

# Keeping those whites, white

If you have excessive sweating, you can still wear white tops, but replenish your supply more often.

"Once white tops become stained it is time to let them go," says Toronto image consultant Kelly Millar. "They should always look crisp and fresh."

For fabric, Millar suggests keeping cool with natural fabrics such as cot-

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**KELLY MILLAR**

ton and linen. Avoid clingy fabrics like jersey and especially synthetic fabrics like polyester or blends that won't breathe. Silk also tends to show sweat marks.

● **CELIA MILNE**