this is a very worth-while expenditure. Others, for a small extra charge, will store your clothing during the hot months —and you get a guarantee that the clothes will not be damaged by moths. Or you yourself can do a good job of mothproofing with some of the sprays now on the market.

A good investment is an inexpensive garment bag that can be hermetically sealed. A bag in time can save nine—moth holes. It also keeps the clothes clean.

Moths, for some reason, are allergic to newspaper—so wrap clothes in newspaper, along with camphor.

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How To Store Clothing

If you store seldom-worn clothing in a closet, make it a point to shift the hangers around once in a while. While doing so, give each garment a good shake and perhaps a quick brush to give it some needed air.

If trousers are hung over the cross bar of a hanger, move them forward or back an inch or so about once a month to avoid getting a crease across the trousers.

Here's a good way to store trousers so they can't slip off the hanger. They'll also wrinkle less. Place one leg of trouser over the bar about halfway up on the inside seam (see drawing, left). Then bring the other leg over on the opposite side, making sure that legs hang evenly (right). This method may be a bit of trouble—but it's a fine idea.

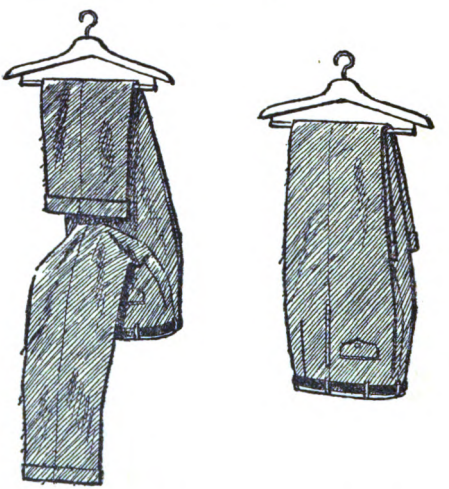

Figure 26 Criss-cross hanging prevents slipping and wrinkling.

Do not use wire hangers for a garment that is going to hang for a long period of time; wire hangers can crease the shoulders of a coat or jacket.

A heavy overcoat can stretch and sag if it is allowed to hang up all summer. It's better to fold it neatly and wrap it securely in a bundle. Never store clothes in a damp place, where mildew is likely to affect the cloth.

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CHAPTER THREE

ACCESSORIES *and* FURNISHINGS

HOW TO KNOW YOUR SIZE IN FURNISHINGS . . . PICKING THE RIGHT ONES . . . PROPER CARE OF HATS, SHIRTS, TIES, SHOES, ETC. . . . HOW TO TIE A TIE, ETC.

Although clothing is the major part of a man's outfit, from the standpoint of both investment and appearance, the importance of the proper furnishings and accessories must not be overlooked. The handsomest suit will not look well if it is not worn with the correct accessories. Conversely, a less-than-handsome suit can be much improved by combining it with a well-selected shirt, tie, jewelry, hose, hat and shoes.

PICKING THE RIGHT ACCESSORIES

The same rule of contrasts that applies to the combining of different types of clothing holds good in the selection of furnishings. Exercise caution in choosing accessories to avoid clashes of patterns and colors. If a suit is distinctly patterned, choose neat or plain furnishings to contrast with it. Should the suit be plain, then the furnishings should be so chosen as to give the outfit life and color. Combining highly patterned or highly colored clothing with fancy shirts and ties will create a garish effect. Conversely, plain clothing worn with plain furnishings will create a drab and lifeless effect.

The rule also applies to the combining of accessories.

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With a plaid, checked, or striped shirt, never wear a plaid, checked, or striped tie. Only with the conventional white or plain shirt can one go to town on fancy-colored or patterned neckwear.

In this connection, someone once gave a very fine description of Cary Grant's attire at a time when the motion-picture star was considered the best-dressed man in this country: "I've been with Cary Grant a dozen times lately, and when I leave him I have the recollection that he was beautifully dressed. But, for the life of me, I never can remember a single thing he was wearing—his hat, shirt, tie, suit, or anything else." And that's what all of us should try to achieve—the impression of being well dressed without wearing any one article that blatantly sticks in a person's memory. We can do this by choosing accessories carefully and judiciously. In the following section, we shall try to give you some hints for choosing the proper accessories.

How To Know Your Size

The men's-wear industry has not made things easier for the men in this country by its failure to adopt general size standards for men's apparel. Every article of clothing, it seems, is sized in a different way. Thus the writer, a former football player, wears a 46-long suit, an *XL* robe, a 16½ shirt, and so on.

Here's a chart which, in general, will give you your size in various articles of men's wear. It isn't completely accurate because it is based only on weight and therefore doesn't consider variations in height. But it should at least give you an idea of your size in various articles.

You may own apparel which fits you perfectly but whose size you have forgotten. If you wish to reorder more in the same size, here are some ways to determine the size of the original article.

To get your sock size in inches, measure the foot of the sock on a ruler from the point of the toe to the end of the heel, as shown in Figure 27. You can measure your hand for glove size by placing a tape around your knuckles with the fist closed (see Figure 28). To determine the length of your

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SIZE CHART

Weight	110-135 lbs.	135-165 lbs.	165-185 lbs.	185-210 lbs.	over 210 lbs.
Pajamas	A	B	C	D	E
Robes	Small	Medium	Medium-large	Large	Extra-large
Sweaters and Undershirts (by chest measurement)	36	38	40	42	44
Undershorts (by waist measurement)	32	34	36	38	40
Shirts: Neck Size (sleeve lengths vary according to general proportions)	13½-14½	14½-15½	15½-16½	16½-17	17-17½

trousers, measure the inseam, from the crotch down the inside of the trouser leg to the edge of the cuff (see Figure 29). Figure 30 shows the proper method of obtaining shirt measurements. To determine neck size, measure from the center of the button to the center of the buttonhole. For sleeve length, run the tape from a point at the center of the back



Figure 27 How to determine your sock size.



Figure 28 How to determine your glove size.

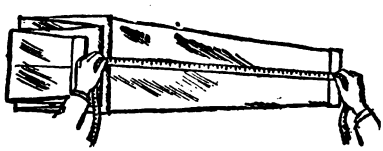

Figure 29 How to determine your trouser length.

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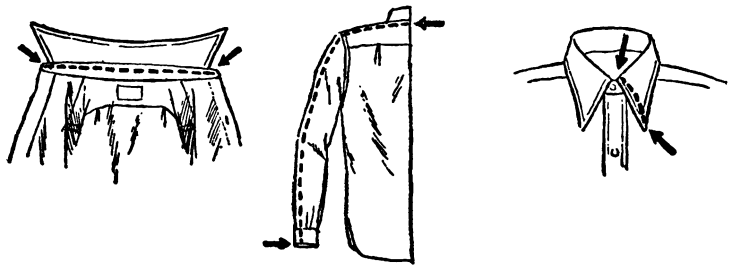

Figure 30 How to determine your shirt measurements.

over the shoulder to the outside edge of the cuff. (Note that sleeve lengths run in inches only, not fractions.) And to find out the length of your favorite collar, measure from the top seam to the point of the collar.

Many men are puzzled by the sizing methods used for hats. What, for example, does a size 7 mean? It isn't easy to explain. The size is supposed to mean the diameter of the head, assuming that the head is perfectly round. But no head is perfectly round—and the diameter wouldn't measure seven inches if it were! The safest way to determine your own hat size is to measure the circumference of your head, where your hat would normally rest, and check that measurement with the following chart, which shows not only the American sizes but also the sizes used in other parts of the world.

INTERNATIONAL HAT SIZES

Circumference of Head	*American*	*English*	*French*	*Metric*
20¼"	6½	6⅜	2½	52
20¾"	6⅝	6½	3	53
21⅛"	6¾	6⅝	3½	54
21½"	6⅞	6¾	4	55
21⅞"	7	6⅞	4½	56
22¼"	7⅛	7	5	57
22⅝"	7¼	7⅛	5½	58
23"	7⅜	7¼	6	59
23½"	7½	7⅜	6½	60

Just as many men find the sizing of shoes a complete mystery. The standard lengths range from 6½ to 13½, and

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these, together with the variations in width, make a total of about sixty-five sizes which are carried in the average shoe store. But it's the markings inside the shoes that are confusing. And here's the way you read them:

There's usually a series of four numbers set apart from the other markings on the inside of the shoe. The first number in the series indicates width—1 is A, 2 is B, 3 is C, and so on. The next three numbers tell the length of the shoe—100 is size 10, 105 is size 10½, 110 is size 11, and so on. For example, 3105 means 10½-C; 2110 means 11-B.

Incidentally, the seasoned shoe clerk never uses the letters alone. In order to avoid the confusion that might result from similarity in sounds of letters, he uses "Benny" for B, "Charley" for C, and so forth.

Almost every man is aware of the fact that his size in socks isn't the same as his shoe size, but surprisingly few know just what it is. To find out just take a look at the chart below. All you have to know is your shoe size.

SHOE SIZE	SOCKS
7-7½	10½
8-8½	11
9-9½	11½
10-10½	12
11-12	13

Fabrics in Furnishings

Although entire books have been written on textiles for clothes, our space permits only a brief mention of some of the most commonly used fabrics in men's furnishings.

Batiste—a fine, soft cotton muslin closely resembling cambric, plain woven in the gray and finished by bleaching, light sizing and calendering. This cloth is popular for summer shirts because of its light weight and easy launderability.

Broadcloth—There are two kinds of broadcloth: wool and cotton. There is no similarity between them. The first is a fine, openly woven fabric with a smooth and uniform texture, widely used for suits. The term *broadcloth* was originally applied only to wool fabrics but is now used also to mean a

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cotton cloth used principally for shirtings. Cotton broadcloth is a plain-weave fabric with a rib effect.

Cambric—a fine, thin, closely woven white fabric made of linen or cotton and used for shirts.

Cashmere—an extremely fine, soft wool fabric made from the hair of the cashmere goat of Tibet. The wool is obtained by combing the goat rather than by clipping or cutting the fleece. It is used for suitings, sweaters and other knitted goods and is exceptionally warm and lightweight but highly perishable and relatively expensive.

Challis—a lightweight, sheer fabric, either all wool or of a silk and wool mixture, used principally for men's ties and robes. Challis is sometimes made with a woven pattern, but oftener it is printed after weaving. It is not only very thin and light in weight but is also soft and pliable.

Chambray—a type of gingham woven with a colored warp and white filling yarns, popular for shirts.

Corduroy—a durable cotton fabric used for sportswear. Corduroy resembles velveteen in that it has a piled surface, but the surface is raised in cords, ridges, or ribs.

Doeskin—the fine leather obtained from the skin of the doe or young deer, used for gloves, vests and sportswear. Doeskin can be made washable and is available dyed in various colors. Doeskin fabric is a cotton or wool cloth napped to resemble real doeskin.

End-to-end—a fabric developed in England for shirtings. The warp threads ("ends") are alternately white and colored, and the filling is white.

Flannel—a soft, medium-weight wool or worsted fabric used for coats, suits and heavy shirts. Flannel is made with a twill weave and is napped on both sides. Cotton flannel is a similar fabric made of cotton fibers.

Foulard—a thin, twilled silk fabric, printed after weaving, and used primarily for neckwear, robes and handkerchiefs. The term is sometimes used to mean the small patterns characteristically printed on foulard cloth.

Jersey—a plain-ribbed knitted fabric made from wool, cotton, or rayon. The rib which results from the knitting is clearly discernible on one side of the fabric. As applied to outerwear fabrics, jersey is assumed to mean all wool. The

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term refers also to a type of close-fitting sports shirt or sweater.

Linen—a thread or cloth made of flax. Linen is cooler, stronger and more absorptive than cotton, and it takes a higher polish. The brilliance of white linen improves with washing; hence its great popularity for handkerchiefs. Recent experiments with linen have produced a crepe linen and a noncrush finish. Most linen used in America is imported from Ireland.

Lisle—a fine, smooth, knitted fabric made from two-ply cotton yarn and used in gloves, hosiery and underwear. The fineness of the yarn permits the knitting of sheer, lightweight garments.

Madras—a fine cotton fabric, usually colored, striped, or figured, used for shirts.

Oxford—a basket-weave cotton or silk fabric most frequently found in the shirt department. The term also refers to worsted goods in which black and white yarns are combined to produce Oxford gray.

Poplin—a fabric, usually of silk and wool but also made in cotton, of plain weave with a light crosswise rib. Cotton poplin, which is very popular for men's shirts, is similar to but heavier and coarser than cotton broadcloth.

Rep or *Repp*—a fabric of silk or wool or both with a finely corded or ribbed surface. Rep, which closely resembles poplin, is widely used for neckties.

Sailcloth—a stout, plain-woven cotton fabric, gaining in popularity for sports apparel. As its name indicates, this fabric was originally sail canvas; now the name denotes a similar but lighter and finer-textured cloth.

Seersucker—a lightweight cotton fabric with a crinkled stripe effect, used for pajamas, robes, shirts and for warm-weather suits. Seersucker is popular for summer wear because it is very cool and lightweight and because its crinkled surface makes frequent pressing unnecessary.

HATS

When you buy your next hat, try on a slightly smaller shape than you've worn in the past. It's an admitted fact that most men in this country have been over-hatted—*i.e.*, they've

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worn a hat with a too-wide brim and a too-full crown. The fashion trend is currently veering to smaller shapes, and you'll probably find such a shape neater and more flattering.

Also, when buying the next one, try a new style of hat. A study made by a manufacturer some years back revealed that 82 per cent of the men in this country customarily ask the clerk for "a new hat just like the one I'm wearing." That's because men get used to and fond of a particular style. But it doesn't mean that another type wouldn't be equally good—and it most certainly would be a welcome change. So, if you've been a snapbrim wearer, try an off-the-face hat. If you've been a Homburg devotee, try a Tyrolean. It costs nothing to try, and you may discover that, in a different kind of hat, you're another Gregory Peck.

Even if you insist on wearing the same style of hat all the time, you can vary your appearance and avoid monotony by occasionally reshaping the crown. As illustrated in Figure 31, you can put a single crease in the crown (left); achieve the pinched front (center); or shape a telescope, or porkpie, crown (right).

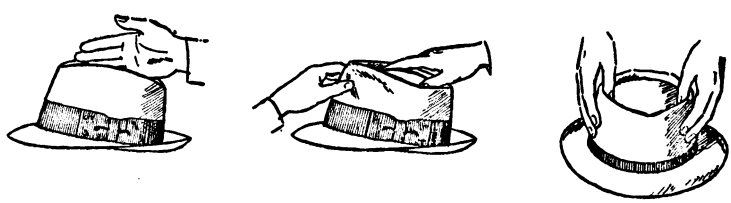

Figure 31 How to reshape the crown of your hat into (left) a single crease; (center) a pinched front; and (right) a telescope, or porkpie.

Hat Tips

Put a business card inside the sweatband of your hat. Then, when you park your hat with other similar hats, the card will help you to identify yours.

If you wear an old hat for fishing, attach a couple of small magnets to the band. They'll hold your fishhooks firmly and within easy reach.

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For summer wear, buy a couple of extra hook-on hat bands, in assorted colors, for your straw hat. They can be interchanged at will, and will afford you the equivalent of an entire hat wardrobe.

How To Take Care of Your Hats

Try to keep from tossing a hat on a hook or on a shelf. It will give better service and will look well much longer if you park it on a flat surface.

Here are some ways to keep your summer hat from becoming a discolored straw stack. If there is no tipping (circular lining) in the inside of the crown, paste a circle of cellophane in the top in order to avoid having the crown stained through with oil and grease (see left, below). Also, put a strip of cellulose tape inside the leather sweatband (right). It keeps the band from getting stained.

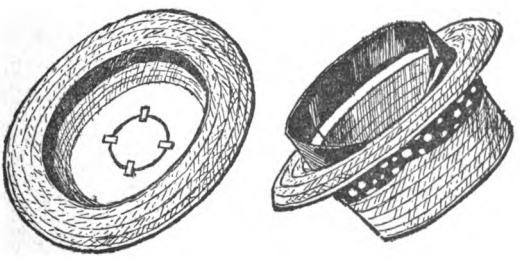

Figure 32 *You needn't be a magician to get long wear out of a summer hat. Cellophane will do the trick!*

When tipping a hat, grasp it by the *lower* part of the crown rather than by the top of the crown. Figure 33 demonstrates the right way (bottom) and the wrong way (top). Grasping the top of the crown causes wear, especially in straw hats.

When donning a hat, grasp the front and back of the brim with your fingers. This not only keeps the hat cleaner, but preserves its shape as well.

To care for your hat when it gets wet, first turn up the brim all around and push out the creases in the crown. Then

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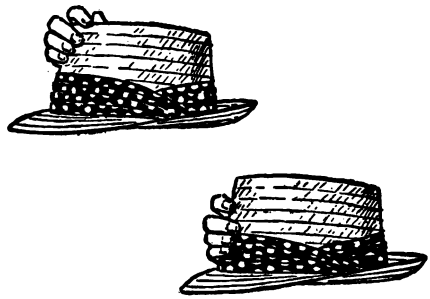

Figure 33 How to tip your hat. Top: the wrong way. Bottom: the right way, by the lower part of the crown.

pull out the leather sweatband, stand the hat on a flat surface, and allow it to dry naturally, away from heat. Finally, brush it with a soft cloth or hat brush and reshape to suit (see Figure 34).

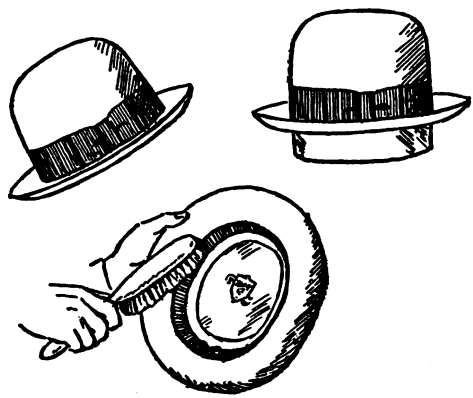

Figure 34 How to revive a wet hat. Turn the brim up all around and push up the creases in the crown; pull out the leather sweatband and allow hat to dry; brush it with a cloth or soft brush and reshape to suit.

Hats eventually get so soiled that you cannot clean them yourself. That's the time to send them out for cleaning and reblocking. There are all sorts of systems, some good and some bad. If you like a particular hat well enough to want to wear it some more, and if you're willing to spend a little

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extra, take it back to the store where you bought it. They will send it to the factory which made it, and the hat will come back as good as new.

It takes five rabbits to produce enough felt to make one hat, so put your hats away in a box for the summer instead of letting them deteriorate on an open shelf. If boxes are not available, wrap each hat separately—and loosely—in dark paper.

If you have more hats than will fit side by side on a closet shelf, ask your favorite hat store for a few cardboard dividers. They will allow you to stack your hats without danger of the upper ones marring the lower ones.

Use a soft-bristle brush or lintless cloth to brush your hat. And always brush *with* the nap.

Keep your hat dust free by brushing it even when it doesn't appear to need it. A drop of rain on a dusty hat will cause a mud spot that is hard to remove.

Give the band, especially the bow, an occasional brushing, too. Once dirt gets imbedded in the creases of the bow, it's very difficult to remove. If a brush won't do the trick, try the suction end of a vacuum cleaner.

Give the leather sweatband an occasional rub with soap and water to keep it from smudging your forehead.

Many hat stores will sell you a small, chemically treated sponge that will get spots off your hat in a hurry.

To clean any felt hat, except a white one, try rubbing it with a piece of stale rye bread.

SHIRTS

Keep a fresh shirt at the office for that contingency when you'd either have to rush home to make a change or buy a new one.

If you're a constant wearer of white shirts, consider the purchase and a trial wearing of a colored shirt. Colored shirts have several advantages over white shirts. They blend better with clothing colors and add a touch of individuality to an outfit. And in this day and age of dirt and dust a colored shirt will keep a fresh appearance throughout an entire day,

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whereas a white shirt often will show soil even before lunchtime.

The smart appearance of a well-fitting shirt can be spoiled if your collar pin pulls the points out of shape and wrinkles the collar. The solution may be found in using a longer collar pin.

If collar points curl up, give them a good stretching to straighten them out. Turned-up collar points may result also from a tie knot too large for the available tie space of a shirt. You can remedy this by making a smaller knot or by wearing only lightweight ties with the shirt in question.

If there are slots on the underside of the collar, use celluloid or plastic collar stays to keep the points neat and uncurled. These stays, however, will do their job properly only if they are the right length for the collar. If they're even a fraction of an inch too long—and they're liable to be after a shirt has been laundered several times—they will pull the collar out of shape. So trim them down with scissors or razor blade to the proper length. And be sure to blunt any sharp edges after you've cut the stays, to avoid damaging the fabric of the shirt. If you haven't any collar stays, you can substitute wooden match sticks, straightened-out paper clips, extra collar pins, or even some of your wife's hairpins.

Always remember to remove plastic collar stays before throwing a shirt in the laundry. The heat of an iron can fuse the stays to the fabric.

Many men manage to muss their collars even before they get their ties on in the morning. One sure way to do this is to button and turn up the collar before putting on the tie. Then, when the collar is turned down, it's very likely to be mussed and wrinkled. The best system is to slip the tie through the collar before you button it and turn it down. An even safer way is to put the tie through the collar before putting the shirt on.

If your shirt bosom puffs up, pull down the tail of your shirt and tighten your belt. This will usually keep the bosom flat throughout the day. If it doesn't, or if you wear suspenders instead of a belt, hook a rubber band tautly from one of the

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shirt buttons just above the trouser line to the top trouser button.

It's extra important for your shirt bosom to stay flat and smooth when you are wearing a tuxedo. Here are two ways of ensuring that. If you own a pair of so-called "supporter" shorts, with elastic waistbands, tuck your shirt into your shorts, and the waistband will hold the bosom flat. The other method is illustrated in Figure 35. With small safety pins, fasten the shirt tautly to the top of the trousers at the points marked *x*. This will definitely do the trick.

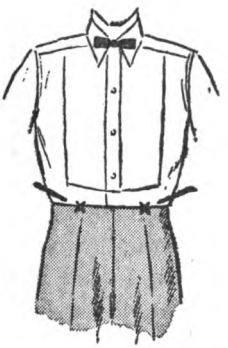

Figure 35 How to keep your shirt bosom smooth. Pin the shirt tautly, with small safety pins, to the trouser tops at the points marked "x."

Cuffs which require links are known as "French cuffs." Those with buttons and buttonholes are called "barrel cuffs." Put a small dot of indelible ink on the labels of those shirts which have French cuffs to avoid having to unfold shirts to determine which is which.

How To Take Care of Your Shirts

You can remove powder, even the pancake variety, from a shirt by lightly rubbing the soiled spot with toilet water.

If you must carry lead pencils in your shirt pocket, have the points down instead of up. Surprisingly, there's less tearing this way—and the shirt front stays cleaner.

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If you carry an eyeglass case, see whether your pencil or pen won't fit in easily with the glasses. This will save wear and tear on the shirts.

When you turn up your shirt sleeves, fold them neatly instead of rolling them. Then, when the cuffs are turned down again, they'll be neat and wearable.

Many men have an unconscious habit of constantly adjusting their tie knot and collar. Nothing will soil both quicker than this, so, if you have the habit, it's worth making an effort to break it.

Once every few weeks, give the inside of your coat collars a good brushing or a rub with a little cleaning fluid. This will keep them from soiling your fresh shirt collars.

Unless you are thoroughly unhappy without starch in your collars, tell the laundry to forget it. Starch definitely shortens the life of a collar.

Shirts wear out not only from too-frequent laundering but also because men wear the same ones over and over again. Try putting the fresh shirts on the bottom of the pile, rather than on the top, when they come back from the laundry. Or—though it is a bit more trouble—you can also mark numerals 1, 2, 3, and so forth on the neckbands with indelible ink to ensure rotation.

If your shirt collars have slots on the back for stays, it's better not to have them starched. Starch will not distribute evenly through the many layers of fabric.

Never throw damp shirts into the laundry hamper. Let them dry out first.

Before putting a shirt in the laundry bag or hamper, turn up the collar. It's easier on the shirt.

If the collars of some of your shirts are just a bit snug, you can stretch them a little by tugging on both ends of the neck band of the shirt. If they're really shrunk and are uncomfortably tight, there's another way in which they can probably be restored to the original collar size. Dampen the collars and place them on a tape measure. Then press and stretch simultaneously until the collar has been stretched to the mark on the tape that indicates the original size.

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If a French cuff shows signs of wear, it can be turned by any good seamstress or converted into a barrel cuff, with button and buttonhole. For temporary face-saving, you can have the worn cuff turned inside out.

Adept seamstresses can turn worn collars or even make a new collar from excess material in the tail of a shirt. If neither of these alterations is possible, a worn-out collar-attached shirt can be converted into a neckband model.

The next time you get a shirt box from your men's store, save it for storing your rarely used dress shirts. They'll be neat and unruffled the next time you don evening clothes. The same box makes a good storage place for dress ties and cummerbunds, too.

If shirts are going to be stored away, be sure all starch has been washed out. It attracts silver fish.

It's better to store sports shirts on hangers. If folded up, they'll have unsightly creases when you're ready to wear them again.

NECKWEAR

Most good ties are made with a bias-cut lining and with a loose thread running down the back of the tie. If a tie doesn't hang smoothly and straight, a stretch from both ends will probably correct the fault.

If a tie label interferes with the knot—and this can happen—just snip the label off carefully.

Some men have name tapes stitched—at both ends only—across the backs of the wide ends of their ties. The small end of such ties slips through the tape to ensure neatness when the tie is worn. Try it! Another trick for keeping both ends of the tie together is to make a small circle of cellulose tape, sticky side out; place it between the two ends of the tie; and press together lightly. The tie ends will be joined for that wearing, and the cellulose tape does not harm the tie.

With convertible-collar shirts growing in popularity (these are shirts that can be worn either with a tie or open as sports shirts), here's a good idea: When the tie is not being

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worn, fold it neatly and place it, with points showing, in the breast pocket of the shirt or jacket. This will keep the tie from wrinkling, and it will add a touch of color to the ensemble.

How To Take Care of Your Ties

You can remove water spots from a silk tie by first allowing them to dry, then rubbing briskly with the fabric itself, a clean tissue, or the edge of a clean silver coin.

To get stubborn spots out of your ties, hold the soiled parts over the steam from boiling water for a few minutes; then rub gently with cleaning fluid, following the grain of the material.

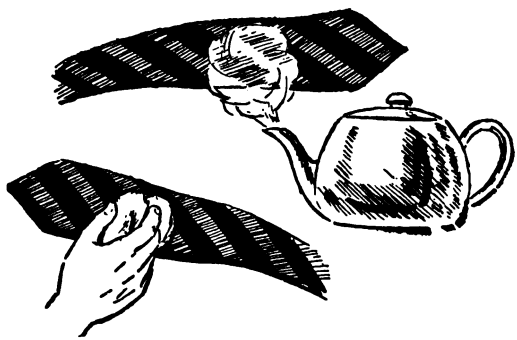

Figure 36 How to remove spots from your favorite necktie.

If the knot of one of your ties shows discoloration from perspiration, let it dry and then try some plain water on the stained part.

If you want to do a really professional job of cleaning your ties, here's the system. Dip the ties in cleaning fluid, rub soiled parts well, and hang the ties up to dry. Then trace the shape of a tie on a piece of cardboard and cut out the outline. Cover the cardboard "tie" with aluminum foil, being careful to keep it smooth. Insert the foil-covered dummy in each tie and press with a steam iron. This system will prevent seam-creases from the ironing.

Ties should be hung from a rack and given at least a few days' rest between wearings. Most wrinkles will hang out.

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It's better, however, to roll up a knit tie. Some of them will stretch when hung.

Always untie knots before taking ties off; do not slip them over your head. If left knotted, the fibres may be twisted into permanent wrinkles. Incidentally, when you loosen your collar on a hot day, it's best to take off the tie. Even during the few hours of rest, some of the wrinkles will come out.

If a tie shows soil or wear at the knotting part, you can still get a lot of use out of it by tying it left-handed (see Figure 37).

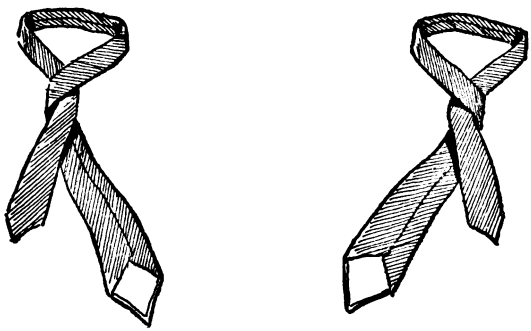

Figure 37 How to tie your tie left-handed (shown at the right).

SHOES

Shoes are available in an almost limitless variety of styles. Shown in Figure 38 are just a few of the most popular types. From left to right, they are: the winged tip; the blucher; the straight-tipped bal; the slip-on casual, or moccasin; and the



Figure 38 Styles in shoes. From left to right, the winged tip; the blucher; the straight-tipped bal; the slip-on casual; the moccasin-type blucher.

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moccasin-type blucher. Each style comes in a wide range of colors and leathers.

The most important footwear trend of recent years is the gradual elimination of laces. This began with the acceptance of the slip-on moccasin, known also as the "Loafer." Then similar shoes were introduced for dressier wear. Today these slip-on styles are worn for business and even for formal occasions. Many of them have an elastic "gore" over the instep that ensures perfect and permanent fit. And many shoe people feel that these new models will spell the doom of shoelaces.

If, until that day arrives, you want to play safe and avoid the inconvenience that accompanies a broken lace when you are away from home, carry a neatly folded extra lace in your wallet, where you'll always have it with you. It takes little room and it's certainly worth having when needed.

If you're stuck without a shoehorn, the small end of a silk tie will do the trick nicely. The foot slides in easily and the end of the tie slides out just as easily.

When buying a new pair of shoes, first look at your watch. If that sounds strange, here's the reasoning: After a night's rest your feet are at their smallest. When you've been on the go for some time, they swell slightly. To ensure full comfort, it's better not to buy new shoes the very first thing in the morning.

When you start wearing new shoes, see that the tongues and laces are smooth and straight for the first few wearings. They'll stay that way for the life of the shoes, just as they will stay crooked if you start them off that way.

If the soles of new shoes are slippery, rub them lightly with fine sandpaper.

To clean the edges of muddy soles, use an old toothbrush.

You can use regular soap and water to scrub the nylon-mesh inserts of summer shoes.

If you use colored powder on your suede shoes, see that it is well brushed out before wearing the shoes with a light-colored suit.

Rub the insides of shoes occasionally with a wet, soapy cloth to keep the linings from becoming discolored.

It is often impossible to get stubborn mud stains off shoes.

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If you have a badly mud-stained pair of shoes, have the bootblack try a much darker polish, or even a stain.

Put shoe trees in your shoes as soon as possible after you take the shoes off, while the body heat is still in them. Keep a pair of trees in your bedroom slippers, just as a reminder. Then, when you take your shoes off, there they are.

Wipe shoes thoroughly dry with a cloth; then tree them and allow them to dry naturally, away from artificial heat.

Shoes will last longer in hot weather if you occasionally dry out the insides with the blower of a vacuum cleaner.

For greater wear, change shoes as frequently as you do your shirts.

New shoes should be lubricated with a good polish before they're worn to protect the finish.

If the back of a new shoe is stiff enough to rub your heel, it will eventually cause wear on both the sock and the shoe—as well as on your heel! Correct this by placing a folded piece of cardboard under your heel, thereby raising the foot enough to stop the rubbing.

Rubbers and rubber boots will last longer if you stuff them with crumpled newspaper when they are not in use.

A regular trouser hanger attached to the tops of hip boots will keep them in good shape and allow them to be hung out of the way.

Shoe bags, or old socks if the bags are unavailable, offer fine protection for shoes that are being put away.

GENERAL TIPS ON ACCESSORIES

If your socks get holes in the same place consistently and there are no rough spots on the lining of your shoes, perhaps a callus on your foot is responsible.

Any belt will feel more comfortable if you shift the buckle from the front a little to the side. It will make your jacket fit better, too.

If you do not own a leather punch, an old-fashioned ice pick can be used to make new holes in a leather belt. Just pierce evenly from both sides.

Many men still find the two-ring "cinch" buckles, now so

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popular in sports belts, a bit of a mystery. The procedure for a slip-proof buckling is simple. Just pull the end through both rings, then *over* the top ring and *under* the lower one. Then pull taut.

To keep from losing the sash of your beach or lounging robe, tie it in a knot to one of the belt loops.

If you're a table-pounder, be careful about pounding it while wearing cuff links. They're made pretty strong, but they can't take that kind of abuse.

Don't let the laundry put starch in your pocket handkerchiefs. It makes them look too precise. Also, since breast pocket handkerchiefs rarely get really soiled, when you switch to a fresh one, put the old display handkerchief in your hip pocket for practical use. In that case, you certainly wouldn't want it starched.

Don't stuff your muffler in the sleeve of your overcoat, as most men do. It's too easily lost that way. Instead, fold it neatly and put it in a pocket of the coat.

Don't throw away worn gloves. With the fingers cut off, they make fine golf gloves.

And tell the Mrs. not to throw out old face towels. Hang one through your belt loop while golfing and use it to dry your hands and club grips.

Don't get rid of your old slacks until you find out whether your better half can't remodel them into shorts, culottes, or even slacks for herself.

If you need a hanger and none is available, here's a good makeshift: Roll up a newspaper tightly, fold to hanger width, and tie a string around the middle so you can hang it up.

How To Take Care of Accessories

Many of the new man-made fibers now available in shirtings can be spot-cleaned with a soapy cloth. And since some of them do not require ironing, they can be washed in the same manner as shorts, socks, or handkerchiefs. Don't wring them out, though; just shake excess water from each garment and place it on a hanger to dry.

The washing and ironing of rayon garments is perfectly safe—but you must follow the instructions supplied with the

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garment to the letter. If the water or the iron is too hot, trouble will follow.

Here's how to remove various types of stains from washable garments:

Coffee: Stretch the stained part of the garment over a bowl and pour boiling water through the stain from a height of two or three feet.

Ink: Rinse the garment in cool water, wash it in hot suds with a few drops of ammonia added, and rinse it once more.

Lipstick and rouge: Sponge the spot with carbon tetrachloride and wash the garment in warm suds.

Liquor and soft drinks: Soak the garment in cold water while the stain is fresh, then wash in hot soapy water.

Grease and oil: Rub the stain with a dry cake of soap, then wash the garment in warm suds.

Wool socks should be washed as soon as possible after wearing, but do not allow them to soak for long when they're being washed.

Never wash red socks—or any other red apparel—with garments of other colors. Despite big improvements in dyeing, there's still danger of "bleeding" of this color.

When washing light-colored or white gloves, rub soap into all soiled spots and roll each glove into a tight ball, starting from the fingers. Let the gloves stand for an hour while the soap loosens the soil; then wash them with warm soapsuds and rinse them out thoroughly.

Soiled gloves should be washed inside as well as out. After washing them on your hands, turn them inside out for a good soaping.

After gloves have been washed and wrung out, you can reshape them by stretching them on your hands, or by blowing into each glove finger.

When gloves are haphazardly stuffed into an overcoat pocket, they cannot maintain a good appearance. Instead, fold them neatly and place them in the inside breast pocket.

Gloves can be stretched out of shape if they are pulled on incorrectly, especially when they're new. Instead of yanking them on by the cuff, work the fingers on one at a time, as Figure 39 illustrates.

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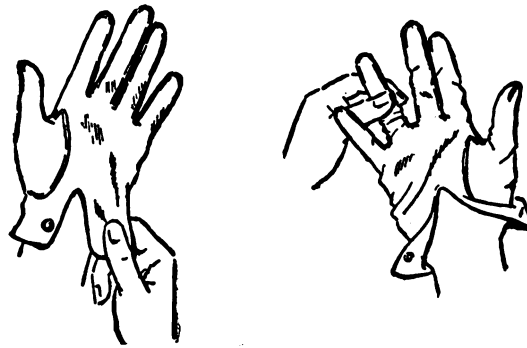

Figure 39 The correct way (right) to put on gloves.

Remember that once a washable glove has been dry cleaned it cannot be washed again.

If a dusty streak encircles your wrist or shirt cuff at night, it's time to give your watch strap a cleaning. If it's leather or plastic, use a cloth dampened with warm soapsuds, then rinse and dry. If it's metal, dip it in warm suds, scrub it, and dry.

Wipe the inside of leather belts occasionally with a damp, soapy cloth to prevent discoloration and permanent soiling.

To keep handkerchiefs neat and clean in your bureau drawer, place them in a glassine or cellophane sandwich bag.

Be sure to rinse bathing stuff in fresh water after each wearing. Salt, grit and sand can raise havoc with the cloth.

If French cuffs are the least bit tight when pulled over the hands, don't take a chance of straining or breaking the cuff links. Attach them after the shirt is on, and remove them before you take the shirt off.

Try rubbing a little damp soap on the insides of the heels of clean socks. It's said to cut down on sock darning.

If your celluloid or plastic collar stays are all over the bureau drawer, try keeping them neat in the cellophane cover from a package of cigarettes.

You can bend a wire coat hanger into the proper shape to serve as a dryer and stretcher for woolen hose.

To prevent moth damage, put small articles of apparel in large plastic vegetable bags sealed with cellulose tape. Good woolen socks are safe for the summer in a sealed Mason jar.

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But be sure that the socks are freshly laundered, even if they've only been in the bureau drawer. Fine sweaters can be preserved from moth damage in a cookie tin or pretzel can sealed with cellulose tape.

HERE'S HOW

Of all the mail which has come to this desk over the past two decades, fully 50 per cent of it asks how to do something —how to fold a pocket handkerchief, how to tie a bow tie, or things of that nature. From this we would judge that the following paragraphs might be of interest to many of the readers of this book.

How To Tie a Tie

Let's start out with the answer to the question asked most often: "How do you tie a tie?" This book will be unpopular with the nation's cartoonists if it successfully teaches all of you how to do so, for it will deprive these lads of one of their best standard gags. But we'll risk their enmity in the hope of earning the gratitude of many males who have to depend on their wives or gals to help put the finishing touches on their dress-up process—particularly when it comes to tying a bow tie.

Here, in easy to follow charts, are the techniques of executing the three most popular types of tie knots. Just face a mirror, stand the book in front of you, and follow the directions. Figure 40 shows the correct method of tying a four-in-hand; Figure 41 demonstrates the proper way of making the increasingly popular Windsor knot; and Figure 42 shows how to tie a bow tie.

Many men who are especially careful about being well dressed like their ties to be extra neat, like those in men's-store windows. This calls for a "dimple," or small vertical crease, just below the knot. It is achieved as shown in Figure 43, by forming a small crease in the center of the long end of the tie. Then, with your index finger forming the "dimple," pull the tie taut.

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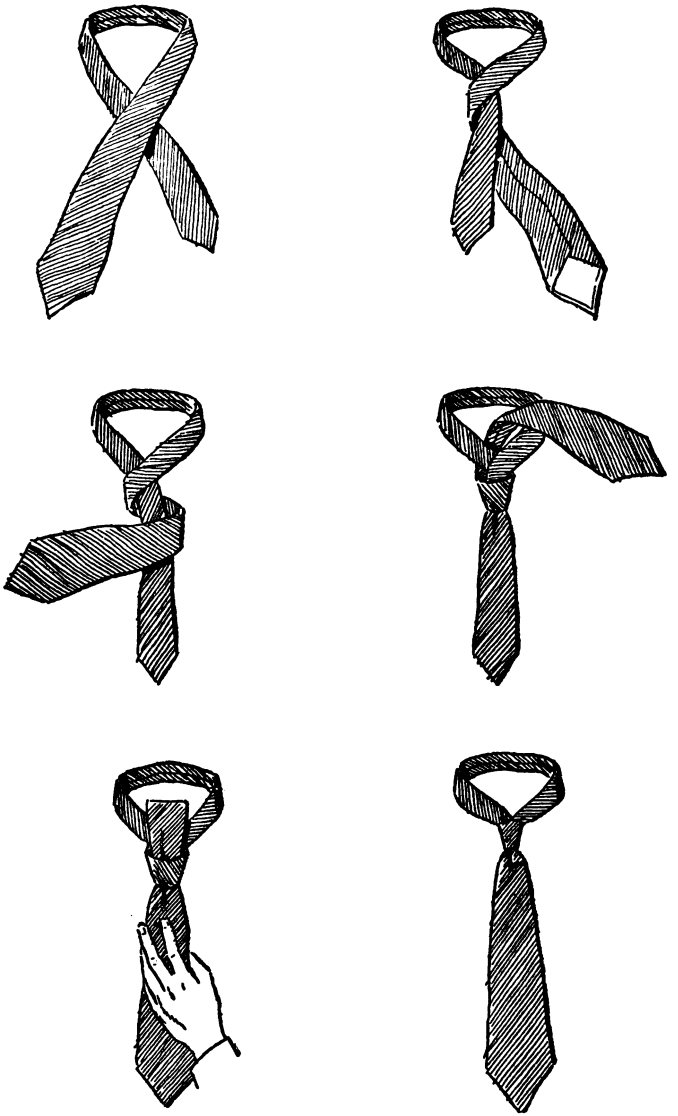

Figure 40 How to tie a four-in-hand. Start with the wide end of the tie on the right side; then cross the wide end over in back and to the left; bring it completely around the front to your right; bring it back and up through the center; pass it through the loop in front; tighten the knot neatly, forming a "dimple" with your index finger.

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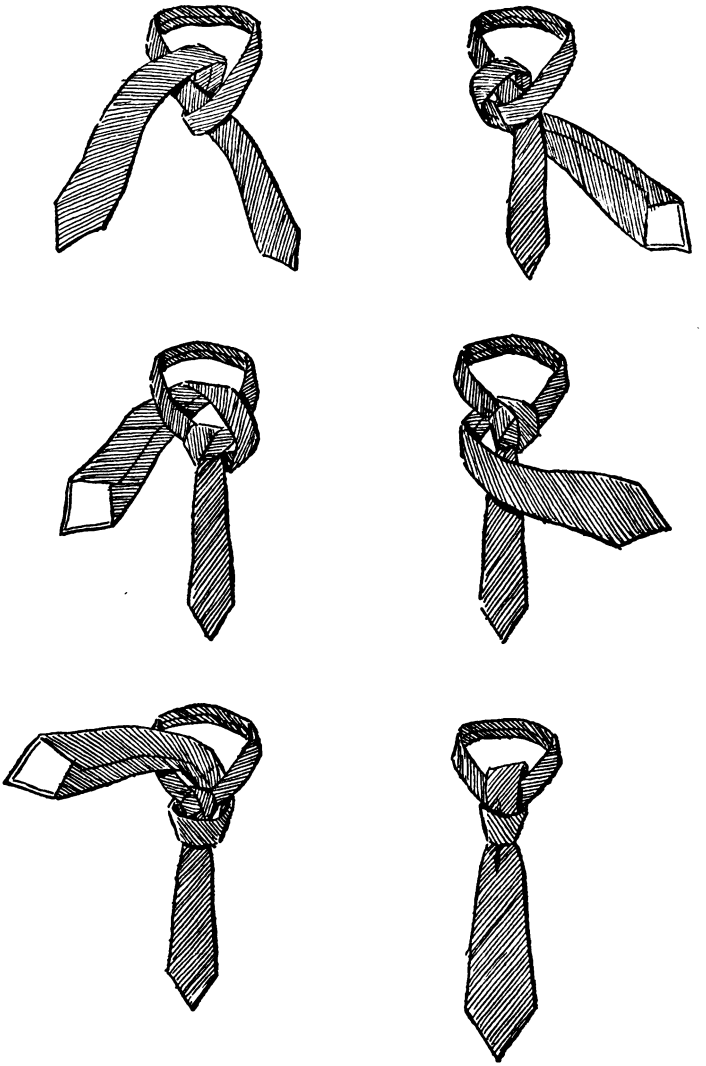

Figure 41 *How to tie a Windsor knot. With the wide end of the tie about twelve inches longer than the narrow end, make a loop as shown. Bring the wide end around and behind the narrow end in the position illustrated; turn the wide end up and put it through the loop and around in front of the narrow end; bring it through the loop of the tie; pull the wide end through the knot and shape carefully.*

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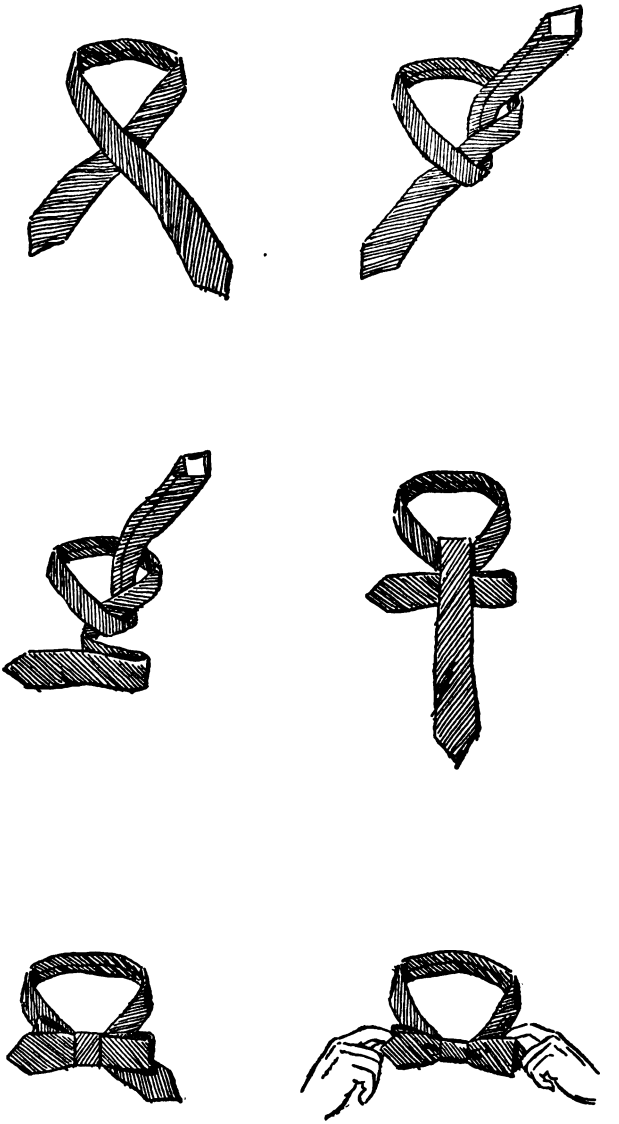

Figure 42 How to tie a bow tie. Holding the longer end of the tie (about 1½" longer than the other end) in your left hand and in front of the other end, put it through the loop. Form a bow in the short end as illustrated and bring the long end over it. To form the back segment of the bow, push the long end through the knot. Even up the ends and tighten as shown.

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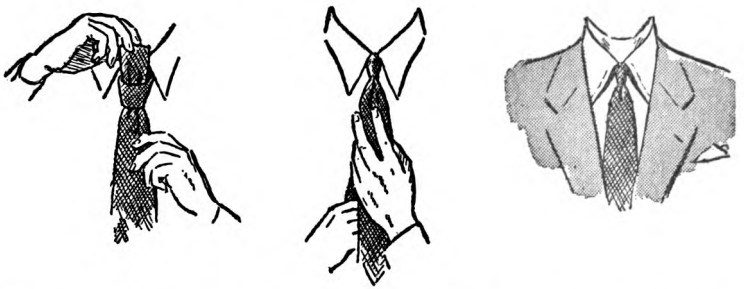

Figure 43 How to put the "dimple" in your tie. Before tightening the long end, form a crease in the center of the tie; pull the tie through, forming the "dimple" with your index finger, and tighten.

How To Tie an Ascot Scarf

Many queries have come in asking the proper method of tying an Ascot scarf. It's quite simple with the regulation long-and-narrow muffler, as shown in Figure 44. Just make one end shorter than the other, cross the long end once over the short end, and smooth and tighten to form the Ascot knot.



Figure 44 How to tie an Ascot scarf with a long-and-narrow muffler.

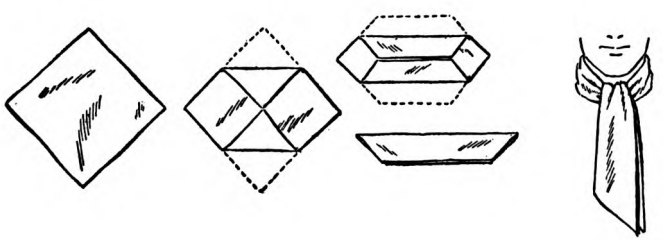

Figure 45 How to tie an Ascot scarf with a square muffler.

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Figure 45 illustrates the correct method of forming an Ascot knot with a square scarf. With the scarf spread open on a flat surface, turn two opposite corners in toward the center, fold the same sides in once more, join the top and bottom sides by folding again, and knot the reshaped scarf as shown in Figure 44.

How To Fold a Breast-pocket Handkerchief

There are several different methods of folding a handkerchief for insertion into the breast pocket of a jacket. The most popular method for many years has been that shown in Figure 46. Just open a handkerchief, grasp the center in one hand, shake the four corners together, fold the center up to reduce the size, and insert the handkerchief in the pocket in a casual fashion. This method avoids the too-precise look—the four points lined up meticulously—that many men dislike.

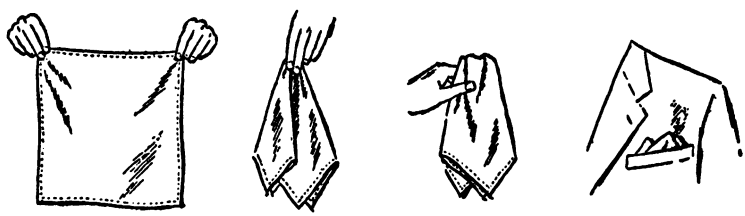

Figure 46 The casual way of folding a pocket handkerchief.

The newest manner of carrying the pocket handkerchief, however, is the "squared-off" look. It is certainly the simplest to execute, as shown in Figure 47. Just take the handkerchief as it comes to you from the laundry, folded in four quarters; fold it again to fit the width of the pocket; and place the handkerchief in your pocket with about a quarter of an inch showing.

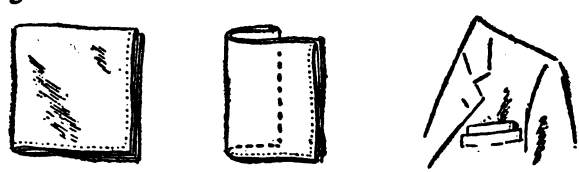

Figure 47 The precise way of folding a pocket handkerchief.

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CHAPTER FOUR

PERSONAL CARE

improves the stag

CARE OF HAIR . . . SHAVING TIPS . . . CARE OF HANDS . . . INFORMATION ON DEODORANTS

Now that you've digested all the foregoing information on proper dress, let's take a little space to discuss proper personal grooming. It's just as important as the material in the preceding chapters, for no matter how excellent your wardrobe and your taste, you can spoil the whole effect by seemingly insignificant flaws in grooming. Long or shaggy hair, a stubble of beard, or unkempt hands can detract so much from your appearance that a carefully selected wardrobe can look shabby by association!

In stressing good grooming, the author is well aware—and so should you be—of the question of good grooming versus foppishness. This distinction isn't as obvious today as it was some years back, when it was considered highly effeminate for men to use deodorants or after-bath cologne. As a matter of fact, personal grooming these days is at its highest point in the history of man, and that includes the period when men anointed themselves with perfumed oil and powdered their hair. (This practice, it seemed, was less a case of cleanliness than a cover-up for a lack of bathing facilities!) Nowadays, a man's medicine chest rivals a woman's in the number of cosmetics included. He goes to the barbershop almost as often as

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she frequents her beauty shop, and there are even a few specialized beauty salons which cater exclusively to men.

Here are a few tips which may help you to improve your grooming.

YOUR HAIR

Although plenty of practices can be prescribed for the care of the hair—to retard receding hairlines or slow up the balding process—it is difficult to give any sound advice on the re-growing of hair. There are several widely publicized systems which claim—and even offer "proof" of—wonderful results along these lines, and I know of one particular method which has definitely grown hair on the pates of certain male movie stars. But apparently no system can guarantee that the results will be 100 per cent successful, else we would have no bald heads in this country. It would seem, therefore, that the smart thing to do is to take care of what hair you still have.

It is pretty well established that good circulation of the scalp is important for a healthy head of hair. Brushing the hair and scalp briskly and frequently with a stiff brush will improve the circulation. Cleanliness is of equal importance. One of the nation's best-known hair specialists points out, logically, that the scalp is skin and should be kept as clean as the rest of your body. Obviously, this is neither practical nor possible, for nobody could shampoo his hair as often as he washes his hands. Nor is it even expected that a shampoo can accompany the daily shower in these busy days. The best system would seem to be to get the hair clean by shampooing it as often as feasible and then to keep it as clean as possible. In this connection, wearing a hat or other protective head covering when out in the dust and wind will keep your hair much cleaner than going hatless.

Dryness also affects the health of the scalp. The most common cause of dryness is constant exposure to the rays of the sun, which can cause dandruff and other skin troubles. If your scalp shows signs of drying, it can be lubricated with any one of a number of different brands of hair tonic. It is important, however, to select the right type for your hair.

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First determine whether your hair is dry, oily, or brittle. If the hair is dry, avoid tonics with high alcohol content and choose cream tonics and hair oils. The alcohol tonics are better for oily or brittle hair.

If you are troubled by rashes and blemishes on your forehead, they may be the result of dandruff scales, which in turn come from a dry scalp. A remedy for such rashes is to rub small quantities of sulphur oil on your scalp before retiring.

The appearance, as well as the health, of your hair contributes to your grooming—or detracts from it. Hair that is too long or too obviously freshly cut is a mark of poor grooming. Many men are now using the hair-trimmers, which recently came on the market, to keep their own hair neat between visits to the barber. Others make it a practice to pay regular and frequent visits to the barbershop for trims, rather than infrequent visits for full-scale haircuts. These men never want to look as though they need a haircut or as though they have just had one. This practice is slightly more expensive and time-consuming than occasional haircuts but worth while if you want to look your very best.

For the best-looking haircuts, always ask the barber to use only a scissors around the ears—no razor or clippers—and so avoid that sharp-line bare zone between the ear and the hairline. Also warn the barber to stay low on the neck with the clippers or, better still, to use only scissors. Some men who travel a great deal carry a small picture in their wallets, to show barbers how their hair should look when properly trimmed.

If some of the foregoing seems unimportant, or sounds as if we're making too much of the effort to get a good haircut, just remember that after a very bad cut, or "scalping," it may be months before the hair can be properly reshaped.

ON SHAVING

There are many systems and methods of shaving, and all have their devotees. The original implements—straight razor, strop and shaving mug—retain some adherents, and it is interesting to note that there has been a recent revival in popularity

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of the old-fashioned shaving mug, embellished with the name of its owner. Most popular of all, of course, are the various types of safety razors used with a variety of shave creams. Growing consistently in acceptance are the electric shavers, which give a dry and a quick shave.

Probably the best shave of all can be obtained from a fine-honed straight razor, the kind used generally in barbershops throughout the country. But men living at today's fast tempo have little time or patience for a shave of this type, and the great mass of them have shifted to simpler methods. Among these men, the safety razor is the favorite.

As to the best way of getting a good shave with a safety razor, there are several schools of thought. After polling a number of shaving experts, we can offer the following consensus as to the best steps:

1. Wash your face with soap and warm water to remove natural grease and saline crystals from the skin.

2. Rinse off all soap, which is an alkaline substance and interferes with proper and smooth shaving.

3. To clear the face for actual shaving, apply skin-brace or after-shave lotion *before* lathering the face.

4. If you are a brush-and-lather shaver, remember to keep the lather running and wet, not billowy and foamy. If you are a brushless fan, dry your face well after washing before applying the lather, since there is a cream content in brushless shave cream which demands a dry surface.

5. Hold the blade at a 90-degree angle. This is important, because the hairs on the face extend horizontally, and holding the blade properly will cut, rather than scrape, the hairs.

Shaving with an electric razor is one of the simplest and quickest of all shaving methods. When these razors were first introduced, it was thought that they would not give a close shave and that they weren't good at all for certain types of beards. Both of these arguments have been disproved over the years, and there are many meticulous men who would use nothing but an electric razor. Today's electric razors give a clean, close shave. The face needs no advance preparation, though some men do use a specially prepared powder stick to smooth the skin. This type of razor is especially popular with

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men who do a lot of traveling and with businessmen, who, by keeping an extra razor at the office, can always get a ten-second "once over lightly" to look their best.

YOUR HANDS

An important part of good grooming is the proper care of the hands. This calls for year-round care of them. In winter you can avoid rough and chapped hands by wearing gloves while outdoors and remembering to dry hands thoroughly after washing them. The use of hand lotion at night is also helpful in preventing and remedying chapping.

Nicotine-stained hands also detract from your appearance. You can avoid this by using a cigarette holder or by always remembering to hold your cigarette pointing up instead of down. If your fingers are already badly stained, you can remove most of the discoloration by rubbing them with a toilet pumice stone and some powdered soap. Lemon juice will also help.

It isn't unusual for a well-groomed man to have his nails manicured during each visit to the barbershop, and perhaps even more frequently. It isn't necessary, however, to go to this much expense; there is much that a man can do to take care of his own nails. Use a file or an emery board to keep the nails well shaped and at the proper length. File the nails when they are hard and dry, not right after washing the hands or taking a bath. Push back cuticles with an orange stick after soaking the hands to make the cuticles soft and pliable. Cuticles should never be cut with a manicure scissors, since cutting makes them grow that much faster.

DEODORANTS

Even a daily bath will not keep a man safe from body odors, particularly in summertime. It is no longer considered effeminate for a man to use deodorants; in fact, there are many brands on the market which are made especially for men. These comparatively new products—which come in stick, cream, powder, or squeeze-bottle liquid form—are easily used.

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Some are supposed to stop perspiration completely; some merely deodorize. If the former works in your case, it's advisable to use that type, to avoid perspiration marks that may spoil your appearance.

Just be extra careful, when buying and using a new type of deodorant, to read all the instructions on the label. Be sure never to use any deodorant unless it is guaranteed not to harm fabrics.

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CHAPTER FIVE

the stag in

SHAPE

INFORMATION ON EXERCISE, POSTURE AND DIET

The importance of keeping in shape—from the standpoints of both appearance and health—has been so well publicized by life-insurance companies and by professional muscle-builders that it should need no mention here. The author of this book wouldn't attempt to tell you—wouldn't even know—how to convert your physique into that of one of those rippling-muscled, huge-shouldered, tiny-waisted Apollos that appear in the physical-culture ads in the magazines. There are ways of slimming down the flabbiest figures and building up the slimmest, but that sort of thing is highly technical. This chapter will be concerned only with the most general hints for getting whatever sort of frame you own into better shape. In other words, no miracles—just some common-sense advice.

The most common figure fault among men, according to available statistics, is overweight. This condition can be combated by diet, by exercise, or by treatments from a masseur. None of these methods practiced alone will guarantee loss of weight or fat, but they should all help at least a little to diminish a growing "corporation." And we must add that even if you're not yet plagued by overweight, a balanced, sensible diet, regular exercise and occasional massage will go far toward keeping you in your fortunate state of trimness.

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EXERCISE

There are many different types of exercise, ranging all the way from simple deep breathing in the morning to participation in active sports. Your age and general physical condition will determine those that will be good for you. Here are just a few simple exercises which will help you to keep in shape.

Ex-champion Gene Tunney, who is today only about five pounds over his best fighting weight of twenty-five years ago, attributes his trimness mainly to the fact that he has continued a mild and easy form of roadwork. About once a week, he walk-jogs about five miles while wearing heavy clothes. If the jogging is too strenuous for you, then just walk. If you do it on a regular basis, even walking will harden the muscles and keep you in trim.

Another simple and easy exercise which almost anyone can indulge in is walking in soft sand. You don't have to hurry while doing this—it's the energy and use of muscles in plodding through the soft underfooting that counts in the trimming-down process.

Physical-culture experts contend that stretching does most to keep a trim waistline. And they back this statement up with the assertion that one rarely sees a fat cat—and cats spend most of their time stretching. They recommend an occasional stretch—as if you were reaching for an apple on the highest branch of a tree—while walking. And they tell you to do the same thing when lying down: stretch out with hands and feet as far as possible. If you do this a half-dozen times a day, you will note the effect within a short time.

And here's an easy one for the home. Just throw a deck of cards on the floor—then pick up all 52 of them, one at a time, without bending your knees. If you haven't the energy to do this with a whole pack, pick up just a few of them, but increase the number daily. By the time you are retrieving the entire pack you'll be able to notice a real improvement in the way you feel and look.

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POSTURE

Regardless of your size or avoirdupois, don't underestimate the importance of good posture in bettering your appearance. Just look around you. Note how a good carriage makes anyone more attractive; how a bad posture can spoil even a handsome person's appearance. Check up on your own posture by glancing at yourself the next time you pass a full-length mirror. You'll probably find that you've grown a bit careless—and the time to correct this is before bad carriage has become a habit.

A good posture is especially important in achieving a well-dressed appearance. When you have a new suit fitted, you unconsciously stand erect. If the suit is made to fit you that way, it's not going to fit properly when you slouch.

Some people advocate occasional deep breathing, pulling in the stomach as far as possible, to improve the posture. Some men wear an extra-tight belt to remind them to keep the stomach in and the chest out. Many men today wear supporter shorts, not unlike a girdle, to achieve the same effect.

DIET

Prescribing diets, or giving advice about reducing, is the function of a doctor, not a layman. So we'll be very careful in these few paragraphs not to infringe on that profession. However, there are certain general facts about food that are worth knowing.

If your daily food intake contains less than the number of calories your body needs to function properly, you are going to lose weight. Conversely, if the food contains more than that number of calories, the body will store the excess in the form of fat.

If this were all there was to it, few of us would have the problem of weight control. We would just eat nothing but low-calorie food to reduce and high-calorie food to gain weight. However, we must also consider the fact that it's essential to our health to eat a balanced diet. That means eat-

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ing a variety of foods—not just a particular type of food. You've heard of people losing great amounts of weight on diets restricted to milk, to meat, or to fruit juices and the like. Perhaps this system is all right if such a diet is undertaken on a doctor's advice and for a limited period of time. But do not make up your own rules of diet without full knowledge of what you're doing.

Here are some things to know and practice if you merely want to control your weight, or reduce or gain a little, without going on a regular diet:

Salt is a great retarder of reducing. Even a small quantity of it causes retention of great amounts of water in the body tissues—and a man who likes his food well seasoned will use far more than a small quantity of salt daily. So it's wise to avoid putting additional salt on cooked food that has already been seasoned and to go without pickled foods, salt meats, salted nuts and other foods with a high salt content. Just try to curtail your intake of salt and salty foods for a few days and see whether you do not notice the results.

We know that sugars and starches are also fattening, since they have high calorie content, so it is obviously wise to cut down on, if not cut out, bread, potatoes, candy and sweet desserts.

Alcoholic drinks have the effect, on most people, of whetting the appetite and causing them to eat much more than they normally would. In addition, most drinks have a fairly high calorie content and therefore can put on weight. Hence, if you're really serious about losing weight, you'll restrict your drinking to an occasional cup of coffee—without sugar—or a glass of milk.

But it isn't necessary to be hungry when you're trying to reduce. Just select filling foods with a small number of calories and omit foods with less bulk and a greater number of calories.

Listed below are a number of everyday foods with their relative calorie content for your guidance in selecting those which will help you reduce and avoiding those which will not.

Low Calorie: Buttermilk, skim milk, cottage cheese, eggs . . . apricots, apples, berries, cantaloupe, cherries, grapes, grapefruit, oranges, peaches, pears, plums, watermelon . . .

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beef (lean), lamb, veal, chicken, crab, lobster, oysters, fish (except canned) . . . bouillion, consommé, clear chicken, tomato and vegetable soups . . . practically all green vegetables.

High Calorie: Butter (particularly salt butter), American and cream cheeses, cream, oils, salad dressings, bananas, dates, nuts, avocadoes, dried figs, prunes, raisins . . . fat meats, pork and ham, frankfurters, duck, goose, salmon, tuna, sardines . . . bread, mayonnaise, peanut butter, gravies, sugar, spices.

The two charts reproduced herewith may be helpful, but, like many such charts, they should be taken with a grain of salt (even if you're avoiding salt on your diet). They apply to the average person, and allowances must be made for differences in build, bone structure, etc. The first chart gives the average weight for men of different heights at various ages. The heights and weights given are those for a man disrobed. To compensate for clothing (minus overcoat), subtract ten pounds for clothes and one inch for heels.

Height	*Age 20*	*Age 25*	*Age 30*	*Age 35*	*Age 40*	*Age 45*	*Age 50 and up*
5′ 2″	122 lbs.	126 lbs.	130 lbs.	132 lbs.	135 lbs.	137 lbs.	138 lbs.
5′ 3″	125	129	133	135	138	140	141
5′ 4″	128	133	136	138	141	143	144
5′ 5″	132	137	140	142	145	147	148
5′ 6″	136	141	144	146	149	151	152
5′ 7″	140	145	148	150	153	155	156
5′ 8″	144	149	152	155	158	160	161
5′ 9″	148	153	156	160	163	165	166
5′ 10″	152	157	161	165	168	170	171
5′ 11″	156	162	166	170	174	176	177
6′	161	167	172	176	180	182	183
6′ 1″	166	173	178	182	186	188	190
6′ 2″	171	179	184	189	193	195	197
6′ 3″	176	184	190	195	200	202	204

The next chart is an approximation of the number of calories prescribed as the daily allowance for men who are reducing, based on height.

Height	*Calories*
5′ 2″	1190
5′ 3″	1220

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Height	*Calories*
5′ 4″	1250
5′ 5″	1280
5′ 6″	1320
5′ 7″	1360
5′ 8″	1400
5′ 9″	1440
5′ 10″	1480
5′ 11″	1520
6′	1560
6′ 1″	1610
6′ 2″	1655
6′ 3″	1710

There are many pamphlets and lists available in books, from health-food stores, or from your life-insurance company giving the calorie content of all kinds of food. Why not get one that you can carry with you, together with a small pad and pencil, and keep score of your daily intake. If you can keep your intake within the figures given above for a person of your size, you'll be on the way to shedding a bit of weight. But better still, of course, is to ask your physician to prescribe a diet for you.

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CHAPTER SIX

the SOCIAL *stag*

TIPS ON HOW TO BE A GOOD GUEST AND A GOOD HOST . . . DINING OUT . . . ALL ABOUT TIPPING

The writer of this thesis is no male Emily Post and would not dare to prescribe any list of rules for etiquette. But here are a few tips—some important, some less important, and some downright inconsequential—which should prove of some value to the unmarried stag.

DATING

Before making a date with a young lady, try to find out something about her likes and dislikes. If you learn that she just cannot enjoy herself at a place less expensive than the Stork Club or El Morocco, and your pocketbook will not stand for that kind of expenditure, you'd be wise to skip the thing altogether and find yourself a girl with more modest tastes in entertainment.

In that same connection, keep yourself well informed on the social events in your town that don't cost much money. In almost every town these days, there are communal affairs and all sorts of inexpensive entertainment—dances, lectures, concerts, sporting events—that can provide just as much enjoyment to average young people as a visit to an expensive night club. (There are a couple of gals in New York from very wealthy families whose biggest treat, they tell me, is to be taken to the free square dances held during the summer in Central Park!) And don't overlook the neighborhood movie house or an evening watching some special TV show.

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When you have a date with a young lady, be sure to let her know in advance just what your plans are for the evening —unless, of course, you're leaving it up to her. It's a little unfair to her if she doesn't know whether you're going to take her to the swankiest place in town or to Joe's Bar & Grill. It's only right that she be given the opportunity to dress properly for the occasion—that's all-important to the fair sex.

Incidentally, you men also have an obligation to dress properly to avoid embarrassing your date. So often we see a couple out on the town with the girl beautifully groomed, wearing a cocktail dress or informal dinner dress while her escort is wearing a sport coat, slacks and moccasin-type shoes! Some girls consider this thoughtlessness, but most of them feel that it's uncomplimentary to them. So dress properly for your date—as outlined in Chapter 1.

It's a bit insulting to telephone a young lady for a date at the last minute. She'll be sure to think that you were "stood up" by another date. If you have to call at the last moment, at least be honest about it. Tell the girl that you had other plans which were suddenly changed—and she'll like you better for it.

Although the cartoonists and gag men lean heavily on the old bromide about women always being late, we've found that men are as careless about this as the opposite sex. It isn't good form for anyone, man or woman, to be late consistently. If you are tardy, don't just take it for granted that you'll be forgiven. Have a good excuse for it—and express it. Don't just pass it off with a "sorry."

When you've made a date, you are under an obligation to be attentive and good company. No matter how gorgeous the doll at the next table is, try to center your attention on the one with you. It's much better manners—and, besides, the guy with the other girl would be justified in punching you in the nose!

If you're going to send your date flowers to wear, it's a much appreciated nicety to telephone earlier in the day to find out what color gown she's going to have on so your posies won't clash with it.

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BEING A GOOD GUEST

When an unmarried stag is invited somewhere, there's usually an underlying reason. True, he may just be good company and an asset to the party—but there's usually an unmarried, or unaccompanied, lady in the picture. If that's the case —and you can quickly ascertain it—you have a definite obligation to carry on with the plans of your host or hostess, even though there may be someone more beautiful or more charming that you'd like to be with. Stick with the gal you've been paired with—and console yourself with the thought that there are other nights for the other ladies!

Avoid being the big-business tycoon, or even the gay Lothario, when you're a guest. Use the phone if you must, but don't overdo it if you'd want to be asked back again.

Don't be one of those guests who forgets that he has a home, the type who outlasts any and all comers. One of our friends once commented, "Why is it that after all cocktail parties are ended there are still a couple of drinkers left at the bar?" Then he added, "And why is it I'm always one of them?" The situation is amusing when presented that way—but it's not very funny to the hosts!

On the other hand, do not be an overly important guest who just stops in for a minute and has to run right off to attend to something else. Such a rush act is not flattering to your hosts. If it's legitimate, better to telephone your excuses and not come at all.

If there happens to be a so-called "celebrity" at a party, or even a pretty feminine stranger, do not monopolize this guest. Again remember there are other times—other nights.

If you have any special talent and are urged to contribute something to a party by singing or playing the piano, don't be a prima donna and require too much urging. And once you've started—no matter how good you are—don't hog the spotlight for the rest of the evening.

When leaving a big party, it isn't considered essential to go from person to person saying your farewells. It's often better to slip out quietly, except for a "thank you" to the host or hostess.

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BEING A GOOD HOST

In giving a party, your first obligation—to yourself and to your friends—is to line up a group of people who will be compatible. If you know people well enough to entertain them, you know what kind of party and what kind of people they're likely to enjoy. Nothing dampens an affair more than having guests with little or nothing in common. If some of the boys are known to tell slightly off-color stories at the drop of a hat, don't invite your spinster aunt!

Try to plan the proceedings in advance instead of leaving your guests at loose ends. If the majority of them are card players, have some cards and tables handy for their use. If most of them like music, try to invite someone who can contribute entertainment along that line or get together some appropriate phonograph records.

Make your invitation very clear as to what the guests can expect in the way of food. Be specific when you invite folks for 5 or 6 P.M. and tell them whether you're serving cocktails, a buffet, or even dinner. Be specific also about the degree of formality of your party so that your guests can be spared the possible embarrassment of wearing a strapless gown to a beer party or a sports shirt to a fancy dinner.

An attentive host sees that everyone has an enjoyable time, even if such duties slightly dull his own enjoyment. After all, the purpose of entertaining isn't so much to have a good time yourself as to see that the others do.

DINING OUT

The only subject we want to discuss under this heading is one of the biggest problems in all of dating—"Where shall we go to dinner?" To that question the girl usually replies, "Oh, it doesn't matter—wherever you want to go." And the male comes back with "No, I want to take you to some place that *you'd* like." And so it goes, ad infinitum. It's happened to you, you and you—and it'll happen again. The best solution would seem to be ask the girl just *once* and, if she has no suggestion,

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bring the whole matter to a conclusion by taking her to a place you think she'll like. But don't stand on corners or sit in taxicabs or in your own car debating the matter while you both get out of sorts from hunger! And once you've decided, telephone the restaurant you've selected for a reservation. Nothing spoils the good humor of a girl, especially a hungry one, more than waiting in line for a table—especially if *you've* picked the place!

TIPPING

Tipping is not exclusively the problem of the social stag; it's shared by all of us. But this is as good a section as any in which to list the little we know about the subject. We can console ourselves for our relative ignorance by the knowledge that no one seems to know any hard-and-fast rules for tipping. Few people tip correctly. Many tip too little, many tip too much. We make no claims as to the correctness of the following remarks. They happen to be our personal opinion, based on a lot of experience and a lot of questioning. So here, almost at random, are some thoughts and opinions that may help you solve one of the most difficult and most puzzling problems faced by men.

You will not go far wrong if you base your tipping on the amount of service, and extra service, received. Especially careful barbers, attentive waiters, helpful and courteous cab drivers, and capable shoe-shiners all deserve tips a little above the general average. Washroom attendants, concession employees (hat-check and cigarette girls, who do not get their tips anyway), and others who only go through the motions of giving you service are entitled to nothing more than the minimum.

Tipping varies according to geographic location and size of towns. We've been in places where cab drivers and countermen at lunchrooms suffered near shock when given a tip. It's impossible to know what is expected in a strange place, but sometimes you can get a clue from the change given you. If your cab fare or check is fifty cents and you get a half dollar or two quarters as change from a dollar, you can take it that

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your man doesn't expect to be tipped. If you're still uncertain —and this goes for the whole system of tipping—it is better to undertip than to overtip. The former may breed disappointment, but the latter breeds disrespect.

And remember one thing. There's no rule, regulation, or law that says any of us have to tip at all. It's an optional practice which should be done by a satisfied customer and passed up by a dissatisfied one. Tip if you want to. Tip what you want to. The whole thing is up to you—and the worst you can get out of a mistake is a dark and forbidding look—which, we might say, never permanently harmed anyone!

Now for some specific information:

Tips for service in restaurants vary according to the quality of the place and the price of the meal, and should average about 15 per cent to 25 per cent of the check. For example, one should leave no less than ten cents at a lunch counter or soda fountain and up to twenty-five cents on a check up to one dollar. In more expensive restaurants, however, the percentage can drop. On a four-dollar steak dinner, a tip of fifty cents (which is roughly 13 per cent) may be adequate. Neither headwaiters nor bus boys have to be tipped, unless the headwaiter has done something special in the way of giving you a good table or arranging some special service for you.

Night-club cigarette girls are paid for their work and usually the tips they receive go to a concessionaire, so ten or fifteen cents is adequate on the purchase of a pack of cigarettes or some cigars. Hat-check girls should be given ten cents or fifteen cents for handling a hat and twenty-five cents for a coat and hat. This might be increased slightly if the service is especially helpful and courteous or if the girl brushes up the hat, etc.

Bellboys in hotels should receive a quarter per check-in—fifty cents and up if there are several pieces of luggage.

Never tip the owner or manager of an establishment, even if he has aided his employees in serving you. Never tip employees of private clubs. Members will probably be asked to contribute to a Christmas fund for the employees, but they should never give an employee a tip.

Those who live in apartment houses must tip the elevator

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men, the doormen, the janitor and the superintendent at least once a year, usually at Christmas time. The size of the tips depends largely on the amount of your rent and whether or not you've had any special services throughout the year.

For routine deliveries from department stores, no tip is necessary or expected. Delivery boys from florist shops and Western Union messengers are not tipped except when the delivery is at a late hour, in bad weather, or a special delivery. In these cases, ten to twenty-five cents is sufficient.

In large-city barbershops, twenty-five cents is the usual tip for each separate service—haircut, shampoo, facial, or manicure—and thirty-five to fifty cents for any two services. In small towns, fifteen or twenty cents is adequate for one service and twenty-five cents for any two items. Bootblacks are given a five- or ten-cent tip, according to the price of the shine. It is not necessary to tip for shoe repairing.

New York cab drivers expect a minimum of fifteen cents for fares up to seventy-five cents; from seventy-five cents to a dollar, a twenty-cent tip; for fares over a dollar, a quarter on every dollar, or 20 to 25 per cent of the meter reading.

In resort hotels operating on the American plan (with meals), you tip all personnel except the bellhops at the end of your stay. Give the waiter or waitress three to five dollars per person a week; two dollars per person per week to the headwaiter or headwaitress and two dollars per person per week to the chambermaid.

On a cruise, you usually give half your total tip at the halfway point in your voyage so that the stewards will have some pin money for shopping in ports en route. On regular ocean voyages, you usually tip at the end of the trip. Tipping aboard ship depends on the class in which you travel. First-class passengers should tip ten dollars per person to the cabin and dining steward; five dollars to the wine steward if he's served you; two or three dollars to the deck steward; and one to three dollars to the bootblack if you leave your shoes outside your door nightly for shining. Cabin-class passengers tip five dollars to the dining and cabin steward; two dollars to the wine steward; one dollar and fifty cents to the deck steward; one dollar to the bootblack. In tourist class it's three dol-

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lars to the cabin and dining steward; one dollar to the wine steward; and one dollar each to the deck steward and boot-black. If the head dining steward, or his assistant, has done something special for you, you can tip him five dollars in first class or three dollars in cabin or tourist class.

It is the rule of the air lines that no tips are expected or accepted in the air. However, if a non-airlines porter helps you with your luggage, he's entitled to a quarter or two, depending on the number of pieces.

In train travel, tip the club-car attendant about fifteen cents per drink. In the station, give porters a quarter per bag. Pullman porters get fifty cents per night if you're in a berth and seventy-five cents to a dollar for any more expensive accommodation. The dining-car waiter should get twenty-five cents for breakfast and thirty-five cents to a half-dollar per person for luncheon or dinner.

In conclusion, let us repeat what we said before: Tip *if* you want—tip *what* you want. Give an adequate tip for satisfactory service; less, or nothing, for unsatisfactory service. There's no other rule to follow.

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CHAPTER SEVEN

the stag

AWAY

WHAT TO WEAR . . . WHAT TO TAKE . . . HOW TO PACK IT . . . TRAVEL TIPS, DOMESTIC AND FOREIGN

With the great increase in traveling in the past few years, there is more interest than ever in the type of apparel that is most suitable and comfortable for trips of various kinds. The purpose of each trip—be it business, or pleasure—will govern your selection of clothes to wear and to take.

WHAT TO WEAR

There are three major modes of transportation today—automobile, train, and plane—and each calls for a particular type of apparel. The keynote in all cases is comfort. Second in importance is to look well. The third goal is to arrive at your destination properly dressed for whatever you plan to do.

Automobile traveling demands the most, and permits the most, in comfort. Unless you plan to stop somewhere en route where dress-up is obligatory—and that's a rarity today—you should wear your most comfortable sport coat, slacks, sports shirt and slip-on moccasin shoes. It's a smart idea to carry a tie folded up in your pocket for the rare occasions when it might be required at a swanky roadside restaurant.

For short train trips, your clothes will be governed by what you have to do at the termination of your trip. If you must go right from the train to a business appointment, a suit and the proper shirt and tie are in order. If you will have time

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to go to a hotel to clean up, or if you are traveling by Pullman, sports clothes are ideal.

For plane travel in this day and age of unbelievable speed, one can almost always dress for his destination. Even when going overseas, with the flying time cut down as it is today, you can dress in New York in the same clothes you plan to wear at a formal luncheon or reception in London the next day. Many people now ride planes in evening clothes —between Boston and New York, or Washington and New York—to attend the theater or a social event. The reason for this, of course, is the fact that there is no soot or dirt of any kind in plane travel. A person can step off as immaculately attired as when he embarked on the trip.

WHAT TO TAKE WITH YOU

When you're picking clothes for travel, the best motto is: Take a little and have a lot. Wear and carry clothes that can be mixed and matched. With two suits—one to wear and one to pack—you can have four complete changes (see pp. 20-21). Remember that colored shirts give double or triple the "mileage" of white ones.

The average person invariably takes along too much of everything on a trip. There is hardly a city of any size these days where you can't get one-day laundry or cleaning service, so there's no reason to bring a great deal of launderable apparel with you. The advent of new wrinkle- and spot-resistant fibers for clothing and quick-drying nylon for socks, shirts and underwear cuts down even more the amount of clothes necessary for any trip. As a matter of fact, recent experiments conducted by transatlantic travelers using the new coach planes have proved that forty-four pounds of luggage (the limit on such flights) is adequate for most trips.

HOW TO PACK

Some of your friends probably have the reputation of being experts at packing, and you're undoubtedly jealous of them. There's no need to be, for the job of packing is a simple

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one once you know the few tricks involved. No job can be bigger or more unpleasant than packing a bag when it's done incorrectly, and nothing can be more disconcerting than to arrive at a destination and see the results of a poor packing job. Here are a few tips to help you become a good packer.

The most important trick of all—and the one that seems to confuse most men—is the proper way of packing a suit for traveling. This is no problem for men who use bags or cases that have hangers for their suits, but to those who prefer suitcases, Gladstones, kit bags and the like, it can be a real headache.

Figures 48 and 49 illustrate two excellent methods of folding and packing clothes to be placed in your luggage. We have used both many times during the past twenty years and, since learning the proper method of folding clothes, we have never had occasion to do more than shake out a suit and hang it up for a few minutes when arriving at a destination. Proper packing techniques are mighty important things to know, because you can save loads of time and money if you don't have to send clothes out to a tailor or hotel valet when you arrive.

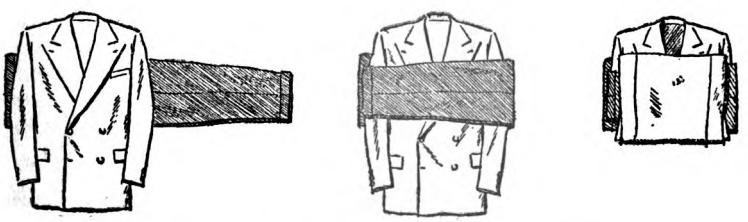

Figure 48 How to fold a suit. Left: Lay the trousers on a flat surface as shown. Button the coat as though it were on a hanger and place the shoulders over the wide part of the trousers. Center: Bring the trouser legs over as shown, so that they'll form a cushion when the coat is folded up. Right: Being careful to smooth out all wrinkles, fold up the tail of the coat as shown. Place the whole package flat in your luggage.

And while we're on the subject of folding things for packing, see Figures 50 and 51 for tips on, respectively, folding a pair of trousers or slacks into a unit small enough to fit into a

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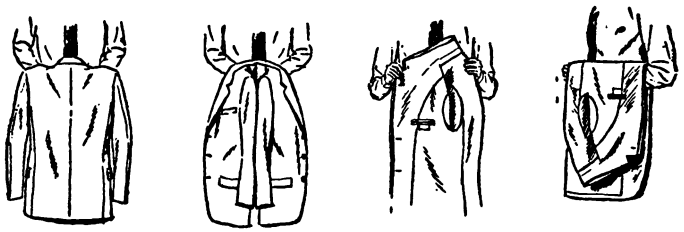

Figure 49 How to fold a coat for packing. Extreme left: Place both hands in the armholes as shown. Left: Bring the sleeveheads together, turning the coat inside out. Right: Smooth out sleeves and lapels. Extreme right: Fold the coat in half for packing.



Figure 50 How to fold a pair of trousers for packing in a small bag or case.

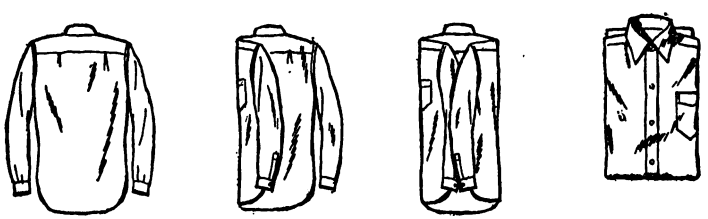

Figure 51 How to refold a shirt for packing.

kit bag or brief case, and refolding a shirt or sports shirt for packing.

General Tips on Packing

Experienced travelers put an inventory list in the pocket of their luggage and refer to it each time they pack. This prevents leaving things to memory—and leaving things behind.

Before packing, put to one side all the things you'll need on your first night out. Pack these last—on top—so you won't have to dig for them when they're needed.

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The secret of good packing is to keep things from shifting in transit and consequently getting mussed. Fill up all corners with socks, handkerchiefs and other small articles. Use tissue paper to fill other open spaces.

Never jam a bag. This will press wrinkles into clothes.

And be careful in folding things to go into your luggage. They won't unpack in any better condition than when they were packed—and they'll probably be worse.

If suits are mussed on arrival, you can get wrinkles out by the ancient practice of all traveling men. Merely hang them up over a bathtub full of hot water. An alternative to this is to wet a turkish towel well, put it over a hanger, and leave it in a closed closet with your mussed suits.

Use tissue paper to fill up the neck opening of a shirt when packing; it will keep the collar from getting creased and rumpled.

Always pack shirts face to face, with collars at opposite ends. This will save space and prevent mussing.

Nothing is as useless as a French-cuff shirt if you forget to pack cuff links, and a hundred collar stays back in your bureau drawer are little help to you away from home. Be sure you have both in your luggage before you leave.

When packing, stuff extra shoes with socks. This gets the socks out of the way and helps keep the shoes in shape. Soiled laundry rolled up tight will serve as good shoe trees on your way back home.

You can make a traveling shoe bag out of an old sock by cutting the feet off and closing one end of the sock with a rubber band or cord.

A good way to pack your ties is to fold them over the center pages of a magazine. This will keep them unwrinkled and fresh.

An unwrapped bar of perfumed soap put in your suitcase when packing will keep the clean clothes from absorbing musty odors.

It may seem like a lot of trouble, but if you dip bottle tops in melted paraffin they will not leak inside your luggage.

A small piece of rubber bath sponge carried in your luggage is a fine lint remover.

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TRAVEL TIPS

When traveling by train, don't be away from your seat and hand luggage when a train stops at a station. Disembarking passengers may take your things by mistake.

Most trains have luggage racks, but many have no hooks for coat hanging. You can solve the hanging problem with an ordinary pencil. First slip the hanger loop of your coat up through the luggage rack grillwork. Then insert a pencil through the loop, and let it rest on the grillwork. That's all there is to it.

If you've made a hotel reservation and you're going to be late in arriving, invest in a telegram to notify the hotel. Many hotels will not hold your room past a certain hour unless they receive such a request.

Remember that too much luggage eats up a lot of money in extra tips. Take as little as is absolutely necessary, for convenience and for economy.

If you travel by air, put identification stickers or paint stripes on both ends of your bag so that you'll be able to pick it out promptly from the great mass of luggage found in most airport baggage rooms.

Many travelers carry a small bottle of paregoric. It seems to be a cure-all for many minor ills caused by changes in drinking water.

On a plane, see that your hat isn't ruined by the jamming of pillows, blankets, etc. atop it in the overhead rack.

More and more air travelers are carrying suits aboard planes on hangers or in light garment bags. The stewardess will hang them up for you for the duration of the trip.

If you do a lot of traveling, it's smart to have tags sewed on all apparel to avoid having clothes spoiled by assorted laundry marks.

You can sometimes save time and money when traveling by washing your own linen and sending it out merely for pressing. Nylon, dacron, or orlon shirts are easily laundered. The best system is to let them soak in suds and warm water, then scrub the soiled parts (collars and cuffs) with a hand brush. Dip the shirt up and down in suds and rinse in clear

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water. Avoid wringing the garment out since that will produce wrinkles when the shirt dries. Just put the shirt on a hanger to dry, with the top button buttoned. The shirt should dry in three or four hours and will look new, fresh, and unwrinkled.

Here's an old, but valuable, trick to use when you're caught short of trouser hangers. Put cuffs of trousers neatly across the top drawer of dresser (see drawing) then close the drawer. It's much better than draping the pants over a wire hanger.

Before going away on a trip (1) notify neighbors that you're leaving; (2) ask one of them to pick up mail and circulars in front of door, to keep them from serving as an invitation to burglars; (3) stop newspaper and milk delivery, for the same reason; (4) leave shades up so that strange lights inside can be seen.



Figure 52 A dresser drawer can double as a hanger.

TIPS ON FOREIGN TRAVEL

While traveling in foreign lands, you will find that the apparel-size markings are different from those used in the United States. The metric system of sizes can be checked off against your known American sizes by means of the following chart.

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HATS							
American	7	7⅛	7¼	7⅜	7½		
Metric	57	58	59	60	61		
SHIRTS							
American	14	14½	15	15½	16	16½	17
Metric	36	37	38	39	41	42	43
SOCKS							
American	9½	10	10½	11	11½	12	12½
Metric	39/40	40/41	41/42	42/43	43/44	44/45	45/46
SHOES							
American	8	9	10	11	12	13	
Metric	39	40	41	42	43	44	
SUITS							
American	36	38	40	42	44	46	
Metric	46	48	50	52	54	56	

Before you leave the United States, it's best to have visas (where required) for each country you think you might visit, because in some foreign countries it takes weeks to get visas for other countries.

Some travelers realize a saving by changing a part of their money into foreign currency before leaving the United States, where one may frequently get a better rate of exchange. If you follow this practice, be sure to make note of the total amount of foreign currency that may be brought into each country.

It's handy to carry a few one-dollar bills with you so that you don't have to cash a traveler's check or change a large bill into local currency to make small purchases in countries where you plan only a short stopover.

In some foreign countries, the toilet tissue is of the same consistency as brown wrapping paper, so you may want to take along a package or two of flat toilet-tissue sheets. The flat sheets will pack better than the rolls.

Just as the water in one section of the United States may differ from that in another, so the water varies in foreign countries. Even though it may be safe to drink—*i.e.*, sanitary—some people may become nauseated or contract diarrhea from the change of water. This applies also to the ice in

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drinks. Consult your doctor as to what remedial medicine to take along. A good rule to follow is: When in doubt, drink bottled water.

If you wish to use an electric razor abroad, be sure to take a transformer plug which will reduce the 220-250 voltage common in many foreign countries to the 110-120 voltage used in the United States. And be sure that the plug you buy is adaptable to various kinds of outlets.

For re-entry to the United States, you need a smallpox vaccination certificate (certified by a Public Health Officer) which indicates, with your reaction, a vaccination not less than fourteen days or more than three years old. Many other countries, such as Austria, France, Ireland, Italy, Argentina and the Dominican Republic, also require this certificate for entry, so it's advisable to have it before you leave the United States.

THE EASIEST WAY TO CLEAR U. S. CUSTOMS

Half the fun of traveling is acquiring duty-free "bargains." And your purchases up to the value of two, three, or even five hundred dollars, depending upon the circumstances, are exempt from duty if (1) they are for your personal or household use; (2) you declare them properly on your arrival in the United States; (3) your trip was not made just to buy them; or (4) you didn't order them ahead of time. Bear this in mind when ordering from a representative of a foreign bootmaker or tailor soliciting orders in the United States.

Purchases

Ordinarily you have to be outside the country for at least forty-eight hours to qualify for the two-hundred-dollar exemption. An additional three-hundred-dollar exemption (total five hundred dollars) is allowed once each six months.

Liquor and Cigars

You can bring into the country the equivalent of one U. S. gallon of alcoholic beverages, but only if destined for a

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"wet" state. And you cannot bring more than one hundred cigars into the country.

Items Which Are Not Exempt

Be sure you know exactly what you can bring into the United States. There are some things which no one can bring into the country. Some other articles always require payment of duty or the internal-revenue tax.

Many kinds of foods, plants and pets will not be permitted through the customs unless they meet the requirements of the United States Department of Agriculture or the United States Public Health Service.

The advice of your customs officials is helpful when you want to bring back articles bearing a trade-mark—especially watches, perfumes and accordions.

What's Its "Value"?

To the customs, the value of an article is its current sales price. Your sales slips or receipts can be your proof of value. If you are bringing back something that was given to you, put down as closely as you can its fair market value. But in any case, don't undervalue anything you acquired abroad. You'll find your customs officer an authority on all kinds of merchandise, including art objects and souvenirs.

Can You Prove Prior Possession?

Naturally, you don't want to pay duty on personal possessions you took with you from this country. To be safe, register any questionable article at your customhouse before beginning your trip. Such things as personal and household effects, professional books, tools of your trade or occupation, or any valuable articles (such as a watch or camera of foreign manufacture) should be registered. In addition, there are special regulations covering such items as wild-bird plumage or articles made with such plumage. Your customhouse will be glad to help you with any questions.

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Tips To Save You Time and Money

1. Get a sales slip, purchase order, or receipt for everything you buy abroad.
2. Keep a list of articles to be declared.
3. Pack these articles together, if possible.

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CHAPTER EIGHT

the stag

AT BAY

TIPS FOR THE MEN OF THE WEDDING PARTY ON WEDDING PLANS, CLOTHES AND THE CEREMONY

Lots of mail has been coming in for the past dozen years asking all sorts of questions about weddings and the male's part in them. Here's a collective answer:

STAG PARTIES

The bachelor dinner is usually given on the night preceding the wedding. If the groom or his family belongs to a man's club, or has access to one, the affair is usually given there. If not, it is as a rule held in a hotel. Such parties are rarely held in a private home.

It is customary for the ushers to band together on the occasion of the bachelor dinner to give the groom a present. Sometimes other guests participate in this gift-giving, but this is not traditional. The best man can join in on this gift or give one of his own, according to his wishes. The best type of present is one that can be inscribed with the signature of all the donors—a silver or crystal cigarette box or tray, for instance.

Also at this time, the groom presents gifts to his best man and ushers. There is an endless variety of suitable gifts, including cuff links, cigarette cases, cigarette lighters, etc. It is customary to give a gift that can be engraved with the initials of the recipient.

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DUTIES OF THE WEDDING PARTY

The groom selects and pays for the wedding ring, purchases the marriage license, arranges for the bride's bouquet and for boutonnieres for the male members of the wedding party, purchases gloves and neckties for the ushers (which are usually sent directly from the store to the ushers' homes), takes care of the contribution to the clergyman, arranges for the car in which he and his bride will leave and, of course, makes full arrangements for the honeymoon trip.

The best man serves as a general assistant to the bridegroom in preliminary arrangements. It is his job to handle the bachelor dinner, to help the bridegroom prepare his wardrobe for the wedding, to keep the wedding ring until called to present it at the ceremony, to turn over the fee or contribution to the clergyman after the wedding ceremony, and to check all travel and hotel reservations for the wedding trip. After the bride and groom have left on the honeymoon, the best man should send a telegram in the bridegroom's name to the bride's parents.

The chief usher has the responsibility of supervising the seating of the family and guests at the wedding ceremony. He personally escorts the bride's mother and the bridegroom's mother to their respective seats as they arrive at the ceremony and escorts both from the ceremony at its conclusion. He is also responsible for briefing the ushers at rehearsal as to seating, handling of aisle ribbons, etc.

The ushers receive and seat all guests at the ceremony. They also escort unaccompanied bridesmaids to the wedding and to the reception. They assist the wedding party and guests in getting from the ceremony to the reception in orderly fashion.

The bride's father escorts his daughter in the bridal procession and gives the bride away at the prescribed time during the ceremony. He dances the second dance with the bride at the reception. He is actually the host at the reception and should assume the responsibility of seeing that each guest is properly taken care of. He is also the host, financially, for the expenditures connected with the reception. The bride-

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groom's father is actually only a member of the wedding party and has no other responsibility than to dance the third dance with the bride at the reception.

NOTES FOR A PROSPECTIVE BRIDEGROOM

One of the most important duties of a prospective bridegroom (and the members of his family) is the compilation of an invitation list for the wedding and reception. As much thought and time should be devoted to this as possible to avoid omissions and mistakes that may never be forgiven.

In choosing the male members of the wedding party, be sure to include a brother and at least one other close male relative of the bride.

Because there is so much variety in formal clothes, be certain to inform the male members of the wedding party, as early as possible, what type of attire should be worn.

Determine the bride's choice of bridal bouquet, going-away corsage, corsages for bridesmaids, etc., and boutonnieres for the ushers and best man. In order that the flowers may look well with the apparel that is to be worn by the female members of the wedding party, it is sometimes preferable to let the bride place the orders for flowers in the bridegroom's name.

Arrange a time for the wedding rehearsal that will not conflict with any other pre-wedding functions.

WEDDING CLOTHES

Spring and Summer

For informal daytime weddings, a blue worsted business suit is favored. Accessories include white shirt, blue and gray striped tie, gray felt hat, black calf straight-tip shoes and boutonniere.

For summer formal daytime weddings in some sections, the all-white suit or white jacket with blue trousers is worn with a white shirt, blue and white tie, straw hat and plain white buckskin shoes.

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The bluish gray jacket and white flannel slacks are characteristic of a garden wedding. As accessories, wear a white shirt, striped tie, black or white shoes.

For informal evening weddings, a dark blue, lightweight business suit, straw hat, white broadcloth shirt with attached collar, blue and silver striped tie and black shoes are preferred.

For formal evening weddings, wear a white dinner jacket and midnight-blue dress trousers, dark blue or black tie, dress shirt with studs, black socks and black straight-tip shoes.

For military weddings, Army, Navy and Marine posts usually prescribe dress regulations. In general, officers and enlisted men wear regulation dress uniforms. It is correct to wear all military decorations. Officers may carry a saber or a sword if they like, but few of them do.

Fall and Winter

For formal daytime weddings, the bridegroom wears an oxford-gray cutaway coat with plain edges, striped gray worsted trousers, a white pleated shirt with a starched collar, a gray small-patterned Ascot tie, gray gloves, gray double-breasted waistcoat, straight-tip shoes and a high silk hat.

For an informal daytime wedding, the bridegroom selects a navy blue worsted suit. The accessories are gray felt hat, checked tie in black and silver, white broadcloth shirt and black straight-tip shoes.

The midnight-blue tailcoat and trousers combines with starched piqué shirt, bow tie, single-breasted waistcoat, wing collar, pearl studs and links, white gloves, silk hat, black socks and patent leather shoes for formal evening weddings.

For semi-formal evening weddings the midnight-blue lightweight tuxedo is worn with a fold-collar dress shirt, dark blue bow tie, black studs and cuff links, midnight-blue Homburg hat, black socks and patent leather shoes.

The dark blue worsted business suit is first choice for informal evening weddings. Also worn are a white shirt, checked tie of black and silver, gray Homburg hat, and black leather shoes.

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Boutonnieres

At both formal and semi-formal weddings, the groom's boutonniere may be a sprig from the bride's bouquet, lily of the valley, or a small gardenia. The best man and father of the bride wear gardenias. The ushers wear white carnations, and the groom's father wears either a gardenia or a white carnation. For the informal wedding, the boutonniere worn by all the men is usually a white carnation.

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CHAPTER NINE

the stag in the KITCHEN

GENERAL INFORMATION FOR THE AMATEUR CHEF

Once a man settles down to married life, he can get a great deal of relaxation and enjoyment out of "doing things around the house." One of the most interesting and most productive hobbies he might pursue is to become an amateur chef.

Now, this section is definitely not intended as a male version of a cookbook; it is merely a collection of tips that will allow you to feel more at home in the kitchen.

APPETIZERS

If you are in the habit of serving cocktails to guests, you can do a little better than merely putting out a plate of pretzels or potato chips—and the following require only the simplest of preparation.

If you have a crock of Stilton or bleu cheese around the kitchen, punch some holes in the cheese with a fork and pour on some port wine. The longer this stands, the better it is, and, as a spread on crackers, it tastes like the most expensive and delicious canapé.

A very inexpensive and simple spread that tastes like an expensive paté is a mixture of cream cheese and liverwurst. Just put the two in a bowl and mix well with a fork.

For easy and tasty cocktail snacks, you can do a great deal with peanut butter. Spread some on crackers and top each with a slice of cucumber; mix peanut butter and chili sauce as a spread; or crush a banana into a paste and combine it with

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peanut butter. A can of boneless sardines or tunafish, well mixed with mayonnaise, makes a good topping for crackers.

BREAKFAST

If you're in a hurry for that morning coffee and the water is slow in leaving the upper part of the glass coffee-maker, you can hurry the process by wrapping a cloth wrung out in cold water around the bottom section.

Yesterday's rolls can be freshened by moistening them under the tap and placing them in a top-of-the-stove oven.

If you're a pancake maker, observe the following rules. Turn pancakes only once. Cook until the cakes are covered with bubbles and the edges look dry. Then turn and cook on the other side. Be sure to serve pancakes right off the griddle; stacking the cakes and letting them stand tends to make them soggy.

You can get a reputation for being a wonderful chef if your guests do not know that you're using the new frozen waffles. You just pop them into the toaster and wait for them to pop up again.

If you'd like to make omelets as fluffy as those served in restaurants, just try putting a pinch of powdered sugar or cornstarch in the mix. Fluffy omelets can also be achieved by beating the whites and yolks of the eggs separately before pouring them into the pan together.

Ever try a liverwurst omelet, pancake style? Brown several thin slices of liverwurst in the pan before pouring the egg mix. Let cook 'till firm and then turn over.

Parmesan cheese does wonders for scrambled eggs. Sprinkle it on while they're cooking.

There's a favorite dish in Chicago known as "eggs gambler style." The recipe is a simple one—just add chili sauce to the egg mix and then scramble.

SANDWICHES

If sandwich bread is too fresh to butter or to slice properly, chill it in the refrigerator before using it.

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Slice a dill pickle thinly on a corned beef or tongue sandwich as they do at the famous Reuben's restaurant in New York.

For a fine melted-cheese sandwich, butter the outside of the bread and grill in a heavy frying pan.

For an unusual and very tasty sandwich, try using French toast instead of regular bread.

Here's a tasty sandwich that's really a meal: ham, liverwurst and Swiss cheese.

When slicing hard-boiled eggs, you can keep the yolk from crumbling by wetting the knife before each cut.

English muffins are better when they are pulled apart rather than cut with a knife. To have them come apart easily, just perforate the outside edge with a fork.

SALADS

If you're a salad mixer, try putting an inverted saucer in the bottom of the bowl. The excess dressing drains down, and your salad stays crisp.

Expert salad mixers shake their greens in a napkin before mixing to remove all moisture.

I'd always been told that wooden salad bowls should be wiped clean, not washed. Salad experts now claim that bowls should be dunked in soapy water or washed with a soapy cloth.

Our files here at the office include several hundred recipes for salads. But the one that most intrigues salad mixers and the one whose recipe is most often requested is the famed Caesar salad, which is so popular on the West Coast. Because tastes differ, a bit of experimentation will determine the proper proportions of the ingredients in the following recipe. The quantities listed supply a generous portion of Caesar salad for four people.

Fry two cups of croutons and one split clove of garlic in olive or vegetable oil. Rub the salad bowl with garlic, then tear into the bowl two heads of chilled romaine. Sprinkle with ¼ teaspoon each of crushed whole pepper and dry mustard, ½ teaspoon salt, and ½ cup of grated Parmesan cheese.

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To make the dressing, blend six tablespoons of olive oil with the juice of two lemons. Blend in two coddled eggs and toss this mixture thoroughly with the croutons and romaine. Some cooks add chopped anchovies (about five to a person) or crisp bacon and a little Worcestershire sauce.

MEAT

If you want to make the best hamburger in town, weigh the meat and then add 25 per cent of that weight in cold water, right out of the tap. This replaces the moisture lost when the meat is ground, and you'll find the finished hamburger much juicier and tastier. And here's a recipe for making hamburgers with an extra flavor. To enough chopped meat for two flat cakes, add ½ teaspoon of chopped onions, one tablespoon of fine bread crumbs, and 1½ tablespoons of bourbon.

Always be sure to trim excess fat from steaks to avoid spattering. When you are cooking on an outdoor grill, this precaution will keep the drippings from blazing up.

If you want to be sure that your steak won't be tough, you can tenderize it by soaking it for ten minutes before cooking in a pint of water mixed with a tablespoonful of vinegar.

Before you broil steaks or chops, rub the grate with soft fat to keep the meat from sticking when cooking.

When cooking outdoors, have your grate four to eight inches above the coals for fast broiling; twelve to fourteen inches for slower broiling of thick cuts.

Put a clove of garlic in olive oil, mix in half a teaspoonful of paprika, and allow to set for five minutes. Brush steak with the mixture before broiling. It gives it a better flavor and a nice brown crust.

A California specialty worth trying at home is called a "butterfly steak." It's a minute steak made even thinner by slitting almost all the way through before cooking.

Next time you cook a thick filet mignon, slice it from top to bottom (but not quite all the way through) and put a thick cut of roquefort cheese in the middle. The same trick,

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but with American cheese, works well with skinless frankfurters.

To get bacon dry and crisp, turn it in the pan at least ten times until it's brown. Then place it on a paper towel for drying. The bacon will stay hot on the towel for at least two minutes.

If you're a can-opener chef and have trouble getting pressed meat out of cans, first punch a couple of holes in the bottom of the can. When the top is cut off, the contents will slide out easily.

Always take wrapping paper off meats before storing them in the refrigerator. They'll keep better that way.

If you're on a camping trip and refrigeration is lacking, you can keep meat fresh by packing it in sawdust.

There are all sorts of rules on carving which are better demonstrated than described. However, here are two tips to follow that are of utmost importance. (1) Always use a firm cutting motion—do not saw back and forth. If your knife is properly sharp, sawing isn't necessary. (2) For more tender cuts, always carve meats across the grain.

MISCELLANEOUS

When baking potatoes, indoors or out, scoop out, with an apple corer, a hole big enough to insert a sausage. This gives the potatoes a great flavor.

If you're hash-browning potatoes, mix in some chopped bacon. In addition to being very tasty, it provides meat and potatoes in one dish.

To make toasted garlic bread, spread thick slices of French bread with garlic butter and toast them in the oven.

Here's a simple recipe that will give you a great reputation as a cook. Mix a can of spaghetti with tomato sauce and a can of minced clams in their own juice. Add a teaspoon of butter, heat, serve, and then listen to the raves.

Slice a cored apple into half-inch-thick pieces. Fry the slices in three tablespoons of bacon fat, sprinkle with salt and sugar, and you have apple rings fit for a gourmet.

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HANDY HINTS

Did you know that a saucer-shaped piece of aluminum foil can be used to cook ham and eggs right on the coals of an open fire? No frying pan needed.

If you have a shaker that delivers salt too fast, it is a simple matter to plug some of the holes with colorless nail polish.

You will find that cheese grates easily if it's first chilled in the refrigerator.

To prevent tears when peeling onions, keep them under water while you're operating on them.

If you scorch food—as what man doesn't on occasion?—plunge the pot into cold water before transferring food to another receptacle. This expedient will save the flavor.

If the sweetness of cream is doubtful, a pinch of salt will prevent curdling, and it will not affect the flavor greatly.

Here's some helpful information for those of us who might not know cooking terms: Three teaspoons equal one tablespoon. Sixteen tablespoons equal one cup. Two cups equal one pint. Four cups equal a quart.

Never heat food in an unopened can. The can may burst and cause severe burns.

When you're heating water on a grill, coat the rim of the pot with grease to prevent the water from boiling over.

Boiling water poured over nuts before cracking will tend to make the meats come out clean and whole.

If you're the hasty and efficient type, mix six parts of salt with one of pepper and your seasoning can be done in one swoop of the container.

Do you have trouble getting the white undercoating off when you peel an orange? If you first pour boiling water over the orange, you can do a much cleaner peeling job.

If you're cooking outdoors, try baking potatoes wrapped in metal foil paper. It gives them extra good taste.

Here are a few interesting drink mixes of the nonalcoholic variety. Try two pints of pineapple juice mixed with one pint of ginger ale. . . . For plenty of vitamins and health, stir a small envelope of gelatin in a large glass of orange juice.

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It will make you feel like Tarzan! . . . Beat one egg lightly, add four ounces of orange juice, and beat lightly again. It's a "meal-in-a-drink."

If one of your guests asks for a fruit cocktail or a fruit cup, be sure you know the difference. It's a cocktail if piquant —to stimulate the appetite. If it's sweetened, it's fruit cup— for dessert.

CLEANING UP

Here are some tips for fellow dishwashers. Soak dishes that have held eggs in cold water, not hot. If you add a little salt to the water, it helps even more. The same applies to glasses or saucers that have held milk.

You can do a much better job of drying dishes—and a much faster one—if you hold a dish towel in each hand. Sort of makes the dishes skidproof, too!

And here are two cooking suggestions that will make the clean-up job easier. If you're cooking over charcoal, first rub the bottoms of pots and pans with a wet cake of soap. This will make the soot easier to remove. And always use a moderate flame when frying food to keep it from sticking to the pan.

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CHAPTER TEN

the stag as a

BARMAN

HOW TO MIX, SERVE, AND HELP YOUR GUESTS RECUPERATE!

There are dozens of big books on the market which contain information to help you become an adept amateur barman. In our limited space we can cover only the high lights of this art—the stocking and care of your liquor and wines, and the mixing and serving of good drinks.

CARE OF YOUR STOCK

A wine cellar should be cool and free from drafts, and it should have as even a temperature as possible throughout the year.

Always keep all bottles in your stock securely capped to avoid costly evaporation. Store wine on its side so that the cork will stay moist; otherwise it can shrink and admit air that will spoil the wine. Never leave good wine in an uncorked bottle; it can turn to vinegar within twenty-four hours.

MIXING AND SERVING

Stem glasses are a "must" for cocktails, to keep the heat of your hand from warming the drink. For the same reason, chill cocktail glasses before serving.

Mix only one round of drinks at a time. Both highballs and cocktails become diluted and flat after standing awhile.

Wine to be served at room temperature should be

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brought to the dining room at least an hour, and, if possible, two hours, before it is served.

A bottle of wine can be chilled quickly by wrapping it in a piece of flannel soaked in cold water.

When sugar and fruit juices are called for in a drink recipe, mix them together before adding other ingredients.

With hors d'oeuvres, oysters, fish and white meats, serve Chablis, Sauterne and Rhine wines. With red meats, game and cheeses, serve Burgundy, Bordeaux or Claret.

Gourmets insist that strong drinks at the beginning of a meal spoil the palate for good food.

Cocktails are designed as appetizers. If they are oversweet, they spoil the appetite instead of stimulating it.

Here's the way a good bartender frosts the top of a glass with sugar. First cool the glass and rub the rim with a piece of lemon. Swirl the glass to remove the excess, then dip the rim in powdered sugar. Lift the glass and tap gently to remove excess sugar.

Apples should never be eaten before drinking wine. They will detract from the flavor of the wine.

In drink recipes, a dash means 6 drops, a jigger means 1½ ounces, and a pony means 1 ounce.

Try this after-dinner cocktail: 2 parts hot black coffee to 1 part crème de cacao, with a dash of lime added.

This one is both dessert and drink combined. Fill a parfait glass with vanilla ice cream, pierce the ice cream several times with a knife, and pour on a half-jigger of crème de menthe.

Two bar glasses that are stuck together can be safely separated by putting the bottom one in warm water and pouring cold water in the top one. They'll then come apart easily.

If only a few drops of lemon juice are required in your bartending duties, pierce a lemon with a fork, or cut a small wedge in one end of the lemon and squeeze. The rest of the lemon will stay fresh. If lemons stand too long and get too hard to permit squeezing out the juice, soak them in a bowl of warm water. For even more juice, put lemons in the oven for just a few minutes.

If a cocktail calls for an egg, or part of an egg, drop it

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in glass or shaker first. Then, if there's anything wrong with the egg, you haven't wasted expensive liquor.

There are several ways to separate the white of the egg from the yolk. You can punch a small hole in one end of the shell and drain the white out. Then, if the holes are covered with cellulose tape, you can safely keep the yolk in the refrigerator. Another way to separate the white from the yolk is to break the egg over a funnel. Only the white will pass through the small end.

Never pour wine glasses more than three-fourths full, for easier serving.

Bartenders advise—never serve beer in a dry glass. Dip the glass in clear, cold, running water.

If you like a good head on your beer, here's the way to get it. Place the neck of the bottle on the edge of the glass and tilt the bottom of the bottle quickly to a high position. When there is sufficient foam, lower the bottle for slower pouring.

To mix a perfect dry Martini, bartenders say it's important to add the ingredients in this order: Pour the gin on top of the ice, then the vermouth on top of the gin. Incidentally, many bars are now serving Martinis on-the-rocks.

Here are the recipes for a few of the standard, or most popular, mixed drinks:

BACARDI

Juice ½ lime
1 teaspoon grenadine
1 jigger white Bacardi
Shake well with finely chopped ice. Strain and serve in cocktail glass.

DRY MANHATTAN

⅓ French vermouth
⅔ rye whiskey
Ice
Stir. Strain into cocktail glass. Add maraschino cherry.

MARTINI

Dash orange bitters
½ jigger gin
½ jigger Italian vermouth
Stir (do not shake). Strain into cocktail glass containing small green pitted olive.

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TOM COLLINS

1 jigger gin
½ barspoon powdered sugar
Juice ½ lemon
Shake well and strain into Collins glass. Add lump ice and fill glass with soda water.

DAIQUIRI

Juice 1 fresh lime
1 teaspoon powdered sugar
2 oz. white rum
Shake well with cracked ice. Strain into 3 oz. cocktail glass.

WHISKEY SOUR

1 jigger whiskey
Juice ½ lemon
½ teaspoon sugar
Ice
Stir well and strain into a Delmonico glass. Decorate with half-slice orange and maraschino cherry.

OLD-FASHIONED

1½ oz. whiskey
Cube sugar
Dash of bitters
Dash of soda water
Cracked ice
Twist of lemon peel
Place sugar in an Old-fashioned glass, add bitters and soda water. Muddle. Add ice, liquor and lemon peel.

MOSCOW MULE

In a mug, preferably copper or pewter, put two ice cubes, a half jigger of brandy, and a half jigger of vodka. Fill with ginger ale. Drink slowly!

SALTY DOG

Shake two ounces of gin, the juice of half a lemon or whole lime, and ¼ teaspoon of table salt. Pour into a 10-ounce glass with ice and fill with charged water.

BLOODY MARY

Mix 1 part vodka and 2 parts tomato juice. Season with salt and pepper.

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GENERAL

If you have a bottle of crème de cacao, pour a jigger into six ounces of cold milk and stir. It makes a delicious potion.

Try this for dessert sometime: sliced orange, grapefruit and pineapple served in a bowl of hot champagne or sparkling Burgundy.

A popular before-meal appetizer in London clubs these days is tomato juice spiked with sherry. Use 3 parts juice to 1 part sherry.

A little egg white shaken in a Whiskey or Scotch Sour will improve the drink in no small measure.

Don't worry if your champagne bottles have crown caps instead of corks. Experts claim that wine is every bit as good when bottled that way.

AFTER DRINKING

It's as important for a good amateur barman to be able to prescribe for the after-drinking period as it is to mix good drinks. He should know all about "some hair from the dog that bit you." The following hangover remedies have been tried and tested.

The very best way to avoid a hangover is, of course, to move the head slowly from left to right when somebody offers you "just one more drink."

Many people advocate taking precautions before drinking rather than hangover remedies later. Some of these people believe that a pat of butter swallowed before going out on a big night will keep you in better shape. Being rather temperate, we wouldn't know whether this is true, but it might be worth a try.

Several of the top bartenders in New York prescribe yogurt taken before retiring as an excellent preventative of a bad "morning after." Others claim that a raw egg added to the yogurt makes it even more effective.

It's habit for a lot of people to quaff a large glass of milk after drinking and before going to bed. This seems to have a settling influence.

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A couple of morning-after remedies along the sweet line are a big heaping plate of vanilla ice cream or a vanilla frosted.

Still another next-day pickup is a plate of stewed tomatoes liberally sprinkled with Worcestershire sauce.

This one sounds like a continuation rather than a cessation, but it has its devotees. Drink a glass of warm ale mixed with the white of an egg.

Along the line of higher alcoholic content, here are a couple more: ½ oz. of brandy in a full glass of tomato juice, with a dash of lemon added, or ⅔ blackberry wine, ½ vodka, and a dash of lemon juice.

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the stag

BEHIND THE WHEEL

HOW TO CARE FOR AND HANDLE YOUR CAR

There are certain things that a motorist should know about his car. The following tips will help you to maintain its appearance, get the best and safest performance and, in general, get the best value out of this valuable piece of your personal property.

KEEPING YOUR CAR CLEAN

As with clothes, get spots out of car upholstery as soon as possible before they "set."

Do not use harsh scouring powder to remove curb markings on whitewall tires. A scrub with regular soap and water should do the job.

You may not always have an old pair of gloves around to keep your hands clean when changing tires. You usually have plenty of old socks, however. Next time, instead of discarding a pair, put them in the glove compartment. For dirty work, they're as good as gloves.

When cleaning the inside of your car with fluids or solvents, roll the car out of the garage and leave all doors open. It permits better ventilation and is much safer, in such close proximity to gasoline.

Pieces of old carpet make convenient pads for polishing cars.

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PROTECTING ITS APPEARANCE

If the hood doesn't look as shiny as the rest of the car, apply a coat of aluminum paint on the underside. This will deflect motor heat, which causes wax and polish to melt.

Never park your car under an elm or maple tree. If you do, little sticky spots will appear on the car which are harmful to the finish.

Never dry-dust a car; this will cut the finish by rubbing the dust particles in.

To preserve your paint job, use only cold water when you wash your car, and never wash it in direct sunlight or when the metal is hot.

Avoid scratching your windshield by first throwing a glass of water on the outside panes before wiping them, thus eliminating harsh abrasives.

GETTING MORE MILEAGE

Here's the reason you should switch tires regularly. The right rear averages 38 per cent of all tire wear; the left front only 14 per cent.

Here are some ways to get more miles to the gallon. (1) Get into high gear quickly. Racing the motor in low eats up gas. (2) Don't go in for fast getaways. They're costly, too. (3) Avoid high speeds. At 40 mph you get about 25 per cent more mileage than at 60.

PREVENTING ACCIDENTS

When a tire blows, don't slam on your brakes. Keep complete control and avoid swerving by maintaining a firm grip on the wheel, leaving the car in gear, and applying the brakes gently.

If your brakes fail, apply the handbrake immediately, keeping the clutch engaged. If there is no imminent danger of collision, shift your car into lower gear to reduce the speed.

Experts claim that you see only half as much traveling at

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70 mph as you do at 40 mph. They blame the cut-down vision for many accidents.

In rainy weather, the rhythm of your windshield wiper acts as a soporific and can make you drowsy. Vary its speed every once in a while for safety.

Many highway accidents come from fatigue. Truck drivers make frequent "coffee stops" for relaxation. Long-distance drivers should follow their example.

WHAT TO DO IN A JAM

If your bumper catches on another, try putting a heavy board or log directly behind the front wheels. When you back up, it will probably raise the front enough to clear the other bumper.

If you run out of oil completely, you can run your car, slowly, for a short distance, with five quarts of water in the crankcase. It's better, of course, to walk to the nearest gas station for oil.

When you use a jack, block the tire diagonally opposite the one that is jacked up.

You can carry water to your car in a big hub cap when no can or pail can be found.

KEEPING THE CAR IN GOOD RUNNING ORDER

The colder the weather, the less efficient your battery. Service it often in the winter.

No matter how good the treads on your tire, they are only as strong as the sidewalls. So try not to hit or rub curbs when parking your car.

Don't attempt to turn the front wheels while the car is standing still. That's the best way to wear out wheel and steering-post bearings.

If your car won't start because of flooding, try this: Hold the accelerator all the way down to the floor and then push the starter button.

If tires squeal on curves, many drivers rush to put in more

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air. This squeal, however, is more apt to be caused by over-inflation.

Have your car greased often, especially during bad winter weather, to protect it from strong salts used on icy roads by many highway departments.

PRECAUTIONS

When traveling, fill the tank at night instead of in the morning. Smart motorists claim it prevents water condensation and subsequent rusting in the tank.

Keep a strong solution of salt water in the glove compartment of your car. It's good for defrosting windows.

If the weather looks ominous, put strips of cellophane tape over the keyholes on the car doors, to prevent freezing. If locks do freeze, plunge your key into the heat of a pipe (if you're a pipe smoker) or heat the key with a match.

Keep a container of soapy water and another of clean water in the glove compartment against the day when you'll have to make road repairs.

If there's oil on your garage floor, clean it up promptly. Oil rots rubber.

If you leave your car in big parking lots, tie a bright ribbon to the radio aerial so you can pick it out from a distance.

Drop a business card down the window frame of your car. If the car is stolen and thoroughly camouflaged, you'll still be able to prove that it's yours.

Note your blood type on your license, just in the event of a bad accident.

Before icy weather sets in, put a few small paper bags of sand in the trunk of your car. Sprinkle it under your tires when the car loses traction on slick spots.

Men who do a lot of driving tell us that a plain board against the back of the seat will keep the driver from getting a tired back.

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CHAPTER TWELVE

the HANDYMAN *stag*

TIPS ON DOING JUST ABOUT EVERYTHING AROUND THE HOUSE

These are the days of "do it yourself." Men have discovered that they do not have to yell for a mechanic, painter, electrician, or plumber the minute some little thing goes wrong around the house. They've learned that many of these minor jobs can be done easily and in a jiffy, and that a man doesn't have to be a mechanical genius to do them.

The writer, in his particular set, is considered to be a fair-to-middlin' handyman. Not an expert, mind you—but adequate for the average little repair job. Here are some tips for you.

CLEANING AROUND THE HOUSE

Although housekeeping is normally a woman's job, we men can be helpful in lots of ways. With our great masculine intellect (sic), we can solve many little problems which might baffle the ladies. And with our superior strength, we can accomplish things that the frailer sex couldn't or shouldn't do. Here are a few examples:

Grease on wallpaper can usually be removed by applying a paste of cornstarch to the discolored spot, allowing it to dry, and then brushing it off.

If window sills are waxed, they will be protected from dirt and moisture and will always look clean.

If a room doesn't heat up properly, see whether the radiator is perfectly clean. Dust serves as an insulator.

To get a radiator clean, hang a damp cloth behind it and

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use vacuum cleaner as a blower in the front. All the dust will stick to the wet cloth.

If you spill grease on the floor, pour ice water over it. The cold water hardens the grease and makes it easy to scrape off.

Walls and woodwork should be washed from the bottom. When water runs down on a soiled surface, it leaves streaks that are difficult or impossible to remove.

Leather chairs can be cleaned by rubbing them with a soft cloth dipped in ordinary milk. When they're dry, go over them with a clean soft cloth.

Cigarette or cigar ashes are often abrasive enough to remove white ring stains from lacquered furniture and mild enough not to damage the finish.

If you must beat a carpet (and beating is not advised by most carpet manufacturers), at least place the rug, nap down, on the grass. It's easier on the rug than beating it while it is hanging.

You can get ink off rugs by covering the spot with ordinary table salt for a minute and then washing with vinegar.

To pick up broken glass from the floor, crumble some paper or absorbent cotton, wet it, and swab the area. Small pieces will stick to the moist paper or cotton.

To clean book covers, rub them with a clean cloth wrung out of a solution made of two parts vinegar and one part water. Rub briskly until dirt is removed, then rub again with a clean dry cloth.

To clean the inside of a thermos bottle thoroughly, put a tablespoon of uncooked rice and a cup of warm water in it, shake well, then empty and rinse.

Dip old pen points in household ammonia to remove dried ink.

POLISHING AROUND THE HOUSE

Polishing isn't the easiest or most appealing job a man can inherit around the house, but here are a few tips and tricks that will make it a bit less arduous.

Brass will need less frequent polishing and will look

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brighter if it is rubbed with olive oil after each polishing. Apply the oil with a soft, lintless cloth and rub well over the brass.

To clean copper bar mugs, dip half a lemon in salt and rub the mug well with it. Then rinse in hot water and rub with a soft cloth.

If you want to clean gold and silver articles and no polish is available, try scouring with a wet cloth dipped in cigar ashes.

Pewter can be polished by rubbing with an old kid glove sprinkled with whiting.

Warm, camphorated oil applied with a soft cloth will remove white rings on highly polished furniture. Rub furniture until dry and polish with another soft cloth.

For a high polish on furniture, rub with equal parts of lemon oil and turpentine. Wipe off excess oil and polish with a dry woolen cloth.

If the bone handles on your knives get discolored, you can clean them with hydrogen peroxide.

For extra fine buffing and polishing, punch powder puffs and mount on an arbor or motor shaft.

Never fasten silverware with rubber bands or keep rubber articles near it. Rubber tends to darken silver.

PAINTING

The many new and practical products now on the market have made painting around the house a much simpler job than it used to be. Consequently, many men are now doing their original, touch up and rejuvenating paint jobs themselves instead of calling in a painter. It's easy work when you know how.

When painting stairs, do every other step first, let dry, then do the others. This keeps the stairway open for traffic.

When painting around light switches, protect them from paint spatters with a layer of petroleum.

If new paint flakes off walls, it's usually because there are too many old coats under it. It's better to remove all the old

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layers of paint, right down to the plaster, and start from scratch.

After painted walls have been washed, apply a thin coat of ordinary laundry starch with a paintbrush. Then the next time the wall needs washing, the job will be much easier. The dirt will wash off with the starch.

When painting a table or chair, hammer a small nail part way into the bottom of the legs. Then the paint can be applied all the way to the bottom without the legs' sticking to the paper.

Don't skip the window sashes in any home painting job. They need the protection from moisture given by a coat of paint.

Let new plaster age several weeks before painting over it.

Until you're sure a newly painted floor is dry, put wax paper on places where you must walk.

You can easily wipe paint off door hinges, locks, etc., if you cover them with vaseline before painting near them.

Be a bit suspicious of all-purpose paints. It's the old story, something that's supposed to be good for everything is often good for nothing.

If you get paint spots on your leather shoes, moisten the head of a kitchen match, rub the spots, and they'll disappear.

Better still, put old socks over your shoes when painting. It protects the shoes, and you can use your feet to wipe spots off the floor before they dry.

Paint doesn't spread well on surfaces that are hot or damp. Don't do exterior painting in humid weather or in temperatures above 90° or below 55° F.

Rub some baby oil into your hands before doing any painting around the house. The oil will make it easier to remove paint stains.

If you have paint spattered around the house or on your fingers, nail-polish remover will usually take it off.

Hot, strong vinegar will remove paint from glass.

When touching up an already painted surface, apply new paint to a piece of glass and let dry. Compare the old and new

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colors by placing the glass with the new paint over the old surface.

If you want to see how paint will look when dry on a wall, brush a sample on a clean white blotter.

When you paint, set the can in a large paper bag with the top rolled down to catch all the drippings.

When painting window frames, apply a thick soap-and-water paste to each pane. Later, you can wash off both the soap and paint splashings with warm water.

Luminous paint has many uses around the house. Put some on the edge of the door you're always walking into at night, and try outlining the outside-door keyhole with it.

When taking paint from chairs or other furniture catch excess paint remover in a can or a shallow cake pan. Remover will not be wasted and the work area will be kept clean.

To prevent paint odor, stir an ounce of vanilla extract into a gallon of paint. It won't affect the color.

Be careful what you touch when you paint; electricity and paint (especially the cold-water paints) can cause more fireworks than you'd like to see.

Incidentally, a gallon of paint covers 600 to 700 square feet—about 80 feet of eight-foot-high walls.

If paint in the can is completely separated, drain off the liquid from the top into another container, stir the thick mixture in the bottom of the can and stir in the liquid slowly.

An ideal strainer to remove lumps and scum from paint is an old nylon stocking.

If you must leave a painting job for a few days before it is complete, wrap the paintbrush in waxed paper. This keeps it ready for immediate use without the need for washing it.

Moths like to chew up paintbrushes, so store your brushes just as you do woolens—in moth balls.

If a paintbrush is "shedding" apply nail polish at base of the bristles. They'll last longer.

If you have paint left over from a job around the house, make a mark on the can to show how much paint is left and also what the dry color is like.

Don't mix varnish brushes and paint brushes in the same container.

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Suspend new brushes in linseed oil for one day before using.

To match the shade of any colored plaster, shave colored pastel chalk (obtainable at art-supply stores) into the patching plaster before adding water.

Next time you have a small can of paint to mix, first stir it to loosen the pigment from the bottom of the can, then use an egg beater to mix the paint thoroughly.

A good device for painting screens can be made from a small block of wood over which a piece of carpet has been tacked. This gadget will paint the screen better than a brush.

Red-cedar shingles should be restained about every five or six years.

To keep paint from dripping on you while painting a ceiling, cut a rubber ball in half, make a split in the center, and slip it over the brush handle with the convex side toward you. The ball will catch the drops of paint.

LIGHTING

A film of dirt on your light bulbs may waste more than 20 per cent of the current that you are paying for. Dust bulbs frequently.

For maximum illumination, use one large bulb, not several small ones. A 100-watt lamp gives 50 per cent more light than four 25-watt bulbs.

What do you do when a light bulb breaks in the socket and you want to get it out without carving up your fingers? It's simple if you just push a large cork into the broken end and safely unscrew it.

Flying insects are not attracted by red and blue lights, so cover the lights in your summer cottages with cellophane of either color.

DOUBLE DUTY

A tin can makes a good storage rack for a soldering iron or pencil. You can store the iron in the can without waiting for it to cool.

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If you need and can't find an ice bag, use a rubber glove filled with ice.

An empty thread spool placed on a nail in the garage, cellar, or attic makes a fine hanger for clothing and will not tear garments.

When the cap of a tube of adhesive is lost, a nail will keep the glue from leaking out and making a mess. Actually, the nail is often easier to work with than the screwcap.

Powder puffs make excellent pads for cleaning white shoes.

A screen-door stopper nailed in a closet or behind a door makes a wonderful holder for your card table.

An old snap moustrap makes a handy holder in your workshop for gloves, aprons, etc.

A man's shaving brush makes a fine duster for pleated lamp shades.

An old curtain rod makes a handy shoe rack. Just tack it to the inside of a closet door and hang the shoes on it by their heels.

When the leather of a pocket key case wears, mount the metal part on a wall. It's handy for small tools and household keys.

Worn sheepskin-lined slippers, cleaned and turned inside out, make excellent shoe-polishing mitts.

Eyebrow tweezers are the best tool to use for untangling badly knotted shoe laces.

PESTS

Ants may be prevented from entering doorways by sprinkling oil of sassafras around the entrance.

Mice will not steal cheese bait from a trap if you sear the bait with a match. The heat will melt the cheese, fastening it to the bait pan, and the odor of cooked cheese is attractive to mice.

To keep mosquitoes away from your bed on summer nights, put a few drops of spirits of camphor on a lump of sugar and set it on your bedside table.

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To keep birds from eating grapes, place a length of black garden hose in the vines. The hose, which looks like a snake, will frighten away the birds.

Cayenne pepper sprinkled liberally in the camp food box will give complete protection from ants and mice.

An area frequented by cockroaches can be painted with a mixture of lime water and a small quantity of salt that will get rid of the insects for a few weeks.

TAKING CARE OF GOLF EQUIPMENT

Be sure your golf clubs aren't stored in a too-dry place. The wooden heads and grips can dry out.

Do not let your bag of clubs stand in a corner all winter. It's much better for them to lie flat.

A jeweler's "rouge cloth" is fine for de-rusting and polishing the metal parts of your golf clubs.

Clean your golf club heads after a round rather than before the next round, when the dirt will have had a chance to harden and cake.

If you're going to take home dirty golf shoes, carry a spare paper bag for them instead of putting them in your kit bag or golf bag.

TAKING CARE OF FISHING EQUIPMENT

Varnish on fishing rods wears better if you air the rods once in a while during the winter.

Coat wooden fishing rods with automobile wax to protect their finish.

Fishhook leaders can be dyed by soaking them for a day in strong coffee or tea.

Here's a simple tip for taking care of your fishhooks. Place them on a wide strip of cellulose tape, then place another strip on top of the hooks. This will protect both the hooks and your fingers, and when you want to make a selection, you will be able to see the hooks right through the cellulose tape.

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TAKING CARE OF PHOTOGRAPHY EQUIPMENT

The most important thing to remember is to keep the camera lens clean. You can't see well when there's something in your eye—and neither can your camera!

When your camera is not in use, keep it enclosed in a plastic vegetable bag to protect it from dirt and moisture. Do the same thing when taking your camera on vacation where it might be damaged by sand or salt air.

It's wise to take your camera to a dealer for an occasional check-up. It's likely that he'll find nothing wrong, but making sure is easier—and less costly—than wasting a lot of film and losing a lot of good pictures.

If you mount your pictures in an album, try slipping the negative behind each picture. It's a good filing system.

To keep pictures in good shape, enclose them in wax paper and seal the edges with a warm iron.

GARDENING

Before gardening, scrape your fingernails across a cake of wet soap. The soap will keep the dirt out and will rinse out easily when you finish.

Keep your garden tools well oiled during the winter months to protect them from rust.

A bushel basket makes an ideal container for storing garden hose. Just roll the hose into the basket.

To keep the inside of a lawn roller from rusting, fill it with used crankcase oil instead of water. Then the roller will not have to be emptied during the winter, and the oil, of course, will not freeze.

Chimney soot, if it's free from salt, makes exceptionally fine fertilizer for gardens and potted plants.

Cigar or cigarette ashes dropped into the soil around geraniums help to promote a long and healthy life for the plants.

To encourage vines to climb your stone, brick, or stucco walls, tape the vines to the wall with cellulose tape. The tape will hold long enough for the vines to get a firm grip on the wall.

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If you're bothered by sparrows, hang small cheesecloth bags full of camphor balls on the eaves of your house. The birds will nest elsewhere.

GENERAL HANDYMAN TIPS

Always keep a piece of charcoal in your toolchest. It absorbs moisture and prevents tools from rusting.

If the motor in your refrigerator runs constantly, it's possible that the door gasket is leaking and needs replacement.

Lengths of rubber tubing slipped over the handles of pliers will give a sure, comfortable grip.

Here's how you can tell whether your bathroom scales are accurate. The next time your household buys a five- or ten-pound bag of sugar or flour, check your scales with it.

Before using a wrench on a plated surface, wrap adhesive tape around the grips of the wrench or around the object to prevent scratching.

Always avoid driving tacks through any electrical cords.

Check those heavy mirrors around the house to see that they haven't become loose from vibration.

To locate a gas leak, cover the pipe with soapy water. Bubbles will reveal the seepage.

Slide heavy furniture over waxed paper to keep from marring the floors.

A split length of narrow rubber hose makes a fine protector for a saw blade.

After you've oiled an electric fan, tie a big paper bag over the protective cover and run the fan for a few minutes. The bag will catch all oil spatters which might otherwise smear your walls.

Always stand books upright on your shelves. Letting them lean strains the bindings and eventually damages the books.

A crisscross of cellulose tape on a wall will keep the plaster from cracking when you drive nails into the wall.

Never put a table radio on a metal surface. There's always a chance of a short circuit.

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A bureau drawer that has lost its knobs can be opened by pressing a suction cup or rubber plunger against it.

Tape a spare fuse inside the door of the fuse panel so that you won't have to search in the dark when you need one.

To keep pictures permanently straight on a wall, wind a narrow strip of adhesive tape around the hook so that the picture wire won't slip.

If you inherit the job of putting on shelf paper, shelf edgings, etc., use a staple-tacker. It's easier than hammer and tacks.

When driving a nail into a hard-to-reach spot, wrap a pipe cleaner around the nail to hold it in place until it's started.

For framing pictures, use old phonograph needles instead of nails or brads to hold the backs. They're easier to drive and lie flatter.

Wax your snow shovel to keep the snow from sticking to it.

Aluminum foil under ice-cube trays will keep them from sticking.

If it's difficult to read the voltage and wattage on an electric bulb, hold a piece of white paper against the bulb and turn it on. The markings will then stand out.

If door chimes are sluggish, blow a little powdered graphite on the plunger.

To put a sharp edge on shears, cut through a sheet of sandpaper a few times.

A little soap worked between cracks in floor boards will stop their squeak.

A coat of white shoe polish will make white Venetian-blind tapes look like new.

If cane-bottom chairs begin to sag, they can be tightened by washing with hot water. When the cane is nearly dry, give it a coat of clear varnish.

If your radiator bangs and knocks, merely slide a wedge-shaped block of wood, about a half-inch thick at the thickest edge, under the end of the radiator away from the inlet pipe.

Rubber heelmarks can be erased from hardwood floors with a light rubbing of steel wool.

Sound sleepers who cannot count on being awakened by

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the alarm bell can increase its volume by setting the clock on a dinner plate or a metal pie pan.

If the ticking of your watch at night annoys you, cover it with a water tumbler. This deadens the noise but still lets you see the time.

To minimize the ticking of a noisy alarm clock, set it on a blotter or piece of felt to absorb some of the noise.

You can get that last penny's worth from tubes of toothpaste, shave cream, etc. by rolling them around a wooden clothespin. Just slip the pin over the bottom of the tube and use it like a key.

Bleary-eyed people can't always read the labels in a medicine chest, so stick a straight pin through the cork of any bottle containing poison.

When sending coins through the mail, tape them to the inside of an empty matchbook.

Stamps which are mailed for return postage or in payment for merchandise can be kept from sticking together by dusting talcum powder over the sticky side.

Never moisten postage stamps to separate them; this will destroy the mucilage. Instead, place the stamps under a thick paper and hold a hot iron over them for a minute.

If you buy tobacco in large quantities, keep the container or humidor sealed with cellophane tape for fresher and more fragrant tobacco.

To keep tobacco moist, place an eyedropper almost full of water in the container, making it into a humidor. Replace the water as it evaporates.

You can keep your eyeglasses from steaming by rubbing your fingers over a wet cake of soap and then over both sides of the lenses. Polish at once with tissue.

The gummy residue left on your skin by adhesive tape is easily removed with nail-polish remover or cleaning fluid.

If the threads on your fountain pen are worn, put a single layer of cellophane tape around the threads. Then the cap will fit snugly.

A toothbrush will last longer if soaked occasionally overnight in salt water.

To make a suction cup stay in place longer than it normally

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would, first rub the edges of the cup over a cake of moist soap.

You can get marks off the top of a desk by first applying, then removing, a piece of cellulose tape.

Rub cold cream on the stopper of a bottle of glue before replacing it. That will keep the top from sticking.

If you use air-pressure containers of shaving cream, you can get the last blob out by first immersing the can in hot water.

And when you've emptied a tube of shaving cream, split the tube open, lengthwise, and you'll find enough cream for from five to ten extra shaves.

After you've washed a hairbrush, restore it to its original stiffness by adding two teaspoonfuls of powdered alum to each cup of water used for rinsing the brush.

For easier identification, initial toothbrush handles and bathroom glasses with colored nail polish.

Don't use blotting paper on legal documents. According to the U. S. Bureau of Standards, removing some of the ink by blotting shortens the life of the writing.

If your cigarette lighter has no provision for carrying extra flints, store a reserve supply in the lead-holder of your mechanical pencil.

A slip-on pencil eraser on the points of scissors in your desk drawer will keep the points from damage and will protect your fingers as well.

Bind the edges of your driver's license to protect it from wear.

Coat timetables, etc. with colorless nail polish to keep them from smudging and deteriorating. Coat the inside of your leather watchband with colorless nail polish to keep it from discoloring or chafing your wrist.

When you have a lot of envelopes to seal, use an ice cube placed in a saucer to moisten the flaps.

To remove ink stains from fingers, rub with the head of a kitchen match and wash hands with soap and water.

Here's a tip for heavy smokers who want to remove yellow nicotine stains from their fingers. Dip them in a cup of water spiked with a few drops (but only a few) of a bleaching agent.

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Many car drivers carry an extra ignition key in the pocket of their wallets. People often mislay keys, but rarely their money!

A good place to keep those lists of reminders we all write to ourselves is inside the transparent cellophane cover of a pack of cigarettes. You'll see it twenty times!

If you put packs of cigarettes in the refrigerator, they will keep fresh or if they're dried out, they'll regain their freshness.

When someone borrows your fountain pen, hold on to the cap. That will keep him from absent-mindedly putting your pen in his pocket.

When trying to get a foreign object out of your eye, hold a magnifying glass close to the eye and look through it at a hand mirror. The magnified image will make the job easier.

Before putting cord around a package that is going to go through the mail, give the string a good wetting. It's easier to tie up that way, and, when the string dries it will contract enough to make a snug fastening.

After addressing a package, rub the writing with the end of a candle. The wax will keep the ink from smearing in transit.

Play safe when you mail parcels. Insert your return address *inside* the package. Then, if the wrapping should be torn off or the address obliterated, the post office will still know where to return the package.

Ordinary baking soda is an effective and economical fire extinguisher. Keep a small can handy, especially in the garage.

You can keep a loose flashlight from being turned on accidentally and burning out by sealing the switch with cellophane tape.

Circular saw blades can be stored conveniently and safely in the envelopes of a phonograph-record album.

You can make a rope pliable and soft by soaking it in a pail of strong soapsuds.

To keep a medicine dropper from rolling off the table or getting lost, slip an ordinary pencil clip on it and fasten it over the edge of a drinking glass.

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INDEX

Accessories, clothing and, 21, 59-86, 120-121
Acetate, 43
Appearance, achieving a well-dressed, 21
Appetizers, 123, 134
Apples, fried, 127
Army clothes, old, 33-34
Ascot scarf, how to tie an, 85-86
Automobile, care and handling of, 136-139

Bacardi, 132
Bachelor dinner, 118
Bacon, 127
Baldness, 88
Bar glasses, separating stuck, 131
Barman, the amateur, 130-135
Bathing suits, 80
Batiste, 63
Beer, how to pour, 132
Belts, 46, 48, 70, 77, 80
Best man, 118, 119
Blazers, 30-31
Bloody Mary, 133
Boots, rubber, 77
Boutonnieres, wedding, 119, 122
Bow ties, 28, 34, 36, 81, 84
Brand names, clothing, 40
Breakfast, 124
Bridegroom, 118, 119
  notes for prospective, 120
Bride's father, 119
Broadcloth, 63
Brushing clothes, 51, 55, 56, 58
  hats, 68, 69
Budget, clothing and the, 12
Business wear, 20
  shirts for, correct, 27
Buttonholes, 56
Buttons, 49, 52, 53, 54

Cambric, 64
Camel's hair, 42
Campus, clothes for the, 33-34
Caps, 33
Care of clothing, 50-58
Carving, 127
Cashmere, 42, 64
Casual clothes, 34
Challis, 64
Chambray, 64
Charts
  calorie, 97-98
  color, 15, 23
  dress, 29
  hat, 62
  height, 97
  model, 14
  size, 61, 62, 63, 114
  weight, 97
Chef, the amateur, 123-129

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Cheviot, 42
Chewing gum, removing, 51
Cigarette lighter, 49
Cigars, 115-116
City, clothes for the, 25-29
Cleaner's tags, 54
Cleaning clothing, 50-52
  hats, 68
  shoes, 76
  ties, 74
Cleanliness, 88
Clear-cut, 41
Clothes
  business, 24
  casual, 26
  cheap vs. good, 20, 50
  formal, 20, 25, 27, 28 ff.
  formal, for the city, 28 ff.
  importance of proper, 11, 26
  informal, for the city, 25 ff.
  mixing and matching, 20, 21
  selecting, 12 ff.
  travel, 107-108
  wrinkle-resistant, 44
Clothing, 11-58, 59
  accessories and, 21
  custom-made, 13
  summer, 35-37, 42, 65
  winter, 35, 37-39, 42, 57
    old time, 37
Coats, 54, 64
  leather, 38-39
  polo, camel's hair, 34
  sports, 107
  storm, 38
  topcoats, tweed, 34
Cocktails, 130 ff.
Collars
  coat, 38, 46-47, 51, 72
  jacket, 15-16
  shirt, 16-18, 32, 34, 36, 37, 47, 51, 62, 70, 72, 73,
  stays, 70, 80, 111
Colors, 26, 59
  combining effectively, 22-23
  right, for each complexion, 15
Comfort, clothes for, 35-39
Complexion, right colors for each, 15
Contrasts, rule of, 22, 30, 59
Corduroy, 64
Cotton, 38, 41, 63, 64, 65
Cotton flannel, 64
Country, clothes for the, 29-33
Covert, 41, 42
Crème de Cacao, 134
Cuff links, 78, 111
Cuffs
  shirt, 47, 57, 71, 72, 73, 80
  trouser, 48, 51, 53, 54, 56, 57
Cummerbunds, 73
Currency, foreign, 114
Customs, U. S., clearing, 115-117

Dacron, 44, 112
Daiquiri, 133
Dancing, suit for, 27
Dandruff, 88, 89
Dating, 99-100
Denims, 34
Deodorants, 91-92
Dessert, 134
Diet, 95-98
"Dimple," 81, 82, 85
Dining out, 27, 102
Dishwashing, 129
Doeskin, 64
Dress chart, 29
Dress tips, 49-50
Drinks, mixing and serving, 130-135
Dynel, 44

Eggs, 124
Elbow patches, 56

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End-to-end, 64
Exercise, 94

Fabrics, 12, 26, 31, 35, 38, 40-44, 45, 63-65
  accessory, 63-65
  See also: Broadcloth, Wool, etc.
Fibers, man-made, 41, 43-44, 78
Fingernails, 91
Finger-pressing, 55-56
Fishing equipment, care of, 147
Fit, 18, 46-48
  See also: Sizes
Flannel, 31, 42, 64
Flannel, gray, 27, 31
Formal wear, chart, 29
Foulard, 64
Four-in-hand, 81, 82
Furnishings, 40, 59-86

Gabardine, 26, 38, 41, 43
Gardening, 148-149
Garment bags, 57
Garments, weight of, 38
Garters, 24
GI bill
  effect of on campus clothes, 33
Gingham, 64
Glen Urquhart Plaid, 44
Gloves, 39, 64, 65, 78, 79, 80, 91
  size of, determining, 60, 61
Golf equipment, care of, 147
Grooming, good, 12, 87-92
Guest, being a good, 101

Hair, care of, 87-88
Haircuts, 89
Hair tonic, 88-89
Hamburgers, 126
Handkerchiefs, 49, 64, 65, 78, 80, 81, 86
Hands, 91
Handyman, hints for the, 140 ff.
Hangers, 54, 55, 58, 73, 77, 78, 80, 112, 113
Hangovers, 134-135
Hatlessness, 32-33, 88
Hats, 32, 34, 36, 39, 59, 65-69
  chosing the right, 19-20
  color of, correct, 28
  Homburg, 24, 28
  size of, determining, 62, 114
  Tyrolean, 28, 33
  See also: Caps
Herringbone, 44
Highballs, 130
Host, being a good, 101, 102
Houndstooth, 45

Jackets, 20, 24, 30, 38, 46, 56-57
Jersey, 31, 64
Jewelry, 59

Labels, 42, 73
Lapels, 15-16, 30, 47
Laundry, while traveling, 112-113
Leather, 38, 64
Levis, 34
Linen, 64, 65
Linings, 38, 39, 45, 46
Lint remover, 111

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Liquor, 115, 130
Lisle, 65
Loafers, 32, 76
Lotion
  after-shave, 90
  hand, 91
Luggage, 112
Lumber jacket, 38

Madras, 65
Manhattan, dry, 132
Martini, 132
Meat, 126
Metric sizes, 114
Mildew, 58
Mixing, 24
"Mixing and matching," 21, 108
Moccasins, 27, 32, 75, 76, 107
Models
  clothing, 13-14
  suits, 26
Morale, clothes and, 11
Moscow Mule, 133
Moth damage, preventing, 57, 80
Muffler, 39, 78

Nailhead, 45
Neckwear, 64
  shapes of, 18
  See also: Collars, Ties, etc.
Newspapers, carrying, 51
Nylon, 44, 108, 112

Occasion, dressing for the, 25, 28
Old-fashioned, 133
Omelets, 124
Orlon, 44, 112
Overcoats, 39, 42, 49, 53, 58
  camel's hair, 33
Oxford, 65

Packing, 108-111
Painting, 142
Pajamas, 65
  size of, determining, 61
Pancakes, 124
Parties, 118 ff.
Patterns, 59
  choosing the right, 13-14
  clothing, 44-45
  combining effectively, 21-22
  sportswear, 29-30
Photography equipment, care of, 148
Physique, 93
  style for each, 13-14
Pockets, 30, 45, 46, 49, 51, 54, 57, 71
Poplin, 65
Posture, 95
Potatoes, baking, 127, 128
Powder, removing, 71

Rayon, 43, 78
Razors, 89-90, 91, 115
Recipes
  drink, 132-133
  food, 123
Reducing
  See Weight
Rep, 65

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Reputable store, importance of, 12
Reservations, hotel, 112
Robes, 65
  size of, 61, 64
Rubbers, 77

Sailcloth, 65
Salads, 125-126
Salty Dog, 133
Sandwiches, 124-125
Scalp, 88, 89
Seersucker, 65
Self-confidence, relation of clothes to, 11
Semi-formal dress chart, 29
Serge, 41, 43
Shampoo, 88
Shaving, 89-90
Sharkskin, 41, 44
Shetland, 42, 43
Shine, on clothing, 56
Shirts, 59, 60, 61-62, 64, 65, 69-73, 108
  colored, 27, 30, 69, 108
  dress, 28, 71
  life of, 50
  measurements, determining, 61, 114
  sports, 31, 73, 107
  summer, 36, 63
  white, 27, 69, 108
Shoehorn, 76
Shoelaces, 76
Shoes, 59, 75-77, 111
  casual, 24, 32, 34
  color of, correct, 27
  dress, 28
  evening, 27
  life of, 50
  materials used for, 32
  moccasin type, 27, 32, 34
  new, 76, 77
  rubber-soled, 32, 34
  sizes, determining, 62-63, 114
  sports, 32
  summer, 36
  types, 75
  weatherproof, 39
  white buckskin, 33, 34
Shoe trees, 77
Shorts, 39
Shrinking, 52-53, 72
Skin, 88
Silk, 41, 64, 65
Sizes, determining, 40, 41, 60-63, 114
Slacks, 20, 24, 30, 31, 41, 57, 78, 107
Sleeves, 47-48, 52, 56, 61, 72
Social life, 99 ff.
Socks, 24-25, 59, 77, 79, 80, 81, 108, 111
  sizes of, correct, 60-61, 63, 65, 114
  wool
    in summer, 37
    in winter, 39
Spaghetti, 127
Sportswear, 20, 23, 24, 29-33, 64
Spots, 50
  paint, removing, 51
  water, removing, 74
Stag parties, 118
Stains, removing, 51, 79
  cigarette, from fingers, 91
Steak, 126
Stretching, 52-53, 54, 57, 58, 72, 75, 79
String ties, 34
Suede, 38
Suits, 26-27, 54, 61, 63, 64
  accessories with, 59
  buying, 40-49
  "classic," 27
  dark blue, 27
  double-breasted, 20, 27, 49
  gray flannel, 27, 33, 34

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hanging, 55
jackets, 30
life of, 50
packing, 109
single-breasted, 20, 27, 53
sizes, 41, 114
styles in, 13-14
Summer clothing
See: Clothing
Surcoat, plaid wool, 38
Suspenders, 46, 48, 49, 70
Sweaters, 24, 34, 64, 81
Sweatshirts, 34

Tailor, instructions for, 52
Temperatures in relation to clothing, 35-39
Theater, suit for, 27
Ties, 34, 36, 59, 60, 65, 70, 72, 73-75, 81, 111
See also: Neckwear
Tipping, 103-106, 112-113
Tom Collins, 133
Topcoats, 38
Traveling, 107-117
T-shirts, 34
Trousers, 41, 46, 48, 49, 50, 53, 54, 55, 56, 58, 113
length of, determining, 60-61
Tuxedos, 28, 57, 71
Tweed, 26, 38, 42, 43
Twill, 45

Undershirts, 37, 39
size of, 61
Underwear, 65, 108
life of, 50
Uniforms, 35
Ushers, 118, 119

Vests, 50, 64
Vicara, 44
Voile, 31

Waffles, 124
Wardrobe, basic, 20, 21
Watch, 37, 49, 80
Weddings, 118 ff.
Weight, 93, 95, 96
See also: Overweight
Whiskey Sour, 133, 134
White shirt, a must after 6 P.M., 27
Windsor knot, 81, 83
Wine, 130 ff.
Winter clothing
See: Clothing
Wool, 38, 41, 42, 57, 63, 64, 65
Woolens, 41, 42
Workmanship
judging, of a suit, 40, 45-46
Worsted, 26, 27, 41, 64
tropical, 43

Zippers, 49

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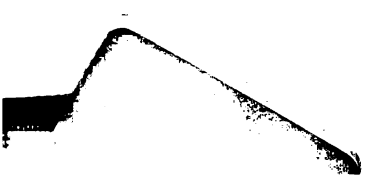
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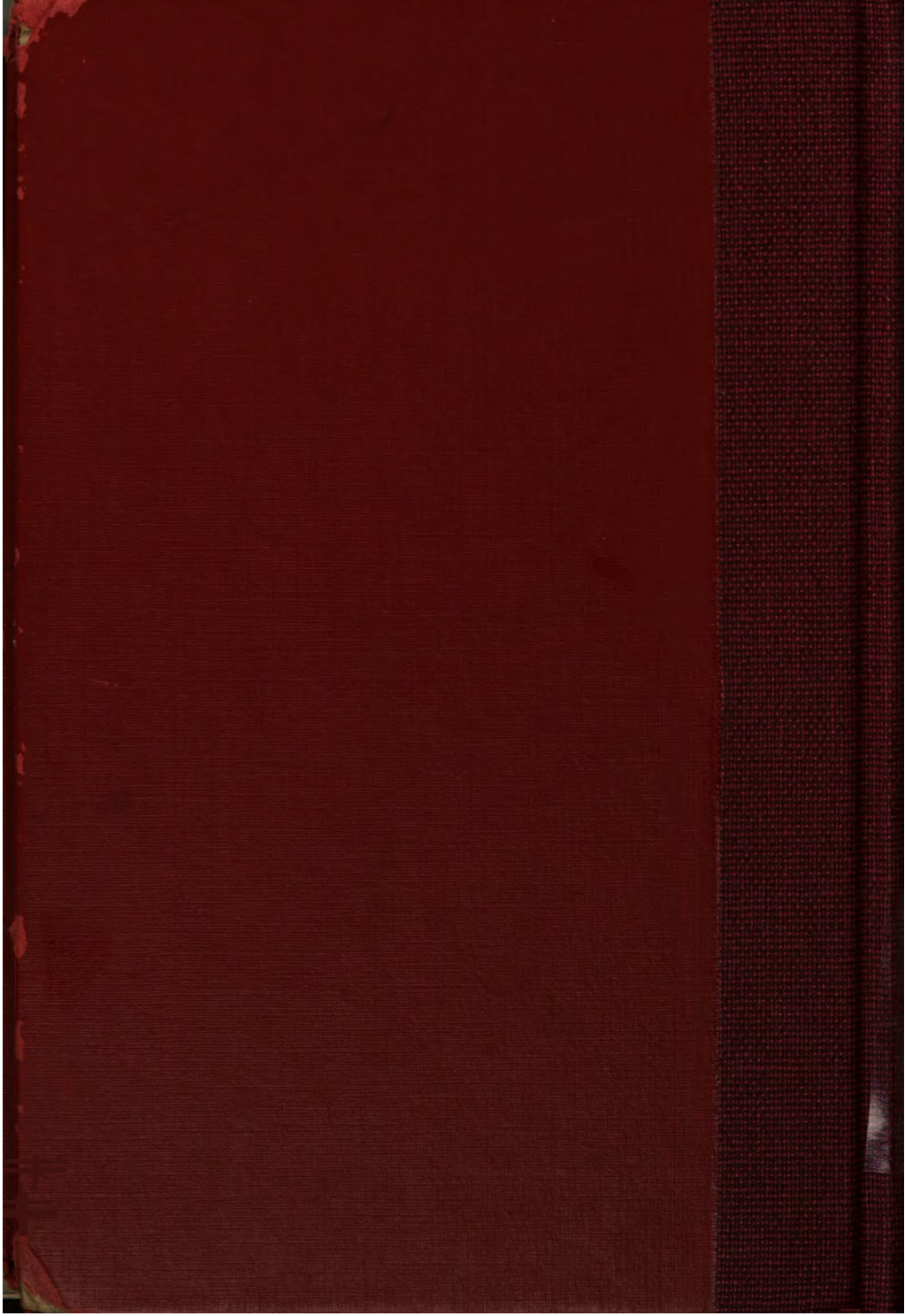

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