

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

KVJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
4:00—Fun Factory	Doctor's Wife	No Soap—Music
4:15—World Flight Reporter	Young Dr. Malone	No Soap—Music
4:30—Big Jon & Sparkie	The Brighter Day	No Soap—Music
4:45—Big Jon & Sparkie	Pierce Commentary	No Soap—Music
5:00—Sports Parade	Got A Date	Three Quarter Time
5:15—Elmer Davis	Sports Round-Up	Rich. Graham & News
5:30—Drive-In-Quiz	World Concert Hall	Bob Eberly Show
5:45—Footlight Favorites	World Concert Hall	Lean Back & Listen
6:00—Lone Ranger	World Concert Hall	Lean Back & Listen
6:15—Lone Ranger	World Concert Hall	Lean Back & Listen
6:30—Henry J. Taylor	World Concert Hall	Lean Back & Listen
6:45—Stewart Craig	World Concert Hall	Lean Back & Listen
7:00—Chicago Signatures	World Concert Hall	Lean Back & Listen
7:15—Chicago Signatures	World Concert Hall	Lean Back & Listen
7:30—Chicago Signatures	World Concert Hall	Lean Back & Listen
7:45—Chicago Signatures	World Concert Hall	Lean Back & Listen
8:00—Paul Whiteman	World Concert Hall	Lean Back & Listen
8:15—Paul Whiteman	World Concert Hall	Lean Back & Listen
8:30—Paul Whiteman	World Concert Hall	Lean Back & Listen
8:45—Paul Whiteman	World Concert Hall	Lean Back & Listen
9:00—ABC Late News	World Concert Hall	Lean Back & Listen
9:15—Safeway Program	World Concert Hall	Lean Back & Listen
9:30—The CIO and You	World Concert Hall	Lean Back & Listen
9:45—The CIO and You	World Concert Hall	Lean Back & Listen
10:00—Fine Arts Quartet	World Concert Hall	Lean Back & Listen
10:15—Fine Arts Quartet	World Concert Hall	Lean Back & Listen
10:30—Musical Moods	World Concert Hall	Lean Back & Listen
10:45—Musical Moods	World Concert Hall	Lean Back & Listen
11:00—Platter Party	World Concert Hall	Lean Back & Listen
11:15—Platter Party	World Concert Hall	Lean Back & Listen
11:30—Platter Party	World Concert Hall	Lean Back & Listen
11:45—Platter Party	World Concert Hall	Lean Back & Listen
12:00—Sign Off	World Concert Hall	Lean Back & Listen

RADIO PROGRAMS--TUESDAY

KVJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
6:00—Yawn Patrol	Monkey Shines	1400 Corral
6:15—Yawn Patrol	Monkey Shines	1400 Corral
6:30—Yawn Patrol	Monkey Shines	1400 Corral
6:45—Yawn Patrol	Monkey Shines	1400 Corral
7:00—Yawn Patrol	Monkey Shines	1400 Corral
7:15—Yawn Patrol	Monkey Shines	1400 Corral
7:30—Yawn Patrol	Monkey Shines	1400 Corral
7:45—Yawn Patrol	Monkey Shines	1400 Corral
8:00—Yawn Patrol	Monkey Shines	1400 Corral
8:15—Yawn Patrol	Monkey Shines	1400 Corral
8:30—Yawn Patrol	Monkey Shines	1400 Corral
8:45—Yawn Patrol	Monkey Shines	1400 Corral
9:00—Yawn Patrol	Monkey Shines	1400 Corral
9:15—Yawn Patrol	Monkey Shines	1400 Corral
9:30—Yawn Patrol	Monkey Shines	1400 Corral
9:45—Yawn Patrol	Monkey Shines	1400 Corral
10:00—Yawn Patrol	Monkey Shines	1400 Corral
10:15—Yawn Patrol	Monkey Shines	1400 Corral
10:30—Yawn Patrol	Monkey Shines	1400 Corral
10:45—Yawn Patrol	Monkey Shines	1400 Corral
11:00—Yawn Patrol	Monkey Shines	1400 Corral
11:15—Yawn Patrol	Monkey Shines	1400 Corral
11:30—Yawn Patrol	Monkey Shines	1400 Corral
11:45—Yawn Patrol	Monkey Shines	1400 Corral
12:00—Yawn Patrol	Monkey Shines	1400 Corral

In and Around Rogue River

Rogue River—Guests of the Earl Weaver family are Mrs. Weaver's mother, Mrs. R. E. McNatt from Casa Grande, Ariz., and a brother, R. E. McNatt Jr., and wife and sons Tony and Mike, from Santa Monica, Calif. They arrived Wednesday for a week's visit.

Mrs. Austin Jones, former Rogue River librarian and her daughter, Mrs. Neil Moore of Wimer entertained at tea last Sunday at the Civic club rooms. They were assisted by "Aunt" Mary Moore and her sister Mrs. Jim Summerville of Wimer.

It was reported the school board of district 35 accepted the resignation of Warren Center as superintendent of Rogue River schools, at the special meeting held last Monday at the Frantz ranch on Foothills creek. They also hired Mrs. E. J. Green as cook on the school cafeteria. Mrs. Green, former president of the Rogue River Civic club, had previously announced she would be a candidate for the office of city recorder.

Candidates whose petitions have been filed are: for city recorder, Orva Jean Cruise, incumbent, and Mrs. E. J. Green; city treasurer, Lois Morgan; for councilman, Al Babcock and Harry Nelson. A petition is being circulated for Agnes Magerle whose two-year term expires this year, and it is reported petitions are being circulated for Mayor Fred Dengler and for former councilman Lloyd Smith. Smith resigned recently in order to accept the job as carpenter on the city hall. Hold over members are Phil Engle, F. G. Petrie and Howard Miller.

Charles K. Jenkins, father of Mrs. R. H. Worrall, and her sister, Mrs. Laura Duckett and daughters Charlotte Ann, Dorothy and Margaret and a nephew, Lawrence Reinhart, who were guests at the Worrall home on West Evans creek, left Thursday for their home in Washington, D.C. They are motoring and will go by way of San Francisco, Los Angeles, Salt Lake City and Denver. While here they visited Oregon Caves, Crater Lake, Crescent City, Museum of Lystia, Jacksonville, trees of Mithia park and the Magnolia sawmill in Rogue River.

Mr. and Mrs. Walter Moffitt and daughter Judy, Upland, Calif., are visiting at the Sandeen home on West Evans road. Mrs. Moffitt is a sister of Mrs. Carl Sandeen.

Your Health and Its Care

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

JUNK IS "CHEAT" FOOD

A mother who asks how she can build up her daughter's resistance against frequent attacks of bronchitis (she does not mention the daughter's age) says the doctors she has consulted do not tell her how to lessen the attacks. She has an idea that the trouble is constitutional and that if her daughter could take the proper vitamins to build up her constitution... For one thing, she has not regular elimination, and like most children today she eats more junk than food. (Mrs. R. D. H.)

From the casual data the mother gives I am unable to surmise what the child's trouble may be. It is, perhaps, smouldering tuberculosis? The mother might well take the child to the place designated by the local health department or health officer for X-ray film of lungs—everybody's doing it now, just to be on the safe side.

Proceeding on the assumption that daughter is ten, twenty, or thirty years old and that her health is not as good as it should be, it is likely that the "junk" she eats instead of food accounts for much or all of her trouble.

What Mrs. H. calls "junk" I call cheat food. That is anything made principally of (1) white sugar and/or (2) refined white flour or syrup. For example, white bread, crackers, cake, ice cream, candy, soda, chocolate malted, sundaes. These are all pretty nourishing stuff, full of calories (the calories coming mainly from the white flour starch and sugar in them), but they tend to make you flabby, dull and dumpy. Refined carbohydrate (pure starch or sugar) supplies virtually nothing but calories but in order to make good use of carbohydrate in the body something else is essential—namely the vitamin B that grows with the starch or sugar.

If the young person is in the habit of eating "junk" instead of real food at lunch time it would be an excellent plan for him or her to try living for one month without "junk." For lunch take at least a glassful (half pint), better a pint, of milk and whole wheat bread, roll, biscuit or crackers—real whole wheat, not ordinary bread with

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YOUR RADIO TRIBUNE

KVJC

he or she likes. Instead of sweet "dessert" the young person should supplement his or her milk or salad or both with some fresh fruit, whatever fruit is in season, available or palatable.

A genuine salad, made of green leaves, raw vegetables and/or fruit with or without bits of cheese, chicken, fish, shellfish, or ham added to the dressing—makes an ideal complement for fresh milk in a formal luncheon.

Instead of taking sugar solution in the form of carbonated beverage or nibbling on candy when you feel the need of a lift, keep on hand a supply of peanuts and chew some slowly and thoroughly. That will give you not only calories but protein and fat and some of the vitamins and minerals you need but do not get from "junk."

CROSSWORD PUZZLE

Answer to Saturday's Puzzle

ACROSS

- 1—Allow
- 2—Cherrylike
- 3—Printer's error
- 4—Dried grape
- 5—Printer's error
- 6—Bank clerk
- 7—Parent (colloq.)
- 8—Free of
- 9—Paper measure
- 10—Door handle
- 11—Break
- 12—Strike (colloq.)
- 13—Mountain pass
- 14—Coarse fabric
- 15—Pierce
- 16—Pronoun
- 17—Suddenly
- 18—Is mistaken

DOWN

- 1—Length measure (abbr.)
- 2—River in Arizona
- 3—South American
- 4—Knock
- 5—Refuse from grapes
- 6—Edible, starchy root
- 7—Initiate
- 8—Vehicle
- 9—Bird's beak
- 10—Compass point
- 11—Desert dweller
- 12—Symbol for nickel
- 13—Tie
- 14—Disease of horses
- 15—Ancient Jewish ascetic
- 16—Widespread fright (pl.)

BARNEY GOOGLE and SNUFFY

PAW--THAT'S TWO FLATLAND FURRINERS OUT YONDER WIF SOME QUARE CONTRACTIONS STRUNG AROUND THEIR NECKS--THEY CLAIM TO BE LOOKIN' FER TIGER LIL

I'LL GO TALK TO TH' SHIFLESS SKONKS, MAW

SHOOT SOME STILLS?

AIN'T THAT NICE, AL? HE SAID HE'D GIVE US A FULL CHARGE FOR FREE

BUZ SAWYER

AROUND THE VILLAGE OF FAZAR THE FARMERS ARE BEGINNING THEIR HARVEST

SOMETHING WRONG, RIDER?

LOCUSTS, 30 KILOMETERS IN THE DESERT.

HUGE SWARMS...THEY'RE SPROUTING WINGS, THE PREVAILING WIND WILL BRING THEM THIS WAY. THERE IS NO TIME TO LOSE.

I'LL CALL HEADQUARTERS AT ONCE. WE'LL NEED SPRAY PLANES.

L'L ABNER

KNOWIN' YO LOST YORE JOB WE BRANG OVER SOME ON-LEVER, SOUP AN' FRIED HAWK-WINGS!!

SHECKS!!--WE DON'T NEED NONE O' YORE FOOD!!

WE--GULP!!--SAVED T'HEAR THAT, SON!! FRANKLY, THIS WAS T'IDE US OVER!!

AH'M MIGHTY RELIEVED T'HEAR THAT, SON!! FRANKLY, THIS WAS T'IDE US OVER!!

AH IS PROUD O' YO, FO' TELLIN' THE L'L ABNER, DO LIE, L'L ABNER--BUT AH IS SO WORRIED 'BOUT OUR FUTURE!!

AH IS WORRIED 'BOUT SALOMEY'S FUTURE. NEVAH FELT LIKE GRABIN' HER, AN' EATIN' HER, BEFORE!!

MEANWHILE AUNT BESSIE'S PARTY.

A BIRTHDAY PRESENT FOR OUR ARISTOCRATIC RELATIVES IN THE SOUTH?

Y-YES, BUT I'LL OPEN IT LATER!!

WE MUST SUE IT, NOW!!

HOWLIN' WE INSIST!!

BLONDIE

OH, MY GOODNESS I'LL STEP IN THIS DOORWAY AND FIX IT

BLONDIE, YOUR SLIPS SHOWIN'--IT LOOKS TERRIBLE

THE STRAPS ARE BROKEN--I CAN'T FIX IT

BETTER TAKE IT OFF--NO ONE'S LOOKING

HERE, QUICK, STICK IT UNDER YOUR COAT

QUICK

LOOK IT OVER BETTER

YEH, MUCH

MUTT and JEFF

HEY, MUTT! I JUST MISTOOK A GUY THAT LOOKS EXACTLY LIKE YOU!

REALLY?

YEH, EXCEPT HIS EYES, THEY WERE BLUE AND HE HAD A LITTLE MORE HAIR THAN YOU!

HIS FEET WEREN'T AS BIG AS YOURS AND HE WASN'T QUITE AS THIN AS YOU ARE--

OUTSIDE OF THAT HE LOOKED EXACTLY LIKE YOU!

THERE HE GOES NOW!

Leak in Canal Cuts Valley Water Supply

Irrigation water users of the Medford and Rogue River irrigation districts were without water for 16 hours Friday, according to Jack Hoffbuh, manager of the Medford district, yesterday.

The shut-off was due to a leak which weakened the bank of the Medford district. Saturday, causing repairs to be made, the manager noted. The water was turned out at 1 a.m. and in again at 4 p.m. Friday.

The milky water completely encircles the earth.

STRANGE AS IT SEEMS

THE VICTORY, LORD NELSON'S FLAGSHIP IN THE BATTLE OF TRAFALGAR OCTOBER, 1805, IS STILL AFLOAT!

REVERSE SCHEDULE!

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