**How It Is – BBC1**   
Episode List - All Episoden in black & white

Episode 1 - BBC1 Friday 19th July 1968, 6:00-6:40pm (Yoko Ono / Arthur Brown / A feature on Yellow Submarine)   
Episode 2 - BBC1 Friday 26th July 1968, 6:00-6:35pm (Eric Burdon & The Animals / Pentangle)   
Episode 3 - BBC1 Friday 2nd August 1968, 6:00-6:40pm (Mike Stuart & Span)   
Episode 4 - BBC1 Friday 9th August 1968, 6:00-6:40pm   
Episode 5 - BBC1 Friday 16th August 1968, 6:00-6:40pm   
Episode 6 - BBC1 Friday 23rd August 1968, 6:00-6:35pm (The Nice ‘America’)   
Episode 7 - BBC1 Friday 30th August 1968, 6:00-6:40pm (Fairport Convention ‘Morning Glory)   
Episode 8 - BBC1 Friday 6th September 1968, 6:00-6:40pm (The Moody Blues)  
Episode 9 - BBC1 Friday 13th September 1968, 6:00-6:40pm (Jefferson Airplane, probably pre-recorded before they left UK for Germany)   
Episode 10 - BBC1 Friday 20th September 1968, 6:00-6:40pm (Status Quo)   
Episode 11 - BBC1 Friday 27th September 1968, 6:00-6:40pm (Tyrannosaurus Rex)   
Episode 12 - BBC1 Friday 4th October 1968, 6:00-6:40pm (The Fugs – probably pre-recorded as they were in London in October 1968)  
Episode 13 - BBC1 Friday 11th October 1968, 6:00-6:40pm (The Who ‘Magic Bus’ / Spooky Tooth ‘The Weight’)   
Episode 14 - BBC1 Friday 18th October 1968, 6:00-6:20pm (Fairport Convention)   
Episode 15 - BBC1 Friday 25th October 1968, 6:00-6:20pm (Joe Cocker / Frank Zappa US interview / Warren Mitchell (Alf Garnett)  
Episode 16 - BBC1 Friday 1st November 1968, 6:00-6:40pm (Pentangle, who had been advertised for the previous week)   
Episode 17 - BBC1 Friday 8th November 1968, 6:00-6:40pm   
Episode 18 - BBC1 Friday 15th November 1968, 6:00-6:20pm   
Episode 19 - BBC1 Friday 22nd November 1968, 6:00-6:40pm (Feature illustrating music from The Beatles ‘White album’ released that day / The Gun) Episode 20 - BBC1 Friday 29th November 1968, 6:00-6:40pm   
Episode 21 - BBC1 Friday 6th December 1968, 6:00-6:40pm   
Episode 22 - BBC1 Friday 13th December 1968, 6:00-6:40pm (Fairport Convention ‘Meet on the Ledge’)   
Episode 23 - BBC1 Friday 20th December 1968, 6:00-6:40pm