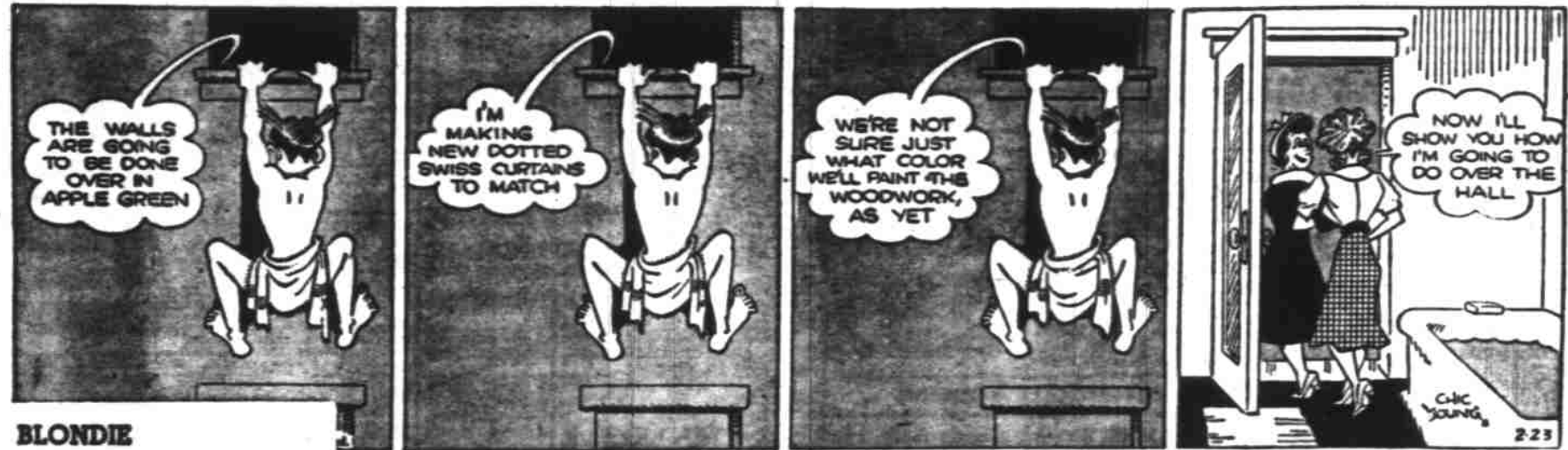


# The Nation's Top Comics

DAILY AND SUNDAY  
in  
Your Home Newspaper



BLONDIE



DICK TRACY



LITTLE ANNIE ROONEY



BUZZ SAWYER



MICKEY MOUSE



RIP KIRBY



GASOLINE ALLEY



BARNEY GOOGLE

## 'THE YOUNG IDEA' By Mossler



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## WEDNESDAY'S BROADCASTS

Pacific Standard Time

Kilocycles: KSLM 1390, KOCO 1490, KOIN 970, KGW 620, KEX 1190

HOUR	00:00	00:15	00:30	00:45
6	KSLM Morning News KOCO News of Amer. KOIN Hodge Podge KGW Early Bird KEX	Timekeeper KOIN Klock KOCN Hodge Podge KGW Early Bird KEX	March Time KOIN Klock KOCN News KGW News KEX	News KOIN Klock KOCN Hodge Podge KGW Farm News KEX
7	KSLM News KOCO Tex Ritter KOIN King Klock KGW Farm Time KEX	Rise and Shine News & Sports King Klock Farm Time Agronomy	Rise and Shine Top of Morning Grand Slam Old Songs Time Tempo	Top Trades News Fred Beck Sam Hayes Zeke Manners
8	KSLM News KOCO King Crusaders KOIN Fred Waring KGW Breakfast Club KEX	V. Lindlahr King Crusaders Art Baker Fred Waring Breakfast Club	Sons Pioneers West Melodies Grand Slam Jack Berch Breakfast Club	Orchestra West Melodies Melodies Breakfast Club
9	KSLM News KOCO Wildcat Church KOIN Helen Trent KGW Tommy Dorsey KEX	Kate Smith Vocal Vites Hunt Jenny Tommy Dorsey Stars of Today	Pastor's Call Without Words Tommy Dorsey Tommy Dorsey Kay Kyser	Orchestra News Sunday Tommy Dorsey Kay Kyser
10	KSLM News KOCO Coffee Cup KOIN Dr. Malone KGW Kneass News KEX	Gospel Singers Peggy Lee Come Get It Orchestra Galen Drake	Orchestra Music Years Don Ameche Science Bways True Story	Waltz Serenade Brighter Day True Story
11	KSLM News KOCO Ladies First KOIN Double Nothing KGW Betty Crocker KEX	Ladies First Glass Wax Perry Mason Double Nothing Eleanor, Anna	Queen for Day Glass Wax Nora Drake Today's Child Northwesters	Queen for Day Glass Wax Air Newspaper Light World Northwesters
12	KSLM News KOCO M'Lady's Mel. KOIN Pat O'Brien KGW Kneass News KEX	News Organ Moods Come Get It Ma Perkins Farm Outlook	Bike Show News Don Ameche Pepper Young More Life	Variety Show Mem. Music Dan Ameche Right Happiness Easy Aces
1	KSLM News KOCO UN Today KOIN Classics KOIN Stage Wife KGW Break in Holly KEX	Johnson Fam. Classics Air Newspaper Stella Dallas Break in Holly	Lanny Ross Leibert Air Newspaper Lorenzo Jones Kay West	Bing Sings All-Time Fav. Star Harvest Widder Brown Kay West
2	KSLM Anniversary Cl. KOCO Shelf Records KOIN Meet Missus KGW Girl Marries KEX	Anniversary Cl. Shelf Records Meet Missus Portia's Life Jay Stewart	Say with Music Shelf Records Meet Missus Plain Bill Bride & Groom	Say with Music Shelf Records Meet Missus Page Farrell Bride & Groom
3	KSLM News KOCO Happy Gang KOIN 12th St. Hour KGW Kirkham News KEX	Happy Gang 12th St. Hour Tuneless Years Lora Lawton Ladies Seated	Orchestra 12th St. Hour Arthur Godfrey Aunt Mary Art Linkletter	News 12th St. Hour Arthur Godfrey Dr. Paul Art Linkletter
4	KSLM News KOCO Fulton Seated KOIN Hemmingway KGW Dick Shannon KEX	Fulton Seated Hemmingway Dick Shannon Arthur Godfrey Dick Shannon	Pass Parade Spotlite Music Dick Shannon Linda's Love Squirrel Cage	Orchestra Spotlite Music Dick Shannon 440 Five Squirrel Cage
5	KSLM News KOCO Superman KOIN Sleepy Joe KGW Rhythm Music KEX	Superman Rhythm Music Sleepy Joe H. Kaitenborn Yukon Chaling	Spot. Midnight Bing Crosby Rhythm Music Sunny Side Jack Armstrong	Tom Mix B. Keys E. Peterson Jack Armstrong
6	KSLM News KOCO G. Heatter KOIN Melodies KGW Count Fair KEX	G. Heatter Melodies Count Fair Duffy's Tav. Home Edition	Family Theatre News Star Harvest Living-1949 M. Wilson	Family Theatre 1847 Song Star Harvest Living-1949 M. Wilson
7	KSLM News KOCO Let We Forget KOIN Loni Ranger KGW Music Soiree KEX	Let We Forget Walton, Lg. Music Soiree Music Soiree Lone Ranger	Cisco Kid Sports Free for All Curtain Time Amateur Hr.	Cisco Kid Top Band Free for All Curtain Time Amateur Hr.
8	KSLM News KOCO Name of Song KOIN Capitol Comm. KGW Super Club KEX	Name of Song Capitol Comm. Marine Band Jack Smith Super Club Amateur Hr.	Sc'good Baines Party Line Night Editor Gilderleeve Groucho Marx	Sc'good Baines Party Line Night Editor Gilderleeve Groucho Marx
9	KSLM News KOCO News KOIN Variety KGW Spotlight KEX	Lawton Horizons Spotlight Young Spotlight Bing Crosby	Orchestra Prof. Please Beulah District Atty. Milton Berle	Waltz Time Frank DeVol Night Editor District Atty. Milton Berle
10	KSLM News KOCO 5-Star Final KOIN News KGW News KEX	5-Star Final You and World Sports Page Intermezzo	Track 1490 Band Box Concert Hour	Air-Flow Morton Downey Concert Hour
11	KSLM News KOCO News Reel KOIN Track 1490 KGW Cap. Cloakroom KEX	News Reel Open House Track 1490 Cap. Cloakroom Orchestra Concert Hour	Open House Track 1490 Band Box Orchestra Memos	Open House Track 1490 Band Box Orchestra Memos

KOAC-550 k.c.-Wednesday-10:00 a. Reporter: 4:15 Proudly We Hall: 4:45  
M. News: 10:15 Especially for Women: Children's Theatre: 5:30 On the Up-  
11:30 Oregon School of the Air: 11:15 News: 5:30 Sports Club: 6:00 News: 6:15  
Concert Hall: 12:00 News: 12:15 Noon Dinner Melodies: 6:30 Headlines in  
Farm Hour: 1:00 Ride 'em Cowboy: Chemistry: 6:45 Guest Star: 7:00 Far-  
1:15 Variety Time: 1:30 This Day: 1:45 News: 7:30 U. of Ore. Assembly: 8:30 Veteran's  
Melody Lane: 2:00 Especially for Women: News Review: 8:45 News: 9:00 Music  
Oregon School of the Air: 3:00 News: That Endure: 9:45 Evening Media:  
3:15 Music of the Masters: 4:00 Oregon News: 10:00 Sign Off.

## GRIN AND BEAR IT By Lichty



## Your Health

Written by  
Dr. Herman N.  
Bundesen, M.D.

It is interesting for a doctor to watch people as they sit down to the dinner table. About the first thing they do is pick up the salt shaker and use it liberally without even tasting their food to see whether it is salty enough already. And this, of course, is a bad habit for there are certain disorders in which a limitation of salt in the diet is important. Among these conditions are certain chronic kidney disturbances and long-continued heart disease.

Investigations have shown that when the heart is not working normally, salt is not excreted by the kidneys as it should be. The use of a diet low in salt is necessary in the treatment of a failing heart. Often, if the heart has been damaged but maintains normal circulation, restricting the salt intake may help to ward off heart failure. And once started it is not difficult to reduce the amount of salt used and still have appetizing foods.

**Salt Restriction**  
Restriction of the salt in the diet may be carried out in three ways. The average person uses about three to five grams of salt daily, or about 1/10 to 1/8 of an ounce. This amount can be easily reduced to 1 1/2 to 3 grams daily by two simple procedures: First, by eliminating the addition of salt to foods at the table; second, by avoiding highly-salted or salt-preserved foods, such as ham, bacon, salted fish, anchovies, olives, salted nuts, potato chips, and meat sauces, and third, to still further cut down the amount of salt in the diet, all salt may be eliminated in the cooking. This will reduce the salt intake from 1/2 to 1 1/2 grams daily.

In some cases, it may even be necessary to cut the salt down below this level. This is accomplished by carefully selecting foods which have the smallest amount of salt in them, using unsalted bread and butter, and restricting many foods to which salt is added during their preparation, such as baked products containing baking powder. This type of restriction will reduce the salt intake to less than 1/2 gram a day.

**Symptoms Disappear**  
Patients with early signs of heart failure are usually placed on the first level of restriction, that is, they get about 1 1/2 to 3 grams of salt a day. Often, their symptoms will disappear within a few weeks. At a later date, should the symptoms reappear, the salt intake may be decreased to the second level of 1 1/2 grams a day, and eventually it may be desirable to keep the salt level as low as possible.

There is no evidence that a stringent restriction of salt will lead to any difficulties. Of course, the low salt diet should be employed under the direction of a physician in those cases in which he deems it advisable. There are salt substances on the market which contain no salt but make the food more palatable. These can be used by persons who have diffi-

**Liberty - Mr. and Mrs. Jay Balfour of Toledo, Iowa, visited Mrs. Georgia Woslek, Frozen foods and party planning will be the subjects.**

**Hazel Green - Boy Scouts will hold a paper drive Saturday, February 26, provided the weather permits. The salvage paper buyer will not take paper which has been in the rain so the scouts will postpone the drive in case it is raining. Julius Slatum is scoutmaster for troop #7 for this area.**

**Liberty - The carnival committee met Monday at Henry Kammings' and decided the carnival will be held on March Community club night, March 4, at the hall.**

**Frutland - Woman's circle of Frutland will meet Thursday at 8 p.m. in the church annex.**

**Macleay - A box social school benefit will be held at the Macleay grange hall Friday, February 25 at 8 p.m. Ann all men cast will present the play "The Case Against Casey." They are directed by Mrs. Stella Masten and the play is sponsored by the Macleay Community club.**

**Central Howell - William Halteberg is convalescing in a Salem hospital following a recent major operation. M. O. Hattberg of Silverton is taking care of his brother's livestock while he is in the hospital.**

## They'll Do It Every Time

Registered U. S. Patent Office

## By Jimmy Hatlo

DAMPWICK IS A VERY BUSY MAN. HE DELEGATES ALL THE FAMILY CORRESPONDENCE TO MRS. DAMPWICK

HOWEVER HE ALWAYS FINDS TIME TO MAKE A FEW CORRECTIONS - AND THE LETTERS GO OUT LIKE THIS:

I'VE WRITTEN EVERYBODY ELSE. COULDN'T YOU JUST WRITE A FEW LINES TO YOUR POOR OLD MOTHER AND FATHER?

YOU KNOW I CAN'T SPARE THE TIME, DEAR. YOU WRITE 'EM IN YOUR OWN SWEET WAY.



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