

RADIO PROGRAMS - SUNDAY

Table listing radio programs for Sunday across various stations including KVMR, KMLD, and KWIN.

RADIO PROGRAMS - MONDAY

Table listing radio programs for Monday across various stations including KVMR, KMLD, and KWIN.

TV PROGRAMS - KBES (Channel 5)

The following TV broadcast log is printed as a free public service for the Mail Tribune's readers and TV viewers.

SUNDAY

Table listing TV programs for Sunday on Channel 5.

MONDAY

Table listing TV programs for Monday on Channel 5.

AIRLINES NEED MEN AND WOMEN

H. S. graduates, 18 to 39, to prepare for well paid positions, technical or non-technical. Public contact, hostesses, communicationists, reservationists, station agents, radio operation, radio-radar-electronics technicians, etc.

How CHRISTIAN SCIENCE HEALS

T.V. SERIES FOR EVERYONE. This Week "Prayer Can Heal Serious Cases" KBES-TV Channel 5 - Sunday - 4 P.M.

The Medical Roundup

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

In a recent lecture Professor Frederick J. Stare, of Harvard, emphasized several important facts about diet. The most important one, of course, is that many of the diets that people follow for a few weeks or months are faddish, unscientific, poorly designed, perhaps inadequate for the maintenance of health over any long period of time, and certainly so boring that a person could not long endure them.

What is sad is that most of these diets are put out by lay persons who have no training in dietetics and who start out with some preconceived idea. Few laymen know that there is a science of dietetics in which the facts are as unquestioned as they are in any other branch of chemistry. Experts in this science know just what foods and chemicals a body needs in order to keep it healthy; they know exactly how a person can and should reduce weight, and they know how to design the diet so that it won't be too unpleasant, unpalatable and boring.

It is unfortunate that most people see no sense in reading what a distinguished university professor has to say about diet. But just let some faddy person—imagine dietetics—write a book saying that certain foods and even refuse products of a factory are wonderful, that book may not only become a best-seller, but in a few weeks the stocks of the recommended foods will all be sold out! If I were to write a scientific book on diet, perhaps a thousand copies would be sold. But if a publishing firm gets a clever ghost writer to write for someone, a book on a crazy diet that is supposed to make everyone

Methodist Youth in Medford March 22

Members of the Methodist Youth fellowship of the Eugene district will meet Friday, March 22, in Medford, for the District conference. Youth from Eugene, Coquille, Coos Bay, Lakeview, and other parts of the state will be present for the conference. Bishop A. Raymond Grant, resident bishop of the Portland area of the Methodist church, will give the inspirational message on Saturday at 9:45 a.m. Other activities will include cell groups, recreation, banquet, district speak-off contest, and holy communion.

Charges Against Local Man Dismissed in Court

Circuit Judge H. K. Hanna, Friday ordered dismissal of charges against Richard Ralph Bryant, 23, of 2857 Lone Pine rd., who had been charged with using a motor vehicle without obtaining the owner's permission. The order followed a motion for dismissal filed by the district attorney. The motion for dismissal was based on grounds that Bryant and his wife, the complainant in the case, have become reconciled.

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Strange As It Seems by Elsie Hix



When DYNNE MARIE BEVANS—daughter of Mr. & Mrs. William Evans, of Galesville, ARRIVED ON DEC. 3, 1955, SHE WAS THE FIRST BABY GIRL TO BE BORN IN THE BEVANS FAMILY IN 8 GENERATIONS!



STOPPING IN MID-AIR AFTER MAKING A SHOT, BOB CUMINGS LANDED ON THE SHOULDER OF AN OPPOSING PLAYER. —Detroit, Mich. Dec. 28, 1956.



CROSSWORD PUZZLE Answer to Yesterday's Puzzle

Crossword puzzle grid with clues for Across and Down.



STEVIE CANYON. PROBABLY THESE MEN WOULD HAVE BEEN BETTER OFF AT THE TOURNA-MENT, BECAUSE NO WORK IS DONE IN THE STUMPHILL MINE AS THE TWO TEAMS WARM UP TO START THE FINAL CONTEST IN THE STATE UNIVERSITY GYM SOME MILES AWAY...

