

RADIO PROGRAMS—TUESDAY

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

| KVJC 1230 kc | KMED 1440 kc | KWIN 1400 kc |
|----------------------------|--------------------|------------------|
| 4:00—Traffic Jam | News—Hear | Paul Walker |
| 4:15—Traffic Jam | Local News—Hear | Paul Walker |
| 4:30—Traffic Jam | Local News—Hear | Paul Walker |
| 4:45—Traffic Jam | Local News—Hear | Paul Walker |
| 5:00—Thomas-Sports** | News—Swingshift | Paul Walker |
| 5:15—Sound 1230 | Swingshift | Paul Walker |
| 5:30—Tom Harmon** | Weather-News-Spts. | Perry Hotchkiss |
| 5:45—Frank Goss** | Orval Anderson | Hotchkiss—News |
| 6:00—News** | News—Swingshift | County News |
| 6:15—Sound 1230 | Swingshift | Perry Hotchkiss |
| 6:30—Story Hour | Swingshift | Perry Hotchkiss |
| 6:45—Sound 1230 | Swingshift | Hotchkiss—News |
| 7:00—News—Amos-Andy** | News—Monitor* | Perry Hotchkiss |
| 7:15—Amos n' Andy** | Monitor* | Perry Hotchkiss |
| 7:30—News—Griffith-B-A | News Roundup* | Perry Hotchkiss |
| 7:45—Bob & Ray** | News Roundup* | Hotchkiss—News |
| 8:00—Medford-Crater | Medford-Crater | Count Down—White |
| 8:15—Medford-Crater | Medford-Crater | Count Down—White |
| 8:30—Medford-Crater | Medford-Crater | Count Down—White |
| 8:45—Medford-Crater | Medford-Crater | Count Down—White |
| 9:00—Medford-Crater | Medford-Crater | Count Down—White |
| 9:15—Medford-Crater | Medford-Crater | Count Down—White |
| 9:30—Medford-Crater | Medford-Crater | Count Down—White |
| 9:45—Medford-Crater | Medford-Crater | Count Down—White |
| 10:00—Richfield Reporter** | News* | Count Down—White |
| 10:15—Sound 1230 | Nightbeat | Count Down—White |
| 10:30—Sound 1230 | Nightbeat | Count Down—White |
| 10:45—Sound 1230—News | Nightbeat | Count Down—White |
| 11:00—Sign Off | Sign Off | Sign Off |

RADIO PROGRAMS—WEDNESDAY

| | | |
|----------------------------|----------------------|--------------------|
| 6:00—News** | Wake Up To Music | Jim Ochs |
| 6:15—Sound 1230 | Wake Up To Music | Jim Ochs |
| 6:30—Sound 1230 | Wake Up To Music | Local News |
| 6:45—Sound 1230 | First News | Jim Ochs |
| 7:00—News Roundup** | Wake Up To Music | Hemingway News** |
| 7:15—Sound 1230 | Wake Up To Music | Local News |
| 7:30—Sports Show | Valley Beeper | Jim Ochs |
| 7:45—Sound 1230 | Weather & News | Jim Ochs |
| 8:00—News-Weather | Terry Nolan | Cliff Engle News** |
| 8:15—Frank Goss** | Terry Nolan | Paul Walker |
| 8:30—Sound 1230 | Local News—Nolan | Paul Walker |
| 8:45—Sound 1230 | Local News—Nolan | Paul Walker |
| 9:00—News-Score-Baby | News—Swap and Sell | Paul Walker |
| 9:15—Breakfast Club* | Local News—Nolan | Paul Walker |
| 9:30—Breakfast Club* | Local News—Nolan | Paul Walker |
| 9:45—Breakfast Club* | Fashion Flashes | Paul Walker |
| 10:00—News, Trading post | News—Terry Nolan | Paul Walker |
| 10:15—Harry Bobbitt** | Terry Nolan | Telo Test** |
| 10:30—Young Dr. Malone* | Local News—Nolan | Paul Walker |
| 10:45—Ma Perkins** | Terry Nolan | Paul Walker |
| 11:00—News-Whisp. Streets | News—Network Time* | Paul Walker |
| 11:15—Couple Next Door** | Network Time* | Paul Walker |
| 11:30—Helen Trent** | Network Time* | Paul Walker |
| 11:45—Pat Buttram** | Network Time* | Paul Walker |
| 12:00—Paul Harvey** | News—Market | County News |
| 12:15—News-Weather | Feature Section | Russ White |
| 12:30—Garry Moore** | His Majesty the Baby | White—News |
| 12:45—Funny Sid—Up** | White—News | White—News |
| 1:00—News-Godfrey** | White—News | Russ White |
| 1:15—Arthur Godfrey** | Hear | Russ White |
| 1:30—Arthur Godfrey** | Hear | Russ White |
| 1:45—Arthur Godfrey** | Hear | Russ White |
| 2:00—News-Houseparty** | News—Hear | Russ White |
| 2:15—Houseparty** | News—Hear | Russ White |
| 2:30—Del Courtney | Del Courtney | Paul Walker |
| 2:45—Del Courtney | Del Courtney | Paul Walker |
| 3:00—Del Courtney | Del Courtney | Paul Walker |
| 3:15—Del Courtney | Del Courtney | Paul Walker |
| 3:30—Del Courtney | Del Courtney | Paul Walker |
| 3:45—Del Courtney | Del Courtney | Paul Walker |
| 4:00—Traffic Jam | News—Hear | Paul Walker |
| 4:15—Traffic Jam | Local News—Hear | Paul Walker |
| 4:30—Traffic Jam | Local News—Hear | Paul Walker |
| 4:45—Traffic Jam | Local News—Hear | Paul Walker |
| 5:00—Thomas-Sports** | News—Swingshift | Paul Walker |
| 5:15—President's Tree** | Swingshift | Paul Walker |
| 5:30—Tom Harmon** | Local News-Sports | Perry Hotchkiss |
| 5:45—Frank Goss** | Orval Anderson | Hotchkiss—News |
| 6:00—News** | News—Swingshift | County News |
| 6:15—Sound 1230 | Swingshift | Perry Hotchkiss |
| 6:30—Story Hour | Swingshift | Perry Hotchkiss |
| 6:45—Sound 1230 | Swingshift | Hotchkiss—News |
| 7:00—News—Amos-Andy** | News—Monitor* | Perry Hotchkiss |
| 7:15—Amos n' Andy** | Monitor* | Perry Hotchkiss |
| 7:30—News—Griffith-B-A | News Roundup* | Perry Hotchkiss |
| 7:45—Bob & Ray** | News Roundup* | Hotchkiss—News |
| 8:00—World Tonight** | Count Down—White | Count Down—White |
| 8:15—Sound 1230 | Count Down—White | Count Down—White |
| 8:30—Hidd'n Revolution** | Count Down—White | Count Down—White |
| 8:45—Hidd'n Revolution** | Count Down—White | Count Down—White |
| 9:00—News** | News—Go | Count Down—White |
| 9:15—Sound 1230 | Go | Count Down—White |
| 9:30—Sound 1230 | Go | Count Down—White |
| 9:45—Sound 1230 | Go | Count Down—White |
| 10:00—Richfield Reporter** | News* | Count Down—White |
| 10:15—Sound 1230 | Nightbeat | Count Down—White |
| 10:30—Sound 1230 | Nightbeat | Count Down—White |
| 10:45—Sound 1230—News | Nightbeat | Count Down—White |
| 11:00—Sign Off | Nightbeat | Sign Off |

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

KBOY AM 730 kc

| | |
|----------------------|------------------------|
| 3:45—Request Time | 11:30—Records With Ron |
| 4:00—Evening Vespers | 12:15—Farm Market |
| 4:15—Sign-Off | 12:30—Stock Market |
| 4:30—Request Time | 12:45—Market Report |
| 4:45—Request Time | 1:00—Market Report |
| 5:00—Request Time | 1:15—Market Report |
| 5:15—Request Time | 1:30—Market Report |
| 5:30—Request Time | 1:45—Market Report |
| 5:45—Request Time | 2:00—Market Report |
| 6:00—Request Time | 2:15—Market Report |
| 6:15—Request Time | 2:30—Market Report |
| 6:30—Request Time | 2:45—Market Report |
| 6:45—Request Time | 3:00—Market Report |
| 7:00—Request Time | 3:15—Market Report |
| 7:15—Request Time | 3:30—Market Report |
| 7:30—Request Time | 3:45—Market Report |
| 7:45—Request Time | 4:00—Market Report |
| 8:00—Request Time | 4:15—Market Report |
| 8:15—Request Time | 4:30—Market Report |
| 8:30—Request Time | 4:45—Market Report |
| 8:45—Request Time | 5:00—Market Report |
| 9:00—Request Time | 5:15—Market Report |
| 9:15—Request Time | 5:30—Market Report |
| 9:30—Request Time | 5:45—Market Report |
| 9:45—Request Time | 6:00—Market Report |
| 10:00—Request Time | 6:15—Market Report |
| 10:15—Request Time | 6:30—Market Report |
| 10:30—Request Time | 6:45—Market Report |
| 10:45—Request Time | 7:00—Market Report |
| 11:00—Request Time | 7:15—Market Report |
| 11:15—Request Time | 7:30—Market Report |
| 11:30—Request Time | 7:45—Market Report |
| 11:45—Request Time | 8:00—Market Report |
| 12:00—Request Time | 8:15—Market Report |
| 12:15—Request Time | 8:30—Market Report |
| 12:30—Request Time | 8:45—Market Report |
| 12:45—Request Time | 9:00—Market Report |
| 1:00—Request Time | 9:15—Market Report |
| 1:15—Request Time | 9:30—Market Report |
| 1:30—Request Time | 9:45—Market Report |
| 1:45—Request Time | 10:00—Market Report |
| 2:00—Request Time | 10:15—Market Report |
| 2:15—Request Time | 10:30—Market Report |
| 2:30—Request Time | 10:45—Market Report |
| 2:45—Request Time | 11:00—Market Report |
| 3:00—Request Time | 11:15—Market Report |
| 3:15—Request Time | 11:30—Market Report |
| 3:30—Request Time | 11:45—Market Report |
| 3:45—Request Time | 12:00—Market Report |

KBOY FM 95.3 mc

| | |
|-----------------------|------------------------|
| 3:45—Request Time | 10:30—Clemens-Time |
| 4:00—Evening Vespers | 11:30—Records With Ron |
| 4:15—Dinner Music | 12:00—Hi-Fi Varieties |
| 4:30—Hi-Fi Varieties | 12:15—Farm Market |
| 4:45—Show Album | 12:30—Stock Market |
| 5:00—Hi-Fi Varieties | 12:45—Market Report |
| 5:15—Hi-Fi Varieties | 1:00—Market Report |
| 5:30—Hi-Fi Varieties | 1:15—Market Report |
| 5:45—Hi-Fi Varieties | 1:30—Market Report |
| 6:00—Hi-Fi Varieties | 1:45—Market Report |
| 6:15—Hi-Fi Varieties | 2:00—Market Report |
| 6:30—Hi-Fi Varieties | 2:15—Market Report |
| 6:45—Hi-Fi Varieties | 2:30—Market Report |
| 7:00—Hi-Fi Varieties | 2:45—Market Report |
| 7:15—Hi-Fi Varieties | 3:00—Market Report |
| 7:30—Hi-Fi Varieties | 3:15—Market Report |
| 7:45—Hi-Fi Varieties | 3:30—Market Report |
| 8:00—Hi-Fi Varieties | 3:45—Market Report |
| 8:15—Hi-Fi Varieties | 4:00—Market Report |
| 8:30—Hi-Fi Varieties | 4:15—Market Report |
| 8:45—Hi-Fi Varieties | 4:30—Market Report |
| 9:00—Hi-Fi Varieties | 4:45—Market Report |
| 9:15—Hi-Fi Varieties | 5:00—Market Report |
| 9:30—Hi-Fi Varieties | 5:15—Market Report |
| 9:45—Hi-Fi Varieties | 5:30—Market Report |
| 10:00—Hi-Fi Varieties | 5:45—Market Report |
| 10:15—Hi-Fi Varieties | 6:00—Market Report |
| 10:30—Hi-Fi Varieties | 6:15—Market Report |
| 10:45—Hi-Fi Varieties | 6:30—Market Report |
| 11:00—Hi-Fi Varieties | 6:45—Market Report |
| 11:15—Hi-Fi Varieties | 7:00—Market Report |
| 11:30—Hi-Fi Varieties | 7:15—Market Report |
| 11:45—Hi-Fi Varieties | 7:30—Market Report |
| 12:00—Hi-Fi Varieties | 7:45—Market Report |
| 12:15—Hi-Fi Varieties | 8:00—Market Report |
| 12:30—Hi-Fi Varieties | 8:15—Market Report |
| 12:45—Hi-Fi Varieties | 8:30—Market Report |
| 1:00—Hi-Fi Varieties | 8:45—Market Report |
| 1:15—Hi-Fi Varieties | 9:00—Market Report |
| 1:30—Hi-Fi Varieties | 9:15—Market Report |
| 1:45—Hi-Fi Varieties | 9:30—Market Report |
| 2:00—Hi-Fi Varieties | 9:45—Market Report |
| 2:15—Hi-Fi Varieties | 10:00—Market Report |
| 2:30—Hi-Fi Varieties | 10:15—Market Report |
| 2:45—Hi-Fi Varieties | 10:30—Market Report |
| 3:00—Hi-Fi Varieties | 10:45—Market Report |
| 3:15—Hi-Fi Varieties | 11:00—Market Report |
| 3:30—Hi-Fi Varieties | 11:15—Market Report |
| 3:45—Hi-Fi Varieties | 11:30—Market Report |
| 4:00—Hi-Fi Varieties | 11:45—Market Report |
| 4:15—Hi-Fi Varieties | 12:00—Market Report |

KDOV 1300 kc

| |
|------------------------|
| 9:25—Trader Horn |
| 9:40—Weather |
| 10:00—Market Report |
| 10:15—Livestock Report |
| 10:30—Trader Horn |
| 10:45—Dixieland Jazz |
| 11:00—Market Report |
| 11:15—School Bell |
| 11:30—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) | KOTI-TV (Channel 2) |
|----------------------------|-------------------------|
| TUESDAY | TUESDAY |
| 5:00—Bargain Shopper | 5:30—Quick Draw McGraw |
| 5:15—Uncle Bill's Cartoons | 6:00—Quick Draw McGraw |
| 5:30—Quick Draw McGraw | 6:15—Weather |
| 5:45—TV Weatherman | 6:30—Douglas Edwards |
| 6:00—News | 6:45—Let's Get It On |
| 6:15—Doug Edwards | 7:00—Whirly Birds |
| 6:30—Let's Get It On | 7:15—Four Just Men |
| 6:45—Doug Edwards | 7:30—Denny O'Keefe |
| 7:00—Whirly Birds | 7:45—Denny O'Keefe |
| 7:15—Four Just Men | 8:00—Dobie Gillis |
| 7:30—Denny O'Keefe | 8:15—Lightning |
| 7:45—Denny O'Keefe | 8:30—Beat the Clock |
| 8:00—Dobie Gillis | 8:45—Verdict Is Ours |
| 8:15—Lightning | 9:00—American Bandstand |
| 8:30—Beat the Clock | 9:15—Edge of Night |
| 8:45—Verdict Is Ours | 9:30—American Bandstand |
| 9:00—American Bandstand | 9:45—Superman |
| 9:15—Edge of Night | 10:00—Weather |
| 9:30—American Bandstand | 10:15—Navy Log |
| 9:45—Superman | 10:30—Boxing |
| 10:00—Weather | 10:45—Charlie Weaver |
| 10:15—Navy Log | 11:00—Man Into Space |
| 10:30—Boxing | 11:15—Hawaiian Eye |
| 10:45—Charlie Weaver | 11:30—CBS Reports |
| 11:00—Man Into Space | 11:45—Sign Off |
| 11:15—Hawaiian Eye | |
| 11:30—CBS Reports | |
| 11:45—Sign Off | |

CHIEF SURGEON DIES

Mount Airy, N.C.—(UPI)—Dr. Moir S. Martin, 76, local banker and chief surgeon at Northern Surrey Hospital, died Monday at the hospital where his 74-year-old wife was recovering from surgery.

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars.
To develop message for Wednesday, read words corresponding to numbers of your Zodiac birth sign.

| ARIES | Taurus | Gemini | Cancer | Leo | Virgo | Libra | Scorpio | Sagittarius | Capricorn | Jan. 23 | Pisces |
|---------------|----------------|----------------|---------------|----------------|----------------|---------------|----------------|----------------|----------------|----------------|----------------|
| 1-Taking | 1-Wise | 1-Keen | 1-Imaginative | 1-Confident | 1-Practical | 1-Just | 1-Adventurous | 1-Generous | 1-Reserved | 1-Practical | 1-Imaginative |
| 2-Wise | 2-Keen | 2-Imaginative | 2-Confident | 2-Practical | 2-Just | 2-Adventurous | 2-Generous | 2-Reserved | 2-Practical | 2-Imaginative | 2-Confident |
| 3-Keen | 3-Imaginative | 3-Confident | 3-Practical | 3-Just | 3-Adventurous | 3-Generous | 3-Reserved | 3-Practical | 3-Imaginative | 3-Confident | 3-Keen |
| 4-Imaginative | 4-Confident | 4-Practical | 4-Just | 4-Adventurous | 4-Generous | 4-Reserved | 4-Practical | 4-Imaginative | 4-Confident | 4-Keen | 4-Imaginative |
| 5-Confident | 5-Practical | 5-Just | 5-Adventurous | 5-Generous | 5-Reserved | 5-Practical | 5-Imaginative | 5-Confident | 5-Keen | 5-Imaginative | 5-Confident |
| 6-Practical | 6-Just | 6-Adventurous | 6-Generous | 6-Reserved | 6-Practical | 6-Imaginative | 6-Confident | 6-Keen | 6-Imaginative | 6-Confident | 6-Practical |
| 7-Just | 7-Adventurous | 7-Generous | 7-Reserved | 7-Practical | 7-Imaginative | 7-Confident | 7-Keen | 7-Imaginative | 7-Confident | 7-Practical | 7-Just |
| 8-Adventurous | 8-Generous | 8-Reserved | 8-Practical | 8-Imaginative | 8-Confident | 8-Keen | 8-Imaginative | 8-Confident | 8-Practical | 8-Just | 8-Adventurous |
| 9-Generous | 9-Reserved | 9-Practical | 9-Imaginative | 9-Confident | 9-Keen | 9-Imaginative | 9-Confident | 9-Practical | 9-Just | 9-Adventurous | 9-Generous |
| 10-Reserved | 10-Practical | 10-Imaginative | 10-Confident | 10-Keen | 10-Imaginative | 10-Confident | 10-Practical | 10-Just | 10-Adventurous | 10-Generous | 10-Reserved |
| 11-Keen | 11-Imaginative | 11-Confident | 11-Keen | 11-Imaginative | 11-Confident | 11-Keen | 11-Imaginative | 11-Confident | 11-Keen | 11-Imaginative | 11-Confident |
| 12-Confident | 12-Keen | 12-Imaginative | 12-Confident | 12-Keen | 12-Imaginative | 12-Confident | 12-Keen | 12-Imaginative | 12-Confident | 12-Keen | 12-Imaginative |

The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine
Professor of Medicine
Mayo Clinic

On Making Decisions

A woman writes that when she was a girl her deeply religious father taught her, when making every small decision, to put it up to Christ, but as she grew older she decided that "Jesus wouldn't care what I did in so small and unimportant a matter." So, when she couldn't decide whether to buy the red blouse or the blue one, or whether to do the washing or the cleaning first, she would toss a coin for it. As she said, "such decisions are so unimportant that they do not matter one way or the other." Also, she says that in many cases, if one thinks a minute one can see that there is only one logical decision to make, and hence why not make it quickly and have it over with? Why spend the next hour puzzling over it?

This woman is so wise, and thousands of the women we doctors see are so foolish when they spend, as they often do, endless time making and re-making a decision which was of very little importance anyway. The really efficient person makes thousands of decisions a month without any effort. I have known persons who went into a nervous breakdown apparently because they couldn't make a decision in even so simple a matter as whether to put on first their right or their left stocking!

A Reduction Type of Diet

I recently read what Dr. Milton Plotz, of New York City, gives to his patients when they want to reduce. He allows them to eat pretty much what they ate before, but with certain modifications. They can't have more than one slice of bread with each meal, and he feels that this is very important. At breakfast, the doctor allows a little cereal (without much cream and sugar), or he gives a slice of toast, but not both the cereal and the toast. A woman can have a small baked potato, but not with butter and cream on it. She cannot have many peas or beans, because they are so nutritious. She can have a serving of lean meat and green vegetables. No rich gravies are allowed. All portions must be small, and no second helpings are allowed. Dessert should consist usually of fresh fruit, or a little cheese. If the patient's calorie intake is held below 1200, she should lose. She must develop a new set of eating habits, and then stick to them for the rest of her life. It is silly to reduce just for a few weeks or months. Why go to such trouble if soon one is going to go back to the old weight?

I was just reading where Arthur S. Flemming, secretary of health, education and welfare, pledged an all-out effort to back the food and drug administration's campaign to protect people from "fraudulent products and schemes being foisted on the public as 'weight reducers.'" He said, "There is no such article as a simple, safe and sane food, drug or device which will bring about loss of weight without exercise or the will to cut down the food intake." Flemming notes that the American Medical Association authorities have estimated that Americans are now being fleeced out of a \$100 million a year as they buy diets and mechanical devices. As Flemming says, the great number of devices which are now supposed to shake off weight testify to the great desire women have to slim down without behaving themselves at the table.

Quotes From the News

By United Press International

Washington—Former Rep. Fred A. Hartley Jr. (R-N.J.), co-author of the Taft-Hartley law, defending the law in the light of the steel settlement:

"The injunction returning workers to their jobs... has saved them over \$1 billion in wages. This is the clause that some have called the 'slave labor' feature of the Taft-Hartley law."

Pittsburgh—Sam Stein, manager of a messenger service, describing a phone call he received from the vice president of his bank after he got a receipt for \$12,065 on a \$65 deposit: