

RADIO PROGRAMS—SUNDAY

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

KVBC—1230 kc	KMED—1440 kc	KWIN—1400 kc
7:00—ABC Concert Hall*	MONITOR All Night*	
7:15—ABC Concert & News*	MONITOR*	
7:30—ABC Concert Hall*	MONITOR*	
7:45—ABC Concert Hall*	MONITOR*	
8:00—Old Fash. Rev. Meet.	Temple Baptist	Puck The Comic Weekly
8:15—Old Fash. Rev. Meet.	Temple Baptist	Puck The Comic Weekly
8:30—Light & Life Hour*	Church of Christ	Christians Hour
8:45—Light & Life Hour*	Morning News	Christopher's Story
9:00—Salt Lake City Choir*	Gospel Hour	Radio Bible Class*
9:15—Salt Lake City Choir*	Christophers' Story	Radio Bible Class*
9:30—Sacred Heart Program	Mid-Morning News	Radio Bible Class*
9:45—Hour of St. Francis	Presbyterian Service	Radio Bible Class*
10:00—Chevy News: Col. Choir	MONITOR*	Radio Bible Class*
10:15—Negro College Choir	MONITOR*	Radio Bible Class*
10:30—Wild Music Festival*	MONITOR*	Radio Bible Class*
10:45—Wild Music Festival*	MONITOR*	Radio Bible Class*
11:00—Wild Music Festival*	MONITOR*	Radio Bible Class*
11:15—Wild Music Festival*	MONITOR*	Radio Bible Class*
11:30—Wild Music Festival*	MONITOR*	Radio Bible Class*
11:45—Wild Music Festival*	MONITOR*	Radio Bible Class*
12:00—Woodworth Hour*	MONITOR*	Radio Bible Class*
12:15—Woodworth Hour*	MONITOR*	Radio Bible Class*
12:30—Woodworth Hour*	MONITOR*	Radio Bible Class*
12:45—Woodworth Hour*	MONITOR*	Radio Bible Class*
1:00—Old Fash. Rev. Hour*	MONITOR*	Radio Bible Class*
1:15—Old Fash. Rev. Hour*	MONITOR*	Radio Bible Class*
1:30—Old Fash. Rev. Hour*	MONITOR*	Radio Bible Class*
1:45—Old Fash. Rev. Hour*	MONITOR*	Radio Bible Class*
2:00—Voice of Prophecy*	MONITOR*	Radio Bible Class*
2:15—Voice of Prophecy*	MONITOR*	Radio Bible Class*
2:30—Sunday Serenade	MONITOR*	Radio Bible Class*
2:45—Phil Norman*	MONITOR*	Radio Bible Class*
3:00—Juke Box Jury*	MONITOR*	Radio Bible Class*
3:15—Juke Box Jury*	MONITOR*	Radio Bible Class*
3:30—Juke Box Jury*	MONITOR*	Radio Bible Class*
3:45—Juke Box Jury*	MONITOR*	Radio Bible Class*
4:00—Our Miss Brooks*	MONITOR*	Radio Bible Class*
4:15—Our Miss Brooks*	MONITOR*	Radio Bible Class*
4:30—Our Miss Brooks*	MONITOR*	Radio Bible Class*
4:45—Our Miss Brooks*	MONITOR*	Radio Bible Class*
5:00—Kraft Music Hall*	MONITOR*	Radio Bible Class*
5:15—Kraft Music Hall*	MONITOR*	Radio Bible Class*
5:30—Kraft Music Hall*	MONITOR*	Radio Bible Class*
5:45—Kraft Music Hall*	MONITOR*	Radio Bible Class*
6:00—Gene Autry*	MONITOR*	Radio Bible Class*
6:15—Gene Autry*	MONITOR*	Radio Bible Class*
6:30—The Whistler*	MONITOR*	Radio Bible Class*
6:45—The Whistler*	MONITOR*	Radio Bible Class*
7:00—Summer in St. Louis*	MONITOR*	Radio Bible Class*
7:15—Summer in St. Louis*	MONITOR*	Radio Bible Class*
7:30—Gary Crosby Show*	MONITOR*	Radio Bible Class*
7:45—Gary Crosby Show*	MONITOR*	Radio Bible Class*
8:00—Sunday Melodies	MONITOR*	Radio Bible Class*
8:15—Paul Harvey*	MONITOR*	Radio Bible Class*
8:30—Fashions in Music	MONITOR*	Radio Bible Class*
8:45—Fashions in Music	MONITOR*	Radio Bible Class*
9:00—Music With Mantovani	MONITOR*	Radio Bible Class*
9:15—Music With Mantovani	MONITOR*	Radio Bible Class*
9:30—Disaster*	MONITOR*	Radio Bible Class*
9:45—Disaster*	MONITOR*	Radio Bible Class*
10:00—Music to Remember	MONITOR*	Radio Bible Class*
10:15—Music to Remember	MONITOR*	Radio Bible Class*
10:30—Revival Time*	MONITOR*	Radio Bible Class*
10:45—Revival Time*	MONITOR*	Radio Bible Class*
11:00—Sign Off	MONITOR*	Radio Bible Class*

RADIO PROGRAMS—MONDAY

KVBC—1230 kc	KMED—1440 kc	KWIN—1400 kc
6:00—World News Rndup**	KMED Korral	Wakeup Ranch
6:15—Yawn Patrol	KMED Korral	Wakeup Ranch
6:30—Yawn Patrol	KMED Korral	Wakeup Ranch
6:45—Yawn Patrol	KMED Korral	Wakeup Ranch
7:00—Frank Goss*	Johnny Lee Willis*	Hemingway News*
7:15—Martin Armstrong*	Weather & Local Beat	Breakfast Gang*
7:30—Tom MacLeod—Sports	Weather & Local Beat	Breakfast Gang*
7:45—Harry Balthar & 2-30 News	World News Roundup*	Breakfast Gang*
8:00—Breakfast Club*	KMED Kaskob & Visit	Breakfast Gang*
8:15—Breakfast Club*	Weather & Local Beat	Breakfast Gang*
8:30—Breakfast Club*	Quiz & Swap & Sell	Breakfast Gang*
8:45—Breakfast Club*	Friendship Circle	Breakfast Gang*
9:00—Ted Malone	Friendship Circle	Breakfast Gang*
9:15—Bob Garret	Friendship Circle	Breakfast Gang*
9:30—Relay Quiz	Strike It Rich*	Breakfast Gang*
9:45—Cote Glee Club	Phrase That Pays*	Breakfast Gang*
10:00—Whispering Streets*	Mid-Morning News	Breakfast Gang*
10:15—Perry Mason*	Right To Happiness	Breakfast Gang*
10:30—Nora Barlow*	Stella Dallas*	Breakfast Gang*
10:45—Trading Post	Ladies First	Breakfast Gang*
11:00—Helen Trent*	Fibber & Molly*	Breakfast Gang*
11:15—Our Gal Sunday*	Pauline Frederick*	Breakfast Gang*
11:30—Record Rack	Lunchtime News & WX	Breakfast Gang*
11:45—Record Rack	Lunchtime Markets	Breakfast Gang*
12:00—Paul Harvey*	Lunchtime Features	Breakfast Gang*
12:15—Rogue Val. Reporters	Mystery KMED Kaskob	Breakfast Gang*
12:30—Sam Hayes*	Woman In My House*	Breakfast Gang*
12:45—Weather—Spin & Win	Lorenzo Jones*	Breakfast Gang*
1:00—Spin & Win	Wonderful City*	Breakfast Gang*
1:15—Spin & Win	Wonderful City*	Breakfast Gang*
1:30—Arthur Godfrey*	Pepper Young*	Breakfast Gang*
1:45—Arthur Godfrey*	Widder Brown*	Breakfast Gang*
2:00—Arthur Godfrey*	Turn Back Clock*	Breakfast Gang*
2:15—Arthur Godfrey*	Turn Back Clock*	Breakfast Gang*
2:30—Arthur Godfrey*	Turn Back Clock*	Breakfast Gang*
2:45—Arthur Godfrey*	Turn Back Clock*	Breakfast Gang*
3:00—Bulletin Board	News & What's Doing	Breakfast Gang*
3:15—Concerttime	Claude Rains*	Breakfast Gang*
3:30—Concerttime	Current & Choice	Breakfast Gang*
3:45—Concerttime	Current & Choice	Breakfast Gang*
4:00—Chas. Collingwood*	Current & Choice	Breakfast Gang*
4:15—Club 1230	Current & Choice	Breakfast Gang*
4:30—Club 1230	Current & Choice	Breakfast Gang*
4:45—Frank Goss*	Current & Choice	Breakfast Gang*
5:00—The Ferris Reel*	Set Preston*	Breakfast Gang*
5:15—Bill Stern	Set Preston*	Breakfast Gang*
5:30—Amos & Andy*	Set Preston*	Breakfast Gang*
5:45—Amos & Andy*	Set Preston*	Breakfast Gang*
6:00—Mr. Keen: Edwards*	KMED Sports Daily	Breakfast Gang*
6:15—Mr. Keen: Edwards*	Washington Report	Breakfast Gang*
6:30—Lowell Thomas*	News & O'Chance	Breakfast Gang*
6:45—Platter Previews	Second Chance*	Breakfast Gang*
7:00—Sports Roundup*	Morgan Beatty*	Breakfast Gang*
7:15—Tennessee Ernie*	One Man's Family*	Breakfast Gang*
7:30—Godfrey Talent Scouts*	Medford Guard Time	Breakfast Gang*
7:45—Godfrey Talent Scouts*	Top Times & News*	Breakfast Gang*
8:00—CBS Newscast*	Telephone Hour*	Breakfast Gang*
8:15—Pres. Eisenhower	Telephone Hour*	Breakfast Gang*
8:30—Voice of Firestone*	Jane Pickens*	Breakfast Gang*
8:45—Voice of Firestone*	Jane Pickens*	Breakfast Gang*
9:00—Burgie Music Box*	Fibber & Molly*	Breakfast Gang*
9:15—Burgie Music Box*	Fibber & Molly*	Breakfast Gang*
9:30—Music to Remember	Festival Interview	Breakfast Gang*
9:45—Music to Remember	Henry J. Taylor*	Breakfast Gang*
10:00—Music to Remember	Concert on Potomac	Breakfast Gang*
10:15—Music to Remember	Richfield Reporter*	Breakfast Gang*
10:30—Music to Remember	Hwd. Bowl Concert*	Breakfast Gang*
10:45—Music to Remember	Hwd. Bowl Concert*	Breakfast Gang*
11:00—Sign Off	News & Nightwatchman	Breakfast Gang*
	Nightwatchman	Breakfast Gang*
	Nightwatchman & News	Breakfast Gang*
	Sign Off	Breakfast Gang*

(All programs at same time daily, unless otherwise indicated)
A.M.—5:30 Sign on
10:15 KBOY Bargains: 11:12 (Sunday only) First Baptist service.
P.M.—12:12 KBOY ranch: 12:15-12:30 (Sunday only) KBOY ranch;
7:45 Sign off.

TV Programs—KBES (Channel 5)

SUNDAY	MONDAY
2:00—The Christophers	3:30—Devotions
2:30—American Forum	4:00—Feminine Fancies
3:00—Jackson City Pub. Health	4:30—Val Rague Camera
3:30—This is the Life	5:00—Uncle Bill Show
4:00—Sunday Matinee	5:30—Western Theater
5:30—Hollywood Album	6:30—Western Farm & Home
6:00—Private Secretary	6:45—TV Question Box
6:30—People Are Funny	7:00—Burns & Allen
7:00—Toast of the Town	7:30—Notes in Music & Fashion
8:00—C. E. Theater	7:45—Ames Bros.
8:30—It's A Great Life	8:00—Three Whiting Girls
9:00—Cameo Theater	8:30—Ethel & Albert
9:30—Weekly News in Review	9:00—Badge 714
9:45—So Ore. Health Soc.	9:30—Secret File USA
10:00—Life With Father	10:00—Weather
10:30—News	10:05—Best Theater
10:45—Sign Off	11:05—Sign Off

Grange

The Shady Cove Grange will have a social meeting Wednesday, July 27. A potluck dinner will be served at 7 p.m. A tacky party will follow. Every one is requested to come dressed for the occasion. There will be prizes for the best costume. Be sure and come and join in the fun.

Tighter Enforcement On Fire Rules Starts

The state department of forestry has issued instructions to its inspectors to enforce more strictly provisions of state law which require fire equipment on trucks, it was reported here Saturday.

The district warden's office said that in their inspections of trucks, they are now instructed to cite into court, rather than merely to warn, operators of trucks operating on forest roads which do not have proper fire equipment.

Required equipment includes an ax, a shovel and a fire extinguisher of at least 1½ quart capacity.

Three violators have been cited into district court recently, the office here said.

Dead line Sunday Classified is at noon Saturday, 10 a.m. Monday for Monday, other days 3:30 previous day.

Personal Health Service

By WILLIAM BRADY, M.D.

Readers should address inquiries to:
Dr. William Brady
263 El Camino, Beverly Hills, Calif.



HOW GOOD IS IODIZED SALT?

Iodized salt is ordinary salt to which .02 per cent of potassium iodide has been added.

The average daily intake of salt in America is approximately

a heaping teaspoonful per person. This includes not only the salt added in cooking and at table but also the salt naturally present in meat, fish and milk. The average person consumes two or three times as much salt as the body needs or can advantageously use.

The habit of using too much salt in or on food has these bad effects:

- (1) The blood and tissues retain too much water—the body is water-logged, sometimes so much so that the ankles swell (edema) as in dropsy.
- (2) The individual prefers to just lie, sit or stand there.
- (3) Digestion is impaired by inactivation of pepsin.

The effect of excessive salt consumption upon a blood pressure, in scientifically controlled tests of the question, is actually insignificant. So those who string along gullible customers on so-called salt-free diet are just taking candy away from babies.

Whether, season or climate, as well as physical activity, greatly alters the salt requirement. With profuse sweating there is a great

increase in the excretion of salt, and if this loss of salt is not promptly compensated by ingestion of more salt, the individual is likely to suffer profound fatigue, cramps and other distressing symptoms of "heat exhaustion." When one is exposed to extreme heat or overheating of the body, it is therefore a good idea to take a 5 to 10 grain tablet or an equivalent amount of salt with each big drink of water until the body machinery adjusts itself.

I forget precisely how much iodine J. E. Ph. D., my consultant, the chemist, told me the 1½ grains of KI in a pound of iodized salt represents, and I had rather not ask him about it just now as I owe him a dollar. Anyway it is negligible, in my opinion.

So negligible that, at our house, we no longer pay any attention to it—that is, it doesn't matter whether the label says the salt is iodized or not.

Let me see—the pamphlet "The Iodine Ration"—yours on request if you provide stamped, self-addressed envelope—I say: "We use iodized salt exclusively at our house"—and so we did for years—"but I doubt that one gets enough iodine from that, and so I take an optimal ration of iodine besides—an optimal ration being four or five times as much as nutrition authorities estimate each person requires to prevent manifestations of iodine deficiency."

QUESTIONS & ANSWERS
Unable to use shoulder for nearly a year—so painful and stiff...

(H. L. W.)
Answer—In such cases of "frozen" shoulder (from bursts) cortisone by mouth and corticotripping (ACTH) by injection, combined with passive and active exercise, is very effective. To Empty the Gall Bladder I understand you tell how to empty the gall bladder without an operation. I also have diabetes and would be grateful for your advice...

(Mrs. S. H.)
Answer—Instructions for non-surgical drainage of gall-bladder in Little Lesson No. 3, SO YOU HAVE INDIGESTION? Little Lesson 23 is TRAINING FOR DIABETES. For either booklet send 25c and stamped, self-addressed envelope. Copyright, John F. Dille Co.

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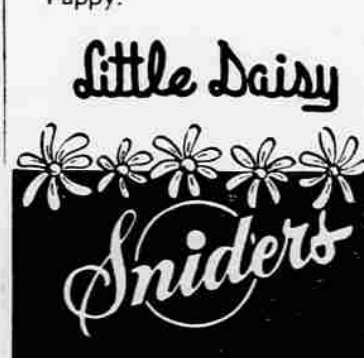
Answer to Yesterday's Puzzle

1—Assert	21—Chemical element
2—British prisons	22—Stage extra (colloq.)
3—Two-wheeled carriage	23—Preposition
4—Darts	24—Best of burden
5—Cuts	25—Performer
6—Design	26—Greek letter
7—Latin conjunction	27—Note of scale
8—Roman bronze	28—Narrow, flat boards
9—Ventilated	29—Smooth
10—Room in harem	30—Continued story
11—Pair (abbr.)	31—Projections cut to fit into mortises
12—Liges on	32—Mollified
13—Grace Mary Wells, improper turn (no turn sign), \$15	33—Down
14—John Redd Clarke, failure to stop (no turn sign), \$5	34—Full of good news
15—James Thomas Neff, improper turning, \$5	
16—Robert Eugene Curtis, no operators license, \$10, violation of basic rule, \$10	
17—John Witting Amstead, failure to stop (right), \$5	
18—George Leroy Asher, violation of basic rule, \$10	
19—Charles Junior Keeney, disregarding traffic signals, \$5	
20—Herbert Eugene Seitz, wrong way on one way street, \$5	
21—Royce Mark Pruitt, failure to stop, \$10	
22—Pop Time	
23—Men's Corner	
24—Behind the Iron Curtain	
25—Billy Graham Program	
26—News—Sign off	



The jackpot is waiting for some local songwriter who will compose words and music for a fishing song.

It could be called "If you're too Pappy to Coleman, you're just too Pappy."



KEEP IT CLEAN!

No, we're not running for the Board of Censors. We just figure it's a good idea to remind you that your picture tube can get dirty. We won't take you to the cleaners when you call on us to clean the picture up... For that clean look, call us.

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