

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	Swing Shift	Jim Ochs
4:45—Traffic Jam	Swing Shift	Jim Ochs
5:00—Thomas-Sports	News—Swing Shift	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—Swing Shift	Perry Hotchkiss
6:15—Amos 'n' Andy	Swing Shift	Perry Hotchkiss
6:30—News-Griffith-B&A	News Roundup	Hotchkiss—News
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
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
9:00—News	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
10:00—Richfield Reporter	News—Nightbeat	Sign Off
10:15—Sound 1230	Nightbeat	Sign Off
10:30—Sound 1230	Nightbeat	Sign Off
10:45—Sound 1230	Nightbeat	Sign Off
11:00—Sign Off	News—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	Darryl Sutton
6:45—Harry Babbitt	First News	Darryl Sutton
7:00—News-Draper	Wake Up to Music	Darryl Sutton
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—Weather	Darryl Sutton
8:15—Breakfast Club	Hear	Darryl Sutton
8:30—Breakfast Club	Hear	Darryl Sutton
8:45—Breakfast Club	Hear	Darryl Sutton
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-Whip, Sts	News—Hear	Perry Hotchkiss
10:15—Couple Next Door	Hear	Perry Hotchkiss
10:30—Helen Trent	Hear	Perry Hotchkiss
10:45—Pat Buttram	Hear	Perry Hotchkiss
11:00—News	News—Network Time	TBA
11:15—Sound 1230	Network Time	TBA
11:30—Sound 1230	Network Time	TBA
11:45—Sound 1230	Network Time	TBA
12:00—Paul Harvey	News	TBA
12:15—News-Weather	Weather Report	TBA
12:30—Sound 1230	Lunchtime News	TBA
12:45—Sound 1230	His Majesty the Baby	TBA
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	Darryl Sutton
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
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
4:00—Traffic Jam	News—Terry Nolan	Jim Ochs
4:15—Traffic Jam	News—Terry Nolan	Jim Ochs
4:30—Traffic Jam	Swing Shift	Jim Ochs
4:45—Traffic Jam	Swing Shift	Jim Ochs
5:00—Thomas-Sports	News—Swing Shift	Perry Hotchkiss
5:15—Sound 1230	Swing Shift	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—Swing Shift	Perry Hotchkiss
6:15—Amos 'n' Andy	Swing Shift	Perry Hotchkiss
6:30—News-Griffith-B&A	News Roundup	Perry Hotchkiss
6:45—Bob & Ray	News Roundup	Hotchkiss—News
7:00—Sound 1230	Monitor	Jim Ochs
7:15—Sound 1230	Monitor	Jim Ochs
7:30—Sound 1230	Monitor	Jim Ochs
7:45—Sound 1230	Monitor	Jim Ochs
8:00—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
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
10:00—Richfield Reporter	News—Nightbeat	Sign Off
10:15—Sound 1230	Nightbeat	Sign Off
10:30—Sound 1230	Nightbeat	Sign Off
10:45—Sound 1230	Nightbeat	Sign Off
11:00—Sign Off	News—Nightbeat	Sign Off
11:15—Sign Off	Nightbeat	Sign Off
11:30—Sign Off	Nightbeat	Sign Off

KBOY AM 730 kc — FM 95.3 Meg.

Wednesday:	10:45—PBQ Jackpot
4:00—Request Time	11:00—Special Newscast
6:00—Vespers—Dinner Music	12:15—Farm Market
6:30—Sign off AM channel, Dinner	12:30—Stock Market
Music continued on FM	12:45—Livestock Roundup
channel, 95.3 meg.	4:00—Request Time
8:00—Hi-Fi Varieties	6:00—Vespers—Dinner Music
11:00—Sign Off	6:30—Sign off AM channel, Dinner
Thursday:	Music continued on FM
5:45—Sign on, Weather on hour,	channel, 95.3 meg.
news on half hour, all day.	8:00—Rose of Sharon
10:00—Bargain Roundup	12:00—Sign Off

KDOV 1300 KC

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

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	1:00—For Better or Worse
5:30—Superman	2:00—Big Payoff
6:00—TV Weatherman	2:30—Verdict is Yours
6:05—News	3:00—Brighton Day
6:30—Doug Edwards	3:15—Secret Storm
6:30—Sergeant Preston	3:30—Edge of Night
7:00—Eyewitness to History	3:45—American Bandstand
7:30—Trackdown	4:30—Bargain Shopper
8:00—The Millionaire	5:00—Chaplain's Corner
8:30—I've Got a Secret	5:00—Doug Edwards
9:00—U.S. Steel Hour	6:00—News
10:00—Mickey Spillane	6:15—Weather
12:30—News	6:30—Eyewitness to History
10:30—Old Hutch	7:00—U.S. Marshal
12:00—Sign Off	7:30—Danger in My Business
	8:30—Leave It to Beaver
	8:30—Playhouse 90
	10:00—I Spy
	10:35—Movie

THURSDAY

9:00—Love Lucy	
9:30—Top Dollar	
10:00—Love of Life	
10:30—Search for Tomorrow	
10:45—Guiding Light	
11:00—Homesick's Intermission	
11:30—Liberace	
12:00—Florentin Zabach	
12:30—As the World Turns	
1:00—For Better or Worse	
1:30—House Party	
2:00—Brighton Day	
2:30—Verdict is Yours	
3:00—Brighton Day	
3:30—Edge of Night	
4:00—Devotions	
4:30—Uncle Sam's Cartoons	
4:45—Panorama	
5:00—Doug Edwards	
5:30—Roy Rogers	
6:00—TV Weatherman	
6:05—News	
6:30—Doug Edwards	
6:30—Eyewitness to History	
7:00—Trackdown	
7:30—State Trooper	
8:00—Danger in My Business	
8:30—Playhouse 90	
9:00—U.S. Marshal	
9:30—Sign Off	
10:00—Sign Off	
10:30—Sign Off	
11:00—Sign Off	
11:30—Sign Off	
12:00—Sign Off	

KOTI-TV (Channel 2)

WEDNESDAY	1:00—For Better or Worse
5:30—Superman	2:00—Big Payoff
6:00—TV Weatherman	2:30—Verdict is Yours
6:05—News	3:00—Brighton Day
6:30—Doug Edwards	3:15—Secret Storm
6:30—Sergeant Preston	3:30—Edge of Night
7:00—Eyewitness to History	3:45—American Bandstand
7:30—Trackdown	4:30—Bargain Shopper
8:00—The Millionaire	5:00—Chaplain's Corner
8:30—I've Got a Secret	5:00—Doug Edwards
9:00—U.S. Steel Hour	6:00—News
10:00—Mickey Spillane	6:15—Weather
12:30—News	6:30—Eyewitness to History
10:30—Old Hutch	7:00—U.S. Marshal
12:00—Sign Off	7:30—Danger in My Business
	8:30—Leave It to Beaver
	8:30—Playhouse 90
	10:00—I Spy
	10:35—Movie

70-Mile Speed Limit Rejected

Salem—UPI—A proposal for a maximum speed limit in Oregon of 70 miles an hour was voted down by the Oregon Highway Lifesavers Tuesday.

This proposal would have amended the state's basic speed rule which limits speed to road, highway and weather conditions.

The safety organization also split down the middle on a proposal of Alvin Brown, Portland city attorney, which would have required that posted speeds be the actual speed limits all over the state.

Further study of a fixed speed rule is slated by a committee of the lifesavers who will report at the next meeting.

When a program is worked out, it will be presented to the 1961 Legislature.

Ark, got its name from a corruption of "Sumac-couvert," which is what early French hunters called the place because of a dense cover of sumac in the vicinity.

STAR GAZER

By CLAY R. POLLAN

ARIES	TAURUS	GEMINI	CANCER	LEO	VIRGO
APR. 20 22-39-44-50 69-70-83-84	APR. 21 17-20-36-57 71-74-88-90	MAY 22 7-10-13-31 52-55-66	JUNE 23 2-8-14-26 32-43-56	JULY 24 12-26-38-49 51-76-79-86	AUG. 24 3-6-19-22 27-41-78
1. Your Daily Activity Guide 2. To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.	1. Could 2. Don't 3. Evening 4. Promise 5. Spurge 6. Make 7. You 8. Major 9. You 10. Major 11. You 12. Don't 13. Moves 14. A	1. Regarding 2. Could 3. Don't 4. Evening 5. Promise 6. Spurge 7. Make 8. Major 9. You 10. Major 11. You 12. Don't 13. Moves 14. A	1. Regarding 2. Could 3. Don't 4. Evening 5. Promise 6. Spurge 7. Make 8. Major 9. You 10. Major 11. You 12. Don't 13. Moves 14. A	1. Regarding 2. Could 3. Don't 4. Evening 5. Promise 6. Spurge 7. Make 8. Major 9. You 10. Major 11. You 12. Don't 13. Moves 14. A	1. Regarding 2. Could 3. Don't 4. Evening 5. Promise 6. Spurge 7. Make 8. Major 9. You 10. Major 11. You 12. Don't 13. Moves 14. A

The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine, Mayo Clinic

Emeritus Consultant in Medicine, Mayo Clinic

Hints for a Reduction Diet

In "The American Heart" for Summer, 1959, Sylvia Schur gave ten commandments on how to reduce weight. Paraphrased a bit they are, (1) Eat each day at least one serving of meat, poultry or fish with some servings of vegetables, a salad, or a tomato, and some fruit. A glass of skim milk and an egg will supply a number of the important elements in the diet. Miss Schur advises some bread and cereal, but I find that the day I eat some bread and cereal my weight is likely to go up. (2) Eliminate sweets, and so far as is possible, fats. I eat practically no butter and cut all the fat of my meat. (3) In summer, eat often a piece of melon or some berries. It will keep the dieter from getting too bored and unhappy or famished. (4) Don't skip meals. Many a woman who has decided to reduce rapidly, so as to get back a beau or a husband, has cut out breakfast and luncheon only to find that by supper time she is so hungry that she eats enough for two people, and gains weight.

Many a person on a reduction diet is wise to nibble in the morning and the afternoon on carrot sticks or celery stalks or on a pickle or a tomato. She had better not nibble on bread or crackers. A nibbler on bread, or a raider of the refrigerator says, "Doctor, at the table I don't eat much," but she gains weight. (5) Slice foods thin. This causes the ration of meat to look bigger than it is. (6) Miss Schur thinks it well to eat slowly so as to take more time to the meal. (7) Taste and try to enjoy everything you eat; enjoy every scrap of it. (8) Use a small plate so that your portion will look bigger. (9) Don't be too fearful of potatoes; it is the butter and cream and milk put on them that runs up the weight. (10) Keep facing the fact that you must keep dieting for the rest of your days. I would be inclined to add (11) Don't try to reduce with a drug. If you do, you'll try to cheat, always hoping that the medicine will save you. It won't. Better that you face the fact that if you overeat you will gain. (12) Get on the scales every morning before breakfast. If you have gained a pound, you'll know you have eaten too much, and will just have to cut down. There can be no alibis as to that.

The Family Council

Editor's Note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not accept responsibility for errors or omissions.

Adelle D.—I'm afraid to take a chance on Martin.

Martin R.—I'll make her love me.

Adelle D.—I am a divorcee in my early 30s and I have two children.

For the past two years I have been overwhelmingly in love with a man about 20 years older than I am. He is very fond of me and says he would marry me if I were a little older and didn't have children. I feel that he is just afraid of the responsibility, but I wouldn't burden him with the children. My former husband sends adequate support for them.

Another man close to my own age is in love with me and loves the children. Martin says he'll make me love him if I'll just marry him. But with one unsuccessful marriage in the background I'm afraid to take a chance.

Martin R.—I too have had an unsuccessful marriage and I know what hell it can be, so I wouldn't ask Adelle to take a chance if I weren't sure we could make a go of it.

Ever since I have known her, Adelle has been harping on this other man. The way she talks you'd think he was something special. But I have met him and I can see that he would never take the trouble to make any woman happy, even if he would marry Adelle—which he won't.

During the past two years I have tried to go out with other women and forget about Adelle, but it just won't work. She is on my mind all the time. She doesn't realize how hard I'd try to make her happy.

The Council: The third man is probably as vital to this frustrated romance as any other element in it. If he were suddenly to disappear, we think it quite likely that Martin would suddenly find a new love interest and Adelle would suddenly fall in love with him or some other unattainable man.

The fact that both Adelle and Martin have had unsuccessful marriages doesn't seem to have made either of

Plastic Bubbles Hold Instruments

Atlantic City, N.J. (Science Service)—Microscopic plastic bubbles more valuable than gold for embedding and protecting airplane and rocket instruments have been developed by F. T. Parr of Westinghouse Electric corporation and announced here to the American Chemical society. The new protective composition consists of microscopic plastic balloons of phenolic resins bound together by another plastic epoxy resin. It saves more than a quarter in weight over conventional filler materials. Since reduction of a pound of weight in airplane equipment is estimated to save \$765, it is rated as worth more than the value of gold, which is \$420 a pound.

The hollow resin bubbles are filled with an inert gas such as nitrogen. They were originally developed by the Standard Oil Company of Ohio to retard the evaporation losses on oil storage tanks.

From ordinary soft coal, chemists have obtained acids which promise new textile finishes, adhesives and binders for glass fibers. Drs. R. S. Montgomery and Wesley L. Archer of Dow Chemical company, Midland, Mich., told the chemists.

Highway Contracts To Be Let in Oregon

Salem—UPI—State Highway Engineer W. C. Williams said Tuesday some \$15 million worth of highway contracts will be let this year as a result of President Eisenhower's approval of the one-cent gas tax bill.

This will include completion of the Albany-Eugene freeway, Williams said.

The temperature has gone to as high as 88 degrees in October in Nova Scotia, Canada.

AL OLUFSEN

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ANDY'S JEWELER

15 NORTH CENTRAL

Strange As It Seems

By ELSIE HIX

THE PINE—NOT THE PALM, IS FLORIDA'S MOST COMMON TREE!

OVER 30 MILLION TONS OF PAPER ARE MANUFACTURED AND CONSUMED EACH YEAR IN THE UNITED STATES—MORE THAN 400 POUNDS PER PERSON

BECAUSE OF A LONG-FORGOTTEN TREATY SIGNED BY FERDINAND OF PORTUGAL IN THE 14TH CENTURY, PROVIDING FOR MUTUAL ASSISTANCE BETWEEN THE PORTUGUESE AND BRITISH, PORTUGAL WENT TO WAR AGAINST GERMANY OVER 500 YEARS LATER!

—WORLD WAR I, 1916—

STEVE CANYON

YES, SIR, COL. CANYON, BUT I WISH YOU KNEW HER BET