

# How Should a Suit Fit? Your Easy-to-Follow Visual Guide

If you're dressing on a budget, one of the most popular pieces of advice out there is to buy off-the-rack suits in the best fit you can get, and then take them to a tailor for custom adjustments.

That's good advice. You'll find it in several articles right here on the Art of Manliness.

But if you're really going to get any benefit out of having your suits adjusted, you need to know a little bit about tailors and the kinds of adjustments they can (and can't) make.

**You also need to know what a “good” fit actually looks like.**

Tailors vary in skill and in how they communicate the work they're doing, so getting a suit adjusted is only going to deliver a good return if you can make your exact needs clear.

Below, we give you an easy-to-follow rundown on how your suit should fit.

## What a “Good Fit” Looks Like



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Can you guess which man had his suit tailored to fit?

When you try on a suit, you're looking for a good fit in what's called your "natural stance."

That means standing up straight, preferably in the kind of dress shoes you'll be wearing with your suits, with your arms relaxed at your side.

It's not actually a very natural posture for a lot of us, but it is the base from which most of our movement flows. If the suit doesn't fit well in this stance, it's not going to move comfortably with your body either.

Practice standing in that relaxed, upright pose, and then start trying on suits in that posture. Look for a good fit in the following areas when you're in your natural stance:

# The Shoulder



A well-fitted shoulder lies flat. The seam on top of the shoulder should be the same length as the bone under it, and should meet the sleeve of the suit right where your arm meets your shoulder.

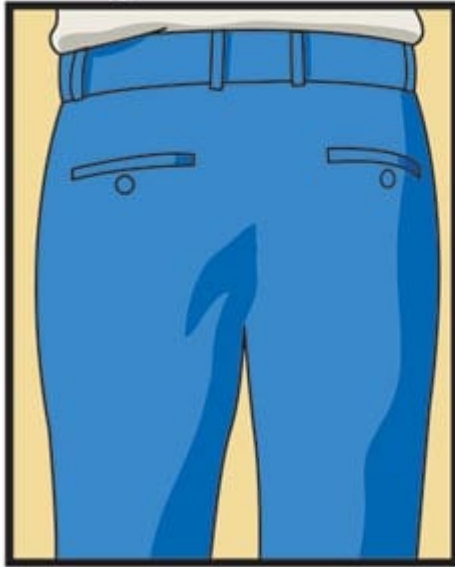
If the seam that connects the sleeve to the jacket is hiked up along your shoulder bone, or dangling down on your upper bicep, the jacket is never going to sit properly. In these instances, you'll see "ripple effects" that create lumps or wrinkles on the sleeve and the top of the jacket.

Shoulders are one of the hardest parts of a jacket to adjust after construction, so don't buy a piece with an ill-fitted shoulder. Odds are you'll never be able to get it quite right with post-purchase alterations.

## The Seat

## THE SEAT

Just Right



Too Small



Too Big



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*The Art of*  
**MANLINESS**  
EST. 2008

The back of your trousers should be a smooth drape over the shape of your rear end – whatever that happens to be.

A good fit in the seat will lie loosely against your underwear, without pulling tight against your butt or draping loosely down your thighs.

You can spot a bad fit in the seat when there are horizontal wrinkles just under the buttocks (caused by too tight of a fit), or by loose, U-shaped sags on the backs of the thighs (caused by too loose of a fit).

A tailor can “take in” a seat to make it tighter in the back without too much difficulty, but there’s a limit to how far he can go. If the seat was way too loose to begin with, it’s not possible to adjust it to fit without pulling the pockets out of place.

Unless the pants have an unusual amount of spare cloth on the inside, seats can’t be “let out” very far to make the fit looser. Err on the side of too loose rather than too tight

when buying.

## Trouser Break



The “break” is the small wrinkle caused when the top of your shoe stops your trouser cuff from falling to its full length.

This should be a small, subtle feature. One horizontal dimple or crease is usually ideal. The cuff should indeed rest on the top of your shoe – there needs to be contact – but it shouldn’t do much *more* than that. The trouser can fall a touch longer in the back than in front, so long as it’s still above the heel of the shoe (the actual heel, not just the back of the shoe).

This is one of the easiest adjustments to make, so you can rely on making some changes here if you need to. In fact, dress pants are often sold unhemmed, with the assumption that the purchaser will take the trousers to a tailor (or make use of the store’s tailor if there is one) to have the cuffs fitted.

# The Jacket Closure



When you are wearing a suit and standing, you should have the jacket buttoned (you know the jacket buttoning rules, right? [Click here to learn!](#)).

This means that part of the trying-on process is checking how the front of the jacket closes over your body.

Close a single-breasted jacket with only one button when you're testing the fit, even if it's a three-button jacket. You're looking to see if the two sides meet neatly without the lapels hanging forward off your body (too loose) or the lower edges of the jacket flaring out like a skirt (too tight).

The button should close without strain, and there should be no wrinkles radiating out from the closure. A little bit of an opening at the bottom of the suit is fine, but the two halves beneath the button shouldn't pull apart so far that you can see a large triangle of shirt above your trousers. (Ideally, you shouldn't see any, though a bit is socially acceptable,

especially when you move.)

Taking in or letting out the waist to help the jacket close more comfortably is not a difficult adjustment, but it's one with limits. Don't expect a tailor to be able to make huge changes here. If the jacket closure looks really bad unaltered, it's probably due to problems beyond the waist measurement, and you should be looking for a different jacket rather than planning on getting that one altered.

## Jacket Sleeve Length



“A half-inch of linen” is a good, old-fashioned guideline for the relationship between a suit jacket and the shirt worn under it – about half an inch of the shirt cuff should be visible beyond the jacket cuff.

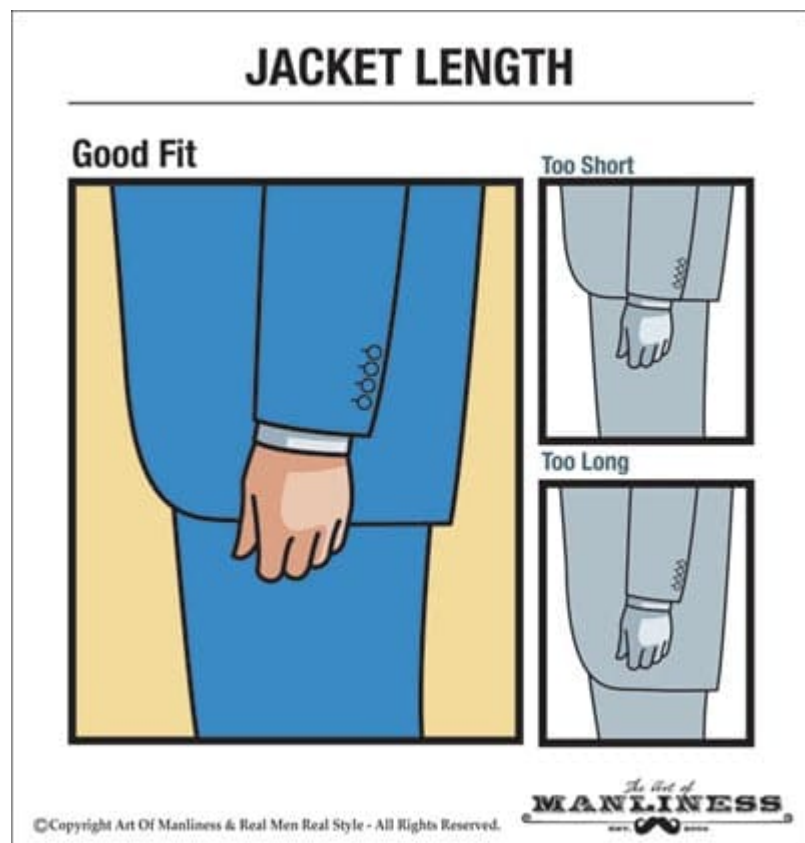
That said, it's a general guideline, and you don't need to get too obsessive. What you do need to be sure of is that the suit sleeve doesn't rise above the cuff entirely – the seam where the shirt cuff joins the shirt sleeve should never be visible.



Similarly, the jacket sleeve should never hide the shirt sleeve entirely. At least a small band of shirt cuff should always be visible.

For most men, that ends up being a jacket sleeve that terminates just above the large bone in the wrist. But everyone's arms are slightly different, and sleeve length is a very easy adjustment for a tailor to make, so get the best sleeve length you can (erring on the side of too long if possible) and then have it adjusted to fit.

## Jacket Length



Not enough time or writing gets devoted to the overall length of men's jackets. It's more important than most people think!

A good suit or sports jacket should fall past the waist and drape over the top of the curve formed by the buttocks. An ideal fit will cover a man down to the point where his butt starts to curve back inward, and stop there (but anywhere in that general region is okay).



The hands are also a good marker here, and this is why it's important to have your arms relaxed in your natural stance. The hem of the jacket should hit right around the middle of your hand – at or just past where the fingers meet the palm.

If the hem of the jacket is sitting on top of the butt, with a small little flare in the back, it's too short. If it falls past the bottom entirely, longer than the arms, it's too long. The hem can be adjusted upward without too much trouble, but if you go too far the front pockets start to look out of proportion, so don't count on more than an inch or two of adjustment here.

## Jacket Collar



It's easy to tell a well-fitted collar from a poorly-fitted one, although identifying the cause of the bad fit can be challenging.

Your jacket collar should rest against your shirt collar, which in turn should rest against the back of your neck. All

of these should touch lightly, without significant gaps in between.

If the collar is too loose, it's very easy to spot – there will be a gap where it's flopping back off your neck.

A tight collar is a little harder to spot on a jacket, since (unlike a shirt collar) it's almost all in the back. Turn from side to side as needed and check it out in a mirror. A tight collar will create bunching and folds just beneath it, and often wrinkles the shirt collar underneath it as well.

Bad collar fit could just mean the neck size is wrong for you, but it's often caused by a larger fit issue: bad shoulder sizing, a back panel that's too small for you, or even a jacket that's constructed with more of a forward or backward tilt than your neutral stance.

Since these adjustments cost time and money to fix, you want to get as good of a fit in the original jacket as possible at the collar.

## **Four Automatic “Bad Fit” Warnings**

There are a couple of easy to spot problems that are major warning signs. A suit with these “bad fit” signs is one that you probably won't ever be able to adjust to a really good fit.

Unfortunately, most of them are caused by the core structure of the suit – and that means that your body just isn't a good match for the way that particular brand makes its pieces.

**Be patient, try on lots of brands, and don't compromise (unless you know it can be fixed!).**

If you can't afford bespoke (made to order), an adjusted off-the-rack suit can work – but you have to start with a pretty good fit in the first place, or it's never going to get the

results you want.

Unless you want to pay for alterations, be careful buying any jacket that's showing these serious warning signs:

## The Dreaded X-Shaped Button Strain



If you can see wrinkled lines radiating outward from your jacket button when you close the jacket, it's too tight and will need adjustment.

The Dreaded X, as my friend Barron over at Effortless Gent likes to call it – is not a look you seek in a well-fitted jacket.

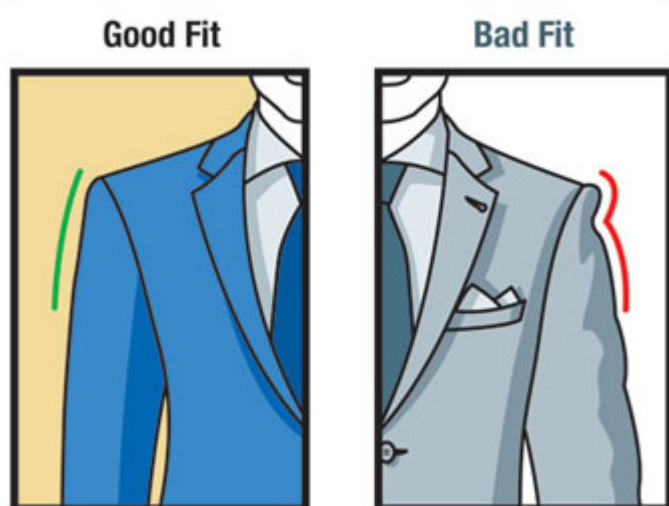
Front button strain is indicative of a bad fit in the torso, and it can go beyond just the waist size – you're probably straining at the shoulders or in the back, too. On a more basic note, it also means the button is going to be prone to popping off.

Don't buy a jacket that shows strain lines radiating outward from the button. If you've got an old jacket that used to fit but has started showing them, it's possible that you've either

gained weight or accidentally shrunk the jacket in a wash – in that case (assuming the fit was good before), you may be able to have the waist let out a little and keep the jacket in use.

## Shoulder Divots & Upper Arm Wrinkles

### THE SHOULDER DIVOTS



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If the sleeve of the jacket seems to dip in slightly just under the shoulder, and then flare back out again, the shoulders are too big. What you're seeing is the shoulder padding protruding beyond your arm, and the cloth of the sleeve tucking back in underneath it.

You can also get those wrinkles if you've got a somewhat slouched stance and the jacket is stiffly-constructed for a more upright posture. In either case you'll need to get a smaller size, so that the seam where the shoulder meets the sleeve matches up with your body's shoulder, or give up and try a different brand.

## Shoulder Wrinkles – Top Rumpling

## THE SHOULDER RUMPLING

Good Fit



Bad Fit



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If you're getting noticeable bunching on top of your shoulder, rather than on the upper sleeve, the jacket is too large in the shoulders.

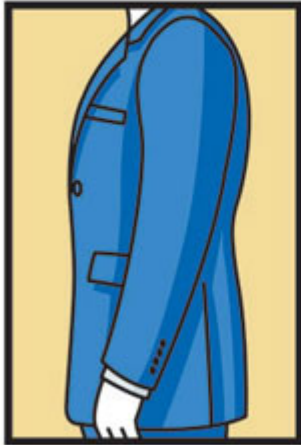
This could be a simple length problem, but more likely it's that the interior space is simply too large – your shoulders aren't broad enough, front to back, to fill out the jacket.

Try a slimmer fit, if the manufacturer offers multiple styles, or a smaller size. If you're still seeing wrinkles on the tops of your shoulders, the brand probably isn't going to work for you.

## Twisted Sleeves – Bad Sleeve Pitch

## THE SLEEVE PITCH

Good Fit



Bad Fit



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Faint spiraling wrinkles on the outside of the sleeve occur when the angle of your arm in its natural stance doesn't match the angle that the sleeve was constructed with. The result is a sleeve that looks slightly twisted even when your arms are hanging still at your sides.

A tailor can theoretically remove the sleeves and reattach them at a slightly different angle, but it's not a simple or a cheap fix. Generally speaking, you can consider this one a deal-breaker. Keep trying until you find a jacket where the sleeves fall smooth and straight when your arms are resting in their natural stance.

Sursa: [artofmanliness.com](http://artofmanliness.com)

## VIDEO

### How A Suit Should Fit | The Art of Manliness

Sursa: [youtube.com](https://www.youtube.com)

## **How to Buy a Suit | Men's Fashion**

Sursa: [youtube.com](https://www.youtube.com)

## **How to Know If a Suit Fits Properly | Men's Fashion**

Sursa: [youtube.com](https://www.youtube.com)

## **How to Dress for a Job Interview | Men's Fashion**

Sursa: [youtube.com](https://www.youtube.com)

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# **Cel Mai Puternic Tratatament Impotriva Durerilor de Spate – Iti Trece Durerea Instant**

Un articol de Cristian Iacov

Fiind afectat zilele trecute de o durere cumplita de spate, probabil din cauza vremii, am tinut sa caut neaparat un tratament pentru a ma scuti de aceste dureri care nu incetau, inclusiv noaptea.

Am tot cautat, pana cand am gasit un tratament natural, o crema care pur si simplu "mi-a luat durerea cu mana". Cand spun asta, mi-o asum cu toata raspunderea..



Dupa ce am folosit-o (mi-am aplicat seara inainte de culcare)  
pot sa va spun ca a fost prima noapte, dupa nenumarate nopti,  
in care am CITESTE IN CONTINUARE

Sursa: secretele.com

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# How to Make Handmade Jewelry

## Three

## Methods: **Necklace**, **Bracelet**, **Earrings**

Buying jewelry, even costume jewelry, can be expensive. Knowing how to make handmade jewelry means more than making nice pieces at lower costs, but also closely matching the style to your personal taste. By learning a few basic techniques, you should be able to construct unique styles of jewelry sets, necklaces, bracelets, earrings and more.

## Steps

1. 
  1. **Gather all the necessary tools and supplies.**
2. 
  2. **Begin using your creative abilities!** Take your stringing material and add all types of elements to your project!

## Method 1 of 3: Necklace





Here is just an example of a design layout:

1. **Arrange beads in the grooves of the beading design board**


**in the following pattern:**

5 pearls, 1 spacer, 1 bicone crystal, 1 spacer. Repeat the pattern until you have reached the marks for an 18-inch design (45.72 cm).



1. 
  1. **Using wire cutters, cut a 20-inch (50.8 cm) piece of beading wire.**
2. 
  2. **Thread 1 end of the wire through a crimp tube, then through one side of a clasp.** Pass the wire back through the crimp tube, leaving about 1/2 inch and close the tube with the crimping pliers.
3. 
  3. **Starting at one end of your design layout, begin stringing the beads from the board onto the wire, threading the wire tail from the crimp through the first 3-4 beads.**
4. 
  4. **Thread a crimp tube and the other half of the clasp on the wire.** Go back through the crimp tube and the last 3-4 beads. Pull the wire until it is close to the edge of the crimp tube; it may be easier to do this with chain-nose pliers. Close the tube with the crimping tool. Trim any loose wire ends with the flush-cutters.

## Method 2 of 3: Bracelet

1. 
  1. **Arrange beads on the beading board for a 6 to 7-inch bracelet, depending on the size of your wrist (15.24 cm to 17.78 cm).**

Use this pattern: 2 pearls, 2 spacers, 2 pearls, 1 spacer, 1 bicone crystal, 1 spacer. Repeat until you

have reached the desired length.

2. 

**2. Thread the crimp tube and one side of the toggle clasp on a 9-inch piece of beading wire.**

Go back through the tube and close it with the crimping tool.

3. 

**3. String the beads onto the wire.**

4. 

**4. Add another crimp tube and the other part of the clasp.** Return through the crimp and close it.

## Method 3 of 3: Earrings

1. 

**1. On each of 4 headpins, string 1 pearl, 1 spacer, 1 bicone crystal, 1 spacer and 1 pearl.**

On 2 headpins, string 2 pearls, 1 spacer, 1 bicone crystal, 1 spacer and 2 pearls.

2. 

**2. Make an open loop just above the last bead on each headpin.**

- Use the chain-nose pliers to bend the headpin to a 90-degree angle.
- Grasp the wire at the bend with the round-nose pliers and bend the tail around the jaw of the pliers with your finger.
- Cut away the extra wire with the flush-cutters.

3. 

**3. Open a jump ring and add 1 short element, 1 long element and 1 short element.** Slide the jumpring through the earring finding and close the jumpring. Repeat with the remaining headpin elements and wire or clip-ons.

# Video

Sursa: [youtube.com](https://www.youtube.com)

## Tips

- Now that you know the basics of how to make handmade jewelry, you might add the dangles from the earrings to your necklace for an added design piece or make similar but shorter ones to dangle between the beads on your bracelet.
- You can use the same steps for adding crimps and clasps to any beaded jewelry. Arrange the beads on the board until you have a pattern you like, then add them to the wires. Use 2- or 3-strand spacers to make multi-strand necklaces or bracelets. Use the same patterns designed for bracelets to make an anklet by extending its length to fit your foot.

## Things You will Need

- Beading design board
- 4mm to 6mm pearl beads
- 4mm to 6mm bicone crystals
- Gold or silver spacers
- Either 19- or 49-strand flexible beading wire
- Flush-cut wire cutters
- Crimp tubes
- Toggle clasps

- Crimping tool
- Head pins
- Chain-nose pliers
- Round-nose pliers
- Jump rings
- Earring wires or clip-ons

Sursa: [wikihow.com](https://www.wikihow.com)

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## 8 Brilliant Tips For Living Life

<https://www.youtube.com/watch?v=6pjn6XQisEM>

Sursa: [youtube.com](https://www.youtube.com)

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## WHAT ARE THOSE EXTRA HOLES IN YOUR SHOE FOR? I WISH I KNEW THIS EARLIER

I have always worn a sport shoes and now when i saw this video i'm so amazed. Have you ever noticed those extra shoelace holes on your sports and running shoes and did you ever thought for what they are? What is purpose? I have noticed them but i never get some idea for what exactly they are. Usually those extra holes stay unused and that is. Just for that reason , a company that sells LED accessories for runners

and cyclists has explained the reason and the brilliant purpose of those extra holes. The extra holes can be used to prevent blisters on your heels and stop your feet from cramming forward into the front of the shoe. So now watch the video and learn exactly what those holes are there and how to use them in the future. We hope that you will love this awesome video. Enjoy!

Sursa: [allforfashiondesign.com](http://allforfashiondesign.com)

Sursa video: [youtube.com](http://youtube.com)

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## **A visual guide to match suits and shoes**

## A VISUAL GUIDE TO MATCHING SUITS AND SHOES



**BLACK**



**CHARCOAL**



**NAVY**



**GREY**



**LIGHT GREY**



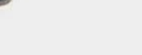
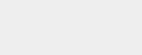
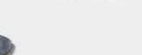
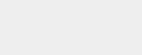
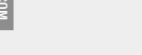
**WHITE**



**CHAMPAGNE**



**BLUE INDIGO**



**KHAKI**



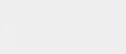
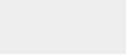
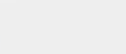
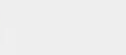
**BROWN**



**LIGHT BROWN**



**OLIVE GREEN**





Sursa: 9gag.com

[illegible]

Sursa: [businessinsider.com.au](https://www.businessinsider.com.au)

### Suit Colour



Sursa: rebloggy.com

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## **Making ice cream at home**

We all know that the homemade always tastes better. Making ice cream at home is one of the easiest and most fun food projects for kids to help out with or make on their own. This is really amazing recipe and it really tastes yummy.

For making this cool ice cream you will need milk, cream, sugar, vanilla extract, salt, sprinkles if you like, a measuring bowl, measuring cups, an ice cube tray, a large freezer bag, a small plastic bag, and winter gloves. Probably most of these ingredients and supplies you already have it around the house and with all these things you can have ice cream done in less than 15 minutes. Watch the amazing tutorial and enjoy!

Sursa: <http://worldinsidepictures.com>

Sursa video: [youtube.com](https://www.youtube.com)

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## **How to use WASHI TAPE – 56**

# Adorable Ways To Decorate With Washi Tape (2 Video)

**In case you were unaware, washi tape is decorative Japanese tape that crafters are completely OBSESSED with. It also has a magic power that makes everything it's stuck to the most adorable thing in the world.**

Sources for pretty masking tape include Happy Tape, Cutetape, and Ginko Papers.

## 1. Colorize your window blinds.



[shelterness.com](http://shelterness.com)

## 2. Make tiny flags.



[bentozen.wordpress.com](http://bentozen.wordpress.com)

Wrap washi tape around a toothpick and cut triangles out to create a flag. Makes an adorable cupcake or sandwich decoration.



[thenaturalweddingcompany.co.uk](http://thenaturalweddingcompany.co.uk)



[marthastewartweddings.com](http://marthastewartweddings.com)

Or use them as cocktail stirrers.

### 3. Transform a computer keyboard.



[hernewleaf.com](http://hernewleaf.com)

Get the directions [here](#).



### 4. Cover a boring notebook.



[u-createcrafts.com](http://u-createcrafts.com)

### 5. Line the inside of a lampshade.



[go.tipjunkie.com](http://go.tipjunkie.com)

### 6. Or the outside of one.



[shelterness.com](http://shelterness.com)

### 7. Decorate a planter.



[tipjunkie.com](http://tipjunkie.com)



[abrakadoodle.com](http://abrakadoodle.com)

Check out these awesomely '80s planters using recycled ramen

noodle containers.

## **8. Make your own washi tape.**



[niftythriftythings.com](http://niftythriftythings.com)

You can use tissue paper, napkins or even old newspaper.

## **9. Decorate your cups.**



[pinterest.com](http://pinterest.com)

Wrap washi tape around some inexpensive plastic cups for a party.

## **10. Make decorative twisty ties.**



[corinnawraps.wordpress.com](http://corinnawraps.wordpress.com)

Instructions here.

## **11. Make the most adorable gift wrap that ever existed.**



[poppytalk.blogspot.com](http://poppytalk.blogspot.com)

## **12. Washi tape a car.**



hellosandwich.blogspot.com

## **13. Or a bike.**



hellosandwich.blogspot.com

## **14. Or a staircase.**



hellosandwich.blogspot.com

## **15. Label those cords.**



landeeseelandeedo.com

This alone is a reason to order a shipment of washi tape.

## **16. It makes a pretty insane wallpaper.**



therufflehouse.com

## **17. Give yourself a washi tape pedicure.**



lebenslustiger.com

## **18. Decorate some wooden spoons.**



teandbaby.com

## **19. Make washi tape coasters.**



apumpkinandaprincess.com



merrybrides.tumblr.com

## **20. Best IKEA hack ever: washi tape a boring table.**



shelterness.com



colourmethere.com

## **21. Use it to mark a calendar.**



acreativemint.typepad.com

## **22. Make your clothes pins cuter.**



theninjadeliciousness.wordpress.com



## **23. And your binder clips.**



artsyville.blogspot.co.uk

## **24. Decorate a ceiling fan.**



inmyownstyle.com

## **25. Make magnets that look like pieces of tape.**



twirlingbetty.wordpress.com

## **26. Decorate a candle.**



wohnwasabi.blogspot.com

## **27. Make a garland.**



indulgy.com



thenaturalweddingcompany.co.uk

## **28. Or bunting for cupcakes.**



es.paperblog.com

## **29. Create tiny bookmarks.**



allwashitape.blogspot.com

## **30. Cover your laptop.**



superziper.com

## **31. Decorate some vases.**



shelterness.com

## **32. Decorate your furniture.**



shelterness.com

## **33. Make mason jars just a little more special.**



thenaturalweddingcompany.co.uk

## **34. It makes a really easy photo frame.**



abbytrysagain.typepad.com



operationoverhaul.com

Now those polaroids are even more adorable than they already are.

## **35. Use it to cover book spines.**



pinterest.com

## **36. Be really artsy with it.**



scraphacker.com

Make it look like an art installation or gallery wall.



brettbara.com

## **37. Make a ribbon for a winner.**



ohmyhandmade.com

## **38. Wrap chopsticks with 'em.**



bywilma.com

## **39. Make a car track in a kid's room.**



livinglocurto.com

## **40. Decorate a wall shelf.**



lazyexplorers.blogspot.com

## **41. Update your sunglasses.**



chic-steals.com

## **42. Make a really cute pencil holder.**



whiskergraphics.com

## **43. Decorate an otherwise boring corkboard.**



dotcomsformoms.com

## **44. Redo a kitchen.**



## **45. Create a mural in a kid's room.**



petitevanou.tumblr.com

## **46. Decorate glass candle holders.**



[aprilfosterevents.com](http://aprilfosterevents.com)

## **47. Cover an embarrassing iPhone case.**



[wanderrgirl.com](http://wanderrgirl.com)

## **48. Use it as temporary wallpaper.**



[infarrantlycreative.net](http://infarrantlycreative.net)

## **49. Cover an otherwise boring box.**



[thecardswedrew.com](http://thecardswedrew.com)

## **50. Make a playhouse.**



[bkids.typepad.com](http://bkids.typepad.com)

## **51. Decorate a fireplace mantle.**



[sugaranddots.com](http://sugaranddots.com)

## 52. They make adorable candy wrappers.



etsy.com

(These are actually soaps by Etsy seller Prunella.)

## 53. Decorate a door.



cleverthursday.com

## 54. Use it to label and organize.



scraphacker.com

## 55. Make gift, luggage, or key tags.



marcypenner.com

## 56. And finally...



thenaturalweddingcompany.co.uk

You could just use it as regular old tape.

Sursa: [www.buzzfeed.com](http://www.buzzfeed.com)

<https://www.youtube.com/watch?v=Ba-WCBbxkzI>

Sursa video: [www.YouTube.com](http://www.YouTube.com)