

RADIO PROGRAMS--MONDAY

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: KYJC - 1230 kc, KMED - 1440 kc, KWIN - 1480 kc. Lists radio programs for various stations.

RADIO PROGRAMS--TUESDAY

Table with 3 columns: KYJC - 1230 kc, KMED - 1440 kc, KWIN - 1480 kc. Lists radio programs for various stations.

Your Health and Its Care

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

FOOD CALCIUM KIND TO ARTERIES

One of the physiological functions of calcium—makes no difference whether the calcium is taken in the form of milk, cheese, beans and other high calcium foods or in the form of calcium gluconate as in the capsules or wafers used to supplement the ordinary diet of most Americans (which is a low-calcium diet), as described in booklet 'The Calcium Shortage,' for which 25c and stamped, self-addressed envelope—an important function of calcium is to maintain vigorous contraction of the heart.

Pharmacologists classify calcium as a vasodilator, that is, it tends to open or dilate the smallest arteries, called arterioles, and so permit freer flow of blood to the tissues or organs. This is especially significant in respect to the coronary arteries and their arterioles—the vessels which convey blood to the heart muscle—the heart is a hollow muscle.

Calcium increases the tone of the heart muscle and so, if the individual has a calcium deficiency, it is actually a heart tonic. Moreover, thanks to the steady action of calcium on

How Long is a Day?

By J. HUGH PRUETT Astronomer, Extension Division Oregon Higher Education System. To those of us who have spent all our lives in the so-called middle latitudes, it may seem rather senseless to expect a simple answer to the question, "How long is a day?" If we define "day" as the time between sunrise and sunset, anyone who observes at all will say that throughout a year a day has various lengths.

As We Live

By ELIZABETH HURLOCK, PH.D. BROKEN WITH UNDEPENDABLE MAN NOW, DON'T MARRY HIM. Some men are good marriage risks; some are not. You can usually spot the bad marriage risks by their behavior. The man this young woman is in love with has all the earmarks of a bad marriage risk. Here is a description of his behavior:

Q. "I am 35 and have been keeping company with a man my age for half a year. He comes to see me but never takes me out, although he's spoken about it. He also says he will be over on a certain day and then never shows up. He says he loves me and is planning to get married. Then he'll say he doesn't know if he wants to get married as he's too busy. I don't want to waste time on him if that is the case, but I love him."

Good Bear Creek TOP SOIL. PHONE MEDFORD CONCRETE CONSTRUCTION CO. 2-6469

broken promises. A man who breaks his promise to anyone is unreliable and un dependable. When he breaks his promise to the woman he says he loves, it is inexcusable. Unless he has an excellent excuse for a broken promise in the future, never give him a chance to break another. A person of that sort is not worth wasting time and thought on.

Turn your interests and affections elsewhere. Go out with other men and do not be too available when this man says he wants to see you. Let him know that he cannot hope to win you with his present tactics. It is better to be disappointed now than disillusioned and heartbroken later.

'Breaking-In' of New Autos Explained. Champaign, Ill. (U.P.)—Some people have wondered why they are supposed to "break in" their automobiles or other machinery at increasing speeds. Research conducted by Prof. George M. Sinclair of the University of Illinois college of engineering showed that the "breaking in" process avoids overheating bearings and other moving surfaces and actually increases the strength of the machine.

HIGH SCHOOL. If You Did Not or Cannot Finish. NOW AT HOME • LOW PAYMENTS. ALL BOOKS FURNISHED • NO CHARGES. DIPLOMA IF YOU ATTEND 24 HOURS. AWARDS AMERICAN SCHOOL, 1744 Broadway Oakland 12, Calif.

Vitamin A Concentrates Believed Potentially Toxic

Chicago (U.P.)—A scientific journal believes vitamin A concentrates are "potentially toxic" and should not be given to mothers "for daily feedings to healthy children." The American Journal of Roentgenology and Radium Therapy said in an editorial that vitamin A concentrates are "probably superfluous and certainly expensive."

John Caffey of the Columbia Presbyterian Medical Center of New York, said there have been so many recent cases of vitamin A poisoning that a new, man-made disease has appeared on the medical scene. It is called "hyperpitarminosis." The editorial said early symptoms in children include such common complaints as loss of appetite, itching and fretfulness. Later symptoms include swelling of the extremities and bone changes. Additional findings, the editorial said, include fissures of the lips, loss of hair, dry skin, jaundice and enlargement of the liver.

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Includes a small illustration of a man's face.

STRANGE AS IT SEEMS

Advertisement for Sir Thomas Lipton tea. Includes a portrait of Sir Thomas Lipton and text: 'English tea merchant, and yachting enthusiast, NEVER WON THE AMERICA'S CUP IN 5 TRIES DURING A PERIOD OF 31 YEARS...'

BARNEY GOOGLE AND SNUFFY SMITH

Comic strip panel showing Barney Google and Snuffy Smith. Dialogue: 'PAW! IVE SHOULDNT LET LITTLE JUHGAID STAND WATCH OUT YONDER IN TH PITCH--BLACK NIGHT FER THAT WILD BOAR--HELL--'

BUZ SAWYER

Comic strip panel showing Buz Sawyer. Dialogue: 'HALP!! HALP!! OL SHORTS ON TH WARPATH!!'

L' ABNER

Comic strip panel showing L' Abner. Dialogue: 'SOME FEENDS DONE KNOCKED OUT SARY AN CARY GRUNT, AN MURDERED TH DOGPATCH HAM!!-- THAR HAIN'T NOTHIN LEFT OF IT BUT A BONE!!'

BLONDIE

Comic strip panel showing Blondie. Dialogue: 'GOSH--IT TAKES A LITTLE OF GROCERIES TO FEED A FAMILY. WOW, WHAT A JOB! DAGWOOD BLINSTEAD, I CANT TRUST YOU TO REMEMBER A THING. WHERE ARE THE CARAWAY SEEDS?'

MUTT and JEFF

Comic strip panel showing Mut and Jeff. Dialogue: 'WE BOTH HAD COLDS NOW FOR A COUPLE OF WEEKS! YEH, WE CANT SEEM TO GET RID OF IT, NO HOW. THE ONLY THING FOR A COLD IS STAY IN BED AND REST! JEFF, WHAT ARE YOU DOING? OH, I JUST TOOK AN ICE COLD SHOWER! NOW I'M GONNA SIT IN FRONT OF AN OPEN WINDOW AND LET THE BREEZE BLOW. YOU FOOL! YOU'LL GET PNEUMONIA! I KNOW... THEY CAN CURE PNEUMONIA, BUT THEY CANT CURE A COLD!'

RENT A CAR DAILY'S U-DRIVE and BODY and PAINT SHOP. Southern Oregon's Oldest and Finest. 29 S. Bartlett - Medford

Vacation Time LOANS. Plan your vacation NOW. Whatever you go, whatever you do, we are prepared to supply you with ample funds to meet all expenses. \$300 on Furniture, up to \$500 on Automobile. You may have 20 months to repay. American Finance CORPORATION. Room 210-211 - Leverette Bldg. Phone 2-8886. License M-362 License S-285

IN SAN FRANCISCO hotel rooms LOW COST LUXURY. Challenge comparison Clean • Quiet • Comfortable Central location. HOTEL COMMODORE CRAIG P. SMITH, MGR.-OWNER. Sutter at Jones St. TUX 5-2464

High School advertisement with contact information for American School.