

McKay Will Resign Post

WASHINGTON (UP)—Interior Secretary Douglas McKay said today he expects to resign before Oregon's May 18 Republican primary in which he will seek the GOP senatorial nomination.

As he worked to put the finishing touches on his job as head of the Interior Department, McKay said "I will resign as soon as I can." That should be long before the June 1 tentative date he set last Friday when he announced for the Senate, McKay said.

McKay's objective in entering the Senate race is to try to unseat Sen. Wayne Morse (D-Ore.) but, at the moment, he has a primary fight on his hands before he squares off against Morse.

The extent of this fight may hinge on whether Philip S. Hittcock, a former state senator, bowed out of the race today. He had until 5 p.m. PST to do so. But even if Hittcock eliminated himself from the race, McKay still would have opposition in the primary unless Elmer Deetz, a dairy farmer, and George Altvater, a Portland civil engineer, also declined to run. Deetz has said he would not withdraw.

Lamar Toole, a Portland attorney, withdrew Friday after McKay became a surprise candidate.

"DENNIS THE MENACE"



"CAN'T YOU GET RID OF DAD? THIS IS SUPPOSED TO BE MY BIG DAY!"

Weight Control Is 'Way Of Life,' Says Gaynor

By BOB THOMAS
HOLLYWOOD (AP)—Mitzl Gaynor offers proof of how losing weight can change your life. Dropping 35 pounds brought her a whole new career.

Three years ago, she was a curvy 150 pounds. "It was right after I had my appendix out," she recalled. "I figured I had to build myself up, so I ate like a fool. I told myself bread was good for the blood, butter was good for the skin, potatoes would fill my stomach and so forth. "It was all baby fat and muscle. Since I was a dancer, the exercise turned the fat into muscle. I was simply too big. My waist was all waxy small—even at my heaviest it was no more than 22 inches—so that made the rest of me look even bigger."

Being a career-minded doll, she figured this wasn't good. "I was in sort of a rut at 20th Century-Fox," she admitted. "When I left there, I was 22, but I was still playing little-girl roles. I wanted to grow up. But you can't play mature roles if you still look like a little girl. You've got to be able to wear glamorous clothes, which I couldn't."

"My trouble was that when I gained weight you could see it around my temples. That made my eyes seem smaller and gave my face a round look."

One day she decided to do something about it. She started on a diet, dropped a pound a day for the first 10 days. Then—horror!—she could only eliminate a single pound in the next two weeks.

It was then that she decided that weight control is not a passing fancy but a way of life. "You just have to decide that you are going to eat sensibly all the time," she said. "The main element is self-control. If you don't have that, you can't lose weight."

Her methods are diet, massage and exercise. Besides skipping starches, sugar, sauces, etc., she undergoes a two-hour dance session every day except Sunday. Afterwards she has a deep massage, which she said helps break down fatty tissues and improves muscle tone.

Mitzl is now down to an elegant 114 pounds and never allows herself to rise above 118.

Radio Log

NOTE: The Herald and News is not responsible for last minute changes in the radio and TV schedules. They are published merely as a public service and are furnished by the various stations involved.

KFLW-CBS & ABC 1450 KC Monday Evening, March 12

- 8:00 Today's Sports Highlights
- 8:15 Lowell Thomas CBS
- 8:30 Amos 'N' Andy CBS
- 8:55 News CBS
- 9:00 Godfrey Talent Scouts CBS
- 9:30 News CBS
- 9:55 News CBS
- 10:00 Tonight Show CBS
- 10:30 You Were There CBS
- 10:45 Bing Crosby CBS
- 10:50 Sound Mirror ABC
- 10:55 Voice of Firestone ABC
- 11:00 10 PM Edition
- 11:05 Johnny Dollar CBS
- 11:10 Time for Relaxation
- 11:20 News Off News Summary
- 11:30 Sign Off

Tuesday, March 13

- 6:00 Minute News Summary
- 6:15 Minute News Summary
- 6:30 Minute News Summary
- 6:45 America's Favorite Music
- 6:50 America's Favorite Music
- 6:55 America's Favorite Music
- 7:00 News - Breakfast Edition
- 7:15 Dishes and Meat Show
- 7:30 Frank Glus CBS
- 7:45 Harry Hamilton CBS
- 8:00 Breakfast Club ABC
- 9:00 Better Living
- 9:15 News - Quiz Time
- 9:30 Helen Trent CBS
- 9:45 Our Gal Sunday CBS
- 10:00 News - Warren CBS
- 10:15 Ma Perkins CBS
- 10:30 News - Warren CBS
- 10:45 Guiding Light CBS
- 11:00 Warren from Miller's
- 11:15 Aunt Mary CBS
- 11:30 News - Dr. McGarvey
- 11:45 Aunt Jenny CBS
- 12:00 Noon Edition News
- 12:15 Painless Sitcom Show
- 12:30 House Party CBS
- 1:00 Arthur Godfrey CBS
- 1:15 Hank Henry Show
- 1:30 Bath Ashten CBS
- 1:45 Easy Listening
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