

RADIO PROGRAMS-FRIDAY

Table of radio programs for Friday, listing stations like KVMJ, KMED, and KWIN with their respective program titles and times.

RADIO PROGRAMS-SATURDAY

Table of radio programs for Saturday, listing stations like KVMJ, KMED, and KWIN with their respective program titles and times.

TV Programs - KBES (Channel 5)
FRIDAY
3:50-Devotions
4:00-Feminine Fancies
4:30-Vol Rouser
5:00-Aunt Polly's Birthday Party
5:30-Wild Bill Hickok
6:00-Sports Bowl
6:30-Hollywood Album
7:00-Pappy Coleman
7:15-New York H2O
7:45-Talent Time
8:00-Life of Riley
8:30-4-Star Playhouse
9:00-Undercurrent
9:30-Lucky Sportstime
10:00-Weather
10:05-Best Theater
11:05-News
11:10-Sign Off
SATURDAY
9:45-Pre-Game Dizzy Dean Show
9:55-Pro-Baseball
2:00-Devotions
3:00-Mr. Wizard
3:30-Dance Time
3:45-Better Bacon
4:00-Faith For Today
4:30-Western Theater
5:00-Soldier Parade
6:00-Achievements in Steel
6:30-Melody Wranglers
7:00-America's Greatest Bands
8:00-Eddie Cantor
8:30-Arthur Murray Party
9:00-Firestone Theater
9:30-Break the Bank
10:00-Wrestling From Hollywood
10:30-News
10:35-Sign Off
SUNDAY
1:00-The Christophers
1:30-Face the Nation
2:00-Jackson County Public Health
3:00-Sunday Matinee
3:30-This is the Life
4:00-Pablo Casals
4:30-So. Ore. Roundtable
5:00-You Are There
5:30-It's Magic
6:00-Private Secretary
6:30-People Are Funny
7:00-Toast of the Town
8:00-G. E. Theater
8:30-It's A Great Life
9:00-Cameo Theater
9:30-Weekly News in Review
9:45-So. Ore. Health Service
10:00-Life With Father
10:30-News
10:35-Sign Off

Personal Health Service

By WILLIAM BRADY, M.D.
Readers should address inquiries to:
Dr. William Brady
263 El Camino, Beverly Hills, Calif.



MINIMUM PHYSICAL ACTIVITY

According to a newspaper story published June 6, 1953, (some 40 readers sent me clippings), a Minnesota woman celebrated her 88th birthday by walking 1 1/2 miles to and from her favorite restaurant for breakfast in the morning and again for her dinner in the early evening, as she has been doing for many years. She advised people who want to stay healthy and in high spirits to roll a few somersaults every day, as she has been doing since her 53rd birthday. She began rolling 'em on the advice of one Dr. Brady, O' Doc Brady, that is, who, it seems, was urging people to roll somersaults away back when...

No More Leg Cramps

I used to suffer from severe leg cramps which came on at night since I began supplementing my diet with a good daily ration of Ca & D. as you advise, no more cramps.

Heart Tonic

My husband has benefited greatly from B-Nutrin heart tonic. For the first time in three years he works full time and feels fine. (Mrs. H. C.)

MOO-OOS AND MUSINGS

The Medford-Grants Pass feud goes back many years to when our Rogue Indians got their name and left the other one for the Grants Pass tribe. What self-respecting Indian tribe wants to be called a sissy name like the Josephines?

CROSSWORD PUZZLE

ACROSS
1-Weaken
4-Watch pockets
7-Scottish cap
11-Female sheep
12-One
13-Tiny particle
14-Bright red
17-Tattered cloth
19-Therefore
20-Southwestern Indian
21-Edge
22-Pronoun
23-Bustle
25-Uppermost part
26-Sagacious
27-Exist
28-Possesses
29-Around
30-Japanese measure
31-Cold wind from north
33-Concerning
35-Bushy clump
36-Outlet
37-Recompense
38-Enthusiastic
40-Sever
41-Biblical plant
42-Corded cloth
43-Cut of meat
44-Pass between peaks
45-Preposition
46-Male sheep
47-Manservant
50-Tropical fruit
52-Arabian prince
54-Incense (poet.)
55-Young boy
56-Bacteriology
57-Tear
58-Trit
59-Prefix twice
60-Children's game
61-Part of body
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100-Part of body

Sheep Raisers May Vote on Deduction For Sale Promotion

Ballots are being mailed to about 200 Jackson county sheep and lamb raisers for a vote on approval of an agreement to deduct one cent per pound from wool and mohair subsidies for sales promotion by the American Sheep Producers council, Inc. T. D. Sehorn, manager of the Jackson county agricultural stabilization and conservation committee, said ballots must be returned no later than Aug. 19. Under the proposed agreement, the government would deduct one cent per pound from subsidies on 1955 clippings. Deductions for the same purpose will be made in 1956, 1957, and 1958, but the exact deduction has not been determined. The deduction will not exceed one cent per pound, Sehorn said. Authorized in 1954. The marketing agreement was authorized by the National Wool act of 1954 which provides incentive payments to wool growers to encourage increased domestic production of wool and mohair. If the agreement is approved, deductions also will be made on unclipped lambs and yearlings moved to slaughter houses. The rate on those will be five cents per hundredweight for the 1955 crop, Sehorn said. The five-cent per hundredweight price is based on the average of five pounds of wool per cwt. on sheep not clipped prior to going to market. Sehorn said ballots should be returned to the ASC office, post office box 15, Medford, or at the court house.

NEW FATHER FINED

Gloucester, England — (U.P.) — William Bingham was fined \$8.40 Thursday for delivering his wife of a child. He unknowingly broke the midwives law of 1951 which makes it mandatory to call a doctor or midwife to attend a woman in childbirth since two lives are at stake.

CANT BLAME HIM

Lima, O. — (U.P.) — A policeman who rushed to the public square where witnesses said a man walked out of his trousers, found the trousers. Witnesses said the man wore long underwear, in spite of Thursday's 102 degree temperature.

Strange As It Seems



CYNTHIA ANN PARKER... CHILD OF A TEXAS PIONEER FAMILY... WAS CAPTURED BY COMANCHE INDIANS, 1856... SHE BECAME THE MOTHER OF QUANAH PARKER, THE COMANCHE MOST FAMOUS CHIEF.

FORWARDED BY THE ADVANCE OF THE HUNG IN ITS A.D. THE NATIVES OF OREGON, DROPPED ALL THEIR JEWELS AND GOLD INTO A DEEP WELL... EVER SINCE THIS MASS EVACUATION IN CENTURIES AGO THE PEOPLE OF OREGON HAVE BEEN SEARCHING FOR THE GOLDEN NELL... EVEN TODAY REAL ESTATE SALES DEEDS CARRY A CLAUSE, "EXCEPTING MY RIGHTS TO THE WELL..."

L' ABNER



BUZ SAWYER



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



MUTT and JEFF



BLONDIE



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



MUTT and JEFF



As We Live

CRITICISM WON'T CURE SELF-CONSCIOUSNESS

The one thing a self-conscious person cannot accept without serious damage to his self-regard is criticism.

"My daughter is 16 years old, quite pretty, intelligent, polite, and good at sports. I feel that she has as much to offer as most of the girls in her class at high school, if not more. But she has a dreadfully inferiority complex and is very self-conscious. I am always telling her how foolish she is to feel as she does, that she is spoiling her girlhood by this attitude, and that she cannot hope to have dates if she is so self-conscious that it embarrasses the boys to be with her. Even when my friends are around, I have to tell her to come out and be sociable, not to let 'the cat get her tongue.' I have tried to help her, but she seems to be getting worse. Can you suggest anything for me to do?"

(A) You have tried to help your daughter, but from what you say in your letter it appears that you have gone about it in the wrong way. You are respon-

Little Dairy Sniders

sible for the increase in her self-consciousness, though you do not realize it. A self-conscious person is very sensitive to criticism. She feels more inadequate with each new criticism, and this adds to her self-consciousness. This, of course, does not mean that you should not criticize your daughter when she does the wrong thing. However, your criticism should be positive and constructive, not negative and destructive, as it has been.

Do all you can to emphasize your daughter's good qualities to her, so she will focus attention on them. Never embarrass her by making fun of her self-consciousness in front of others. Instead, ignore it and suggest something for her to do so she will think of what she is doing instead of herself.

The more you can praise her in private, the sooner she will improve her attitude about herself. Avoid praise in front of others until you are sure she has enough self-confidence not to be embarrassed about it.

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