

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

Table of radio programs for Wednesday, including stations like KYJC, KMGD, and KWIN, and programs like 'This is Your Life', 'The Big Story', and 'Sherlock Holmes'.

RADIO PROGRAMS—THURSDAY

Table of radio programs for Thursday, including stations like KYJC, KMGD, and KWIN, and programs like 'Musical Roundup', 'The Big Story', and 'Sherlock Holmes'.

Radio Patter by Pat



Here is picture of Victor H. Lindlahr—the ABC nutrition man who is so hard to digest. There may be some who enjoy his chatter—there must be for he's got a sponsor—and many housewives wouldn't miss his authoritative comments on nutrition and how to get more food value for less money each week day at 11:30 a.m. over KYJC.

When the stage coach robber Jack Feeny breaks out of jail, "The Lone Ranger" is right in thinking he will try to get back the money he stole and hid in another thrilling episode of the west to be heard tonight over Station KYJC and ABC at 7 o'clock. "The Lone Ranger" and his great horse Silver, face death

The Old Gold Original Amateur Hour is scheduled to broadcast from Portland in April and plans are being formulated to send a Medford contestant to appear on the program through the combined efforts of radio station KYJC and local merchants. Complete details including tryouts and applications will be announced as soon as complete arrangements are made. Old Gold Amateur Hour is heard over ABC and KYJC every Thursday at 8 p.m.

Don't forget "McLain's on File" Monday through Saturday at 6:45 p.m.—a quarter hour of news solely about southern Oregon and the Rogue River valley—on KYJC.

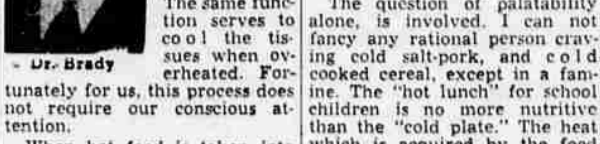
Advertisement for Wrigley's Spearmint Chewing Gum, featuring a cartoon character and the text 'chewing helps you work better'.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D. Readers should inquire to: Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

HOT MEAL NO BETTER THAN COLD

The temperature of the body is determined by a complex mechanism analogous in part, to a thermostat in a heating system. When any part of the body is cooled, the body is cooled, by any means, the heat regulating mechanism automatically acts to restore normal temperature.



Dr. Brady

When hot food is taken into the digestive tract, a process of cooling is immediately set into action. If cold food is taken in, the reverse occurs. Excess heat in the stomach incident to the swallowing of hot food is dissipated by several means, all of them consuming time. Thus, a hot drink will result in an appreciable sensation of increased body heat for a short time, or until the heat-regulating mechanism has restored normal temperature.

The average temperature of the body is 98.6 degrees F. If all food were eaten or swallowed at that point of temperature, very little regulation of temperature would be necessary, insofar as it applied to the digestive tract. Experience has shown, however, that no harm results from rather wide deviations from this temperature. Extremely hot food has been indicated as a cause of abnormal organic changes in the digestive tract, whereas the effect of extremely cold food appears to be less harmful. These are no reason to believe, under the circumstances, that hot food either cooled or heated to increase palatability, is, in itself, harmful within certain limitations.

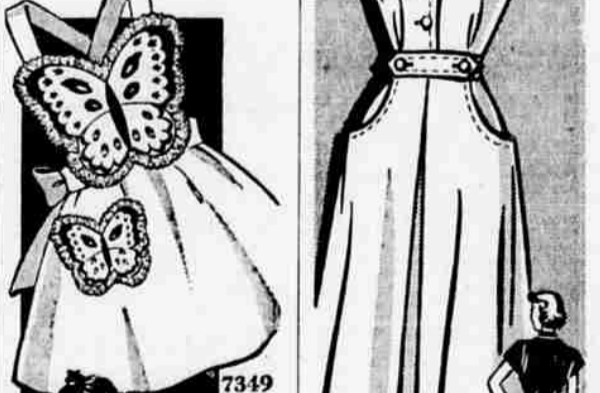
Swallowing of a piece of "dry ice," or the swallowing of a scalding drink are extreme examples of excessive and harmful variations due to the local effect upon the lining of the digestive tract. It is not known as just what precise point of temperature, abnormally hot or cold food will produce local injury to the lining of the digestive tube.

The comparative value of cooked and raw food as nutri-

Medford Contracting Firm Awarded Job Portland, Ore., March 1—(U.P.) E. L. Gates & Company, Inc., Medford, has been awarded a \$129,550 contract for clearing 265 acres in the reservoir area of Detroit dam on the North Santiam river, the corps of engineers announced here today. The area to be cleared is about 15 miles east of Mill City.

Seattle—U.P.—Herbert L. Carlson testified in Justice of the Peace Guy B. Knott's court here that he set his car on fire because "I got mad when the darn thing wouldn't start."

Sweet Stuff



7349

Alice Brooks

This will start a new rage in the Lollypop Set; Mother, this is such fun to sew and embroider, too. And thrifty—uses little fabric!

A pinny now, a sunfrock later! Pattern 7349; transfer of embroidery; 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 5840, Chicago 80, Ill. Print plainly NAME, ADDRESS with PATTERN NUMBER.

Just off the press—our new Alice Brooks Needlework catalogue! Send fifteen cents in coins for your copy. Illustrations of designs for crocheting, knitting, embroidery, toys, quilts, children's clothes. Free needlework pattern is printed in book.

CROSSWORD PUZZLE

ANSWER TO PREVIOUS PUZZLE. ACROSS: 1-To countenance, 2-Future Russian ruler, 3-Cry of cow, 4-Additional, 5-Opera by Verdi, 6-Three loed cloth, 7-Fresh water fish, 8-Deity, 9-Borders on saute, 10-Lass, 11-To desert, 12-To decorate, 13-To occupy chair, 14-Avoid, 15-On the ocean, 16-Symbol for selenium, 17-Long, narrow ditch.

Barney Google and Snuffy Smith comic strip panels showing characters in a room.

BUZ SAWYER

Buz Sawyer comic strip panels showing a character in a room.

L'IL ABNER

L'il Abner comic strip panels showing a character in a room.

MUTT and JEFF

Mutt and Jeff comic strip panels showing two characters in a room.

BLONDIE

Blondie comic strip panels showing a character in a room.

MUTT and JEFF

Mutt and Jeff comic strip panels showing two characters in a room.

STRANGE AS IT SEEMS by Elsie Hix



THE ORIGINAL DUNKERS WERE A RELIGIOUS SECT OF THAT NAME WHOSE BAPTISMAL CEREMONY CONSISTED OF THORCE "DUNKING" THEIR MEMBERS INTO THE WATER... (Paraphrased in Germany, 1768)

Advertisement for Barney Google and Snuffy Smith comic strip.

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Advertisement for Penney's Boy's Chopper Jackets and Boy's Learner Helmets, featuring a 'LOOK!' graphic and pricing.