RADIO PROGRAMS—FRIDAY

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

KYJC—1230 kc	KMED 1440 kc	KWIN — 1400 kc
4:00—Chas. Collingwood**	Patty Rose	Fulton Lewis*
4:15—Club 1230	Patty Rose	Hemingway News*
4:30—Club 1230	KMED Presents	Here's the Answer*
4:45—Frank Goss**	Elmer Peterson*	Sam Hayes*
5:00—The Ferris Reel**	Regional News	Bobby Benson*
5:15—Bill Stern*	3 Star Extra*	Bobby Benson*
5:30—Amos & Andy**	Lone Ranger*	Bob Greene News*
5:45—Amos & Andy; News**	NBC News*	Bill Brundige Sports*
6:00—Music Box	Sports Daily	Allstar Football*
6:15—Godfrey & Edwards	Concert on Potomac	Allstar Football*
6:30—Lowell Thomas**	News & Second Chance	Allstar Football*
6:45—Platter Previews	Second Chance	Allstar Football*
7:00—Sports & Tenn. Ernie	Morgan Beatty News*	Allstar Football*
7:15—Sports; Tenn. Ernie**	One Man's Family*	Allstar Football*
7:30—Strange*	X Minus One*	Allstar Football*
7:45—Saga*	X Minus One*	Allstar Football*
8:00—Portland-San Francisco	The Atom and Peace*	Allstar Football*
8:15—Portland-San Francisco	The Atom and Peace*	Allstar Football*
8:30—Portland-San Francisco	The Atom and Peace*	Evening Serenade*
8:45—Portland-San Francisco	The Atom and Peace*	Evening Serenade*
9:00—Portland-San Francisco	Fibber & Molly*	News*
9:15—Portland-San Francisco	J. C. Harsch*	Fulton Lewis Jr.*
9:30—Portland-San Francisco	Perfect For Dancing	Jack's Private Line
9:45—Portland-San Francisco	Perfect For Dancing	Jack's Private Line
10:00—Music to Remember	Richfield Reporter*	Counterspy*
10:15—Music to Remember	Organaires	Counterspy*
10:30—Music to Remember	Night Serenade	City Editor*
10:45—Burgie Music Box*	Night Serenade	City Editor*
11:00—Burgie Music Box*	News & Nightwatchman	Sign Off
11:15—	Nightwatchman	
11:30—	Nightwatchman	
11:45—	Nightwatchman & News	
12:00—	Sign Off	

RADIO PROGRAMS—SATURDAY

6:00—Chev. Newscast**	KMED Korral	Wakeup Ranch
6:15—Yawn Patrol	KMED Korral	Wakeup Ranch
6:30—Yawn Patrol	KMED Presents	Wakeup Ranch
6:45—Yawn Patrol	First News	Wakeup Ranch
7:00—Texaco Reporter	Dick Spain Band	Hemingway News*
7:15—Martin Agronsky*	Weather & Local Beat	Breakfast Gang*
7:30—Robert Q. Lewis**	News Commentary	Breakfast Gang*
7:45—Robert Q. Lewis**	Weather & 7:50 News	Network News*
8:00—Cowboy Troubador	KaffeeKlatch	Social Security Prog.
8:15—Cowboy Troubador	Gospel Program	News*
8:30—No School Today*	Social Security	Haven of Rest*
8:45—No School Today*	Church Progrem	Haven of Rest*
9:00—No School Today*	Friendship Circle	Strictly Dixie*
9:15—No School Today*	Friendship Circle	Strictly Dixie*
9:30—Music Box	Richard Harkness*	Voice of Deliverence
9:45—Music Box	Sat. News Desk	Voice of Deliverence
10:00—Gunsmoke**	MONITOR*	News*
10:15—Gunsmoke**	MONITOR*	Top Tunes
10:30—Join the Navy	Farm & Home Hour*	Ringo-Bingo
10:45—Trading Post	Farm & Home Hour*	Ringo-Bingo
11:00—Breakfast Club Review*	MONITOR*	Game of The Day*
11:15—Breakfast Club Review*	MONITOR*	Game of The Day*
11:30—Radio Farm News**	MONITOR*	Game of The Day*
11:45—Garden Gate*	MONITOR*	Game of The Day*
12:00N—Texaco Reporter*	MONITOR*	Game of The Day*
12:15—County Agent	MONITOR*	Game of The Day*
12:30—Club 1230	MONITOR*	Game of The Day*
12:45—Weather Report	MONITOR*	Game of The Day*
1:00—Texaco Reporter*	MONITOR*	Game of The Day*
1:15—Club 1230	MONITOR*	Game of The Day*
1:30—Club 1230	MONITOR*	Game of The Day*
1:45—Club 1230	MONITOR*	Game of The Day*
2:00—Chev. Newscast**	MONITOR*	Western Roundup Time
2:15—Club 1230	MONITOR*	Western Roundup Time
2:30—Club 1230	MONITOR*	Western Roundup Time
2:45—Club 1230	MONITOR*	Western Roundup Time
3:00—Chev. Newscast**	MONITOR*	Western Roundup Time
3:15—Club 1230	MONITOR*	Western Roundup Time
3:30—Club 1230	MONITOR*	Western Roundup Time
3:45—Club 1230	MONITOR*	Western Roundup Time
4:00—CBS News**	MONITOR*	Here's to Vets
4:15—UN On the Record**	MONITOR*	Frank Hemingway*
4:30—Club 1230	MONITOR*	Army Hour*
4:45—Frank Goss**	MONITOR*	Army Hour*
5:00—Texaco Reporter*	MONITOR*	Academy Band*
5:15—Vets. Adm.	MONITOR*	Academy Band*
5:30—Balances Best**	MONITOR*	Stand By for Music
5:45—Balances Best**	MONITOR*	Your Social Security*
6:00—Two For Money**	MONITOR*	Hawaii Calls*
6:15—Two For Money**	MONITOR*	Hawaii Calls*
6:30—Mr. District Attorney	Grand Ole Opry*	Bible Study Hour
6:45—Mr. District Attorney	Grand Ole Opry*	Lombardo-Land U.S.A.
7:00—21st Precinct**	MONITOR*	Pop Time
7:15—21st Precinct**	MONITOR*	49ers - Steelers Ftball*
7:30—Desert Inn Orchestra**	MONITOR*	49ers - Steelers Ftball*
7:45—Desert Inn Orchestra**	MONITOR*	49ers - Steelers Ftball*
8:00—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
8:15—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
8:30—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
8:45—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
9:00—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
9:15—Portland-San Francisco	MONITOR*	49ers - Steelers Ftball*
9:30—Portland-San Francisco	MONITOR*	Jack's Private Line
9:45—Portland-San Francisco	MONITOR*	Jack's Private Line
10:00—Music to Remember	MONITOR*	Sat Night Dance Parade
10:15—Music to Remember	MONITOR*	Sat Night Dance Parade
10:30—Music to Remember	MONITOR*	Sat Night Dance Parade
10:45—Music to Remember	MONITOR*	Sat Night Dance Parade
11:00—Sign Off	MONITOR*	Sign Off
11:15—	MONITOR*	
11:30—	MONITOR*	
11:45—	MONITOR All Night*	
12:00—	No Sign Off	

*ABC **CBS *NBC *MBS

KBOY—730 KC

(All programs at same time daily, unless otherwise indicated)

A.M.—5:30 Sign on. Music throughout day except for following programs: 10:10:15 KBOY Bargains; 11-12 (Sunday only) First Baptist service

P.M.—12.12:15 KBOY ranch; 12:15 - 12:30 (Sunday only) KBOY ranch: 1:45 Sign off.

T V Programs — KBES (Channel 5)

FRIDAY

3:50—Devotions
4:00—Feminine Fancies
4:20—Val Rogue Camera
5:00—Aunt Polly's Birthday Party
5:30—Wild Bill Hickok
6:00—Sports Reel
6:30—Hollywood Album
7:00—Pappy Coleman
7:15—Horace Heidt
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
3:50—Devotions
3:30—Mr. Wizard
3:50—A Word to the Wives
4:45—Seaside Holiday
5:00—Faith For Today
5:30—Western Theater
6:30—Soldier Parade
6:30—The Christophers
6:30—Melody Wranglers
7:30—America's Greatest Bands
8:00—Eddie Cantor
8:30—Arthur Murray Party
9:00—And Here's The Show
9:30—Break the Bank
10:30—Wrestling From Hollywood
10:30—News
10:35—Sign Off

SUNDAY

1:00—This is The Life
1:30—Face the Nation
2:00—Jackson County Public Health
2:30—American Forum
3:00—TV Tunes
3:30—World Golf Championship
4:30—So. Ore. Roundtable
5:00—You Are There
5:30—Fashion Review
5:45—Musical Magic
6:00—Private Secretary
6:30—People Are Funny
7:30—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
9:35—School Styles
10:00—Midget Movie
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.

HOW DIAPHRAGM WORKS

Here's something to think about—if you ever think: The three vital functions—digestion, circulation and breathing—are controlled and regulated by the autonomic, automatic, sympathetic or inoluntary (not subject to the will) part of the nervous system. All of these functions are most efficient when we are asleep or unconscious. When we are awake they are most efficient when least interfered with.

Every health suggestion I make in these Little Lessons: No. 2, **CVD,** about heart and artery troubles; No. 21, **How to Breathe;** and No. 25, **Constipation Habit,** (for any Little Lesson send 25c and stamped, self-addressed envelope) conforms with this physiological fact.

One who practices "deep breathing" or "breath control" as suggested by an instructor whose knowledge of anatomy and physiology is deficient generally gets as much help from it as he would from hoisting himself with his own bootstraps. Some "deep breathing" instructors have weird conceptions of anatomy and physiology of breathing. For instance, a noted trainer of athletes blatantly explained in a magazine article that "the diaphragm contracts to drive air out of the chest."

Every schoolboy should know better—would know better if elementary education in Yankeeland were not so restricted by prudery.

The diaphragm works, contracts, functions when air is drawn into the chest (inspiration, inhalation). The diaphragm rests, relaxes when air leaves the chest (expiration, exhalation).

The diaghragm is a partition between the upper body cavity (chest, thorax) and the lower body cavity (abdomen). It is composed of muscle and fibrous tissue. The muscle is a ring attached to the inside of the tip of the breast bone, the lower ribs and the spine just below the ribs. The fibrous part is the central tendon, thin but strong. The diaphragm resembles a tarpaulin covering a haystack. When the tarpaulin contracts (or say if it shrinks) it compresses whatever it covers. This is the point to remember—namely, that when the diaphragm works (contracts) it presses down upon the abdominal organs — stomach, intestine, liver, gall-bladder, spleen, pancreas, blood vessels, lymph channels. At the same time it tends to lower or release pressure upon the organs in the chest—heart, lungs and blood vessels. This tends to produce a vacuum, into which air enters (by "suction," as one might say).

The importance of this point is not that contraction of the diaphragm (shrinking or tightening of the tarpaulin) permits air to enter the chest (inspiration, inhalation, expansion of lungs) but that it squeezes everything down below, including the great veins and the vast network of small vessels of the splanchnic pool, which is capable of holding out of circulation, stagnant, nearly a quarter of the entire volume of the blood in the body.

If all this confuses you it will clear up when you learn Little Lesson 21. Meanwhile just remember that every time you draw breath—provided you do it naturally and not as the deep breathing cultists teach—you not only massage your spleen, gallbladder et cetera but put in operation a booster pump to improve your circulation.

Tomorrow, if I'm here tomorrow, I'll (let the physiologists) describe how the booster pump works.

QUESTIONS & ANSWERS

Something to Tame Ticks

This is the first time in four years we have ever had ticks on James Island, S. C. Ticks and red bugs . . . (Mrs. R. G.)

Answer—Ticks, chiggers, red bugs, wood lice—all same thing. Send 25c and stamped, self-addressed envelope, for Little Lesson No. 13, UNBIDDEN GUESTS. It deals with mosquitos, moths, spiders, ants, flies, fleas, bedbugs, lice, centipedes, black widows, chiggers, pinworms, round worms, tapeworms, ringworms. Meanwhile use powdered sulfur freely in shoes and stockings, and bathe area of skin with diluted ammonia water.

Of All The Dumb Habits

Just want to say thank you. Your constipation booklet solved my lifelong problem. I am now free of the "dumb habit." Best of all, after six years of barren marriage I became pregnant a few months after I quit taking physic. May the good Lord bless you . . . (Mrs. J. R.)

Answer—Thank you, Ma'am and I pray yours will be a happy maternity. Victims of the dumb habit may learn something for the good of their health from Little Lesson 25, THE CONSTIPATION HABIT AND COLON HYGIENE, for which send 25c and stamped, self - addressed envelope. Prospective parents (not just prospective mothers) may learn something about happiness from Little Lesson No. 4, PREPARING FOR MATERNITY, for which send 25c and stamped, self-addressed envelope.

DO YOUR FEET HURT?

We specialize in manufacturing and fitting of arch supports which will give you relief and comfort.

Northwest Orthopedic & Surgical Supply Co.
2747 N. PACIFIC HIWAY
½ Mile North of Big Y

POISON OAK?

Try a Bottle of ZEMACOL

You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

CROSSWORD PUZZLE

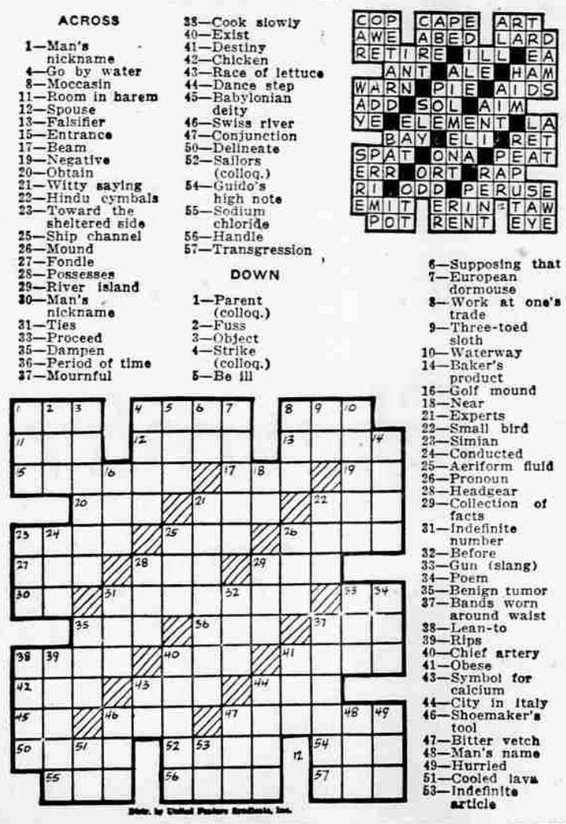
ACROSS

1—Man's nickname
4—Go by water
8—Moccasin
11—Room in harem
12—Spouse
13—Falsifier
15—Entrance
17—Beam
18—Negative
20—Obtain
21—Witty saying
22—Hindu cymbals
23—Toward the sheltered side
25—Ship channel
26—Mound
27—Fondle
28—Possesses
29—River island
30—Man's nickname
31—Ties
33—Proceed
35—Dampen
36—Period of time
37—Mournful
38—Cook slowly
40—Exist
41—Destiny
42—Chicken
43—Race of lettuce
44—Dance step
45—Babylonian deity
46—Swiss river
47—Conjunction
50—Delineate
52—Sailors (colloq.)
54—Guido's high note
55—Sodium chloride
56—Handle
57—Transgression

DOWN

1—Parent (colloq.)
2—Fuss
3—Object
4—Strike (colloq.)
5—Be ill
6—Supposing that
7—European dormouse
8—Work at one's trade
9—Three-toed sloth
10—Waterway
14—Baker's product
16—Golf mound
18—Near
21—Experts
22—Small bird
23—Simian
24—Conducted
25—Aeriform fluid
26—Pronoun
28—Headgear
29—Collection of facts
31—Indefinite number
32—Before
33—Gun (slang)
34—Poem
35—Benign tumor
37—Bands worn around waist
38—Lean-to
39—Rips
40—Chief artery
41—Obese
43—Symbol for calcium
44—City in Italy
46—Shoemaker's tool
47—Bitter vetch
48—Man's name
49—Hurried
51—Cooled lava
53—Indefinite article

Answer to Yesterday's Puzzle



Distr. by United Feature Syndicate, Inc.

TOO LATE TO CLASSIFY

SPECIAL
24—28x34 sash
10—26x52 casement sash
50—Used doors.
2—12 light sash, 5 ft. x 5 ft.
1 plate glass sash 6 ft 4 x 3 ft 5. $25.
3 pair of double hung camp white windows.
2 used electric ranges.
1 used metal cabinet sink.
1—50 gallon propane tank with regulator & full of gas.
1 Mitre box and saw.
10 used motors.
Chico Air Conditioner.
Everything for a building
Haggard Lumber Co., on 99 at Phoenix.

FIR SAWDUST
to burn.
MEDFORD FUEL—Ph. 2-2111

USED REFRIGERATOR. Guaranteed. MARINE MARVAIR, 220 W. Main

WARFARIN, mouse seed, gopher bait, mole bombs and other rodent controls.
GRANGE CO-OP
Central Point Ashland

SAVE
Dry 1 x 12 ft. Redwood S 1 S boards and batts $100 per M. 1x8' and 10' V-Rustic Pine $125 per M. Walkin freezer unit complete $100.
NORTON LUMBER COMPANY, PHOENIX
Free Delivery

NOTICE! COMMERCIAL SPRAYING
Withrow Phone 2-5376

WHIRLPOOL automatic washer. Rebuilt.
MARINE MARVAIR, 220 W. Main

WE FIX 'EM while you sleep
Hawkins Nite Garage
616 S Central Ph. 3-1534

LIME your legumes now, between hay cuttings Our delivery price includes spreading services. Phone Gold Hill 5-9091 Agricultural Lime Distributing Co.

BUNDLES OF OLD NEWSPAPERS for sale. 20c each Mail Tribune Office. 27 N Fir

Ground Barley ..... 100 lbs. $3.00
Rolled Barley ..... 70 lbs. $2.25
Ground Barley & oats 100 lbs. $3.15
Mineralized barley & oats 100 lbs. $3.15
GRANGE CO-OP
Central Point Ashland

MEDFORD FURNITURE
2ND HAND STORE
USED Furniture and Appliances
2502 W Main Phone 2-9355

APT. SIZE Range. Used.
MARINE MARVAIR, 220 W. Main

APPLICATION for Medford Mail Tribune carriers Must be 12 yrs. old and in Jr high school, resident of Medford Apply in person at Mail Tribune circulation department.

Dead line for Sunday Classified is at noon Saturday.

We have been asked if it's all right to feed crepe suzettes to a dog.

It sure as heck is if you can afford it and don't care if your dog starts talking French.

Little Daisy

Snider's

WALT'S TV & Radio Service
Oldest Shop in So. Oregon
409 E. Main — Phone 2-2269
Day or Night Service $3.50
(Medford and vicinity)
Night Calls and Sundays
No Calls Fri Eve or all day Sat.

TOO LATE TO CLASSIFY

DAIRY buckets, water buckets, feeding tubs, garbage cans, sprinkler cans.
GRANGE CO-OP
Central Point Ashland

FOR SALE or lease furn. 2 bdrm. house. 1024 S. Peach st.

FOR SALE—Twin belly-tank boat with motor mount. Safe for children. $20. Phone 3-8206.

WANTED to buy a gasoline storage tank. Ph. 3-3367.

FRIENDLY MARKET
106 N. IVY ST. MEDFORD
Ground Beef 29c pound.
U.S. No. 1 Potatoes 10 lbs. 39c
Delicious Corned Beef
Phone 2-5081

CONTROL worms in your chickens the easy way. Use Chuck'N Tee in the drinking water.
GRANGE CO-OP
Central Point NO 4-1261

$3,400 REAL ESTATE CONTRACT for sale. 15% discount. Rt. 2, Box 667, Central Point on Gibbon rd.

PLANER BLOX
Quick Delivery
MEDFORD FUEL—Ph. 2-2111

BENDIX DRYER. 3 temperatures. Guaranteed.
MARINE MARVAIR, 220 W. Main

IRRIGATION PUMP with 40', 3" pipe. Practically new. See at Schafer's Electric Shop.

FARM FOR SALE. $6500. Full price. $1200 down. Ph. Gold Hill 5-9381.

BUCKHORN MINERAL SPRINGS

Enjoy health, rest, comfort and hospitality amidst pleasant surroundings. Completely Furnished Sleeping and Housekeeping Cabins, with all modern facilities.
HOT MINERAL and MUD BATHS
For Rheumatism, Arthritis, Neuritis, Sciatica, Nervousness
CARBON DIOXIDE VAPOR BATHS
Are excellent for Eczema, Sinus, Skin Eruptions, High and Low Blood Pressure
"Your Health Is Our Business"
For Reservations and information—Address Buckhorn Mineral Sprins, Rt. 1, Ashland, Oregon or Phone Long Distance.
Dr. Herman Wexler, Director
Chiropractic Physician

Wakefield Drapery
NEW LOCATION
Littrell Parts Building
321 East 6th
PHONE 2-6010

Minkler TELEVISION | Eccles Electric

40 SOUTH BARTLETT

One block South of Main—between Central and Riverside
PHONE 2-9824
Largest TV and Car Radio Repair Service in the Valley!
EXPERT RADIO and TV SERVICE — ALL MAKES
"More for your money at Minkler's"

NASAL MISERY
SYNOL INHALANT
FREE TRIAL
ACCLAIMED BY THOUSANDS

Sinus, hay fever, and nasal congestion associated with head colds may cause nasal passages and sinuses to become clogged with germ laden tenacious mucous which if not relieved or removed may cause such pains and misery as, sinus-like symptoms, headaches, clogged nose, painful pressure, messy drip, drainage, inflamed nasal passages, sore nostrils, hawking and sneezing. Our simple SYNOL INHALANT is an inexpensive, modern home treatment by inhalation offered and sold for the sole purpose of giving temporary palliative relief of nasal congestion by aiding in the removal of germ laden tenacious mucous.

It has given quick and blessed relief to thousands. Write for 7 DAY FREE TRIAL, POSTPAID, no cost or obligation except to return and pay few cents postage, if not delighted with results. Not a sample.

NATIONAL PRODUCTS COMPANY, Galt, California

Why Suffer Longer?

When Others Fail
COME TO US—ACT NOW!

S. B. FONG
Herb Specialist

Our Nature's HERB remedies will help you to regain your good health. Our remedies have been successful in aiding the sick all over the state for over 18 years.

Remedies for disorders, sinuses, heart, liver, stomach, gas and ulcers, constipation, piles, asthma, female complaints, kidney, bladder, blood, rheumatism, back and headaches. For Male, Female and Children.

BRANCH OFFICES:
Albany
Salem
Eugene
North Bend
Newport

CHARLIE CHAN
OFFICE OPEN SUNDAYS ONLY
12 NOON TO 4 P.M.
CHINESE MEDICINE & HERB CO.
624 S. Riverside—Medford

Strange As It Seems

by Elsie Hix

L'L ABNER

BUZ SAWYER

BARNEY GOOGLE and SNUFFY SMITH

BLONDIE

MUTT and JEFF