



DOES
SLEEP
REFRESH
YOU?

Do you jump up in the mornings' eager and refreshed — or crawl through your dressing feeling heavy and "heady" and slack?

Do you eat well, and feel well after meals — or does a meal make you tired and sleepy?

Why not put yourself right and enjoy better health!

All these little signs point to constipation.

You may be "regular." But if elimination is not *complete*, poisons remain, get into your blood. And if your blood isn't clean how can you be well?

There is an honest prescription for this condition—Kruschen Salts. The analysis is on the bottle. It isn't the latest fad. It's an institution. It doesn't need to be coloured or have its flavour disguised. It's almost tasteless. It's not a drug. It's a combination of natural salts. Doctors prescribed it because their medical knowledge tells them that Kruschen Salts is a prescription which is unquestionably and unalterably right.

YOU'LL FEEL ALL THE BETTER FOR A PINCH OF

KRUSCHEN

Take Kruschen in tea or hot water.
2/5 a bottle at Chemists and Stores.

K10-740

**RADIOTRON
VALVES**

* SEALED FOR
YOUR PROTECTION



DIABETES

Of vital importance to Every Diabetic is this New FREE BOOK entitled "DIABETES — its cause and treatment." New Discovery that is giving health and energy to thousands without injections, or strict dieting.

Write for this valuable book at once. Obtainable by return post from

CHEMISTS' SUPPLIES CO.

P.O. Box 1178L, CHRISTCHURCH.
(Kindly enclose 6d. stamps for handling.)

COMMERCIAL

TUESDAY

DECEMBER 3

1ZB AUCKLAND 1070 k.c. 230 m.

- 6. 0 a.m. News from London, followed by breakfast session
- 7. 0 News from London
- 8.30 Country Church of Hollywood
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.30 Healthcraft for the Home
- 9.45 Morning Reflections
- 10. 0 Home Decorating session (Anne Stewart)
- 10.15 Those Happy Gilmans
- 10.30 Morning Tea session: "The In-Laws"
- 10.45 Hope Alden's Romance
- 11.30 The Shopping Reporter (Marina)

- 1. 0 p.m. Filmland session (John Batten)
- 1.15 News from London
- 1.30 1ZB Happiness Club (Joan)
- 2. 0 Betty and Bob
- 2.30 The Home Service session (Gran)
- 3.15 Housewives' goodwill session (Gran)
- 4. 0 Christmas shopping session
- 4.30 The Young Marrieds' Circle (Molly)
- 4.45 Tea time tattle
- 5. 0 Uncle Tom's "Musical Ladies"
- 5.15 The musical army
- 5.22 Scouts' News Letter (Commissioner Kahu)
- 6. 0 Musical interludes
- 6.15 News from London
- 6.45 Christmas on the Moon
- 7. 0 Fred and Maggie Everybody
- 7.15 England Expects
- 7.30 Ships and the Sea
- 7.45 Tusitala, Teller of Tales
- 8. 0 The Guest Announcer
- 8.45 Pageant of Empire
- 9. 0 Doctors Courageous
- 10. 0 Turn back the pages, with Rod Talbot
- 10.30 Variety programme
- 11. 0 News from London
- 12. 0 Close down

2ZB WELLINGTON 1130 k.c. 265 m.

- 6. 0 a.m. News from London, followed by the Yawn Patrol (Kingi and Geoff.)
- 7. 0 News from London
- 7.15 Looking on the bright side
- 8.30 Country Church of Hollywood
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections (Uncle Scrim)
- 10. 0 The Home Decorating session (Anne Stewart)
- 10. 7 Fashion news
- 10.15 A Merry Christmas!
- 10.30 Morning tea session: "The In-laws"
- 10.45 Hope Alden's Romance

- 11. 0 Hawaii Calling
- 11.15 Mother's choice
- 11.30 The Shopping Reporter (Suzanne)
- 12. 0 The mid-day melody parade
- 1.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 Famous dance bands
- 2.30 Home Service session (Mary Anne)
- 3. 0 The Hit Parade
- 3.15 Stringtime
- 3.30 Song hits of to-morrow (Reg. Morgan)
- 3.45 Listen to the band
- 4. 0 Songs of happiness
- 4.15 Artists A to Z
- 4.30 The Young Marrieds' Circle (Tony)
- 5. 0 Young New Zealand's Radio Journal
- 6.15 News from London
- 6.45 Christmas on the Moon
- 7. 0 Fred and Maggie Everybody
- 7.15 England Expects
- 7.30 Ships and the Sea
- 8. 0 The Guest Announcer
- 8.45 Yes No Jackpots
- 9. 0 Doctors Courageous
- 9.45 Variety programme
- 11. 0 News from London
- 12. 0 Close down

3ZB CHRISTCHURCH 1430 k.c. 210 m.

- 6. 0 a.m. News from London, followed by the breakfast session
- 7. 0 News from London
- 8. 0 Fashion's fancies (Happy Hill)
- 8.30 The Country Church of Hollywood
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections (Uncle Scrim)
- 10. 0 The Christmas Gift session
- 10.30 Morning tea session: "The In-Laws"
- 10.45 Hope Alden's Romance
- 11. 0 A song for mother
- 11.30 The Shopping Reporter (Grace Green)
- 12. 0 The luncheon session (Jacko)
- 1.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 The Christmas Gift session
- 2.30 Home Service session (Jill)
- 3. 0 Tango time
- 4.30 The Young Marrieds' Circle (Dorothy Haigh)
- 5. 0 The children's session, featuring at 5.0, Wise Owl; 5.15, the Junior Players; 5.30, the Musical Army
- 5.45 Music for the early evening
- 6.15 News from London
- 6.30 Hymns of all churches
- 7. 0 Fred and Maggie Everybody
- 7.15 England Expects
- 7.30 Ships and the Sea
- 8. 0 The Guest Announcer
- 9. 0 Doctors Courageous

- 10. 0 Around the bandstand (David Cambridge)
- 10.15 Roll out the rhythm
- 11. 0 London News
- 12. 0 Close down

4ZB DUNEDIN 1280 k.c. 234 m.

- 6. 0 a.m. News from London
- 6.30 (approx.) Breakfast session
- 7. 0 News from London
- 8.30 The Country Church of Hollywood
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.45 Morning reflections (Uncle Scrim)
- 10. 0 The Home Decorating session (Anne Stewart)
- 10.30 Morning tea session: "The In-Laws"
- 10.45 Hope Alden's Romance
- 11.30 The Shopping Reporter (Jessie)
- 12. 0 Musical hamper
- 1.15 p.m. News from London
- 1.30 The Christmas gift session
- 2. 0 Betty and Bob
- 2.30 Home Service session (Joyce)
- 3.15 Stealing through the Classics
- 3.45 Merry moments
- 4. 0 America calling
- 4.30 The Young Marrieds' Circle (Brela)
- 5. 0 The Children's session
- 5. 5 The musical army
- 6. 0 Especially for you
- 6.15 News from London
- 7. 0 Fred and Maggie Everybody
- 7.15 England expects
- 7.30 Ships and the Sea
- 7.45 Songs of yesteryear
- 8. 0 The Guest Announcer
- 8.30 Charlie Chan
- 8.45 Let's start an argument
- 9. 0 Doctors Courageous
- 9.15 Music
- 10. 0 The whirl of the waltz
- 10.45 A spot of humour
- 11. 0 News from London
- 12. 0 Close down

2ZA PALMERSTON Nth. 1400 k.c. 214 m.

- 6.30 a.m. Sunrise serenades
- 7. 0 News from London, followed by breakfast session
- 8.45-9.0 News from London
- 5.15 p.m. The Levin session
- 5.45 Popular recordings
- 6.15 News from London
- 6.45 Gardening session
- 7.15 Lady Courageous
- 7.30 Listeners' requests
- 8. 0 Hot and Cold Jackpots
- 8.30 The Young Farmers' Club
- 9. 0 Debating Club of the Air
- 9.30 New recordings
- 10. 0 Close down