

## PETITES IN "TREVIRA" FOR FALL 1988

The buying power in petite women's clothing is an ever-growing phenomenon. Women in the petite category range in height from 4'10" to 5'3". Formerly, such women had to shop in girls' and teens' departments, very often having to sacrifice style for fit.

Fortunately, now several petite manufacturers recognize the problems of this important segment of the women's wear market, and create collections tailored specifically to the needs of the smaller woman.

In the daytime and evening styles shown here, which are all in "Trevira" polyester for Fall 1988, the manufacturers have shortened the length of the shoulder to the waist; the waist to the hem; and have narrowed the width of the clothing so that it is fashionable, yet proportioned to fit and not to overpower a petite frame.

"Trevira" polyester is produced in the U.S.A. by Hoechst Celanese Textile Fibers Group.



THESE PLEATED SLACKS and checked jacket are in a "Trevira" and wool blend for Fall 1988, from Personal Petites by Personal Sportswear. Modeled by June Carlyn. Made in the U.S.A.

## Petals of McRoy



## Petals of McRoy

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## Your body, your skin & you dialogue

**DEAR DIALOGUE:** Supermarket tomatoes taste like cardboard to me, and never are as delicious as those I pick from my garden. My wife says my garden tomatoes are no more nutritious than the ones in the store. I say she's crazy. Who is right?

**Ben McC., Wheeling, WV**  
**DEAR BEN:** You lose the bet, according to the University of California Berkeley Wellness Letter. Store tomatoes are picked at a stage called "mature green" to ship better. You're right — home-grown are tastier. But both kinds are wonderfully nutritious, a five-ounce tomato supplying one-third of your daily need of vitamins A and C, plus some B vitamins, iron and fiber.

**DEAR DIALOGUE:** With the season of fall color imminent, my family's planning a backpacking holiday in the Maine woods. Is there a recommended list of medications to take on a wilderness hike?

**George G., Bangor, ME**  
**DEAR GEORGE:** There's no way you can put a whole pharmacy in your rucksack, but here's a kit of suggested oral medications published in *Postgraduate Medicine*: For altitude sickness, Diamox; for fever and headache, regular aspirin; for severe pain or cough, aspirin with codeine; for itching and other allergy reactions, Benadryl; for nasal congestion, Sudafed; for diarrhea, Imodium; and for bacterial infection, Vibramycin. Some of these must be prescribed by a doctor and if you have health problems, be sure to check with your doctor before taking any medication.

**DEAR DIALOGUE:** The common cold means double trouble for me. I not only feel terrible, but look awful. What can I do to look better?

**Alexis D., Indianapolis, IN**  
**DEAR ALEXIS:** An issue of *Woman's Day* magazine includes a program developed by New York skin care specialist Diane Young. See if this helps:

- ▶ Rest 15 minutes with warm, wet teabags over your eyes to reduce puffiness.
- ▶ Use a concealer one shade lighter than your foundation. Covers dark circles.
- ▶ Pat moisturizer around nose and lips. Heals redness, flaking and chapping.
- ▶ Use minimum eye makeup if eyes are itchy and watery.

## MEDICAL VOICE

by **Harriston L. Bass Jr., M.D.**

GENERAL SURGEON

### HEMORRHOIDS

Hemorrhoids are dilated veins in and around the rectum and anus.

The exact cause of hemorrhoids is not known. Pressure from man's upright position may be a factor, since they do not occur in four-footed animals. Pressure in the veins may be increased by pregnancy, constipation, large bowel disease, diarrhea, inactive lifestyle, and other factors.

The area where the rectum and anus meet is called the pectin line. Dilated veins above this line are termed internal hemorrhoids and below are external hemorrhoids. There are three types of hemorrhoids: Internal (pink-red covered), external (skin covered), and combined. They may be complicated by bleeding, clotting (thrombosis), pain, itching, ulcers, infection and an urge to have a bowel movement. They are usually located on the left side, right front and back.

The diagnosis of hemorrhoids is based on symptoms, direct inspection, and proctoscope. Lower G.I. Series and/or Colonoscope should be considered to make sure no disease is present in the large intestine associated with the hemorrhoids.

The medical management:

- 1) Decrease activities until bleeding, pain and inflammation subside, and avoid prolonged standing or sitting in one position.

- 2) A high fiber diet to stimulate a mild laxative effect (leafy vegetables, prunes, fruits, and bran) is desirable. Increase your fluid intakes. Avoid highly seasoned foods such as chili, spaghetti, pizza and others.

- 3) Sit in hot water (10 inches at 110° Fah.) for 15 minutes, three to five times daily. This will cause the vein to decrease in size and the clot to dissolve.

- 4) Topical anesthetic ointments and steroids.

The surgical management:

- 1) Barron Rubber Band ligation for small hemorrhoids every 3 weeks until completed. It is a simple office procedure but limited in application.

- 2) Surgical excision for internal and external hemorrhoids using multiple small incisions and narrowing of the anus. This procedure requires out-patient surgery. It is more detailed and associated with increased discomfort.

- 3) Laser removal of hemorrhoids (hemorrhoidectomy) is a new innovative procedure also done as a hospital out-patient. There is less discomfort than with the standard excision (#2), has less associated discomfort and provides a more satisfactory clinical resolution than the other procedures.

The extent of treatment depends on multiple factors. Therefore, consult your physician for the appropriate management.

### EOB SENIOR ACTIVITIES

The Economic Opportunity Board of Clark County's Senior Center, located at 330 W. Washington Avenue, offers programs and services in health, education and social activities. Call 647-2536.

A free yard clean-up campaign is being offered by Top Teens of America. Low-income seniors needing assistance with clean-up yard work are encouraged to make an appointment with the EOB Senior Center.

It's never too late to learn to read and write. AOIP offers free assistance and individual tutors to help you learn. Evening classes are available but if they are not convenient, arrange your own schedule with one of our tutors.

Are you tired of staying home, with nothing to do? The EOB Senior Center offers a host of free activities in cool environment: blood pressure and weight checks, lunch and snacks, interesting classes and a thrift shop. Call 647-2536.

Specializing in the care of the elderly and the Alzheimer's patient, Hollyhock Center offers a creative environment of care, Monday through Saturday. Call 382-0588.

Do you have a question or comment about personal hygiene or health? Send to Dialogue, The Dial Corporation, 111 W. Clarendon, MS 1616, Phoenix, Ariz. 85077. For a personal reply, send a

self-addressed, stamped envelope.

## Register