RADIO PROGRAMS—WEDNESDAY

Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make such changes as are supplied

KYJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
6:00—Sports News	This Is Your Life*	News
6:15—Elmer Davis	This Is Your Life*	Frankie Laine
6:30—Headline Edition*	Song Shop	Spotlight On Sports
6:45—McLain's on File	Barbershop Harmonies	Here's to Vets
7:00—Lone Ranger*	The Big Story*	Al Sack
7:15—Lone Ranger*	The Big Story	Billy Mills
7:30—Dr. I. Q.*	Curtain Time*	At Sundown
7:45—Dr. I. Q.	Curtain Time*	At Sundown
8:00—Sherlock Holmes*	Light Up Time*	Bob Eberle
8:15—Sherlock Holmes*	News of the World*	Stories To Remember
8:30—Gregory Hood*	Great Gildersleeve*	Rogue Rancho
8:45—Gregory Hood*	Great Gildersleeve*	Rogue Rancho
9:00—Buz Adlam's Playroom*	Break the Bank*	Outdoor Life
9:15—Buz Adlam's Playroom*	Break the Bank*	Heidelberg Hits
9:30—Salon Serenade	Mr Dist Attorney*	Outdoor Life
9:45—Meet The Band	Mr. Dist. Attorney*	Heidelberg Hits
10:00—Richfield Reporter*	Sam Hayes*	Juke Box Review
10:15—Clauss Mystery Melody	Music You Want	Juke Box Review
10:30—Spade Cooley	Music You Want	Juke Box Review
10:45—Sammy Kaye	News	News
11:00—Platter Party	Sign Off	Sign Off
11:15—Platter Party		
11:30—Platter Party		
11:45—Platter Party		

RADIO PROGRAMS—THURSDAY

6:00—Rise N' Shine	Musical Roundup	
6:15—Rise N' Shine	Musical Roundup	Sign On
6:30—Rise N' Shine	Beamed to Farmer	News
6:45—Rise N' Shine	U P News	1400 Corral
7:00—Farm News Corner	Top of the Morning	Wake Up Rogue Valley
7:15—Martin Agronsky*	Personality Time	Wake Up Rogue Valley
7:30—Sports Roundup	Marriage for Two*	News
7:45—Trading Post	Music & News	Sports Review
8:00—Breakfast Club*	Eddie Albert Show*	Album Time
8:15—Breakfast Club*	Eddie Albert Show*	Album Time
8:30—Breakfast Club*	Waltz Time	Haven of Rest
8:45—Breakfast Club*	Mod. Concert Hall	Haven of Rest
9:00—Ladies Be Seated*	Friendship Circle	News
9:15—Ladies Be Seated*	Friendship Circle	Chatter with Chuck
9:30—Quick As A Flash*	Music As You Like It	Chuck Foster
9:45—Quick As A Flash*	Barbershop Harmony	Rhythm and Reason
10:00—News	Luncheon With Lopez*	Music from Hollywood
10:15—Art Baker*	Luncheon With Lopez*	Music from Hollywood
10:30—My True Story*	Dave Garroway*	News
10:45—My True Story*	U. P. News	Church in Home
11:00—Betty Crocker*	Melody Time	King Cole Trio
11:15—Victor H. Lindlahr*	Melody Time	Charlie Spivak
11:30—Baukage Talking*	Naval Air Res.	Music for Thursday
11:45—News	Meet the Band	Music for Thursday
12:00—Man Of Melody	News, Market Reports	News
12:15—Noon News	Road of Life*	Noontime Melodies
12:30—Weather Report	Pepper Young*	Mid-day Sports Extra
12:45—County Agent	Right to Happiness*	Swap Shop
1:00—Welcome to Hollywd*	Backstage Wife*	Western Music Box
1:15—Welcome to Hollywr*	Stella Dallas*	Western Music Box
1:30—Salute To You	Lorenzo Jones*	Western Music Box
1:45—Salute To You	Young Widder Brown*	Western Music Box
2:00—Surprise Package*	Life Can Be Btfl.*	News
2:15—Surprise Package*	Mainly for Women	Music Box
2:30—Hannibal Cobb*	News	Music Box
2:45—Hannibal Cobb*	Swap & Sell	Music Box
3:00—Bride & Groom*	Welcome Travelers*	News
3:15—Bride & Groom*	Welcome Travelers*	Music Box
3:30—Pick A Date*	Aunt Mary*	Women in the News
3:45—Pick A Date*	We Love & Learn*	Women in the News
4:00—Modern Romances*	Electric Melodies	News
4:15—Modern Romances*	Familiar Songs	Variety Time
4:30—News	Curtain Call	Music by Martin
4:45—Meeko	Medford Schools	Oddities in News
5:00—Green Hornet*	U P News	Teller of Tales
5:15—Green Hornet*	What's Doing?	Sunset and Vine
5:30—Sky King*	Prelude to Dusk*	Truth and Life
5:45—Sky King*	Elmer Peterson*	Southland Spirituals
6:00—World Of Sports	Scr Guild Theatre*	News
6:15—Elmer Davis*	Scr Guild Theatre*	Michael Douglas
6:30—Headline Edition	George Fisher Calling	Spotlight on Sports
6:45—McLain's On File	George Fisher Calling	Dinner Music
7:00—Counter Spy*	Supper Club*	Thomas Peluso
7:15—Counter Spy*	Supper Club*	Red Cross
7:30—Date With Judy*	Dragnet*	Between the Lines
7:45—Date With Judy*	Dragnet*	Reminiscent Rhythm
8:00—Amateur Hour*	Light Up Time*	Ray Bloch Presents
8:15—Amateur Hour*	News of the World*	Ray Bloch Presents
8:30—Amateur Hour*	Aldrich Family*	Rogue Rancho
8:45—Robert Montgomery*	Aldrich Family*	Rogue Rancho
9:00—Author Meets Critics*	Duffy's Tavern*	News
9:15—Author Meets Critics*	Duffy's Tavern*	Lullaby In Rhythm
9:30—Foy Willing	Wrestling Matches	Master Works
9:45—Meet The Band	Wrestling Matches	Master Works
10:00—Richfield Reporter*	Wrestling Matches	Juke Box Review
10:15—Clauss Mystery Melody	Wrestling Matches	Juke Box Review
10:30—Art Dickson	Morton Downey*	Juke Box Review
10:45—Glenn Miller	News	News
11:00—Platter Party	Sign Off	Sign Off
11:15—Platter Party		
11:30—Platter Party		
11:45—Platter Party		

*—ABC , *N.B.C.

Radio Patter by Pat

"Somebody Loves Me," the perennially popular Gershwin song of the Twenties, will highlight the ABC broadcast of "The Johnny Desmond Show" at 8:25 p. m. tonight over Station KYJC. In addition to the Gershwin number, Johnny has selected "Happy Time" from the list of current favorites for the program. Tony Mollola's trio accompanies.

Pat Wilkinson

Sherlock Holmes hits the tanbark trail when murder performs under the big top of an English circus in "The Adventures of Sherlock Holmes" tonight over Station KYJC at 8 o'clock.

One of the West's most listened to and most respected newscasters, Bob Garred, joins the ABC Pacific Coast network, Monday through Saturday, twice a day, starting Monday, February 13.

Signed for one year on ABC, Garred will air the news from 7:30 to 7:45 a. m. and from 6:05 to 6:15 p. m.

Garred has been a fixture—and a top drawing card in his field—on other major networks for the past 14 years. He came to Hollywood from San Francisco.

He was at Stanford university when his love of sports tossed Bob into radio as a special events announced. His natural ability and diction won him widening recognition and increasing promotion. When he was graduated from Stanford, he was awarded a diploma and a job as a newscaster. Four years in the navy where he achieved the rank of lieutenant commander represented his only time away from the microphone in the years that followed.

His program on ABC and KYJC will be called "Bob Garred News."

The jackpot on Andy's Jewelry program—"Five Minute Quiz"—amounts to $110.

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PARKE'S Electric Shaver Sales and Service. Factory parts for Sunbeam, Remington, Schick, Packard twin dual. New Shavers, all makes in stock. 406 E. Main. Ph. 2-2755.

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DEISTER & CECH WELL DRILLERS. For your water well problems. Reliable and experienced drillers. Up-to-the-minute equipment. Phone 2-9308—139 Vancouver Ave.

ROGUE VALLEY DRILLING CO. Water wells, domestic and irrigation standard casing. Fairbanks-Morse pumps. BEST OF EQUIPMENT. Experienced Work and Materials guaranteed. ASK THE MEN WE'VE DRILLED FOR. 1980 Table Rock Rd., across street from Big Y Market. Ph 2-7372

CASCADE WELL DRILLING under new management. Approved terms and new Phone No. 2-9227 or 2-5669

SHULTS BROS. Dependable and reasonable. F.H.A. Terms with Pump. Phone 2-5669 or 2-4912 or 2-9227

WELL DRILLING BY GOFF BROS.—For fast, efficient and guaranteed work see us before you drill. FHA terms on wells and pumps. Office Stamper & Goff Bros Hdw., 225 W Main. Ph 2-2939 evenings 2-4139

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T. & G. Custom Planing Mill. S2S, S4S, detail, moulding. 2½ mi. S. of Medford, 100 yds. West of 99. Ph. 3-1257.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

Readers should address inquiries to: Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

KNOW YOUR DIAPHRAGM

No matter how much your education has been neglected in school and college it would be well worth your while to learn, even at this late date, what, and where your diaphragm (dye-a-fram) is and how it works. A little elementary knowledge of the diaphragm is of practical value to any one, well or ill.

Dr. Brady

Mrs. Malaprop—there are millions of her—thinks diaphragm is refined word for stomach, abdomen or belly. For that matter four out of five college students do not know just what and where the diaphragm is nor how it works. Many of the "experts" or "authorities" who give advice about health and beauty via radio, television, newspapers and magazines write and talk glibly enough about it but obviously do not know how the diaphragm works. For instance one such urges customers to "draw in the abdomen and inhale the breath deeply until the chest rises up as high as possible." No telling what "abdomen" means there, but in English it is pronounced with the accent on the dough and it means the larger cavity of the trunk. If you try to draw that cavity in (quite a trick even for a contortionist, I don't know what in heck you can draw it into) at the same time you inhale you try to reverse nature, as I hope you will see presently.

The diaphragm is a dome-shaped partition between the thorax or chest (smaller, upper cavity of trunk) and the abdomen (larger, lower cavity of trunk). It is of muscular and sinewy or tendinous structure. It is anchored or attached to the tip of the sternum (breast bone) just under the pit of the stomach in front, to the insides of the six lower ribs all around and to the inside of the first and second lumbar vertebrae in the back.

Thus the diaphragm covers the stomach, liver and other abdominal organs like a tarpaulin stretched over a haystack. It serves as the roof of the abdomen and the floor of the chest cavity.

The muscle of the diaphragm is voluntary muscle and under the control of the will to a considerable degree — that is, one can breathe harder or faster or more deeply or quietly or slowly or even stop breathing for a while; but only for a while, for the control of the diaphragm and other muscles of breathing is automatic, like that of the heart, for respiration, like circulation, is a vital function and must be maintained even while one sleeps or is unconscious.

When the diaphragm contracts it flattens down, lowers the pressure in the thorax or chest cavity, tends to create a vacuum there or "suctions" as it is commonly called; air flows into the lungs to fill the vacuum or is sucked in; this is inhalation, inspiration, inflation of the lungs. At the same time the contraction of the diaphragm makes downward pressure on the stomach, liver and other organs in the abdomen, including of course the large and small blood vessels and the blood they contain. Thus during inhalation, inspiration, taking in a deep breath of air pressure in the abdomen is increased; the front and side walls of the abdomen, properly called the belly, a good Anglo-Saxon word for which there is no synonym, Mrs. Malaprop to the c. n. w., bulge or expand more or less. Fix this physiological fact in your mind—inhalation or inspiration expands or inflates the belly. It is the natural and the most efficient way to breathe.

Study a sleeping person's breathing, or the breathing of an animal after physical exertion or the breathing of a patient under anesthesia. You'll find there's nothing chesty about it. It is belly breathing. So is the breathing of the Japanese who won all the swimming contests at the Olympics.

Never mind your chest. It is more or less a rigid cage anyway. Whether you have a 1½ inch chest expansion or a 4 inch chest expansion is an insignificant detail.

Strive to maintain unrestricted belly expansion or inflation. That's natural breathing, belly breathing, efficient breathing.

QUESTIONS & ANSWERS

Warts

My little girl has 45 warts on one hand, 29 on other. What the—. (Mrs. A. S.)

Answer—Warts may be caused by virus. Some of the "wonder drugs" are effective against viruses. Touching each wart with drop of castor oil upon retiring at night, for several nights may help.

Back-ache

Three year old son has backache. Been told one side of body is growing faster than the other. Mrs. R. E. S.)

Answer—That's one for the birds. A diagnosis is needed probably necessitating x-rays, blood and urine examinations, etc. If you have already seen a doctor—see him again.

Her Figure

Does wearing a girdle help your figure and prevent that "stenographer's spread?" (Miss T. H.)

Answer—It helps while you're wearing it. The more you wear it the worse you get. Might be all right now and then if you're out to deceive somebody. Conserve your figure by exercising, including that one in which you exercise the muscles of your arms by pushing your plate away.

(Copyright 1950, John F. Dille Co.)

MATCHES TOO TAME

Minneapolis (U.P.)—Most places children have to be told not to play with matches. After an explosion that ripped out a section of curbing, police said they were trying to find two boys believed to have been playing with dynamite.

BUSINESS DIRECTORY

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Authorized dealer Monarch Metal Weatherstripping. Johns-Manville blown Rock Wool home insulation. Free estimates. 36 months to pay. HOME INSULATION CO. 221 N Central. Ph 2-2965 Medford

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SUPERIOR FLOOR SERVICE. Sanding and Finishing. New or old floors. Ph 3-2328. W. L. COOMBS

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DRAINBOARDS, bathrooms, showers. Write Phil Stembridge, Rt. 1, Box 31, Gold Hill, 2 mi. up Galls Creek.

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BOWER'S PLUMB. & HEAT CO. New and Repair Work. S. & H. Green Stamps. 48 Rose Ave. Ph. 2-4690

PLUMBING, Heating, Repair and Remodeling. Anywhere, anytime. Independent plumber. Morningstar's Plumbing, 819 Taylor St. Ph 2-4927

FOR new and repair work call Patterson Plumbing Co., 827 W. Jackson. Ph 2-4369. "The one trip plumbers"

NOTICE TO CREDITORS

Notice is hereby given that by order of the Circuit Court in and for the State of Oregon, County of Jackson, duly made and entered on the 16th day of January, 1950, in the matter of the estate of Louie O. Colver, deceased, Eldred R. Colver was appointed executor of the estate of said Louie O. Colver, deceased, and all persons having claims against said estate are hereby notified to present the same to the undersigned at the office of Frank P. Farrell, 306 Fluhrer Building, Medford, Oregon, properly verified, as provided by law, and within six months from the date hereof.

Dated and first published January 18, 1950.

ELDRED R. COLVER, Executor of the Estate of Louie O. Colver, Deceased.

F. P. Farrell, Attorney for Executor

TOO LATE TO CLASSIFY

DOUBLE S. & H. Green Stamps given with $5 order Feb. 11th. Rose Grocery.

$1250 DOWN—5-room modern, plus 2-room rental, separate entrance, has business frontage, $5250.

$7000—6-room modern, fireplace, plus 2-room furnished (rents $35) 120' frontage "99", shade, terms. Reduced from $8750. Better HURRY.

$23,000—240 acres, 160 cult. irrigation, 6-room modern home. New 3-cow Surge parlor, crops mostly in. Terms.

TED GUETZLAFF AGY. N. Hwy. 99 At Big Y. Ph. 2-2709, 2-8850

BALED HAY—Good first cutting, oats and alfalfa. Ph. days 2-2032, Eves. 3-1281.

COMPLETE bicycle care, welding and misc. repairing. Free pickup and delivery.—Bill's Bicycle, 1951 W. Main. Ph. 2-8525.

WANTED to buy—modern 2 or 3 bedroom house, prefer Oak Grove school district. Ph. 2-5096 or 2-2245 or write 1115 W. 2nd St.

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Pinafore Or Frock

7402

Alice Brooks

No wonder everybody loves this pinafore! Best little-girl fashion, it keeps daughter's clothes clean now; is a cool frock in summer!

Pinafore or sunny-day dress! Pattern 7402; embroidery transfer, pattern, cutting chart sizes 2, 4, 6.

Our improved pattern—visual with easy-to-see charts and photos and complete directions—makes needlework easy.

Send **TWENTY CENTS** in coins for this pattern to Medford Mail Tribune, Household Arts Dept., P. O. Box 5640, Chicago 80, Ill. Print plainly **NAME, ADDRESS** with **PATTERN NUMBER.**

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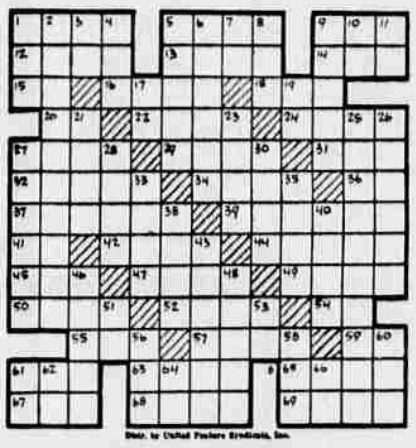
CROSSWORD PUZZLE

ACROSS

1—South African fox
6—To give forth
9—Likely
12—Portico
13—Tardy
14—Edible seed
15—Parent (colloq.)
16—To hollow
18—River in Switzerland
20—Symbol for tellurium
23—To mix
24—Disease of cattle
27—To take one's part
29—Wife of Geraint
31—Conjunction
32—Labors
34—Dash
36—Chinese mile
37—Deer's horns
39—Answerable
41—Sun god
42—Wolfhound
44—Country of Europe
45—To be mistaken
47—Told falsehood
48—Formerly
50—Borneo tribesman
52—Musical instrument
54—Symbol for nickel
55—Tibetan gazelle
57—Mohammedan prince
58—Conjunction
61—To employ
63—Vessel
65—Sea eagle
67—Dance step
68—Young goats
69—Nuisance

ANSWER TO PREVIOUS PUZZLE



DOWN

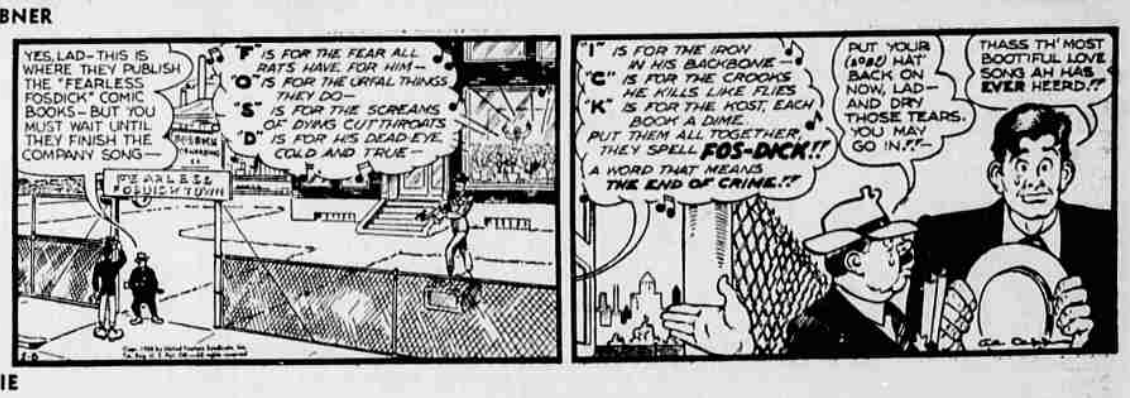
1—Viper
2—Fixed
3—Therefore
4—Organ of hearing
5—To puff up
6—Nautical
7—Pronoun
8—Afternoon party
9—Dress protector
10—Hebrew letter
11—Symbol for tantalum
17—Bone
19—Man's nickname
21—To revise
23—Small stream
25—Clashes
26—The East
27—Looked fixedly
28—Girl's name
30—Platform
33—To trade for money
35—Back of neck
38—Foray
40—Farm building
43—Sea nymph
46—Rants
48—Unloads
51—Knockout (abbr.)
53—Note of scale
56—To inquire
58—Corded cloth
60—To soak
61—Above
62—Symbol for samarium
64—Greeting
66—Note of scale

STRANGE AS IT SEEMS by Elsie Hix

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

L'IL ABNER



BLONDIE

MUTT and JEFF

WOVEN **Ginghams** **69c** yd.

Plaids are so popular this Spring! Come see Penney's new shipment in gay colors! Every yard is Sanforized! for perfect fit! 36" wide. † Shrinkage will not exceed 1%.

PENNEY'S

READY NOW! EVERYTHING for your Spring Sewing Spree!

DRESS **Chambrays** **59c** yd.

The new style trend is stripes combined with color-blended plains! Try it in smooth, Sanforized! chambray like this! Sensibly priced! † Shrinkage will not exceed 1%.