

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

Table with 3 columns: Station (KYJC, KMED, KWIN), Time, and Program Name. Includes shows like 'Fun Factory', 'Sports Parade', 'The Lone Ranger', etc.

RADIO PROGRAMS—THURSDAY

Table with 3 columns: Station (KYJC, KMED, KWIN), Time, and Program Name. Includes shows like 'Farm News', 'Breakfast Club', 'Victor H. Lindh', etc.

As We Live

By ELIZABETH HURLOCK, PH.D.

SECRETARY SHOULD WALK OUT ON BELLIGERENT EMPLOYERS

No worker should tolerate bad working conditions. This holds true not only for poor lighting, ventilation, and inadequate equipment but also for the emotional atmosphere in which the person works.

If they do not take you at your word, put on your hat and coat the next time a battle starts and walk right out of the office, even if you are in the middle of writing a letter. And, don't come back until they call up to find out where you are and give you their solemn promise it won't happen again.

Get Another Job You may have to take such drastic measures several times before you will bring these men to their senses. Or, if they simply won't reform, then get another job. After 15 years of experience in one office, I can assure you that you can walk into another job as good if not better than the one you now have within a week.

No worker need ruin her health and disposition for the sake of a job. If you do efficient work, as you are paid to do, that is all they can expect of you. A nervous breakdown is too high a price to pay for any job. Don't pay it.

If you have a problem about family or friend, ask Dr. Hurlock to help you. Write in care of this newspaper.

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(Q)—"I work as a secretary for three men, one of whom is sarcastic and disagreeable. They have terrific battles which really don't amount to anything but I am in the middle of it all the time. This constant friction caused me to suffer a nervous collapse several years ago but I am much better now. This is a good position and I've held it for 15 years. How can I overcome this terrific nervous tension?"

(A)—You should lay down the law to your employers and tell them you cannot and will not work in a place where there are constant battles going on. If they want to keep you, they will have to give you a better working atmosphere than the one that exists now.

Secretaries are scarce these days. Your employers will not want to lose you as you probably know almost as much as they do about the business. It takes a long time to break in a new secretary, once one is found, and it might take 15 years before she knew as much about the business as you do. They know that too.

RUPTURE (HERNIA)

COLON and STOMACH PILES (Hemorrhoids) ailments

Treated Without Hospital Operation

THE DEAN CLINIC Open 10 until 12 Monday through Friday, 11:30 a.m. Monday, Wednesday and Friday, Chronic Physicals, 10 a.m. to 12:30 p.m.

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Your Health and Its Care

By DR. WILLIAM BRADY, M.D. Readers should address inquiries to: William Brady, 265 El Camino, Beverly Hills, Cal.

SO YOUR NERVES ARE EXCITABLE?



Dr. Brady

In an earlier talk in this series on calcium the conductor of this column, who, I assure you, is the same old so-and-so who has so long called you readers names, and not a ghost writer (just between ourselves the poor geek is on probation for 30 days)—mentioned the physiological functions of calcium, one of which is regulation of excitability of nerve fibres and nerve centers, just "nerves" to you, period.

That may account for the happy effect so many sufferers from nocturnal leg cramps have experienced when they booped (poker term, meaning raised) their daily intake of Ca and D, as directed in the pamphlet Adult Tetany and Growing Pains, available on written request if you provide stamped, self-addressed envelope.

For years I have advised booping the Ca and D intake regardless of any treatment the victim may otherwise take, for periodic headache (migraine) and for recurring or frequent so-called "nervous headache" or "neuralgia."

Perhaps I should acknowledge that I have been impressed with the value of Ca and D, not as a headache remedy but as a nutritional supplement to prevent or correct the condition responsible for the headache, largely by the reports of readers who have adopted the suggestion in their way of life. I have had only a few opportunities to observe the experiment in person.

If you would like more detailed information about this, send me a stamped, self-addressed envelope and ask in writing for pamphlet Why Have Headache? If you give your address as "City" or "local" or omit the name of your state or province you won't be hearing from me—in which case you may file a vigorous protest with the editor or publisher.

In the event that you decide to try the daily ration of Ca and D I suggest for migraine or neuralgic headache, I beg that you heed this caution: Don't let it be medicine. It's food or a food accessory—something everybody needs every day. Please don't fool with it for a week or two and then discontinue because you fail to experience any relief. Don't deceive yourself—until you have taken your daily ration of calcium and vitamin D in one form or another faithfully for at least three months you haven't tried it, you have just trifled with it.

It may well be this mild sedative or rather steadying effect on the nerve centers that accounts for the moderation or relief of hot flashes which many women report they have experienced. And for the help increased intake of calcium and D gives children who are trying to get over the bed-wetting habit.

Once there was a popular nostrum which, according to the testimonials of college professors, clergymen, attorneys and maybe a physician or two, had great restorative value for victims of nervous exhaustion or nervous breakdown. It consisted virtually of dried cottage cheese. Cottage cheese is a good source of calcium, and I sometimes wonder whether the calcium content accounted for the benefits attributed to the stuff by gullible customer.

QUESTIONS & ANSWERS Cramps in Leg I owe you a report on the wonderful relief my husband got soon after he began taking calcium and D for the intensely painful cramps in his legs which he suffered several nights in the week. Formerly he laughed at me for my faith in your advice, but now when I mention Dr. Brady he says a fervent "Amen" (Mrs. G. C.) Answer—Thank you, Ma'am. Any

MOO-O-OS and MUSINGS



SOCIETY NOTE

We are pleased to announce that Frank Hull (Who has been a bachelor since birth) will be married on Sunday.

This announcement will come as quite a surprise to many, including Frank Hull.

Little Daisy



Printing, Radar Jobs Told by Commission

Applications for plate printers for duty in the Bureau of Engraving and Printing in Washington, D.C., and for radio-radar instructors at the Signal school at Ft. Monmouth, N.J., are being called for by the U.S. Civil Service commission.

The average pay for plate printers is \$26.94 per day. Instructors are paid for \$3,175 to \$5,060 a year.

Applications and further information may be obtained from H. S. Walker, Medford Post Office, civil service regional office, or the U. S. Civil Service Commission, Washington 25, D.C.

First Contestant In 1952 Grass Man Competition Told

Ben Day, Sams Valley, is the first contestant to enter the "Grass Man of the Year" contest, according to County Agent W. B. Tucker.

The Jackson County Stockmen's association is again sponsoring the contest here and desires at least one entry from each community.

Types of Progress Any farmer or stockman of the county who has made progress in developing grass crops, controlled erosion, improved the productive capacity of the soil, developed irrigation or improved drainage and can show economic utilization of such develop-

ments, is eligible to enter the contest.

The purpose of such a program, according to Tucker, is to focus attention of the agricultural interests of the county to the possibilities available to increase the economy through increased grass, more seed crops, greater numbers of livestock and

a more stable productive soil. Last year's county "Grass Man" contest was won by C. C. Hoover.

Dead line Sunday Classified is at 5:30 p.m. For following day: 10 a.m. Monday for Monday; noon Saturday for Sunday a.m.

WHY PAY MORE? When it comes to speed, quality and purity in aspirin—You Can't Get More than guaranteed by the world's largest seller at 10¢.

St. Joseph ASPIRIN Orange flavored, tablets are 1/4 adult dose. Buy now—your child may need it tonight. Only 10¢.

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

Crossword puzzle grid with clues for Across and Down. Clues include: 1—Small rug, 2—Wearies, 3—Wine cup, 4—Atmosphere, 5—Angry, 6—Yendis stroke, 7—Sprindol fish, 8—Stared, 9—Pigeon pea, 10—Leather thong, 11—Ducklike bird, 12—Location, 13—Thrust out the lips, 14—Parcel of land, 15—Arabian prince, 16—Swiss river, 17—Is borne, 18—Fruit drink, 19—Resolved beforehand, 20—Conjunction, 21—Lilt, 22—Consume, 23—White, 24—Mature, 25—Thick, black substance, 26—Burmese demon, 27—Entire range, 28—Native metal, 29—Man's nickname, 30—Puff up, 31—Click beetle, 32—Acetform fluid, 33—Sword, 34—Female sheep, 35—Value highly, 36—Compact, 37—Man's name, 38—Knock, 39—French for "summer", 40—Grasslike herb, 41—Town official, 42—Competent, 43—Pose for portrait, 44—Female ruff, 45—Buckle part, 46—Public measure, 47—One of the lower clergy, 48—Paddles, 49—Type of poem, 50—Mental image, 51—Communist, 52—Muscle (slang), 53—Superficial knowledge, 54—Canine, 55—Negrito, 56—The sweetshop, 57—Was borne, 58—Scold, 59—Wing, 60—Arabic garment, 61—Wing, 62—Queen of fairies, 63—Southwestern Indian, 64—Tier, 65—Before

STRANGE AS IT SEEMS

Illustration of two fish fighting. Text: 'FISH-FIGHTING HAS LONG BEEN A POPULAR SPORT IN SIAM... TWO MALE FISH, ONLY 3 OR 4 INCHES LONG, ATTACK EACH OTHER UNTIL ONE IS DEAD OR EXHAUSTED... THE SPORT IS SUBJECT TO AN "AMUSEMENT TAX" AND CONSIDERABLE ANNUAL REVENUE IS COLLECTED... DURING THE CONSTRUCTION OF THE WHITE PASS AND YUKON RAILROAD IN ALASKA, MEN WERE SUSPENDED OVER CLIFFS BY ROPES TO DO THE NECESSARY ROCK DRILLING... THE TREESTLE OVER DEAD HORSE GULCH IS 400 FEET ABOVE THE RIVER... CAN YOU TAKE THE NUMBERS 1, 2, 3, 4, 5, 6, 7, 8, 9, 0, USING EACH NUMERAL ONCE, AND ARRANGE THEM BY ADDITION TO GET A TOTAL OF 100? - Answer tomorrow -'

BARNEY GOOGLE and SNUFFY SMITH

Comic strip panels. Characters: Barney Google and Snuffy Smith. Dialogue: 'RIDDLES!! SNUFFY SAYS GRAB YOUR SHOOTIN' ARN AN' COME A-RUNNIN'!!', 'OL' SNUFFY IS HEADED FER HOOTIN' HOLLER', 'WHAT'S THAT FEARLESS-HEARTED WILD BOAR HOUND OF YORN, SNUFFY? I'D FEEL A HEAP SAFER IF HE WUZ ALONG WHEN WE COME FACE TO FACE WIF OL' SNUFFY!!', 'I RECKON "SNIFFER" TOOK OFF AFTER OL' SNUFFY ALL BY HISSE!! I WHISLED FER HIM TILL I'M BLUE IN TH' FACE'

BUZ SAWYER

Comic strip panels. Character: Buz Sawyer. Dialogue: 'WELCOME TO IRAN, MR. SAWYER. I'M ALI TEHARI, ONE OF THE IRANIAN PILOTS ATTACHED TO YOUR LOUCST CONTROL. FINE, I'M SURE. I HOPE YOU'LL HAVE DINNER WITH ME.', 'I LIKE YOUR COUNTRY, MR. TEHARI.', 'THAT PLEASER ME, SIR.', 'AND MY COUNTRY IS GRATEFUL TO THE UNITED STATES FOR ITS COOPERATION IN FIGHTING THE WORST LOUCST PLAGUE IN A CENTURY. YOUR TECHNICIANS, PLANES AND INSECTICIDES MAY WELL AVERT A FAMINE.'

LI' ABNER

Comic strip panels. Character: Li' Abner. Dialogue: 'SIGH—A FINE WAY FO' US T' START OUR MARRIED LIFE—GITTIN' RUN OUTA TOWN BY TH' BOARD O' HEALTH!! WHAR'LL WE LIVE, NOW?', 'RIGHT THAR!!', 'HMPH!!—TAIN'T NOTHIN' BUT A ABANDONED HENHOUSE!!', 'TRUE!!—BUT LOOK AT TH' VIEW!!', 'A DOGPATCH HAM!!—BUT IT BELONGS TO OUR NEIGHBORS!!', 'AH!! SWEET-TALK 'EM OUT OF IT, HONEY. AH IS AS SMART AS YU' IS DIRTY.', 'THASS PLENTY SMART, HONEY.'

BLONDIE

Comic strip panels. Character: Blondie. Dialogue: 'NOW LETS SEE—WHERE DID I PUT MY PIPE?', 'I PUT IT SOME PLACE SO I'D BE SURE TO FIND IT WHEN I WANTED IT.', 'LET ME THINK.', 'I CAN'T REMEMBER WHERE I PUT IT, SO I COULD BE SURE AND FIND IT.'

MUTT and JEFF

Comic strip panels. Characters: Jeff and Mut. Dialogue: 'JEFF, YOU CANT GO AROUND MAKING ALL KINDS OF RIDICULOUS PROMISES!', 'BECAUSE IT'S CRAZY!', 'POLITICIANS DO IT!', 'YOU'RE NO POLITICIAN! YOU'RE NUTS!', 'OH, YEAH? ARE YOU ALL RIGHT?', 'CERTAINLY I'M ALL RIGHT!', 'THEN I'M GLAD I'M NUTS!', 'JEFF FOR PRESIDENT', 'WHY NOT?', 'FOR PRESIDENT'