The Nation's Top Comics

DAILY AND SUNDAY in Your Home Newspaper

"THE YOUNG IDEA" By Mossler

"I would never have paid such an exorbitant price for it, if it hadn't been on sale!"

GRIN AND BEAR IT By Lichty

"Since the wife became active in her club committee work, I feel painfully unimportant, frittering away my time earning a living."

TUESDAY'S BROADCASTS

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

HOUR		00:00	00:15	00:30	00:45
6	KSLM	Morning News	Timekeeper	March Time	News
	KOCO	—	—	—	—
	KOIN	News American	KOIN Klock	KOIN Klock	KOIN Klock
	KGW	Hodge Podge	Hodge Podge	Farm Time	Farm Time
	KEX	Squirrely Bird	Squirrely Bird	Squirrely Bird	Eddie Arnold
7	KSLM	News	Rise and Shine	Rise and Shine	Top Trades
	KOCO	Tex Ritter	News & Sports	Top o' Morning	News
	KOIN	KOIN Klock	News	Bob Garred	Fred Beck
	KGW	Kness News	Funnies	Old Songs	Sam Hayes
	KEX	McCall News	Agronsky	Time Tempos	Zeke Manners
8	KSLM	Barg. Counter	Vic Lindlahr	Sons Pioneers	Breakfast Time
	KOCO	Haven of Rest	Haven of Rest	West. Melodies	Western Melo.
	KOIN	User News	Art Baker	Grand Slam	Rosemary
	KGW	Fred Waring	Fred Waring	Jack Berch	Tommy Dorsey
	KEX	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
9	KSLM	News	Kate Smith	Pastor's Call	Orch.
	KOCO	Wildwd Church	Vocal Varieties	Music	News
	KOIN	Wendy Warren	Aunt Jenny	Helen Trent	Gal Sunday
	KGW	Tommy Dorsey	Tommy Dorsey	Tommy Dorsey	News
	KEX	M. Bedell	Today's Stars	Kay Kyser	Kay Kyser
10	KSLM	News	Orch.	Originalities	Waltz Serenade
	KOCO	Coffee Cup	Peggy Lee	Lullaby Rythm	Cole Trio
	KOIN	Big Sister	Ma Perkins	Dr Malone	Guiding Light
	KGW	Boston Sym.	Boston Sym.	Oregon Build.	Brighter Day
	KEX	Ted Malone	Galen Drake	True Story	True Story
11	KSLM	Ladies First	Ladies First	Queen a Day	Queen a Day
	KOCO	News	Glass Wax	Glass Wax	Glass Wax
	KOIN	Mrs. Burton	Perry Mason	Nora Drake	You Tick
	KGW	Dble., Nothing	Dble., Nothing	Today's Child	Light of World
	KEX	Betty Crocker	Club Time	Northwesters	Northwesters
12	KSLM	Top Trades	News	N.W. News	Variety Show
	KOCO	Lady's Melody	Organ Moods	News	Mem. Music
	KOIN	News	Come Get It	Lewis Show	Lewis Show
	KGW	Kness News	Ma Perkins	Pepper Young	Happiness
	KEX	News	Dorothy Dix	Off the Record	Easy Aces
1	KSLM	Orchestra	Johnson Fam.	Lanny Ross	Bing Sings
	KOCO	Classics	Classics	Listen to Lalbert	All Time Fav.
	KOIN	Pat O'Brien	Air Newspaper	Win Take All	Air Newspaper
	KGW	Stage Wife	Stella Dallas	Lorenzo Jones	Widder Brown
	KEX	H'wood Brkfst.	H'wood Brkfst.	Kay West	Kay West
2	KSLM	Annivers. Club	Annivers. Club	Orchestra	Orchestra
	KOCO	Hollywood Hr.	Hollywood Hr.	Hollywood Hr.	Hollywood Hour
	KOIN	Hint Hunt	Hint Hunt	Meet Missus	Meet Missus
	KGW	Girl Marries	Portia Faces	Plain Bill	Page Farrell
	KEX	Surprise Pkg.	Surprise Pkg.	Bride, Groom	Bride, Groom
3	KSLM	Happy Gang	Happy Gang	Orch	News
	KOCO	KOCO Kapers	KOCO Kapers	KOCO Kapers	KOCO Kapers
	KOIN	Art Kirkham	Tunefully Yrs.	Arthur Godfrey	Arthur Godfrey
	KGW	Road of Life	Lora Lawton	Aunt Mary	Love & Learn
	KEX	Ladies Seated	Ladies Seated	Art Linkletter	Art Linkletter
4	KSLM	Fulton Lewis	Hemingway	Parade	Orchestra
	KOCO	Woman's Page	Dick Shannon	Music Spotlite	Music Spotlite
	KOIN	Art Godfrey	Art Godfrey	Club 15	Ed Murrow
	KGW	Woman's Secret	Life Beautiful	Linda's Love	More of Life
	KEX	Welcome Trav.	Welcome Trav.	Squirrel Cage	Squirrel Cage
5	KSLM	Straight Arrow	Straight Arrow	Cap Midnight	Tom Mix
	KOCO	Sleepy Joe	Rhythm Ranch	Bing Crosby	88 Keys
	KOIN	Feat. Story	Little Show	Chet Huntley	News
	KGW	News	Movie News	Young Show	Young Show
	KEX	Green Hornet	Green Hornet	Sky King	Sky King
6	KSLM	Gab. Heatter	Bailey Show	Air Force Hour	Air Force Hour
	KOCO	Serenade	Serenade	News	My Song
	KOIN	Medit. Time	Young Show	Strike it Rich	Strike it Rich
	KGW	Bob Hope	Bob Hope	Fibber McGee	Fibber McGee
	KEX	Sports	Home Edition	Schools & You	Schools & You
7	KSLM	Med. Drama	Orch.	Chisholm Trail	Chisholm Trail
	KOCO	Eddie Duchin	Amer. Album	Top Band	Top Band
	KOIN	Hit Jackpot	Hit Jackpot	The Aces	The Aces
	KGW	Hollywood	Hollywood	Funny People	Funny People
	KEX	Counterspy	Counterspy	This Law	Light Classics
8	KSLM	Monte Cristo	Monte Cristo	Off. Detective	Off. Detective
	KOCO	Capital Comm	Naval Air Res.	Party Line	Party Line
	KOIN	L. Thomas	Smith Show	The Norths	The Norths
	KGW	Supper Club	News	Your Life	Your Life
	KEX	Detroit Symph.	Detroit Symph.	Town Meeting	Town Meeting
9	KSLM	News	F. Lawton	Favorite Story	Favorite Story
	KOCO	Variety Parade	Music Horizons	Frank DeVol	Frank DeVol
	KOIN	Myst. Theatre	Myst. Theatre	Beulah	Night Editor
	KGW	Lyn Murray	Lyn Murray	Ronald Colman	Ronald Colman
	KEX	Town Meeting	Town Meeting	Monitor News	Book Advent.
10	KSLM	Fulton Lewis	Local News	News	Orch.
	KOCO	Track 1490	Track 1490	Track 1490	Track 1490
	KOIN	5 Star Final	You & World	E. Goodman	Artie
	KGW	News	Sports Page	Orchestra	Orchestra
	KEX	Richfield Rptr.	Intermezzo	Concert Hour	Concert Hour
11	KSLM	Newsreel	Open House	Open House	Open House
	KOCO	Track 1490	Track 1490	Track 1490	Track 1490
	KOIN	Serenade	Serenade	Band Box Rev.	Band Box Rev.
	KGW	News	Here's to Vets	Orch.	Orch.
	KEX	Concert Hour	Concert Hour	Tom. Memos	Tom. Memos

KOAC—550 k.c.—Tuesday—10:00 a.m. News; 10:15 Especially for Women; 10:30 Psychology of the Family; 11:00 Oregon school of the Air; 11:15 Concert Hall; 12:00 News; 12:15 Noon Farm Hour; 1:00 Ride 'em Cowboy; 1:15 Oregon School of the Air; 1:30 Melody Lane; 2:00 World Is Our Affair; 2:30 Book Time; 3:45 Oregon School of the Air; 5:00 News; 5:15 Music of the Masters; 4:00 Oregon Reporter; 4:15 Favorite Hymns; 4:30 World of Tomorrow; 4:45 Children's Theatre; 5:00 On the Upbeat; 5:30 Sports Club; 6:00 News; 6:15 Grace Berger at the KOAC Organ; 6:30 'Round the Campfire; 7:15 Evening Farm Hour; 8:00 Stories to Remember; 8:15 Holland Today and Tomorrow; 8:30 Errand of Mercy; 8:45 News; 9:00 Music That Endures; 9:45 Evening Meditations; 10:00 Sign off.

Your Health

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

Each year more people are living to reach the "old age bracket" and, at times, these elderly persons suffer from improper circulation of the blood through the arteries in the legs. Many times such patients are advised by well-meaning friends or relatives to stay off their feet and are told that nothing can be done for them. However, doctors know that there is much that can be accomplished for these persons.

According to Dr. Samuels, in all such cases the patient should be forbidden to use tobacco entirely but should be encouraged to use alcoholic beverages in moderation, since they have an excellent effect in dilating or relaxing the blood vessels.

• • •

When the symptoms produced by a circulatory disturbance are slight, certain exercises are valuable. The patient lies down with his feet raised at an angle of 45 degrees. He remains in this position until the skin turns pale. Then he sits with the feet hanging down until the feet become red, and finally he lies on his back for two minutes with his feet on the bed.

This exercise is repeated three or four times before retiring at night.

After these exercises, the patient sits in a tub with water at not more than 105 degrees for not longer than 10 minutes. It is suggested that the temperature of the water be checked by means of a bath thermometer.

Patients with circulatory disturbances are encouraged to take plenty of outdoor activity, but are advised to wear long, woolen underwear in cold weather.

Treatment with diathermy, that is, electrical treatment which produces heat deep in the tissues, has been found helpful in some cases. The drug, known as papaverine seems to be effective in certain instances, but, of course, drugs should only be taken under the doctor's direction.

• • •

If there is pain in the legs at night, which gradually increases, it means that the arterial disorder is becoming worse, and complete bed rest may be necessary. The legs and feet are kept covered with warm cotton and air-tight bandages. The bandages are left in place for a week and then, after a bath, they are replaced.

With these forms of treatment, it is possible that many patients with disturbances of the arteries in the legs may be greatly improved.

QUESTIONS AND ANSWERS

M. A. D.: My boy has asthma and hay fever. Would a different climate help him?

Answer: Some persons with hay fever and asthma do better in a warm, dry climate. However, the best thing to do is to attempt to determine the substances to which the child is allergic or oversensitive, and then to avoid contact with them, or to give injections of gradually-increasing amounts of these substances to desensitize the child.

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NOTICE OF INTENTION TO IMPROVE HANSEN AVENUE FROM LIBERTY ROAD TO DOUGHTON STREET

Notice hereby is given that the common council of the city of Salem, Oregon, deems it necessary and expedient and hereby declares its purpose and intention to improve Hansen avenue from the west line of Liberty road to the east line of Doughton street, in the city of Salem, Marion county, Oregon, at the expense of the abutting and adjacent property, except the street intersections the expense of which will be assumed by the city of Salem, by bringing said portion of said street to the established grade, constructing cement concrete curbs, and paving said portion of said street with a 2½-inch asphaltic concrete pavement thirty feet wide in accordance with the plans and specifications therefor which were adopted by the common council March 14, 1949, which are now on file in the office of the city recorder and which by this reference thereto are made a part hereof.

The common council hereby declares the purpose and intention to make the above described improvement by and through the street improvement department.

By Order of the Common Council
March 14, 1949.
ALFRED MUNDT, City Recorder
Date of first publication hereof is 16th day of March, 1949.
M.16,17,18,19,20,22,23,24,25,26,27

NOTICE OF INTENTION TO IMPROVE SPRUCE STREET FROM MYRTLE AVENUE TO CHERRY AVENUE

Notice hereby is given that the common council of the city of Salem, Oregon, deems it necessary and expedient and hereby declares its purpose and intention to improve Spruce street from the east line of Myrtle avenue to the west line of Cherry avenue, in the city of Salem, Marion county, Oregon, at the expense of the abutting and adjacent property, except the street and alley intersections the expense of which will be assumed by the city of Salem, by bringing said portion of said street to the established grade, constructing cement concrete curbs, and paving said portion of said street with a 2½-inch asphaltic concrete pavement thirty feet wide in accordance with the plans and specifications therefor which were adopted by the common council March 14, 1949, which are now on file in the office of the city recorder and which by this reference thereto are made a part hereof.

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M 16,17,18,19,20,22,23,24,25,26,27

NOTICE OF FINAL SETTLEMENT

Notice is hereby given that the undersigned has filed in the Circuit Court of the State of Oregon for the County of Marion, Probate Department, his verified Final Account as Administrator with the will annexed of the estate of Mae Ledgerwood, deceased, and that said Court has fixed Monday, the 28th day of March, 1949, at the hour of 10:00 o'clock A. M. of said day as the time, and the Circuit Court Room in the County Court House, at Salem, in Marion County, Oregon, as the place for hearing said Final Account and all objections thereto.

Dated at Salem, Oregon this 22nd day of February, 1949.
CLIFFORD T. WHITE,
Administrator with the will annexed of the estate of Mae Ledgerwood, deceased.
Ronald G. Glover, Attorney for Administrator, Salem, Oregon.
F. M. M. 1-8-15-22

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Interviews

Tues., March 22nd — Mr. Arne Lunke, recently arrived from Norway — "Norway As I Left It."

Wed., March 23rd — Mrs. Ruby Bunnell, Exec. Secy. of Marion County Tuberculosis and Health Association — "Why Have a Chest X-Ray?"

Thurs., March 24th — Mr. B. E. Braucht of Barb's Sporting Goods Store — "Bells Are My Hobby."

Fri., March 25th — Martha Taber, Elfstrom's Home Economist — "All-In-One Meals."

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sip in any morning at 10 and save coffee with participants during broadcast.