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

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—News-Personal St.	News—Hear	Jim Ochs
4:15—Ivan Ekberg	Hear	Jim Ochs
4:30—Bannerlines-Ekberg	Lcl. News—Road Show	Jim Ochs
4:45—Sports—Ekberg	Emphasis—Road Show	Jim Ochs
5:00—Lowell Thomas	News—Harvey	Jim Ochs
5:15—Ivan Ekberg	Nightingale—News	Cliff Scheel
5:30—Tom Harmon	Weather—Lcl. News	Cliff Scheel
5:45—Sports—Ekberg	Headline News	Cliff Scheel
6:00—Frank Goss	News-Music	Dinner Concert
6:15—Ivan Ekberg	Dinner Music	Dinner Concert
6:30—Bannerline-Ekberg	Dinner Music	Dinner Concert
6:45—Sports—Ekberg	Dinner Music	Dinner Concert
7:00—News—Ekberg	News—Dinner Music	Rat Race
7:15—Ivan Ekberg	Dinner Music	Rat Race
7:30—Ivan Ekberg	News of The World	Rat Race
7:45—Ivan Ekberg	Edward P. Morgan	Rat Race
8:00—World Tonight	News—Land of Music	Jim Ochs
8:15—Ivan Ekberg	Land of Music	Jim Ochs
8:30—Bannerline—Ekberg	Land of Music	Jim Ochs
8:45—Bannerline—Ekberg	Land of Music	Jim Ochs
9:00—News—Ekberg	News—Go Show	Jim Ochs
9:15—Ivan Ekberg	Go Show	Jim Ochs
9:30—Bannerlines-Ekberg	Hi Fi Club	Jim Ochs
9:45—Sports—Ekberg	Hi Fi Club	Jim Ochs
10:00—News—Ekberg	Hi Fi Club	Jim Ochs
10:15—Ivan Ekberg	Hi Fi Club	Jim Ochs
10:30—Bannerlines-Ekberg	Arthur Murray Dance	Jim Ochs
10:45—Sports—Ekberg	Arthur Murray Dance	Jim Ochs
11:00—Headlines-Sign Off	News—Nightbeat	Devotion—Sign Off
11:15—	Nightbeat	
11:30—	Nightbeat	
11:45—	Nightbeat—News	
12:00—	Sign Off	

RADIO PROGRAMS — WEDNESDAY

6:00—Sound 1230	Wake Up to Music	Larry Hoover
6:15—Montie Morris	Wake Up to Music	Larry Hoover
6:30—Bannerlines-Morris	Music—Rural Report	RFD 1400
6:45—Sports—Morris	First News Roundup	RFD 1400
7:00—News Roundup	Frank Hemingway	RFD 1400
7:15—Montie Morris	Weather—News	Larry Hoover
7:30—Bannerlines-Morris	Rogue Valley Report	Larry Hoover
7:45—Sports—Morris	Weather & News	Larry Hoover
8:00—News—Weather	News—Listen	Larry Hoover
8:15—Montie Morris	Nightingale	Hank Peck News
8:30—Bannerline-Ekberg	Cliff Engle News	Our Changing World
8:45—Sports-Ekberg	Listen Show	Cliff Scheel
9:00—News—Morris	Breakfast Club	Cliff Scheel
9:15—Montie Morris	Breakfast Club	Cliff Scheel
9:30—Bannerlines-Morris	Breakfast Club	Cliff Scheel
9:45—Sports—Morris	Breakfast Club	Cliff Scheel
10:00—News—Godfrey	News—Swap & Sell	Cliff Scheel
10:15—Arthur Godfrey	Tello Test	Telo-Music Quiz
10:30—Arthur Godfrey	Fashion Flashes	Cliff Scheel
10:45—Arthur Godfrey	Listen	Cliff Scheel
11:00—News—Houseparty	News—Listen	Cliff Scheel
11:15—Houseparty	Listen Show	Cliff Scheel
11:30—Garry Moore	Lcl. News—Listen	Cliff Scheel
11:45—Crosby-Clooney	Listen Show	Cliff Scheel
12:00—News—Valley News	N'l & NW News	Cliff Scheel
12:15—Montie Morris	Weather—Market	Comprehensive News
12:30—Lenten Message	Rogue Valley Report	Market Report
12:45—Weather Report	Paul Harvey	Larry Hoover
1:00—News—Morris	News—House Party	Larry Hoover
1:15—Montie Morris	House Party	Larry Hoover
1:30—Bannerlines-Morris	Lcl. News—Party Line	Bingo
1:45—Sports—Morris	Emphasis-House Party	Bingo
2:00—News-Man in Paris	News—Hear	Larry Hoover
2:15—Montie Morris	Hear	Larry Hoover
2:30—Bannerlines-Ekberg	Lcl. News—Hear	Jim Ochs
2:45—Sports—Ekberg	Hear	Jim Ochs
3:00—News-W.Washington	News—Hear	Jim Ochs
3:15—Ivan Ekberg	Hear Show	Jim Ochs
3:30—Bannerlines-Ekberg	Local News—Hear	Jim Ochs
3:45—Sports—Ekberg	Emphasis—Hear	Jim Ochs
4:00—News-Personal St.	News—Hear	Jim Ochs
4:15—Ivan Ekberg	Hear	Jim Ochs
4:30—Bannerlines-Ekberg	Lcl. News—Road Show	Jim Ochs
4:45—Sports—Ekberg	Emphasis—Road Show	Jim Ochs
5:00—Lowell Thomas	News—Harvey	Cliff Scheel
5:15—Ivan Ekberg	Nightingale—News	Cliff Scheel
5:30—Tom Harmon	Weather—Lcl. News	Cliff Scheel
5:45—Ivan Ekberg	Headline News	Cliff Scheel
6:00—Frank Goss	News-Music	Dinner Concert
6:15—Ivan Ekberg	Dinner Music	Dinner Concert
6:30—Bannerline-Ekberg	Kenn-dy News Conf.	Dinner Concert
6:45—Ivan Ekberg	Kennedy News Conf.	Dinner Concert
7:00—News—Ekberg	News—Dinner Music	Rat Race
7:15—Ivan Ekberg	Dinner Music	Rat Race
7:30—Bannerlines-Ekberg	News of World	Rat Race
7:45—Sports—Ekberg	Edward Morgan	Rat Race
8:00—World Tonight	News—College News	Jim Ochs
8:15—Ivan Ekberg	College News Conf.	Jim Ochs
8:30—Bannerlines-Ekberg	Land of Music	Jim Ochs
8:45—Sports—Ekberg	Land of Music	Jim Ochs
9:00—News—Ekberg	News—Go Show	Jim Ochs
9:15—Ivan Ekberg	The Go Show	Jim Ochs
9:30—Bannerlines-Ekberg	Hi-Fi Club	Jim Ochs
9:45—Sports—Ekberg	Hi-Fi Club	Jim Ochs
10:00—News—Ekberg	Hi-Fi Club	Jim Ochs
10:15—Ivan Ekberg	Hi-Fi Club	Jim Ochs
10:30—Bannerlines-Ekberg	News—Nightbeat	Jim Ochs
10:45—Sports—Ekberg	Night Beat	Jim Ochs
11:00—Headlines—Sign Off	News—Night Beat	Devotion—Sign Off
11:15—	Night Beat	
11:30—	Night Beat	
11:45—	Nightbeat—News	
12:00—	Sign Off	

KRVC 1350 KC

Tuesday:
4:00—Children's Hour
4:30—Music
5:00—News, Music
5:30—Freedom Crusade
5:45—Sign Off
Wednesday:
6:00—News
6:05—Music
6:30—Sports News
6:35—Music
6:45—Radio Family Altar
7:15—Freedom Crusade
7:30—News
7:45—Air Mail for God
8:00—Music
8:30—Bible Institute Hour
9:00—Voice of Deliverance
9:30—Music
9:55—News
10:00—Joy of Living
10:15—Music
11:00—News, Music
12:00—Bud Powell
12:15—News
12:30—Back to the Bible
1:00—News, Music
1:30—Norm Nelson
2:00—News, Music
2:30—Quiet Time
2:45—Music
3:00—News
3:05—Music
4:00—Children's Hour
4:30—Music
5:00—News, Music
5:30—Freedom Crusade
5:45—Sign Off

KBOY AM 730 kc

Tuesday:
4:00—Weather
4:05—Top 10
4:30—News
4:33—Vespers
4:55—Gospel Mission
5:00—Sign Off
Wednesday.
6:00—Bret Steele, Adult Western
6:30—News
6:35—Steele Hour
7:00—Weather
7:05—Steele Hour
7:30—News
7:35—Steele Hour
8:00—Weather
8:05—Phil Holman
8:30—News, Stock Market
8:35—Phil Holman
9:00—Weather
9:05—Holman
9:30—News
9:35—Holman
10:00—Bargain Roundup
10:15—Telemusic Quiz
10:30—News
10:35—Clemenstime
10:45—Points of Fashion
11:00—Weather
11:05—News Quiz
11:15—Clemenstime
11:30—News
11:35—Records with Ron
12:00—Sports Outlook
12:05—Ranch Requests
12:15—Farm Market
12:17—Ranch Requests
12:30—Stock Market
12:35—Ranch Requests
1:00—Weather
1:05—Ranch Requests
1:30—News
1:35—Ranch Requests
2:00—Weather
2:05—Sound of Stereo
2:30—News
2:35—Sound of Stereo
3:00—Weather
3:05—Sound of Stereo
3:30—News
3:35—Top 10
4:00—Weather
4:05—Top 10
4:30—News
4:50—Vespers
4:55—Gospel Mission
5:00—Sign Off

KBOY FM 95.3 mc

Tuesday
4:00—Serenade to a Lovely Evening
8:00—Jazz Scene
9:00—Serenade by World's Greatest Composers
10:00—Contrasts in Hi Fi
10:50—Sports Final
11:00—Contrasts in Hi Fi
11:55—Tomorrow's Headlines
12:00—Sign Off
Wednesday
6:00—Contrasts in Hi-Fidelity
6:30—News
6:35—Contrasts in Hi-Fi
7:00—Weather
7:05—Contrasts in Hi-Fi
7:30—News
7:35—Contrasts in Hi-Fi
8:00—Weather
8:05—Phil Holman
8:30—News, Stock Market
8:35—Phil Holman
9:00—Weather
9:05—Holman
9:30—News
9:35—Holman
10:00—Bargain Roundup
10:15—Telemusic Quiz
10:30—News
10:35—Clemenstime
10:45—Points of Fashion
11:00—Weather
11:05—News Quiz
11:15—Clemenstime
11:30—News
11:35—Records with Ron
12:00—Sports Outlook
12:05—Contrasts in Hi Fi
12:30—Stock Market
12:35—Contrasts in Hi Fi
2:00—Weather
2:05—Sound of Stereo
2:30—News
2:35—Sound of Stereo
3:00—Weather
3:05—Sound of Stereo
3:30—News
3:35—Serenade to a Lovely Evening
4:30—News
5:00—Serenade to a Lovely Evening
8:00—Jazz Scene
9:00—Serenade by World's Greatest Composers
10:00—Contrasts in Hi Fi
10:50—Sports Final
11:00—Contrasts in Hi Fi
11:55—Tomorrow's Headlines
12:00—Sign Off

KDOV 1300 kc

TUESDAY
5:25—Sportscast
5:45—Sign Off
WEDNESDAY
6:00—Sign On
6:45—Livestock Report
7:00—Sportscast
7:05—Weather Report
9:30—Road Report
10:15—Trader Horn
11:45—Weather Report
12:00—Portals of Prayer
1:15—Meeting Notices
2:15—Trader Horn
5:25—Sportscast
5:45—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)

Tuesd y:
4:00—Social Security
4:15—Visit With Your City Police
4:30—Uncle Bill
5:30—Quick Draw McGraw
6:00—Your TV Weatherman
6:05—Channel 5 Report
6:15—Doug Edwards and News
6:30—Take 5
7:00—Business Parade
7:30—Best of Post
8:00—Father Knows Best
8:30—Dobie Gillis
9:00—Tom Ewell
9:30—Red Skelton
10:00—Garry Moore
11:00—Final News Report
11:10—Sign Off

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.

1 As	31 Concluded	61 As
2 Devote	32 Impractical	62 Making
3 Watch	33 The	63 Down
4 Be	34 On	64 Interests
5 Get	35 Your	65 Secrecy
6 Time	36 As	66 Should
7 Carefully	37 Aspects	67 Today
8 Lady	38 Or	68 Progress
9 Worry	39 Money	69 Others'
10 Luck	40 Element	70 Don't
11 Smiles	41 Green	71 Possible
12 What	42 For	72 Gamble
13 Turn	43 Schemes	73 In
14 Of	44 Personal	74 Be
15 You	45 Through	75 And
16 Missing	46 Show	76 Drunk
17 To	47 If	77 Untired
18 Could	48 Granted	78 Influence
19 You	49 Friends	79 Watch
20 Make	50 Early	80 Be
21 On	51 Let	81 Making
22 Into	52 Of	82 Be
23 Take	53 You	83 Of
24 You	54 And	84 Changes
25 Affairs	55 Charm	85 Personal
26 Superiors	56 Light	86 Discouraged
27 Have	57 Don't	87 Aggressive
28 Nothing	58 You	88 Elders
29 Or	59 You	89 Results
30 Eat	60 For	90 Matters

Good · Adverse · Neutral

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

The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine Mayo Clinic
Emeritus Professor of Medicine Mayo Clinic
(Register and Tribune Syndicate, 1961)

Obese Women Are Commonly Inactive

It is well known that one factor in the production of obesity is inactivity. In a recent article, Dr. Anna-Marie Chirico and Dr. Albert J. Stunkard reported studies of 15 obese women and 25 obese men whose activity during the day was measured with a pedometer which records every step the person takes. These records are converted into miles walked. The records made by the obese persons studied were compared with records of the activity of non-obese persons of the same sex and about the same age. The obese women walked an average of two miles per day as compared with 4.9 miles per day for non-obese women. Among men, comparable figures for the fat and the thin were 3.7 and 6.0 miles per day. A low amount of physical activity seemed to play a part in the obesity of the women, but it appeared to be of less importance in the production of obesity in the men.

Alvarez

Vitamin E in Heart Disease

In the Journal, GP, there is a report of an expert who agrees with practically all the other experts who say that there is no clear-cut evidence to indicate that vitamin E is of any value in the treatment of heart disease. Many physicians have thought that it was of value, but they did not remember that a study of the questionable effects of a drug is of no value unless it is made with what is cauuel the "double blind method."

With this method, half of the patients get a sugar pill, and no patient in the group knows what he got. Also, the doctors who list the results as good or bad, do not know what the several patients got. Only after the cards have been run through an IBM machine does someone get out the code to see who got what. Then, often, it is found that 35 or even 50 per cent of the people who got sugar pills said they were cured, while the same number of people who got the new medicine said it was "great." If a medicine is really working, obviously, it should give results twice as good as those obtained with the "placebo" (sugar pill).

Do you have high blood pressure? You might ask, "How high is high?" To separate fact from fiction about high blood pressure read Dr. Alvarez' booklet, "High Blood Pressure." It 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.

Wednesday:
11:00—Love of Life
11:30—Search for Tomorrow
11:45—Guiding Light
12:00—Camouflage
12:30—As the World Turns
1:00—Full Circle
1:30—House Party
2:00—Millionaire
2:30—Verdict is Yours
3:00—Brighter Day
3:15—Secret Storm
3:30—Edge of Night
4:00—Higher Education & You
4:30—Uncle Bill
5:30—Woody Woodpecker
6:00—Your TV Weatherman
6:05—Channel 5 Report
6:15—Doug Edwards & News
6:30—Wilbur and Mr. Ed
7:00—Brothers Brannagan
7:30—Aquanauts
8:30—Wanted Dead or Alive
9:00—Grand Jury
9:30—I've Got A Secret
10:00—Armstrong Circle Theatre
11:00—Final News Report
11:10—Sign Off

KOTI-TV (Channel 2)

Tuesday
4:00—American Bandstand
5:00—Chaplains Corner
5:10—Tech Talks
5:30—Quick Draw McGraw
6:00—Six o'Clock Report
6:10—TV Weatherman
6:15—Doug Edwards and News
6:30—Wilbur & Mr. Ed
7:00—Expedition
7:30—Best of Post
8:00—The Rifleman
8:30—Wyatt Earp
9:00—Stagecoach West
10:00—Alcoa Presents
10:30—Garry Moore

WEDNESDAY
11:00—Morning Court
11:20—Love That Bob
12:00—Camouflage
12:30—As the World Turns
1:00—About Faces
1:30—House Party
2:00—Day in Court
2:30—Road to Reality
3:00—Brighter Day
3:15—Secret Storm
3:30—Edge of Night
4:00—American Bandstand
5:00—Fund-o-Rama
5:30—Woody Woodpecker
6:00—Six O'Clock Report
6:10—TV Weatherman
6:15—Doug Edwards & the News
6:30—The Californians
7:00—Outdoor Sportsman
7:30—Wagon Train
8:30—Brothers Brannagan
9:00—Hawaiian Eye
10:00—Naked City
11:00—Late News

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Make It In A Day

9385 SIZES 14½–24½

by Marian Martin

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Printed Pattern 9385: Half Sizes 14½ 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3⅛ yards 45-inch fabric.

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Sovereign DIAMONDS
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Strange As It Seems

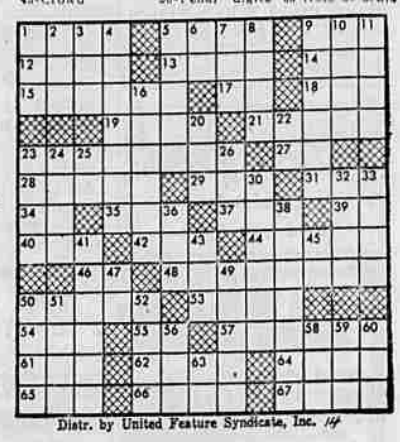
By ELSIE HIX

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1-Brazen
off Ireland
5-Male swan
12-Lamb's pea name
13-Force onward
14-Japanese sash
15-Swirled
17-Babylonian deity
18-Enemy
19-Foray
21-Allude
23-Baptize
27-Pronoun
28-Put in position again
29-Prefix: new
31-Organ of hearing
34-Teutonic deity
35-Stitch
37-Recede
39-A continent (abbr.)
40-Tiny
42-Edge
44-Burdened
46-Pronoun
48-Indian club
50-Inclination
53-Greek letter
54-Paddle
55-Cooled lava
57-Place for worship
61-Urge on
62-Small island
64-Sandarac tree
65-Compass point
66-Boat
67-Soft drink

DOWN
1-Insect
2-Ancient
3-Cover
4-Milk farms
5-Examination of accounts
6-Railroad (abbr.)
7-Mature
8-Approach
9-Beverage
10-Musical instrument
11-Coffin
16-Christian festival
20-Hair
22-What? (colloq.)
23-Ship's complement
24-At this place
25-Rupees (abbr.)
26-Born
30-Flattened at the poles
32-Agate
33-Position
36-Intellect
38-Islands in West Indies group
41-Come into view
43-Crowd
45-District Attorney (abbr.)
47-Printer's measure
49-Measuring device
50-Pedal digits
51-Tattered cloths
52-Unicorn
56-Snake
58-In favor of
59-Young boy
60-Period of time
63-Note of scale



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