

FEEL RUN DOWN
SOME DAYS?



Feel run down, slack, no energy? Have occasional headaches, find yourself sneezing?

Get twinges of pain in the back and aches in the legs?

All signs of constipation.

But you are perfectly "regular"? So are lots of people who nevertheless are constipated.

Elimination must be complete as well as regular. If it isn't, poisons remain, get into the bloodstream, sap your vigour.

A prescription widely recommended by doctors for this is Kruschen Salts. Doctors do not prescribe secret remedies, or habit-forming drugs. Kruschen has their confidence because the analysis is on every bottle. They know what they are prescribing. And their medical knowledge tells them that Kruschen is basically and unalterably right for the condition to be relieved. There is nothing better, and nothing more to be known about constipation and its relief. In a word —

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.

K11-740

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292 Lambton Quay, WELLINGTON
481 Colombo Street, CHRISTCHURCH
162 Princes Street, DUNEDIN

➔ **Pointed Success**
Against SCIATICA

Score a win over pain—all pains from nerve to body pains, with BETTLE'S PAIN POWDERS, otherwise send the empty 1/- pkt. to Bettie, Chemist, Christchurch, for your money back. Chemists and stores.

COMMERCIAL

SUNDAY

DECEMBER 29

1ZB AUCKLAND
1070 k.c. 280 m.

- 6. 0 a.m. Breakfast session
- 7. 0 News from London
- 8.45 Band music
- 9. 0 Uncle Tom's Children's Choir
- 10. 0 Cheery tunes
- 10.15 Young Citizens' session
- 11. 0 The Friendly Road Devotional Service
- 12. 0 Picked-Blind Request session
- 12.30 p.m. Bright variety programme
- 1.15 News from London
- 2. 0 Thea at the piano
- 2.15 Musical matinee
- 3. 0 Recent record releases
- 4. 0 Civic Theatre Organ Recital (Howard Moody)
- 5. 0 The Diggers' session (Rod Talbot)
- 5.30 Storytime with Bryan O'Brien
- 6. 0 A talk on social justice
- 6.15 News from London
- 6.30 Friendly Road Children's session
- 7. 0 Fred and Maggie Everybody
- 7.30 Variety programme
- 7.45 The "Man in the Street" session
- 9. 0 The Lost Empire
- 10. 0 Oh, listen to the band!
- 10.30 Variety programme
- 11. 0 News from London
- 11.45 Meditation music
- 12. 0 Close down

2ZB WELLINGTON
1130 k.c. 265 m.

- 6. 0 a.m. News from London
- 6.30 Breakfast session
- 7. 0 News from London
- 8. 0 Uncle Tom and his Children's Choir
- 8.15 Band session
- 8.45 News from London
- 9. 0 Cheer up tunes
- 9.30 The World of Sport (Wallie Ingram)
- 9.45 "And I Say It's . . ."
- 10. 0 Stop Press from Hollywood
- 10.15 Musical comedy memories
- 10.30 Tusitala, Teller of Tales
- 10.45 Craig Crawford's Dance Band from Princes Restaurant, Sydney
- 11. 0 Something new
- 11.30 Laugh before lunch
- 12. 0 The announcers' own luncheon programme, conducted to-day by "Mary Anne"
- 1.15 p.m. News from London
- 2. 0 The Sunday radio matinee
- 5. 0 Storytime with Bryan O'Brien
- 5.30 Tea table tunes
- 6. 0 A talk on social justice
- 6.15 News from London
- 6.45 Variety parade
- 7. 0 Fred and Maggie Everybody
- 7.15 Meet the ladies again
- 7.45 The "Man in the Street" session
- 8.30 From our overseas library
- 8.45 National Service programme
- 9. 0 Special Sunday night feature: "The Lost Empire"
- 9.45 Something for everybody
- 10.30 Slumber session

- 11. 0 News from London
- 11.15 Variety programme
- 11.50 Epilogue
- 12. 0 Close down

3ZB CHRISTCHURCH
1430 k.c. 210 m.

- 6. 0 a.m. News from London, followed by bright music
- 7. 0 News from London
- 8.16 Motorists' weather reports
- 8.30 Morning melodies
- 8.45 News from London
- 9. 0 Breezy ballads
- 9.30 Around the bandstand (David Cambridge)
- 10. 0 Hospital session (Bob Speirs)

4ZB DUNEDIN
1280 k.c. 214 m.

- 6. 0 a.m. News from London
- 6.30 (approx.) Breakfast session
- 7. 0 and 8.45 News from London
- 9. 0 Around the Rotunda
- 9.15 Hospital request session (Don Donaldson)
- 11. 0 Uncle Tom and his Children's Choir
- 11.15 Budget of popular airs
- 12. 0 Request session
- 1.15 p.m. News from London
- 2.30 Radio matinee
- 5. 0 Storytime with Bryan O'Brien
- 5.30 In lighter vein

★ **CHRISTMAS AT THE ZB's** ★



USUALLY it's Father Christmas who does the visiting, but this year, members of 2ZB's staff paid a visit to the old gentleman in his retreat in a city store. Here he is with "Tony" and "Tiny" Martin, who appear to be having some bother with their gifts

- 11. 0 Uncle Tom and his Children's Choir
- 11.15 Craig Crawford's Dance Band, from Princes Cabaret, Sydney
- 11.30 Hawaiiana (Ari Pitama)
- 11.45 Laugh before lunch
- 12. 0 Luncheon session
- 12.15 p.m. Request session for the Forces
- 1.15 News from London
- 2. 0 Travelogue (Teddy Grundy)
- 2.30 Radio matinee
- 4. 0 Maoriland memories (Te Ari Pitama)
- 5. 0 Storytime with Bryan O'Brien
- 5.30 Tea-table tunes
- 6. 0 A talk on Social Justice
- 6.15 News from London
- 6.30 Refrain only: A popular song digest
- 7. 0 Fred and Maggie Everybody
- 7.15 Local artist parade
- 7.45 The "Man in the Street" session
- 9. 0 The Lost Empire
- 9.45 Miniature concert
- 10.15 Funfare
- 10.30 In restful mood
- 11. 0 News from London
- 12. 0 Close down

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

- 5.45 p.m. The family request session
- 6.15 News from London
- 7. 0 The Hawk
- 7.45 The "Man in the Street" session
- 9. 0 The Lost Empire
- 9.45 Slumber music
- 10. 0 Close down