

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

To develop message for Friday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	1 Be	11 Now	21 Rejoice
APR 21	2 You'll	12 Now	22 Rejoice
MAY 21	3 Proper	13 Now	23 Rejoice
MAY 21-30	4 Try	14 Now	24 Rejoice
MAY 21-30	5 To	15 Now	25 Rejoice
MAY 21-30	6 Conquer	16 Now	26 Rejoice
JUN 21	7 Expand	17 Now	27 Rejoice
JUN 21	8 Envy	18 Now	28 Rejoice
JUN 21	9 Fear	19 Now	29 Rejoice
JUN 21	10 Favorable	20 Now	30 Rejoice
JUN 21	11 Take	21 Now	31 Rejoice
JUN 21	12 Take	22 Now	32 Rejoice
JUN 21	13 Take	23 Now	33 Rejoice
JUN 21	14 Take	24 Now	34 Rejoice
JUN 21	15 Take	25 Now	35 Rejoice
JUN 21	16 Take	26 Now	36 Rejoice
JUN 21	17 Take	27 Now	37 Rejoice
JUN 21	18 Take	28 Now	38 Rejoice
JUN 21	19 Take	29 Now	39 Rejoice
JUN 21	20 Take	30 Now	40 Rejoice
JUN 21	21 Take	31 Now	41 Rejoice
JUN 21	22 Take	32 Now	42 Rejoice
JUN 21	23 Take	33 Now	43 Rejoice
JUN 21	24 Take	34 Now	44 Rejoice
JUN 21	25 Take	35 Now	45 Rejoice
JUN 21	26 Take	36 Now	46 Rejoice
JUN 21	27 Take	37 Now	47 Rejoice
JUN 21	28 Take	38 Now	48 Rejoice
JUN 21	29 Take	39 Now	49 Rejoice
JUN 21	30 Take	40 Now	50 Rejoice
JUN 21	31 Take	41 Now	51 Rejoice
JUN 21	32 Take	42 Now	52 Rejoice
JUN 21	33 Take	43 Now	53 Rejoice
JUN 21	34 Take	44 Now	54 Rejoice
JUN 21	35 Take	45 Now	55 Rejoice
JUN 21	36 Take	46 Now	56 Rejoice
JUN 21	37 Take	47 Now	57 Rejoice
JUN 21	38 Take	48 Now	58 Rejoice
JUN 21	39 Take	49 Now	59 Rejoice
JUN 21	40 Take	50 Now	60 Rejoice

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Foundation

More on Insomnia

There are two main types of insomnia; one, in which the man has trouble getting to sleep—perhaps around ten o'clock—the other type in which he sleeps pretty well until 4 in the morning and then wakes and can't get back to sleep again. The person of the first type often needs a sleeping-pill which will act for a long enough time to carry him through the night. The other one needs a short-acting drug which, after giving him two hours more sleep, will allow him to wake without a hang-over.

What can one do to avoid insomnia? In my experience the worst thing one can do, when troubled with insomnia, is to work at night. In many cases this seems to get the brain lit up so that the person cannot "turn off the machinery." If I speak in the evening to a large audience of people, I get keyed up, and then I cannot sleep without perhaps two pills.

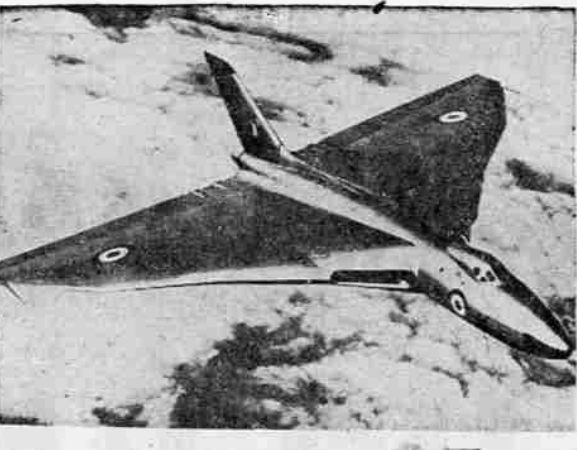
There is a trick in getting to sleep. If a man will read in bed until he feels sleepy, and will then quickly turn out the light and lie down, he is likely to fall asleep. But if he gets up and perhaps goes to the bathroom, and then closes a window, and then waits until his wife has settled down, his desire for sleep is gone, and it may not return for hours.

If a person is not getting enough sleep at night, he can build up his "sleep-average" by trying, on Saturday or Sunday, to get a nap after luncheon. Such a nap can give a nervous, tense and tired mother a great lift. Again, the nap can be obtained perhaps only if the woman will read or sew until she is drowsy, and will then lie down quickly and shut her eyes. It may help to wear an eye-shade, such as can be bought in a drug store. In summer, such a shade can help some persons to sleep longer in the mornings.

The wife who would help her husband. One of my favorite stories in the Bible (Exodus 17:8-12) is one that expresses vividly what should be the biggest job for all good wives—particularly wives of husbands who, because of the importance of their work, have come in a way to "belong" to thousands of people. Such a husband often has to neglect his wife. Then it may help her to pick up her Bible and read, during one of the early battles of the Children of Israel they could win only as long as Moses held up his hands. When his hands "became heavy" and he let them fall, the Amalekites prevailed. Because of this, Aaron and Hur "stayed up his hands... and his hands were steady until the going down of the sun." With this, the battle was won.

Many a time I have said to a disgruntled wife: "Your job is a big one and an important one—it is to hold up your fine husband's hands. Thus, you can have a share in his work, and a proud share. How much better it is to help him in this way than to stand off and complain that your life seems lonely and empty."

Dr. Alvarez hopes his readers will understand that it would be impossible for him to answer requests for information or to attempt to diagnose by mail. (Released by The Register and Tribune Syndicate, 1956)



FIRST VIEW—This is the first aerial view of the new Avro Vulcan jet bomber, which is now in production in England. It is expected that the Vulcans will go into operational squadron service in the RAF this year.

TO BUY OR SELL—USE TRIBUNE CLASSIFIED ADS

Strange As It Seems

by Elsie Mix

SIR EDWIN HENRY LANGBEER, former English writer, who cultivated the lions in Trafalgar Square in London, could draw a griffin with one hand and a horse's head with the other—simultaneously.

THE KOOKABURRA IS THE LAUGHING BIRD OF AUSTRALIA. WITH ONLY A LITTLE COVING IT PUSHES LIKE A HUMAN BEING...

SPECIALY CONSTRUCTED BRIGES, THE FALLCHOS LEAVE CONSTITUTION, SHIP EQUIPPED ONLY WITH SAILS AND A MAGNETIC COMPASS. THE CARGO AND SHIPS ARE GOLD BEFORE DEPARTURE—PROPELLED BY A STRONG SOUTH WIND, THEY SPLIT ON THEIR ONE AND ONLY TRIP—TO SOME PORT NORTH ONLY!

RADIO PROGRAMS—THURSDAY

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 1480 kc	KWIN 1400 kc
4:00—Club 1230	Fred Waring Songfest*	Fulton Lewis*
4:15—Bill Stern*	Fred Waring Songfest*	Hemingway News*
4:30—Club 1230	KMED Presents	Here's the Answer*
4:45—Frank Goss**	Dr. Norman V. Peale*	Sam Hayes News*
5:00—Edward P. Morgan*	Music With Sam	Bob and Ray*
5:15—Tom Harmon**	Music With Sam	Bob and Ray*
5:30—Amos & Andy**	Regional Roundup	Bob and Ray*
5:45—Amos & Andy**	Man On The Go*	Bill Brundage Sports*
6:00—Edward R. Murrow**	KMED Sports Daily	Gabriel Heatter*
6:15—Lewell Thomas**	Local News	Local News*
6:30—Bing Crosby**	Dine At 1440	Vivian Pinkley*
6:45—Johnny Dollar**	Dine At 1440	Sam Hayes News*
7:00—Max Roberts**	Morgan Beatty**	Official Detective*
7:15—Jack Carson**	One Man's Family*	Official Detective*
7:30—21st Precinct**	People Are Funny*	Crime Fighters*
7:45—21st Precinct**	People Are Funny*	Crime Fighters*
8:00—Portland vs. San Diego	The Goon Show*	Record Session
8:15—Portland vs. San Diego	The Goon Show*	Record Session
8:30—Portland vs. San Diego	Jack Pickens*	Air Force Concert*
8:45—Portland vs. San Diego	Jack Pickens*	Air Force Concert*
9:00—Portland vs. San Diego	American Adventure*	News*
9:15—Portland vs. San Diego	American Adventure*	Fulton Lewis Jr.*
9:30—Portland vs. San Diego	Wayne King Orch.*	Jack's Private Line
9:45—Portland vs. San Diego	Wayne King Orch.*	Jack's Private Line
10:00—World News Beat	Nightwatchman	KWIN Karavan
10:15—Off the Record	Nightwatchman	KWIN Karavan
10:30—Off the Record	Nightwatchman	KWIN Karavan
10:45—Off the Record	Nightwatchman	KWIN Karavan
11:00—Sign Off	Sign Off	Sign Off

RADIO PROGRAMS—FRIDAY

6:00—World News Roundup**	Bob Robert's Corral	Wakeup Ranch
6:15—The Open Road*	Bob Robert's Corral	Wakeup Ranch
6:30—Frank Goss**	Bob Robert's Corral	Wakeup Ranch
6:45—Harry Belafonte**	Bob Robert's Corral	Wakeup Ranch
7:00—Coffee Concert	Farm News, Rogus Spts.	Hemingway News*
7:15—Martin Agronsky*	Rogus Valley Beeper	Breakfast Gang*
7:30—Tom MacLeod—Sports	Regional News	Regional News*
7:45—Howard Miller—Show**	Weather & 20 News	Best Buys
8:00—Frisk & Frolic	World News Roundup*	Cliff Ingle News*
8:15—Breakfast Club*	Kash Box, Swap & Sell	Green
8:30—Breakfast Club*	Yern's Choice Music*	Bible Institute*
8:45—Breakfast Club*	Yern's Choice Music*	Bible Institute*
9:00—Coke Time	Friendship Circle	News* Coffee Date
9:15—Music & Welfield's	Friendship Circle	Coffee Date
9:30—Helen Trent**	Friendship Circle	Coffee Date
9:45—News & Bulletins	Friendship Circle	Coffee Date
10:00—Name Your Neighbor	Weekday*	News* of the Air*
10:15—Aunt Mary**	Weekday*	News* of the Air*
10:30—Nora Drake**	Weekday*	News* of the Air*
10:45—Aunt Jenny**	Weekday*	News* of the Air*
11:00—Trading Post	News Roundup	Tune Test*
11:15—Two Ton Baker	Canon at Controls	Queen For A Day*
11:30—Houseparty**	Right To Happiness*	Queen For A Day*
11:45—Houseparty**	Right To Happiness*	Queen For A Day*
12:00—Paul Harvey*	Lunchtime News	Western Roundup Time
12:15—Record Rack	Weather & Local News	Western Roundup Time
12:30—Columbia Workshop**	Markets & Cashbox	Western Roundup Time
12:45—Weather, Lost Pets	Young Widder Brown*	Western Roundup Time
1:00—Musical Mismaster	Doc's Choice Music*	Western Roundup Time
1:15—Musical Mismaster	Doc's Choice Music*	Western Roundup Time
1:30—My True Story*	Pepper Young Family*	Western Roundup Time
1:45—My True Story*	Pepper Young Family*	Western Roundup Time
2:00—Ruth Ashton & News**	Weekday*	Western Roundup Time
2:15—Strictly for the Ladies	Westside Party	Westside Party*
2:30—Arthur Godfrey**	Westside Party	Westside Party*
2:45—Arthur Godfrey**	Westside Party	Westside Party*
3:00—Arthur Godfrey**	Westside Party	Westside Party*
3:15—Arthur Godfrey**	Westside Party	Westside Party*
3:30—Arthur Godfrey**	Westside Party	Westside Party*
3:45—Strictly for the Ladies	Westside Party	Westside Party*
4:00—Club 1230	Fred Waring Songfest*	Fulton Lewis*
4:15—Bill Stern*	Fred Waring Songfest*	Hemingway News*
4:30—Club 1230	KMED Presents	Here's the Answer*
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5:30—Amos & Andy**	Regional Roundup	Bob and Ray*
5:45—Amos & Andy**	Man On The Go*	Bill Brundage Sports*
6:00—Edward R. Murrow**	Cavalade of Sports*	Gabriel Heatter*
6:15—Lewell Thomas**	Cavalade of Sports*	Local News*
6:30—Bing Crosby**	Sports Daily	Vivian Pinkley*
6:45—Johnny Dollar**	Music In March Time	Sam Hayes News*
7:00—Max Roberts**	Morgan Beatty**	County**
7:15—Jack Carson**	Ope Man's Family*	County**
7:30—Columbia Workshop**	Natl. Radio Fan Club*	City Editor*
7:45—Columbia Workshop**	Natl. Radio Fan Club*	City Editor*
8:00—Portland vs. Hollywood	Natl. Radio Fan Club*	Record Session
8:15—Portland vs. Hollywood	Natl. Radio Fan Club*	Record Session
8:30—Portland vs. Hollywood	Natl. Radio Fan Club*	Double Date*
8:45—Portland vs. Hollywood	Natl. Radio Fan Club*	Double Date*
9:00—Portland vs. Hollywood	Man Behind The Melody	Fulton Lewis Jr.*
9:15—Portland vs. Hollywood	Man Behind The Melody	Jack's Private Line
9:30—Portland vs. Hollywood	TBA	Jack's Private Line
9:45—Portland vs. Hollywood	TBA	Jack's Private Line
10:00—World News Beat	Richfield Reporter*	KWIN Karavan
10:15—Off the Record	Nightwatchman	KWIN Karavan
10:30—Off the Record	Nightwatchman	KWIN Karavan
10:45—Music and News	Nightwatchman	KWIN Karavan
11:00—Sign Off	Sign Off	Sign Off

Around Hollywood

Hollywood—(U.P.)—Vivian Blaine, just as all sexy beauties sooner or later, is giving up her glamour to go drab and dramatic on the New York stage.

Vivian temporarily is bidding farewell to Hollywood and will replace Shelley Winters as a dope addict's wife in Broadway's popular "A Hatful of Rain."

Such a move has become standard in a glamour doll's career. Betty Grable is one of few song-and-dance stars who's stayed in her own yard. The others, from Marilyn Monroe to Terry Moore, yearn to act like Marlon Brando.

Brassy Roles Shunned

Now Vivian, the wonderful Adelaide of "Guys and Dolls," is turning her back on such brassy roles. She's even enrolling in that school for the torn T-shirt-type of acting, the Actors' Studio in New York.

"Everybody sees me only as Adelaide," sighed Vivian. "Now it's terribly important for me to get away from the Adelaide type and do a complete departure. Normally I wouldn't be interested in replacing someone in a Broadway show but it was a chance to get away from that type."

"I know I can do something else," she added. "I have to show

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2 1/2 to 6.....\$5.95

JOHNSTON and STEWART

JUNIOR BOOT SHOP

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State Republicans Will Change Women

Portland—(U.P.)—The Republican State Central Committee will have a change in its top woman leadership before the fall campaign, it was reported here today. Mrs. Zylpha Zell Burns announced that she will not seek reelection to the committee's vice chairmanship.

Mrs. Elizabeth Carson Sailor, unsuccessful candidate for nomination as congresswoman from the state's fourth district in the May 18 primary, announced that she will seek the post.

The biennial meeting and election of officers of the committee is scheduled to be held June 28.

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No calls Fri. Eve. or All day Sat.

E. Oregon Livestock Show Opens Tomorrow

La Grande—(U.P.)—The 48th annual Eastern Oregon livestock show is scheduled to open tomorrow at Union. About 400 FFA and 4-H exhibitors are expected to take part in the three-day program.

A rodeo, pari-mutuel racing, parade, square dancing and jamboree are highlights of the week end program planned by the Livestock show association.

Cleveland—(U.P.)—A pistol-waving gunman wearing a false beard yesterday robbed the North American Bank here of \$12,300.

SPECIAL

Til Saturday

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CORN

On the Cob 39c

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Tonight!

FORD Theatre

presents for the first time on TV

"MR. KAGLE AND THE BABY SITTER"

starring Charles Coburn and Fay Holden

KBES-TV 8:30 CHANNEL 5

Mollet Asks Fresh Vote of Confidence

Paris—(U.P.)—Premier Guy Mollet demanded a fresh vote of confidence yesterday from the French National Assembly on his plan for old age pensions.

Shortly afterward, the Cabinet announced it had banned any more shipments of light arms to the Middle East. The move was fulfillment of Foreign Minister Christian Pineau's pledge to the Assembly Tuesday that "no arms which could be turned against France will ever be sent to the Middle East."

The demand came only a day after the Assembly had given him a grudging vote of confidence on his general domestic and foreign policies, including the use of force to pacify Algeria.

He won by a vote of 271 to 59 with 201 abstentions, drawing his support from the right wing political parties.

Dead line Sunday Classified is at noon Saturday.

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CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS

- Tale of the sea
- Prohibit
- Reach across
- Island off Ireland
- Hall
- Yarn
- Dispel
- Sitich
- Employ
- Beard of grain
- Rotates
- Conspire
- Brownish
- Positive
- Place
- Headgear
- Sun
- Line
- Out timber
- War god

DOWN

- Girl's name
- In a row
- Long, stout glove
- Emmet
- Foundation
- Avoids

1—Recent
2—Pricked
3—Yarn ticket
10—Toward the sheltered side
11—Rin's home
15—Cooled lava
20—Above and below
21—Fiddle
22—Comparative
23—Fiddlelike part
24—Command to begin
25—Collection of facts
27—Street celebration
28—Consumed
29—Fiddlelike part
31—Flame
32—Prunum
33—Burr
34—tribesman
37—Fabled diminutive beings
38—Intruding animals
46—Hobo (slang)
47—Hobo
48—Three-headed armadillo
49—City in Nevada
44—Rara
47—Cremery
48—Others
50—Mohammedan commander

L. L. ABNER

F-FINGERIN' AH WAS GONNA DIE, AH-SUP?—SOLD MAH SKULL TO TH' MOOSEM.

BUT, NOW THET AH NEEDS IT, AH GOTTA RETURN TH' \$100,000!—

P—NO \$100,000—BUT THURS SOME MIGHTY NICE CUT-OUTS O' GENERAL GRANT, BENJAMIN FRANKLIN, AN' ALEXANDER HAMILTON!

HONEST ABE DONE CUT TH' FACES OUTA TH' BILLS, BUT WE KIN PASTE 'EM TOGETHER!—WHAR'S TH' SCRAPPS?

HE'S POINTIN' TOWARDS BOTTOM-LESS CANYON!

BUZ SAWYER

CONFOUND IT, COMMANDER! WE'RE EXPECTING 'ENEMY' BOMBERS ANY MOMENT—AND OUR RADAR'S OUTZ AS CATAPULT OFFICER, THE LEAST YOU CAN DO IS GET OUR JETS IN THE AIR FOR A FIGHTER COVER!

DO YOU MEAN TO TELL ME WE CAN'T LAUNCH PLANES BECAUSE ALL 125 OF OUR PILOTS HAVE THE MUMPS?

NO, SIR, ONLY ONE PILOTS GOT 'EM.

BUT YOU CAN'T LAUNCH PLANES WITHOUT CATAPULTS, AND ALL BUT TWO OF MY CATAPULT MEN ARE DOWN WITH THE MUMPS.

THAT FEMALE! THAT WITCH! SHE'S HOODOOED MY SHIP!

THE TIPPECANOE IS IN THE MIDST OF 'BATTLE' WARRIORS

BARNEY GOOGLE and SNUFFY SMITH

WHEN WE SHOOK HANDS WIF SUT YORE WRIST WATCH GOT TANGLED UP IN HIS FINGERS, PIERRE.

BY JOVE!! HE IS A SLICK ONE

I HOPE IT L'ARNT YE A LESSON, PIERRE--

IT MOST CERTAINLY DID--AND YOU SHALL HAVE A REWARD, MR. SMITH

MY--MY--W-WALLET?

YE CAN DOUBLE TH' REWARD, COUSIN--THAT'S TWO LESSONS YE L'ARNT TODAY

BLONDIE

DID YOU KNOW MAMA'S MAD AT YOU, DADDY?

WHY?

HELLO, DEAR

WHY ARE YOU MAD AT ME? WHAT IS THE REASON?

SINCE WHEN DOES A WIFE HAVE TO HAVE A REASON?

MUTT and JEFF

IF YOU SEE SPOTS BEFORE YOUR EYES YOU NEED GLASSES! HERE, WEAR MINE!

FINE! NOW I SEE TH' SPOTS BETTER!

JEFF WHAT ARE YOU DOING?

WHOOOPS! I WAS TRYING TO PARK THE CAR!

BUT THERE'S NO PARKING SPACE IN THERE!

IT MUST BE YOUR GLASSES, MUTT--

I SAW PARKING SPOTS BEFORE MY EYES!