

RADIO PROGRAMS - FRIDAY

Table of radio programs for Friday, listing stations like KYJC 1230 kc, KMED 1440 kc, and KWIN 1400 kc, along with program titles and times.

RADIO PROGRAMS - SATURDAY

Table of radio programs for Saturday, listing stations like KBOY AM 730 kc, KBOY FM 95.3 mc, and KDOV 1300 KC, along with program titles and times.

Table of television programs for Friday, listing channels like KBES-TV (Channel 5) and KOTI-TV (Channel 2), along with program titles and times.

Table of television programs for Saturday and Sunday, listing channels like KBES-TV (Channel 5) and KOTI-TV (Channel 2), along with program titles and times.

The Medical Roundup

by Walter Alvarez
Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1959)

Limits To What a Diet Can Do
I have before me the book of a layman whose dietary ideas have been syndicated through newspapers and published in a book. Like so many laymen before him, he believes that, if you only know exactly how to choose your food, DR ALVAREZ how to prepare it, how to eat it, and how to chew it, you can improve your health, and you can grow younger and more beautiful. I happen to have been studying diet for the last 50 years; and I have none of the great faith in "the power of eating right" that many lay persons - food faddists and food-quacks - have.

For instance, I see that this writer has swallowed whole the old "lay-diet" idea - the idea that one must not eat protein foods, like meat and poultry, when eating carbohydrates, such as rice, macaroni, spaghetti or bread. There was a so-called Dr. Hay who spent his life preaching this theory. If he had known something about diet, he would never have preached as he did because he would have known that it would be very hard to carry out the practice - with so many predominantly protein foods containing some carbohydrate. Actually, I know of no tiny bit of scientific evidence to show that such a practice is either advisable or helpful. Another weird idea of this book-writer is that it all wrong to squeeze citrus fruit-juices instead of the whole fruit. As he says, how can you chew a glass of orange juice? My answer would be: Why chew or a n g e juice? What good could that do? But he thinks that digestion begins in the mouth and hence one should chew everything.

Depended on Chewing
Many of the food-faddists have taken over some of the theory of a chap named Fletcher who, many years ago, maintained that health depended on chewing each mouthful 50 or 100 times!

OUTSTANDING SERVICE
New York - UPI - Helen Keller presented the Migel Medal for outstanding service to the blind Thursday to Chester C. Kiebler, general manager of National Industries for the Blind since 1938, and to Mrs. Beatrice M. Stone, founder of the Plymouth Braille Group and the Braille Service Club which supplies Braille material throughout the world.

WALT'S TV & RADIO SERVICE
"Oldest Shop in So. Oregon"
2300 So. Stage Rd., SP 2-2269
Serving Medford & Vicinity
Also Hi-Fi and Stereo Service
Calls - Monday thru Thursday, 8 a.m. to 6 p.m. Friday, 8 a.m. to 4 p.m.

tough guy?
not as tough as Edwards Bruzers!

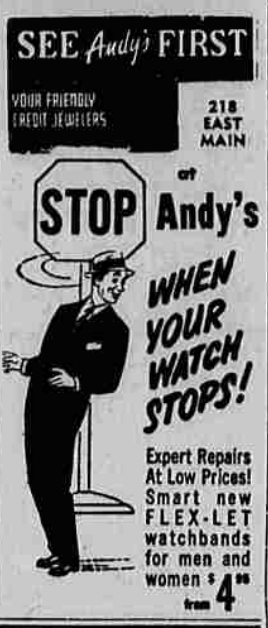
DRIVE IN T.V. SERVICE
Bring Your Set In SEE IT REPAIRED
Many Service repairs can be completed while you wait. You're welcome to Drive In, wait and watch our Technician Expertly Repair Your Set.

JOHNSTON STORES
112 SOUTH RIVERSIDE
CONVENIENT TERMS ON NEW PICTURE TUBES OR MAJOR REPAIRS

Strange As It Seems

By ELSIE HIX

THE ROAD RUNNER IS CONSIDERED BY SOME INDIANS AS A SACRED BIRD AND THEY WILL NOT HARM IT... IN PARTS OF MEXICO IT IS DOMESTICATED AND KEPT TO CATCH RATS AND MICE!



SEE Andy's FIRST
YOUR FRIENDLY CREDIT JEWELERS
218 EAST MAIN

STOP Andy's WHEN YOUR WATCH STOPS!
Expert Repairs At Low Prices!
Smart new FLEX-LET watchbands for men and women \$4 from \$4

Paulsen and Gates Thrift Market CENTRAL POINT

MOTOROLA TV The Most ADVANCED And The Most RELIABLE Television Ever
23,000 VOLT PICTURE POWER
FOR BRIGHTER, CLEARER VIEWING
All Models Now On Display!

Crater Television CENTRAL POINT
13 Years Experience Serving the Rogue River Valley
All Labor and Parts 90 Day Guarantee

AL OLUFSEN
DEPENDABLE! BONDDED
LOCAL TV HEADQUARTERS FOR...
Silverama Phone NO4-1797

HE'S NO STOOLIE
Reno, Nev. - UPI - One witness was present when burglars entered the Big Hat restaurant and bar and stole more than \$220 Thursday - but all he would say to police was "Hello, Pete" and "Hello Myrtle." The witness was a mynah bird, which one officer observed "is not the same as a stool pigeon."

CROSSWORD PUZZLE Answer to Yesterday's Puzzle

Crossword puzzle grid with clues and answers. Clues include: 1-Rail bird, 2-Bank of a river, 3-Sally, 4-Consumer, 5-Country of Asia, 6-Substitute for butter (colloq.), 7-Turtles, 8-Sally, 9-Consumer, 10-Country of Asia, 11-Flax sauce, 12-Buddhist diet, 13-Flax sauce, 14-Portuguese, 15-One who studies, 16-Portuguese, 17-Story, 18-Killed, 19-Constitutional, 20-Things in law, 21-Southern blackbird, 22-Part of circle, 23-Part of circle, 24-Portuguese, 25-Title of respect, 26-Portuguese, 27-Portuguese, 28-Portuguese, 29-Portuguese, 30-Portuguese, 31-Portuguese, 32-Portuguese, 33-Portuguese, 34-Portuguese, 35-Portuguese, 36-Portuguese, 37-Portuguese, 38-Portuguese, 39-Portuguese, 40-Portuguese, 41-Portuguese, 42-Portuguese, 43-Portuguese, 44-Portuguese, 45-Portuguese, 46-Portuguese, 47-Portuguese, 48-Portuguese, 49-Portuguese, 50-Portuguese, 51-Portuguese, 52-Portuguese, 53-Portuguese, 54-Portuguese, 55-Portuguese, 56-Portuguese, 57-Portuguese, 58-Portuguese, 59-Portuguese, 60-Portuguese.

Comic strip panels with dialogue: "IF THERE'S A GREAT PUMPKIN... HOW COME NOBODY HAS EVER SEEN HIM?", "HUH? HOW COME? ANSWER ME THAT! HOW COME NOBODY HAS EVER SEEN HIM? NYAH! NYAH! NYAH!", "I REFUSE TO ARGUE WITH YOU BECAUSE YOU'RE BECOMING VERY OBNOXIOUS...", "BIG-SISTERWISE, THAT IS!"

Comic strip panels with dialogue: "I CAN SEE THE HEADLINES AND HEAR THE BROADCASTS WHEN A NUCLEAR DEVICE EXPLODES IN THIS CONVENT HARBOR!", "I-AM-SOME OF THE PEOPLE WHO WILL BE KILLED. THINK THEN OF THE WESTERN IMPERIALISTS WHO HAD THE GALL TO INVENT SUCH A MONSTROUS AGENT OF DESTRUCTION!", "ANOTHER WORD AND YOU WILL BE ACQUISHED OF DISLOYALTY IN DUE SEASON WE SHALL PROVE THAT WE INVENTED IT FOR THE GOOD OF MANKIND OF COURSE", "THE TIMER IS SET FOR THE TAPING OF THE GIRL'S VOICE TO GO OUT ON THE SHORT-WAVE RADIO STRESS CHANNEL.", "THEN THE TIMER PATTERN TRIGGERS THE BOMB - AND WHO WILL EVEN KNOW OR CARE WHO BECOMES PRESIDENT IN THE UNITED STATES?", "STEVE AND A COPILOT RUN UP THE ENGINES AS THE DECK CREW STANDS BY TO CATAPULT THEM OFF THE CARRIER DECK... HELICOPTER STAND BY TO LAUNCH AIRCRAFT."

Comic strip panels with dialogue: "JEST AFTER THAT BOSTON YANKEE SPOKE, HE GAVE A LIL' SNEEZE", "WHUT A QUINCENSE!! - JEST AFTER THAT OTHER BOSTON YANKEE, YOUNG JACK, SPOKE - HE DONE GIVE A LIL' SNEEZE!!", "GULP! GASP! AH FEELS PURELY!!", "GROAN!! AH IS COMIN' DOWN WIF A MISERY TOO!!", "THAT'S REX MUDHEN, M.D.!! - OH, DOC - WHUT'S WRONG WIF ALL O' US?", "EVERY TIME THERE WAS A SHORT CIRCUIT IN THE ELECTRIC MILKING MACHINE!"

Comic strip panels with dialogue: "DO COWS JUMP, POP?", "NO, THIS IS ONLY A FAIRY TALE!", "MY UNCLE JIM HAD A COW ON HIS DAIRY FARM THAT JUMPED!", "COWS DON'T JUMP!", "THIS ONE DID! SHE JUMPED TEN FEET-", "EVERY TIME THERE WAS A SHORT CIRCUIT IN THE ELECTRIC MILKING MACHINE!"

Comic strip panels with dialogue: "WHAR YE TRAPISIN' OFF TO, PAW?", "I'M FIXIN' TO GO PLAY CARDS, IF IT'S ENNY OF YORE BUSINESS, NOSY", "BALLS O' FIRE!! CAN'T YE SPEND ONE NIGHT OUT OF TH' WHOLE BLESSET WEEK WIF ME?", "SHORE I CAN, MAW", "DEAL"

Comic strip panels with dialogue: "YOU KNOW YOU'RE WRONG ABOUT IT, BUT YOU'RE JUST TOO STUBBORN TO ADMIT IT", "Z-Z-Z", "I'LL ADMIT THAT I'M WRONG IF YOU'LL ADMIT THAT I'M RIGHT"

Comic strip panels with dialogue: "YOU SAY THE MAN WHO WAS TALKING TO MR. SILKI ASKED YOU QUESTIONS ABOUT DADDY, PEPPER?", "WHAT SORT OF QUESTIONS, SON?", "THE JERK! HE ASKED WHAT MY DADDY A LIEUTENANT IN THE AIR FORCE, A PERK JOCKEY!", "WHAT DID YOU TELL HIM?", "I TOLD HIM YOU WERE A COMMANDER IN THE NAVY! WHAT'S MORE, I SAID YOU WERE A BIG SHOT CLONK-AN-PEPPER GUY! A SPY CATCHER.", "PEPPER! WHAT EVER GAVE YOU THAT IDEA?", "WELL, I WASN'T GONNA LET HIM CALL MY DADDY A PERK JOCKEY! AND NAWY GUY ON TELEVISION DO CATCH SPES... DID I SAY THE WRONG THING?", "NEVER MIND PEPPER, BUT YOU SHOULDN'T EVER TALK TO STRANGE MEN."