## THE PROGRAMMES



Above: AVAS McFARLANE (mezz-soprano), who will sing three songs from 4YA on Tuesday, August 7, at 8.43 p.m.

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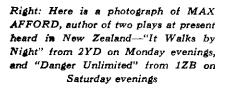
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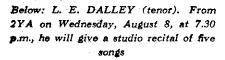
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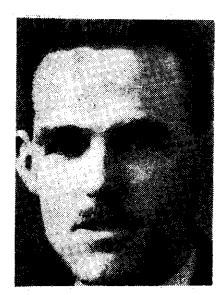
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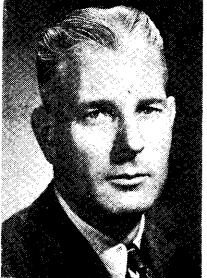
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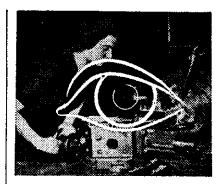
HILTON PORTER, who conducts the District Quiz heard from 1ZB on Mondays at 10 p.m.



BBC photograph
AUDREY RUSSELL was one of the
BBC commentators heard in the VE-day
broadcasts describing scenes in London



A new photograph from the BBC of ELSIE AND DORIS WATERS, also known as Gert and Dais



## The care of the Eyes in Industry

There are many men and women, now working in factories for the first time, who suffer from headaches and tired eyes. Here are a few tips which will help thom.

- (1) If you are provided with goggles, wear them.
- (2) Try to work with the light on the job and not on eye level.
- (3) Get as much fresh air as you can.
- (4) If you get a foreign body in your eye, report at once to the First Aid department. Don't rub the eye.
- (5) Bathe your eyes night and morning with an approved medicated lotion. Optrex is used by thousands of workers. It helps keep the eyes healthy and comfortable.
- (6) If headaches persist and your eyes continue to ache, water or irritate, consult a Qualified Practitioner.

Leaved by the makers of



EYE LOTION

In the interests of Ocular Hygiene

Optrex (Overseas) Ltd., 17 Wadsworth Road, Perivale, Middlesex, England. 9.4



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