

# Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.

Moles, technically known as pigmented nevi, occur in the most varied shapes, sizes and colors. They may be flat or raised, smooth or crusty. Their color ranges from yellow through brown to blue-black, and they may vary from pinpoint to three or four inches in size. Nor is any part of the body immune from them. Though they appear most often on the arms and legs, they are also seen on the face and, sometimes, even on the palms and soles.

The most common type of mole is soft and smooth and slightly raised above the skin. The flat mole is usually of a deeper hue and may have hair growing from it. Still another type is encountered in elderly persons and is known as verucca sebacea. These moles usually appear in scattered form on the trunk and arms. Light, yellow or brown in color, they look as if they were stuck on the skin and often have a greasy crust which can be removed by rubbing.

## On the Face

The blue mole varies from pinpoint size to 1-2 inch or inch in diameter. It has a blue-gray or steel-blue color, and ordinarily occurs on the face, arms, and legs. This blue mole develops at birth or during infancy, and usually does not get any larger in size.

It is not practical to remove all moles whether they are colored or not. The number of moles which become malignant is small. However, any mole, whether it is pigmented or not, occurring in a location where it is subjected to irritation or friction, should be removed. Thus, the removal of any moles on the palms or soles is indicated.

The same is true concerning moles on the face in men; since repeated shaving over the mole may lead to infection, bleeding, and even malignant changes.

Moles can be removed in several ways, such as by electrolysis, freezing, burning, or simple surgery. However, in all cases, it is important to make sure that the mole is completely removed, since scar tissue which forms may not act as an irritant to the cells of the mole and produce malignant changes.

## QUESTIONS AND ANSWERS

1. L. C.: Is a nervous stomach caused by excessive drinking, eating too fast, or eating fried or fat foods?

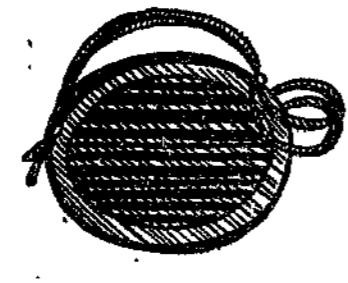
Answer: All of these things may lead to stomach disturbance. Usually, the source of the difficulty is gallbladder disease, ulcer of the stomach or intestines, constipation, or chronic appendicitis. However, to determine the exact cause of the symptoms, a thorough study of the intestinal tract must be made. X-rays may be necessary.

# Look Your Best

By Colette

*If portly-*

DO carry medium size, vertical line handbag.



DON'T repeat rotundity with round, curving handbag.

Storage Practices Suggested 3-17

**IF PORTLY**—Modified satchel is a good size—not too small, not too bulky for you. The satchel in lizard, black patent leather, calf and mink straw braid is available. A modified satchel in mauve cobra goes well with pastels for summer.

## Literary Guidepost

By W. G. ROGERS

### DARKNESS AND DAY, by I. Compton-Burnett (Knopf).

First you think I. Compton-Burnett must be someone's cook for how else could she have learned such scandalous things about the lives and loves of servants? Then you think she must be the lady of the house, for how else could she have discovered the shocking secrets hidden by master and mistress behind a mystifying, tantalizing curtain of words? In this new and intriguing novel, you know she has been cook and lady, too, maid and mistress, butler, maid and jill of all trades, for she knows everything. And tells everything.

Here are two country households, one headed by Sir Ransom Chace, nearly 80, and the other by the senile Mrs. Selina Lovat. Around Sir Ransom are gathered his two unwed daughters, Emma and Anne, a housekeeper-friend Mildred Hallam. Around Mrs. Lovat are a kitchenful of gossip.

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## QUESTIONS & ANSWERS

Q.—What is the earliest known wage-price ceiling law in this country?

A.—As early as Dec. 31, 1776, a wage-price ceiling law was adopted by the general assembly of the State of Rhode Island and Providence Plantations.

Q.—How accurate has the radio-carbon clock proved in determining prehistoric dates?

A.—Some of the most important time determinations now reported are of Egyptian antiquities, the date of some of which were known from history with fair accuracy. In nearly every case the radio-carbon clock checked very well.

Q.—Are avocados a seasonal fruit?

A.—Avocados are available the year around; its Florida harvest season is from June through the winter, and in California the season is in the winter and spring.

Q.—Is infantile paralysis a world-wide disease?

A.—Infantile paralysis appears in all parts of the world, even in the tropics and in the frigid zones.

Q.—Does the cooking of carrots with the skin on prevent the loss of vitamins?

A.—Carrot skin gives little protection to nutritive value in cooking. The nutritive value of pared and unpared carrots is about equal.

Many new electronic devices make use of small parts of platinum and palladium. Palladium is widely used for electrical contacts in automatic control devices.

By ANNE ADAMS

For a Mother of the Bride, for special events all season, this simple, lovely, slenderizing, it has bolero with stand-up collar; dress with flittering now detailed!

Pattern 4861 comes in sizes 24, 36, 38, 40, 42, 44, 46, 48. Side 26 dress and jacket, 4 yards 30-inch; 7-8 yard contrast.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Sold THIRTY cents in coins for this pattern to ANNE ADAMS, care of Bridgeport Telegram, 21, Pattern Dept., 243 West 17th St., New York 14, N. Y. Print plainly NAME, ADDRESS WITH ZONE, SIZE and STYLE NUMBER.

Please your order now for our Anne Adams Spring Pattern Book. Send Twenty cents for this collection of the smartest new-season fashions for all ages and sizes.

There are one-yard patterns, one-pattern-part patterns, and FREE instructions to make a double ravello handbag!

**SULTAN EXILES BROTHERS**

KUALA LUMPUR — (AP) The Sultan of Johang has exiled his two brothers for five years after cancelling prison sentences recently given to them. The two were sentenced to three years and two and one-half years for cheating the Mercaut bank of Kuantan.

Fish cannot exist in the Dead Sea on account of its extreme salinity.

# Understanding CHILDREN

By ANGELO PATRI

Tonsils belong in their places in the throats of their possessors. They are not unhealthy growths but natural organs of the body with functions of their own. They protect the body from dust-borne organisms that might carry disease and they help voice production. Healthy tonsils should be left alone, but diseased ones should be treated or removed as the physician in charge decides.

Treatment of diseased tonsils, their removal when that is indicated, should be prompt. Unless they are attended to they bring illness after illness upon the unfortunate one who is distressed by them. Tonsillitis is a most illness that costs many children school sessions and their families big bills for medicine, treatment and care. The sooner diseased tonsils are attended to the better. Most physicians like to work on them in spring when the weather is neither too warm nor too cold for the patient's comfort.

Adenoids are another matter. They do not belong in the nose. They are growths that invite themselves and are most unwelcome. They make it difficult for a child who is inflicted with them to breathe, and breathing normally is a highly important function of the body. Anything that obstructs it is not only a discomfort, it can be a menace to health and even to life. Yet we see school children in the upper grades still suffering from their presence.

Adenoidal growths are obvious. They alter the appearance of a child's face about the nose, giving it a characteristic expression which does not add to its attractiveness. They give the voice a peculiar tone that even an untrained ear detects.

They force the child to breathe through his mouth and that makes him look stupid. They cut down the amount of oxygen the body receives and that reduces the power of the blood to nourish body and mind. Such growth should be removed as soon as the physician orders it.

Some parents have a terrible fear of such an operation, a needless fear.

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