RADIO PROGRAMS—THURSDAY

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—Local News	Scr Guild Theatre*	News
6:15—Sports News	Scr Guild Theatre*	Michael Douglas
6:30—Edwin C. Hill*	George Fisher Calling	Spotlight on Sports
6:45—Tune-O	George Fisher Calling	Dinner Music
7:00—Counter Spy*	Dragnet*	Between The Lines
7:15—Counter Spy*	Dragnet*	Red Cross
7:30—Blondie	Music	Between the Lines
7:45—Blondie	Music	Dick Haymes
8:00—Amateur Hour	One Man's Family*	Concert in Miniature
8:15—Amateur Hour*	News of the World*	Gay Nineties
8:30—Amateur Hour*	Aldrich Family*	Rogue Rancho
8:45—Paul Harvey*	Aldrich Family*	Rogue Rancho
9:00—Linger Awhile	20th Century Serenade	News
9:15—Take to the Air	20th Century Serenade	Sixth Army Band
9:30—Baby Sitter Show	Memories of Hawaii	Masterworks
9:45—Baby Sitter Show	Music & News	Masterworks
10:00—Richfield Reporter*	Music	Juke Box Review
10:15—Sports Report*	Music	Juke Box Review
10:30—Time To Dance	Morton Downey*	Juke Box Review
10:45—Time To Dance	Music & News*	News
11:00—Platter Party	Sign Off	Sign Off
11:15—Platter Party		
11:30—Platter Party		
11:45—Platter Party		

RADIO PROGRAMS—FRIDAY

KYJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
6:00—Rise & Shine	Morning Roundup	
6:15—Rise N' Shine	Musical Roundup	
6:30—Rise N' Shine	Beamed to Farmer	News
6:45—Rise N' Shine	News	1400 Corral
7:00—Music Show	Top of the Morning	Wake Up Rogue Valley
7:15—Martin Agronsky*	Top of the Morning	Wake Up Rogue Valley
7:30—Bob Garred-News*	Breakfast Music	News
7:45—Sports News	Music & News	Sports Review
8:00—Breakfast Club*	Red Foley Show*	The Best on Wax
8:15—Breakfast Club*	Red Foley Show*	The Best on Wax
8:30—Breakfast Club*	Waltz Time	Bible Institute
8:45—Breakfast Club*	Mod. Concert Hall	Bible Institute
9:00—Ladies Be Seated*	Friendship Circle	News
9:15—Ladies Be Seated*	Friendship Circle	Listen Ladies
9:30—"Tune-O"	Music For You	Jo Stafford
9:45—"Tune-O"	Music In Modern Mood	Morning Special
10:00—Trading Post	Luncheon With Lopez*	David Rose
10:15—Mystery Shopper	Dave Garroway*	David Rose
10:30—My True Story*	Personality Time	News
10:45—My True Story*	News	Church In Your Home
11:00—Betty Crocker*	Treasure Chest	Page Cavanaugh Trio
11:15—Lindlahr Program*	Dr. Crane, Psychologist	Homemaker Harmonies
11:30—Barbaranne Burns	Three Alarm	Music For Friday
11:45—News	Meet the Band	Music For Friday
12:00—Bulletin Board	News, Markets	Noontime Melodies
12:15—Noon News	Road of Life*	News
12:30—Weather Report	Pepper Young*	Farm News
12:45—Your County Agent	Right to Happiness*	Swap Shop
1:00—Welcome to Hollywd*	Backstage Wife*	Western Music Box
1:15—Welcome to Hollywd*	Stella Dallas*	Western Music Box
1:30—Surprise Package*	Lorenzo Jones*	Music Box
1:45—Surprise Package*	YoungWidder Brown*	Music Box
2:00—Chance of Lifetime*	Life Can Be Beautiful*	News
2:15—Chance of Lifetime*	Mainly for Women	Music Box
2:30—Bride & Groom*	News	Music Box
2:45—Bride & Groom*	Swap & Sell	Music Box
3:00—Today in Hollywood*	Welcome Travelers*	News
3:15—Pick A Date*	Welcome Travelers*	Music Box
3:30—"Tune-O"	Aunt Mary*	Hollywood Headlines
3:45—Ted Malone*	We Love & Learn*	Hollywood Headlines
4:00—Surprise Package*	Record Shop	News
4:15—Surprise Package*	Tr. Red Cross	All-Star Dance Parade
4:30—News	Sons of Pioneers	Music By Martin
4:45—Four Knights	Richard Harkness*	Inside Story
5:00—Challenge of the Yukon*	U. P. News	Tellerof Tales
5:15—Fun House	What's Doing*	Standard Varieties
5:30—Green Hornet*	Kiddie Hit Parade	Truth and Life
5:45—Green Hornet*	Elmer Peterson*	Rockin Chair
6:00—Local News	Scr. Dir Playhouse*	News
6:15—Sports News	Scr. Dir Playhouse*	Jo Stafford
6:30—Edwin C. Hill*	Jimmy Durante*	Spotlight on Sports
6:45—"Tune-O"	Jimmy Durante*	Les Brown Show
7:00—Orrin Tucker*	Fred Divisek, Accord'st	Al Sack
7:15—Orrin Tucker*	Familiar Melodies	Flying Time
7:30—Les Brown	Bill Stern*	At Sundown
7:45—Les Brown*	What Amer. is Playing	At Sundown
8:00—The Fat Man*	One Man's Family*	Do You Remember
8:15—The Fat Man*	News of the World*	Jack Smith
8:30—Your FBI*	Stars & Starters	Rogue Rancho
8:45—Your FBI*	Stars & Starters	Heidelberg Harmonies
9:00—Ozzie & Harriet*	Life of Riley*	News
9:15—Ozzie & Harriet*	Life of Riley*	Carmen Cavallero
9:30—Baby Sitter	The Song Shop	Masterworks
9:45—Baby Sitter	Music & News*	Masterworks
10:00—Richfield Reporter*	Sam Hayes*	Juke Box Review
10:15—Sports Report*	Music You Want	Juke Box Review
10:30—Time To Dance	Music You Want	Juke Box Review
10:45—Time To Dance	Music & News*	News
11:00—Platter Party	Sign Off	Sign Off
11:15—Platter Party		
11:30—Platter Party		
11:45—Platter Party		

*ABC * NBC

Radio Dial Lights

By Johnny Ahern

Finis: That's what is being written after the Ozzie and Harriet show for the season, with their last broadcast tomorrow night. Of course, at this season, no script would be complete without a mention of Father's Day, so there's no doubt what the Nelsons will be discussing.

Starting one week from tomorrow, the Thin Man will make his appearance in the regular Nelson spot, for the summer months with mystery and murder.

Sunday brings a special broadcast at 7 p. m. entitled "Clear and Present Danger." Here is a suspenseful story, dealing with our country's loyalty program. From what we've heard, it's not a dry, dull documentary program, but one that will give out with a lot of good answers, and prove interesting to the final curtain. For our money, it's recommended listening. Remember . . . Sunday at 7 p. m.

First time in 19 years: That's what Edward Arnold is saying about his own donning of grease paint for return to the stage. Arnold, star of Mr. President, heard Sunday afternoon on ABC will portray "Sam" in the play "Apple of His Eye" on a summer stock schedule through the New England states on the famous "Straw Hat Circuit."

Looks like a super show tonight at 8 o'clock on the "Original Amateur Hour" from Madison Square Garden.

Elastic shoelaces without knots to tie or come untied are now available. They adjust to the feet, give with each step, permit shoes to be pushed off and slipped on without bother.

California leads all states in the output of diatomite.

Relics of Spaniards Located on Saipan

Chicago—(U.P.)—World War II fighting almost ruined Saipan, so far as archaeologists are concerned, but evidence of 16th century Spanish habitation on the island has been uncovered, the Chicago Natural History Museum reports.

Dr. Alexander Spoehr, conducting an expedition on the island, wrote that the war destroyed most of the archaeological sites but that enough remain to make digging profitable.

Particularly interesting finds, he said, were stone pillars of two houses.

The smaller of the two houses . . . proved to have only a shallow culture-bearing stratum of earth around and beneath it," Spoehr said.

"This stratum contained broken pottery, shell adze-blades, shell fish-hooks and other implements that the inhabitants used.

"For dating purposes, the most important find was an iron fish-spear point and a fragment of an iron knife blade.

"It is recorded that the Spanish were trading iron to the natives for rice as early as 1576."

Now She Shops "Cash and Carry"

Without Painful Backache

As we get older, stress and strain, overexertion, excessive smoking or exposure to cold sometimes slows down kidney function. This may lead many folks to complain of nagging backache, loss of pep and energy, headaches and dizziness. Getting up nights or frequent passages may result from minor bladder irritations due to cold, dampness or dietary indiscretions.

If your discomforts are due to these causes, don't wait, try Doan's Pills, a mild diuretic. Used successfully by millions for over 50 years. While these symptoms may often otherwise occur, it's amazing how many times Doan's give happy relief—help the 15 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

USE T-4-L FOR ATHLETE'S FOOT BECAUSE—

it has greater PENETRATING Power. With 90% undiluted alcohol base, it carries the active medication DEEPLY, to kill the germ on contact. Get happy relief IN ONE HOUR or your 40c back at any drug store Today at Mack's Drug Store.—Adv.

Old? Get Pep, Vim

With IRON; plus supplements CALCIUM, VITAMIN B1

MEN, WOMEN over 40! Don't be old, weak, worn-out or exhausted. Take Ostrex. Contains tonic often needed after 40—by bodies old but because lacking iron; plus calcium, Vitamin B1. Thousands now feel peppy, years younger. Try Ostrex Tonic Tablets TODAY. Get introductory size now for only 50c

At all drug stores everywhere—in Medford, at Western Thrift Stores.

FALSE TEETH

That Loosen Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little FASTEETH, the alkaline (non-acid) powder, on your plates. Holds false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath.) Get FASTEETH at any drug store.—Adv.

FOR SORE PAINFUL PILES HERE IS SOOTHING RELIEF

Get amazing quick relief from pain, itch and irritation caused by Simple Piles. Proved doctor's formula from famous Thornton & Minor Clinic now available for home use. Thornton & Minor Rectal Ointment tends to soften and shrink swelling. Relieves distress. Get a tube of Thornton & Minor Rectal Ointment or Rectal Suppositories today. Follow directions on the label. For sale at all good drug stores everywhere.

One-Spot Flea Killer FOR FLEAS 35¢ Kills Lice Ants Fleas Aphids Bedbugs SAFE Even for KITTENS DUST ON ONE SPOT Guaranteed by Manufacturer

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.

HOW TO BE HAPPY ON A DIET

Take it easy and it won't be so difficult as you think. It is the hammer-and-tongs plan that defeats so many persons who should moderate their everyday diet but instead of doing so by intelligent correction of the bad eating habits they have acquired in the course of the years try to make radical and usually unhealthful changes in their eating. These zealous but uninformed or misinformed persons seldom attain success with their dieting. After a few days of it they begin to hedge or cheat a little here and there and soon give up the whole thing because they can't stand it any longer. Perhaps that is just as well for their health. The few fanatics who resist themselves to the freak diet for weeks or months are quite likely to end up in a sanitarium or a sanatorium.

Dr. Brady

Dr. Joslin and associates have found that 25 per cent of our entire population are potential diabetics—that is, about 35 million persons have the inherited tendency to develop diabetes and may pass the tendency along to their children whether they themselves ever develop the disease or not. Whether or not depends, I believe, primarily upon the amount of refined carbohydrate food they consume and secondly upon the amount of exercise they get every day. I say I believe these two factors determine whether the individual with the potentiality shall develop the disease. Some good physicians agree with this; others may not. Further I believe the almost universal vitamin B complex deficiency of modern Americans contributes to the development of diabetes in persons with the tendency. Most good physicians do not believe so. In any case I am sure my teachings regarding these questions can do no harm, as set forth in the booklet **Training for Diabetes**—for which send twenty-five cents and stamped self-addressed envelope.

Most persons who develop diabetes have heen ten per cent or more overweight for many years before the diabetes is diagnosed. What proportion of them have had or imagine they had liver trouble while they were training for diabetes I do not know, but probably a good many of them have. After all the liver is the principal storehouse for sugar (glucose, glycogen) and the organ would naturally become congested or enlarged or disordered if the body's capacity to burn up or use sugar (glucose, dextrose, glycogen) to produce energy began to fail.

Gently but firmly I am leading up to the fifth remedy or preventative I have to suggest for persons with chronic liver or gall-bladder trouble. In previous talks I suggested four other prophylactic or preventative measures, namely, massage of liver and gall-sac by belly breathing; improving the circulation by a dozen somersaults a day; keeping 28 to 32 teeth (your own or dentures provided by your dentist) in good working condition; moderate reduction in total caloric value of daily food intake.

The fifth remedy is, as you will have guessed, exercise—two miles of exygen or the hoof three times a day or equivalent in any other general exercise you prefer.

Moderate restriction in total caloric value of daily food intake particularly refined carbohydrate foods (items containing principally starch and | or sugar), is the secret of successful dieting either to reduce or to relieve chronic liver trouble or to prevent development of diabetes.

Moderate restriction in total caloric value does not mean "cutting out all starchy food." That is seldom necessary even for diabetes. It means rather eating one slice of bread or toast at a meal instead of two slices; or eating one-half of a potato instead of the whole potato; or omitting "breakfast food" or cereal from your menu if you take bread, toast or roll or cake or cookie or other cereal or flour product for breakfast.

QUESTIONS AND ANSWERS

Everybody Needs Iodine

Please send me your pamphlet on Iodin Ration. Would it affect an arrested case of tuberculosis? (K. McE.)

Answer—One with arrested tuberculosis or one with active tuberculosis needs a daily ration of iodine the same as every one else. For THE IODIN RATION send stamped self-addressed envelope.

How to Adjust Yourself

How can one adjust himself to the "male climacteric" or change of life? (H. T. A.)

Answer—For a beginning one might resolve that from now on one will not take old wives' tales seriously.

Celery

Is it harmful if a person eats a whole head of celery every day? I have been eating it every day for several months and can't ever seem to satisfy my craving for it. —(Mrs. C. DeN.)

Answer—No, it is good healthful food.

(Copyright, 1950, by John F. Dille Co.)

More Cities Provide Off Street Parking

Chicago—(U.P.)—An increasing number of cities are providing off-street parking spaces in their business districts to eliminate mid-town traffic jams.

The International City Managers' association reports that 380 cities of more than 10,000 population now own and operate municipal off-street parking lots.

These cities own a total of 828 such parking lots.

Sixty-three cities opened such lots for the first time last year. One-hundred others opened new ones in 1949.

The biggest city to adopt the idea last year was St. Paul, Minn. Four other large cities, Dayton, O., Gary, Ind., Syracuse, N. Y. and Trenton, N. J. opened lots for the first time last year.

Use Mail Tribune Want Ads

YOU Can Do It Too!!

Is a rapidly growing family "shrinking" your home? Then gain added comfort by adding that needed EXTRA ROOM.

Our top-notch materials, sound advice and convenient Monthly Terms enable you to do it easily and quite inexpensively too. Come in and talk with our Remodeling Experts today!

$15.97 a Month Buys All the Required Materials

Ed Niles Lumber Co.

HIWAY 99 NORTH PHONE 2-9175

TODAY'S SAFE WAY!

You can't take chances with Concrete—and you need not! Good, lasting concrete requires a mechanically measured and meticulously mixed batch — to START with. That's why biggest builders specify our Ready Mixed Concrete. It is why YOU, too, should!

Sand and Gravel — Crushed Rock — Crushed Granite

M. C. LININGER and SONS

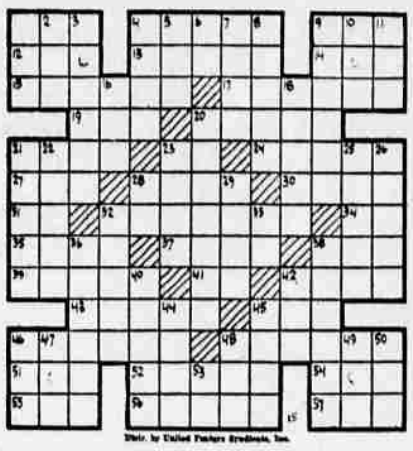
CORNER HAMRICK ROAD—MEDFORD PHONE 2-5336

CROSSWORD PUZZLE

ACROSS
1—Drudge
4—Fit of activity
9—Pigpen
12—Ripen
13—Spear
14—Confederate general
15—Lyric poem
17—Concur
18—Performed
20—Harangue
21—Chirp
23—At bat
24—Jewish month
27—Go astray
28—Fostered
30—Roman tyrant
31—Land measure
32—Dreading
34—Great Britain (abbr.)
35—Fly
37—Bathe
38—Fit
39—Fungus
41—Symbol for tellurium
42—Heat producer
43—Growing out
45—Vague
46—Taper
48—Refuge
51—Conjunction
52—Beneath
54—Girl's name
55—Cry of sheep
56—Wading bird
57—Knock

DOWN
1—Distant
2—Past
3—Word class
4—Winter vehicle
5—Crony
6—Article
7—Cicatrix
8—Tadelands
9—Part of coat
10—Number
11—Nevertheless
16—Immerse
18—Smart
20—Conduct
21—Legume (pl.)
23—Mistake
25—Dispute
26—Inventor of dynamite
28—Exist
29—Steep descent
32—Fern leaf
33—Compass point
36—Calendar of business
38—More inarticulate
40—Ankle bone
42—Pine
44—Temporary shelter
45—Dismal
46—Part of locomotive
47—Anthology
48—Possessive pronoun
49—Eggs
50—Corded cloth
53—Note of scale

ANSWER TO PREVIOUS PUZZLE



Distr. by United Feature Syndicate, Inc.

STRANGE AS IT SEEMS by ELSIE HIX

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

L'IL ABNER

BLONDIE

MUTT and JEFF

PENNEYS

Don't Forget Father This Sunday
Over 300 Better Shirts

Rub your eyes and look again at this exceptionally low price for first quality—Penney's famous Towncraft Dress Shirts. Solid colors rayon decorated design stripes. You'll find them all at Penney's at a very special saving price.

SPECIAL PRICE! **2.44**