

THE PLAIN DEALER

An undershirt lends polish to men's attire

Laurie Chesbrough; Special to The Plain Dealer

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NAM Y. HUH ASSOCIATED PRESS If the always stylish Jay-Z and P. Diddy can wear undershirts, you can, too.

THE FIX

Q: I always wear undershirts with my business shirt/tie no matter the season. My business partner, on the other hand, never wears an undershirt. Not only is it more comfortable to wear one, but it is unsightly to not wear one, especially in the business setting. Please help him see the light.

Ken, Long Island, New York

A: For those of you who go commando from the waist up, Ken is right it is unsightly and unacceptable in a business setting.

Now, I don't want you El Commandos out there getting your briefs in a bunch over my comments. I feel strongly about this undershirt business I want everybody to look his best in any situation.

If we're in a business setting, we're there to make money to secure our positions, to clinch the deal, to get the promotion, etc. If we make our most important impressions within the first 10 minutes of an introduction, we owe it to ourselves to make the most of that time. Presenting a pulled-together look helps convey that you are as polished professionally as you are personally. Presenting tufts of hair through button holes does not.

Some men tell me that undershirts restrict them around the neck and midsection, and thus they get hot really hot. I used to think that divine intervention would be the only way to enlighten this particular group, and it just may have come by way of the Tilley, an undershirt (\$24) that can be found online at www.thesavvytraveller.com. The site boasts



PRESS COVERAGE

that it is "fast drying and sweat defying" thanks to the fabric that wicks away perspiration. It is also stain-, odor- and bacteria-resistant. The silhouette is nonbinding with a generous neck, and it can be handwashed and dries overnight.

A large variety of men's undergarments that address the perspiration issue can be found at www.freshpair.com. And don't forget about those standard Hanes and Jockey undershirts. But most of all, just don't forget the undershirt!

Laurie Chesbrough is a Mentor-based makeover specialist regularly featured on WJW Channel 8 Beauty Blitz. Have a figure challenge you'd like help with? E-mail Laurie at PDQ@plaind.com or write to her in care of PDQ, The Plain Dealer, 1801 Superior Ave., Cleveland, OH 44114.

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