

## "THE YOUNG IDEA" Copr. 1949 by United Feature Syndicate. In Tm. Rog. U. S. Pat, Off.mAll rights reserve -"Do you think maybe I could turn some of those old engagement rings into cash!" SATURDAY'S BROADCASTS **Pacific Standard Time** Kilocycles: KSLM 1399, KOCO 1499, KOIN 970, KGW 630, KEX 1190 HOUR 00:00 00:15 00:30 00:45 6 KOLN KOLN KGW News Timekeepes March Time News KOIN Klock Hodge Podge Down-beat KOIN Klock Kneass News Down-beat Hodge Podge News Hodge Podge Down-best 7 KSLM KOCO KOIN KGW News Tex Ritter KOIN Klock Rise and Shine Rise and Shine Top Trades News Homes on Land Exserv. Land Exserv. |User News |Hayes News |Research Adv. News News Old Songe News Hear This Roundup Beys Agronsky 8 KOLN KOLN Barg. Counter Haven of Rest News. CBS Meet Meeks Pioneer Sons News Orchestra West. Melodias Varieties Jr. Miss Jr. Miss Smilin' Ed (Smilin' Ed c. Headlines Home Agent Haven of Rest Let's Pretend Meet Meeks Shopper's KEX Spec. Shopper's Spec. Headlines News TBA Pastor's Call Orchestra Pop. Varieties Pop. Varieties Without Words Theatre Today Theatre Today 'Tr. Cent. Sta. Grand Central News Ben Sweetland Orchestra Reading Is Tunes Abbot, Costello Abbot, Costello Toyland Tunes KSLM 9 KOLN to the proteins. KEX News Garden Guide Platter Jock Platter Jock Cycle of Song Cycle of Song Manh. Musie Manh. Musie H'wood Stars H'wood Stars Give and Take Give and Take Farm & Home Farm & Home Mary Taylor Mary Taylor O KOCO KOUN KEX Stars Tomorrow Stars Tomorrow Stars Tomorrow Stars Tomorrow burns, following surgery, and during chronic or prolonged in-Girl's Corp. Hal Derwin Meet Missus Young Oreg. Platter Jock Girl's Corp. Cowboy Jub. Hometown Ad. Meet Missus KSLM Platter Joek KOCO KOIN KGW News Kid Critics ections. Ace. to Record Met. Opera Acc. to Record Young Oreg. Met. Opera Met. Opera KEX Met. Opera Not Proper Food 2 KOLO Salon Concert KOIN News KGW Young Ores. KEX Met. Opera The amount of protein in the News Salon Concert Playhouse Young Oreg. Met. Opera News Variety Show News & Sports Mem. Music Mother Knows Mother Knows News & diet may be deficient because the Farm Man Met. Opera Farm Man Met. Opera Ochestra Sat. Matines Air Newspaper Your Health Ochestra Sat. Matinee KSLM KOCO TBA Sat. Matinee r Treasury Band Fr. Merriwell Fr. Merriwell Met. Opera KOIN Air Newspaper Tropic Schoes Fr. Merriwe Met. Opera Met. Opera . KSLM **Guest Star** U.S. Navy College Choir College Chiot

By Mossler The Statesman, Salem. Oregon. Saturday. January 29, 1949-7



Olivia de Havilland is starred in "The Snake Pit," now at the Grand Theatre. Co-starred with her in the picturization of the Mary Jane Ward best-seller are Mark Stovens and Lee Genn.

	Y	our	Hea	alth	Written by Dr. Herman N. Bundensen, M.D
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It behooves all of us to be on of colitis and they result from familiar terms with the all-impor-tant food part called protein. It due to infection; others to the is necessary in the diet not only wrong use of laxatives and im-proper dist. The length of time required for the repair of worn-out tissues

but for building new tissues as well. When the body weight and strength are threatened by dis-ease, the quality of the diet is brought about in most types of much more important than the colitis by means of proper treatquantity or the calorie value. ment. This is especially true in regard

The important proteins come Hollywood eggs, beans, and peas. It is espe-cially important to give the right On Parade type of protein foods in sufficient amounts in cases of injury or

By Gene Handsaker HOLLYWOOD-Doug, Jr., car-

ries on in the fighting Fairbanks tradition in "The Fighting O'Flynn"-this time in a more interesting, adult story than usual

food given is not proper, or be-Napoleon is plotting the invacause eating is difficult owing to age or to such conditions as ulcer sion of young Doug's beloved of the stomach, chronic kidney Ireland as a stepping stone to disease, or other illnesses. Some- England. Irish and English traittimes, enough food is eaten, but ors, headed by Richard Greene, it is not taken up and used by are preparing the way. Doug, a the body because of vomiting, carefree Irish soldier returned diarrhea, bowel infections, or from the wars to his run-down castle, becomes a captain in His liver disease. Majesty's army, may the saints If, for some reason, the amount forgive him, to fight the rascals. of protein in the diet is restricted, the water intake should He vaults from one balcony to also be reduced, since large another on a pole and slides down amounts of fluids will cause the a long lamp with a girl in his body to eliminate some of the arms. He scampers about slate proteins. Either too much or too roofs, kicks pursuers from the little salt is harmful in such parapets, and leaves one of them cases. There should be about one dangling from the caves by his gram of salt (1/30 of an ounce) britches. Stout and pure of heart, Doug is smilingy invinci-1800 calories a day. ble. "O'Flynn" excels Doug's previ-Sufficient protein in the diet will reduce the burden on the ous "The Exile" and "Sinbad the liver. It would appear that egg Sailor" not alone in heroics. While white is an excellent source of he is swinging a shillalah, fightprotein, as is whole egg and ing with two swords, escaping a firing squad, or setting off firewhole milk. works atop a castle, a plot more substantial than a bedtime story There are certain preparations made up of amino acids which is unfolding. Ably assisting are are the substances of which pro-Helena Carter as Fairbanks' light teins are composed. These should o' love, and Patricia Medina as be utilized in special cases, but Greene's mistress. (In real life, she's his wife.) Arthur Shields in a person who can get enough protein food, these substances is amusing as Fairbanks worried are, as a rule, unnecessary. financial guardian. Use of Protein A love scene that could easily Among the conditions which inhave been trying, comes off with terfere with the use of protein much charm. Fairbanks persuby the body are disorders of the ades Miss Carter to come down a blood, glandular disturbances, flight of staris, into his arms, by making up a rhyme for each step she takes. including diabetes, toxic goiter, and gout. In these conditions, the protein intake should be carefully controlled and, of course, "Wake of the Red Witch" is a beautifully photographed, most-ly well-acted hodgepodge of the proper treatment for the various disorders carried out. Before and after operations salty South Sea adventure stuff. John Wayne is a hard-bitten see special attention should be given to the protein intake in the diet. captain who scuttles his ship in hopes of reclaiming its cargo of gold builton. Gig Young is his reluctantly admiring first mate, Luther Adler the crafty ship-As a matter of fact, every day the healthy person should see that his diet contains enough of the right kinds of proteins. owner and Wayne's old enemy. The script often moves slow and is overloaded with incident, flashback, and Hollywood glamor. Gail Russell and Adele Mara step out of the jungle looking fresh QUESTIONS AND ANSWERS W.: What causes colitis, and is there a cure for it? Answer: There are many types from Adrian's gown emporium and Westmore's beauty salon. But By Jimmy Hatlo some underwater closeups of Wayne rescuing a native boy from a giant clam, and later of him M THERE ON IN TO THE PINBALL GAME IDLES ALONG battling a huge prop-shop octupus, are exciting. Whittling and clarification would have helped a lot, but "Witch" has its moments.

Z KOCO KOIN KGW KEX	Guest Star KOCO Kapers At the Chase Lassie Met. Opera	U.S. Navy KOCO Kapers At the Chase Wormw'd For Met. Opera	College Choir KOCO Kapers Cross-sect. USJ 'tDr. I. Q. Jr. Tea, Crumpets	Dr. I. Q. Jr.
3 KOLN KOLN KGW KEX	Proudly Hall KOCO Kapers News News Summary Jr. Junction	Lake Suocess	Orchestra KOCO Kapers Wage, Hr. Act Symphony Or. McN & Sheldor	Symphony Or.
4 KOLN KOLN KGW KEX	Orchestra Pee Wee Hun Romance Symphony Or. Man & Musie	Romance	Sports Palace Music Spotlite For Youth Orchestra Starlight	Sports Palsoe Music Spotlite For Youth Orchestra Rex Koury
5 KOLM KOCO	Hawaii Calls Roundup Time Gene Autry Orchestra Meet the Band	Gene Autry Orchestra	Danger Ahead Bands of Land	True or False White Way News E. Peterson Feen Tunes
6 KOLM KOLO KOLN KGW KEX	Chr. Science Candiel't Mel. Winner Take Proudly Hail Here's to Vets	Tabernacle Candiel't Mel. Winner Take Proudly Hafl Home Edition		Meet the Boss My Song March of Dim Judy Canova Amaz, Malone
7 KSLM KOCO KOIN KGW KEX	Take a Number Playhouse Sing It Again Dennis Day Musical	Take a Number Tempo Time Sing It Again Dennis Day Musical	News Swd. Serenade Sing It Again Ole Opry Hoedown	Driver's Playhs Serenade ISing It Again Ole Opry Hoedown
8 KOCO KOIN KGW KEX	Life At 89 Varieties V. Monzoe V. Damone Lone Ranger	Life At 80 Varieties V. Monroe V. Damone Lone Ranger	Meet Press Orchestra Gangbusters Truth or Cons. Jury Trial	Meet Press Orchestra Gangbusters Truth or Cons Jury Trial
9 KOLO KOUN KOW	News Var. Parade Phil Marlowe Hit Parade Little Herman	D. Templeton Horizons Phil Marlowe Hit Parade Little Herman	O'Hanlon Show Juke Box Orchestra H'wood Theatre Orchestra	Juke Box Orchestra
	Mon. Whaten Dancing Party 8-Star Final Eddle Canter News	Orchestra Dancing Party Atomic Impl. Eddie Cantor Hank Weaver	News Dancing Party Orchestra Orchestra * Hawthorne	Orchestra News Orchestra Orchestra Elawthorne
4 4 KSLM		Open House		Open House Dancing Party
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All owls have wings with soft margins, permitting them to fly without making sound.



a-m-m! A mystery must have the wrong cou an Want Ad said In



