

NEW ZEALAND  
**LISTENER**  
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Incorporating N.Z. RADIO RECORD  
Programmes for June 3—9

Threepence

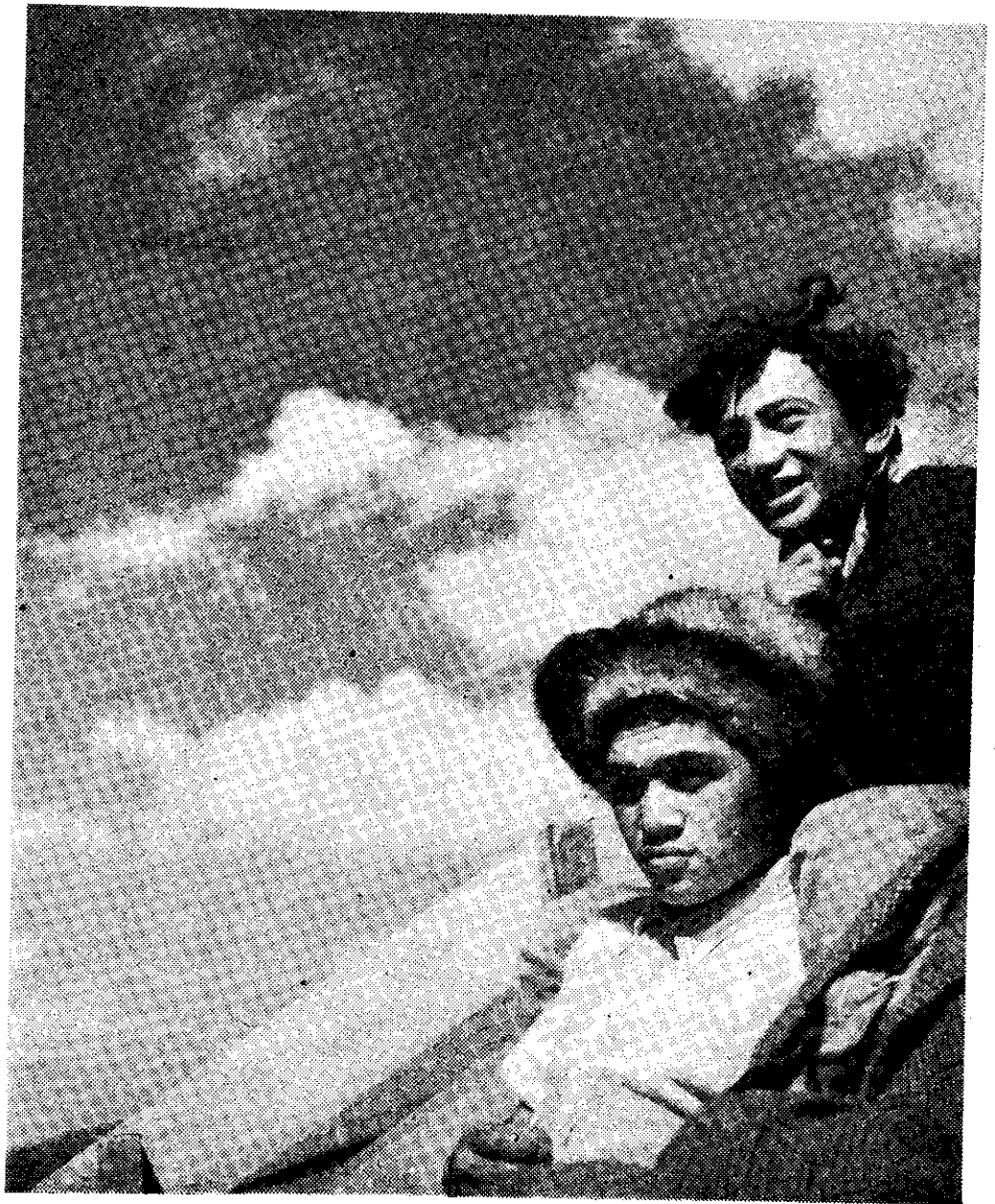
## *Chapped Hands!*

Are **your** hands red, rough, chapped and raw? Don't take this cold-weather complaint lightly. Q-TOL brings **instant relief** from the "smart" of chapped skin. Then Q-TOL'S soothing medications help to heal the tiny cuts and cracks that are so painful. Try Q-TOL for your cracked hands and see how quickly they feel better. Q-TOL also stops the maddening itch of chilblains.

# Q-TOL

*gives quick  
soothing relief*

Q-TOL LABORATORIES, FLUENZOL PTY. LTD.  
Wellington.





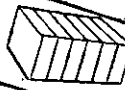









John Pascoe photograph (by courtesy of Department of Internal Affairs).  
**THEIR FUTURE** is an urgent problem (see page 10)

**ADVANCE PROGRAMMES FROM ALL STATIONS**

# Britain needs extra

# FOOD

BRITISH AND NEW ZEALAND RATIONS		THEIRS		OURS	
	MEAT	1 lb.	FRESH	1 lb.	
		2 oz.	TINNED MEAT	NOT COUPONED	
	BACON	3 oz.	BUTTER	NOT COUPONED	
	BUTTER	3 oz.	MARGARINE	6 oz.	
	MARGARINE	3 oz.	COOKING FAT	NIL	
	COOKING FAT	1 oz.	CHEESE	NOT COUPONED	
	CHEESE	2 oz.	SUGAR	NOT COUPONED	
	SUGAR	8 oz.	TEA	12 oz.	
	TEA	2 1/2 oz.		2 oz.	

RATION COMPARED—It should be noted that in quantity the British fresh meat ration represents about half the New Zealand meat ration. Supplies of the goods shown as "not couponed" in New Zealand are restricted on a quota basis.

This chart tells the story of how meagre British rations are compared with ours. In their seventh year of rationing, with victory won, the food outlook of the British people is still bleak. We, who have so much, can help our kinsfolk by increasing food production (which we're doing), by avoiding waste of every kind, and by sacrificing coupons. Are you doing your share?



# SAVE FOOD FOR BRITAIN



























































































