RADIO PROGRAMS — WEDNESDAY

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

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—Traffic Jam	News* Terry Nolan	Jim Ochs
4:15—Traffic Jam	Terry Nolan	Jim Ochs
4:30—Traffic Jam	Swingshift	Jim Ochs
4:45—Traffic Jam	Swingshift	Jim Ochs-News
5:00—Thomas—Sports**	News* Swingshift	Perry Hotchkiss
5:15—Sound 1230	Swing Shift	Perry Hotchkiss
5:30—Tom Harmon**	Local News—Sports	Perry Hotchkiss
5:45—Frank Goss**	Orval Anderson*	Hotchkiss—News
6:00—News, Amos-Andy**	News* Swingshift	Perry Hotchkiss
6:15—Amos 'n Andy**	Swingshift	Perry Hotchkiss
6:30—News-Griffith-B&A	News Roundup*	Perry Hotchkiss
6:45—Bob & Ray**	News Roundup*	Hotchkiss—News
7:00—World Tonight**	News* Monitor*	Jim Ochs
7:15—Sound 1230	Monitor*	Jim Ochs
7:30—Sound 1230	Monitor*	Jim Ochs
7:45—Sound 1230	Monitor*	Jim Ochs-News
8:00—News**	News* Monitor*	Jim Ochs
8:15—Sound 1230	Monitor*	Jim Ochs
8:30—Sound 1230	Monitor*	Jim Ochs
8:45—Sound 1230	Monitor*	Jim Ochs-News
9:00—Sound 1230	News* Go	Jim Ochs
9:15—Sound 1230	Go	Jim Ochs
9:30—Sound 1230	Go	Jim Ochs
9:45—Sound 1230	Go	Jim Ochs-News
10:00—Richfield Reporter**	News*-Nightbeat	Sign Off
10:15—Sound 1230	Nightbeat	
10:30—Sound 1230	Nightbeat	
10:45—Sound 1230-News	Nightbeat	
11:00—Sign Off	News*-Nightbeat	
	Nightbeat	
	Sign Off	

RADIO PROGRAMS — THURSDAY

6:00—Sound 1230	Wake Up to Music	Darryl Sutton
6:15—Sound 1230	Wake Up to Music	Darryl Sutton
6:30—Frank Goss**	Wake Up to Music	Local News
6:45—Harry Babbitt**	First News	News
7:00—News-Draper**	Wake Up to Music	Hemingway News**
7:15—World News**	Weather News*	Darryl Sutton
7:30—MacLeod Sports	Valley Beepers*	Darryl Sutton
7:45—Sound 1230	Weather—News	Darryl Sutton
8:00—News-Weather	News* Hear	Cliff Engle News**
8:15—Breakfast Club*	Hear	Darryl Sutton
8:30—Breakfast Club*	Hear	Darryl Sutton
8:45—Breakfast Club*	Hear	Sutton—News
9:00—News**	News* Swap and Sell	Perry Hotchkiss
9:15—Trading Post	Hear	Telo Test **
9:30—Young Dr Malone**	Hear	Perry Hotchkiss
9:45—Ma Perkins**	Friendship Circle	Hotchkiss-News
10:00—News-Whisp Sta**	News* Hear	Perry Hotchkiss
10:15—Couple Next Door	Hear	Perry Hotchkiss
10:30—Helen Trent**	Hear	Perry Hotchkiss
10:45—Pat Buttram**	Hear	Philadelphia-Cubs
11:00—News**	News*—Network Time	Philadelphia-Cubs
11:15—Sound 1230	Network Time*	Philadelphia-Cubs
11:30—Funny Side Up**	Network Time*	Philadelphia-Cubs
11:45—Funny Side Up**	Network Time*	Philadelphia-Cubs
12:00—Paul Harvey*	News	Philadelphia-Cubs
12:15—News-Weather	Weather Report	Philadelphia-Cubs
12:30—Sound 1230	Lunchtime News	Philadelphia-Cubs
12:45—Sound 1230	His Majesty the Baby	Philadelphia-Cubs
1:00—News-Godfrey**	News* Terry Nolan	Darryl Sutton
1:15—Arthur Godfrey**	Terry Nolan	Darryl Sutton
1:30—Arthur Godfrey**	Terry Nolan	Darryl Sutton
1:45—Arthur Godfrey**	Terry Nolan	Sutton—News
2:00—News-Houseparty**	News* Terry Nolan	Jim Ochs
2:15—Houseparty**	Terry Nolan	Jim Ochs
2:30—Del Courtney	Terry Nolan	Jim Ochs
2:45—Del Courtney	Terry Nolan	Jim Ochs-News
3:00—Del Courtney	News* Terry Nolan	Jim Ochs
3:15—Del Courtney	Terry Nolan	Jim Ochs
3:30—Traffic Jam	Terry Nolan	Jim Ochs
3:45—Traffic Jam	Terry Nolan	Jim Ochs-News
4:00—Traffic Jam	News* Terry Nolan	Jim Ochs
4:15—Traffic Jam	Terry Nolan	Hemingway News**
4:30—Traffic Jam	Swingshift	Jim Ochs
4:45—Traffic Jam	Swingshift	Jim Ochs-News
5:00—Thomas—Sports**	News* Swingshift	Perry Hotchkiss
5:15—Sound 1230	Swingshift	Perry Hotchkiss
5:30—Tom Harmon**	Lcl. News—Sports	Perry Hotchkiss
5:45—Frank Goss**	Orval Anderson*	Hotchkiss—News
6:00—News, Amos-Andy**	News* Swingshift	Perry Hotchkiss
6:15—Amos 'n Andy**	Swingshift	Perry Hotchkiss
6:30—News-Griffith-B&A	News Roundup*	Perry Hotchkiss
6:45—Bob & Ray**	News Roundup*	Hotchkiss—News
7:00—Sound 1230	News* Monitor*	Jim Ochs
7:15—Sound 1230	Monitor*	Jim Ochs
7:30—Sound 1230	Monitor*	Jim Ochs
7:45—Sound 1230	Monitor*	Jim Ochs-News
8:00—News**	Monitor*	Jim Ochs
8:15—Sound 1230	Monitor*	Jim Ochs
8:30—Sound 1230	News* Montior*	Jim Ochs
8:45—Sound 1230	Monitor*	Jim Ochs-News
9:00—Sound 1230	News* Go	Jim Ochs
9:15—Sound 1230	Go	Jim Ochs
9:30—Sound 1230	Go	Jim Ochs
9:45—Sound 1230	Go	Jim Ochs-News
10:00—Richfield Reporter**	News*	Sign Off
10:15—Sound 1230	Nightbeat	
10:30—Sound 1230	Nightbeat	
10:45—Sound 1230-News	Nightbeat	
11:00—Sign Off	News	
11:15—	Nightbeat	
11:30—	Sign Off	

*ABC **CBS *NBC *MBS **ABC

KBOY AM 730 kc — FM 95.3 Meg.

Wednesday:
4:00—Request Time
6:00—Vespers—Dinner Music.
6:30—Sign off AM channel, Dinner Music continued on FM channel, 95.3 meg.
8:00—Hi-Fi Varieties
12:00—Sign off

Thursday:
5:45—Sign on. Weather on hour, news on half hour, all day.
10:00—Bargain Roundup
10:45—PBQ Jackpot
11:00—Special Newscast
12:15—Farm Market
12:30—Stock Market
2:35—Bargain Roundup
4:00—Request Time
6:00—Vespers—Dinner Music
6:30—Sign off AM channel. Dinner Music continued on FM channel, 95.3 meg.
8:00—Roses Are Red
12:00—Sign off

KDOV 1300 KC

Wednesday
4:25—School Bell
5:30—Farm Report
7:15—Sign Off

Thursday
6:00—Sign on. Music and news all day.
6:15—Evangelistic Center
6:30—Farm Report
4:45—Weather
9:25—Trader Horn
11:45—Weather
12:00—Market Report
12:45—Livestock Report
2:25—Trader Horn
3:25—Meeting Notices
4:25—School Bell
5:30—Farm Report
7:15—Sign Off

TELEVISION PROGRAMS

The following TV broadcast log is printed as a free public service for the Mail Tribune's readers and TV viewers. Schedule changes are printed as provided by the TV stations and the Mail Tribune cannot accept responsibility for errors or omissions.

KBES-TV (Channel 5)

WEDNESDAY
5:30—Superman
6:00—TV Weatherman
6:05—News
6:15—Doug Edwards
6:30—Sergeant Preston
7:00—Eyewitness to History
7:30—Trackdown
8:00—The Millionaire
8:30—I've Got a Secret
9:00—Arthur Godfrey
10:00—Mickey Spillane
10:30—News
10:35—"Mokey"
12:00—Sign Off

THURSDAY
9:00—I Love Lucy
9:30—Top Dollar
10:00—Love of Life
10:30—Search for Tomorrow
10:45—Guiding Light
11:00—Homemaker's Intermission
11:30—Liberace
12:00—Florian Zabach
12:30—As the World Turns
1:00—For Better or Worse
1:30—House Party
2:00—Big Payoff
2:30—Verdict is Yours
3:00—Brighter Day
3:15—Secret Storm
3:30—Edge of Night
4:00—Devotions
4:05—Uncle Bill's Cartoons
4:30—Americans at Work
4:45—Panorama
5:15—Doug Edwards
5:30—Roy Rogers
6:00—TV Weatherman
6:05—News
6:15—Doug Edwards
6:30—TBA
7:00—December Bride
7:30—State Trooper
8:00—Danger Is My Business
8:30—Playhouse 90
10:00—U.S Marshal
10:30—News
10:35—"Red Dust"
11:35—Sign Off

KOTI-TV (Channel 2)

WEDNESDAY
5:00—News
5.10—Weather
5:15—Doug Edwards
5:30—Superman
6:00—Boxing
7:00—Eyewitness to History
7:30—Trackdown
8:00—The Millionaire
8:30—I've Got a Secret
9:00—Arthur Godfrey
10:00—TBA
10:30—Movie
12:05—Sign Off

THURSDAY
9:45—Cartoons
10:00—Love of Life
10:30—Search for Tomorrow
10:45—Guiding Light
11:00—Across the Board
11:30—Pantamine Quiz
12:00—Bingo
12:30—As the World Turns
1:00—For Better or Worse
1:30—House Party
2:00—Big Payoff
2:30—Verdict is Yours
3:00—Brighter Day
3:15—Secret Storm
3:30—Edge of Night
4:00—Devotions
4:05—Uncle Bill's Cartoons
4:30—Bargain Shopper
5:00—Chaplain's Corner
5:15—Doug Edwards
6:00—News
6:10—Weather
6:15—Doug Edwards
6:30—Outline '59
6:35—TV ? Box
7:00—December Bride
7:30—Danger is My Business
8:00—Leave It To Beaver
8:30—Playhouse 90
10:00—I Spy
10:35—Movie

LONG WAIT—Navy Cmdr. Alan Shepard, one of seven Astronauts, stands beside the space capsule atop the Air Force Atlas before its first test flight at Cape Canaveral, Fla. The Mercury project to orbit a man and bring him back to earth is set for 1961.

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

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

1 Luck	31 You	61 Changes
2 Strengthen	32 Out	62 Health
3 Give	33 Plans	63 With
4 Get	34 From	64 To
5 Attention	35 On	65 Lot
6 Away	36 May	66 Selling
7 Favors	37 It	67 Your
8 To	38 Tiff	68 Matters
9 Bonds	39 Can	69 Moves
10 Early	40 That	70 Personality
11 Of	41 Undergo	71 You
12 Take	42 Be	72 Make
13 Affection	43 Afternoon	73 Those
14 Carefully	44 All	74 Slate
15 No	45 Seat	75 Disrupt
16 You're	46 Go	76 Today
17 Chances	47 A	77 In
18 Check	48 Accomplish	78 Good
19 Better	49 Turned	79 Your
20 Today's	50 Later	80 Around
21 Wait	51 Exert	81 Account
22 In	52 Can	82 You
23 Diet	53 New	83 Should
24 Values	54 Buying	84 Solving
25 Personal	55 Or	85 Important
26 Start	56 Numerous	86 Financially
27 And	57 Places	87 Happiness
28 Driver's	58 Clean	88 Decisions
29 Before	59 A	89 Problems
30 Ideas	60 To	90 Profit

ARIES MAR. 22 – APR. 20	30-39-42-49 60-78-81-86	LIBRA SEPT. 23 – OCT. 23	16-22-28-45 51-67-70
TAURUS APR. 21 – MAY 21	12-15-17-40 52-75-79-87	SCORPIO OCT. 24 – NOV. 22	26-32-35-47 53-58-74
GEMINI MAY 22 – JUNE 22	2-9-11-13 63-73-80-82	SAGITTARIUS NOV. 23 – DEC. 22	3-5-8-23 27-62-68
CANCER JUNE 23 – JULY 23	14-18-24-29 54-55-66	CAPRICORN DEC. 23 – JAN. 20	4-6-34-37 44-46-57
LEO JULY 24 – AUG. 23	20-25-33-36 41-56-61	AQUARIUS JAN. 21 – FEB. 19	31-48-59-65 76-77-84-89
VIRGO AUG. 24 – SEPT. 22	1-7-10-43 69-71-83-90	PISCES FEB. 20 – MAR. 21	19-21-38-50 64-72-85-88

Good Adverse Neutral

The Medical Roundup

by Walter C. Alvarez

Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Clinic

Overweight And The Loss Of A Husband's Interest

Women write to say that during a pregnancy they became so stout that their husbands no longer showed any sexual interest in them. They fear this is due to their loss of attractiveness. If the woman is distressed enough about this and really wants to go back to her original size and good looks, she can do it. All she has to do is to go on a sensible reduction diet, living largely on vegetables, salads, some fruit, with each day a serving of lean meat, or some poultry or fish, and with each day an egg and a glass of skim milk. Clear soups are all right. A little oil and vinegar can be used on salads. The woman must get on a scale every morning before breakfast, and if she has gained weight, there is only one explanation, and this is that she has eaten too much.

Dr Alvarez

The next day she will have to eat less. Perhaps she has been good at meal-times but has nibbled all day on bread, or she has raided the refrigerator, or she thought crackers wouldn't do any harm, or she lost her grip and went on an uncontrolled binge of eating. I don't believe in the taking of drugs to try to reduce. The woman who takes a drug will try to depend on the medicine, while the woman who is depending on diet will know that she just can't cheat and get away with it. Similarly, I do not like to see a woman trying to rub or shake her fat off. Experts tell me they do not believe it can be done.

Some Walking Helps

One cannot walk off much weight, but some walking with physical activity helps. The stout woman tends to become slow, and she likes to sit in a chair – it is such an effort to carry around 100 pounds of fat. Years ago, when I used to go into the mountains, I sometimes went on a knap-sack trip with 35 pounds on my back. Although in those days I was a strong, athletic man, the carrying around of those 35 extra pounds distressed and tired me. I used then to wonder how a small-muscled woman who, when she married, weighed 100 pounds, can now be carrying about all day perhaps 150 pounds. No wonder she likes to sit down! And the more she sits, the less food she needs, and hence the more of what food she eats is stored in her body as fat. Recently, I saw one of the mice of the new fat strain. It slept nearly all the time while the ordinary laboratory white mice in the next cage explored about all day and exercised in a revolving treadmill.

Diet Results Gratifying

I admit that for many people it is terribly hard to stick to a diet, but the results can be so gratifying to the person who succeeds. Life can be worth living again. It is a terrible thing when a woman gives up, and admits to herself that she no longer is going to look attractive–to men or women. I remember a once-beautiful woman, who after two pregnancies, gained weight up to some 350 pounds. Her handsome husband was so ashamed he tried never to be seen with her, and his sexual interest in her was lost. For years, she accepted this, but then one day, something distressed her so much that she came to me to go on a reduction diet. What had happened was that she had announced to her two girls that she was going to their school to see the teacher about some PTA matter. With this the children had become hysterical – demanding that she not go. They felt they both would be humiliated if their schoolmates were ever to see what a huge fat mother they had. This was too much, and in the next year she took off 150 pounds.

Dr. Alvarez' booklet on weight control may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

THE PLAY'S THE THING

Winooski, Vt. – (UPI)—Democratic state Sen. Robert Spencer explained after attending a Republican-sponsored performance of "The Lark" at the St. Michael's College Playhouse: "I have a season's ticket and am not knowingly supporting the Republicans. But I'm happy to see they have the wisdom of picking such fine entertainment."

Strange As It Seems

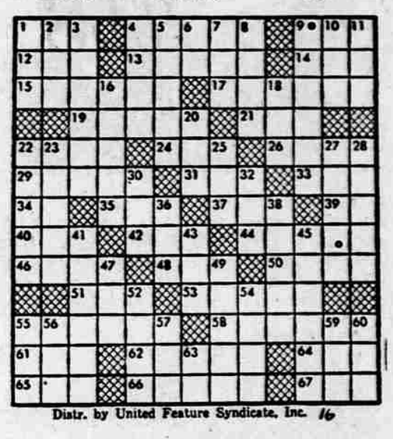
By ELSIE HIX

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1-Chart
4-Scorches
9-Rear part of ship
12-Silkworm
13-Path described by one body about another
14-Brown kiwi
15-Collection of people
17-Go
19-Interior
21-Sailor (colloq.)
22-Bard
24-Offspring
26-Ordinances
29-Part of step
31-Children's game
33-Scottish cap
34-Prefix: not
35-Knock
37-Genus of cattle
39-Maiden loved by Zeus
40-Lair
42-Short sleep
44-Explode
46-Paradise
48-Moccasin
50-Nerve network
51-Things, in law
53-Stitched
55-Comely
58-Most overpowering
61-Unit of Portuguese currency
62-Fertile spots in desert
64-Greek letter
65-Unusual
66-Chemical compound
67-Provide crew

DOWN
1-Males
2-Macaw
3-Feels compassion for
4-Anon
5-Sea eagles
6-Hebrew month
7-Free of
8-Let it stand
9-Biblical mountain
10-Preposition
11-Make lace
16-Bury
18-Crony (colloq.)
20-Decay
22-Self-respect
23-Lubricated
25-Catch (slang)
27-Blouse
28-Struck
30-Hurried
32-Sailor (colloq.)
36-Soft food
38-More certain
41-Sea nymph
43-Dance step
45-Buy back
47-Openwork fabric
49-Gave up
52-Portico
54-Sagacious
55-In favor of
56-Communist
57-Sweet potato
59-Music: as written
60-Sunburn
63-Spanish for "yes"



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