



END CONSTIPATION THIS NATURAL WAY

You can end constipation *naturally*, promptly, effectively with NYAL FIGSEN. Figsen is a pleasant-tasting laxative. Chew one or two tablets before retiring. Figsen acts overnight without disturbing your sleep. No stomach upsets, no griping pain. In the morning Figsen acts—mildly, gently, but thoroughly. Figsen is equally good for young and old. Sold by chemists everywhere. 1/6d. a tin. *The next best thing to Nature...*

Nyal Figsen
FOR CONSTIPATION



Chew Wrigley's regularly after every meal—that's when this healthful chewing gum is most valuable as an aid to digestion. Besides helping you to digest your food, chewing Wrigley's delicious gum is good for the teeth, it helps to keep them strong and healthy—and, remember sparkling teeth add to the charm of your smile. Three delicious Flavours—P.K. (real peppermint), Spearmint (garden mint) and Juicy Fruit (deliciously different). Buy some today and always keep a supply handy in your pocket, purse or home. NZU27

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

JANUARY 14

1ZB AUCKLAND 1070 k.c. 280 m.

- 6. 0 a.m. News from London, followed by breakfast session
- 7. 0 News from London
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.30 Healthcraft for the Home
- 9.45 Morning Reflections (Uncle Tom)
- 10. 0 Home Decorating Session (Anne Stewart)
- 10.15 Those Happy Gilmanas
- 10.30 Morning Tea Session: "It's A Great Life"
- 10.45 Hope Alden's Romance
- 11.30 The Shopping Reporter (Marina)
- 1. 0 p.m. Filmland Session (John Batten)
- 1.30 1ZB Happiness Club (Joan)
- 2. 0 Betty and Bob
- 2.30 Home Service Session (Gran)
- 3.15 Housewives' Goodwill Session (Gran)
- 4.30 The Young Marrieds' Circle (Molly)
- 5. 0 Uncle Tom's Musical Ladies
- 5.22 Scouts' News Letter (Commissioner Kahn)
- 6. 0 Musical Interlude
- 6.15 News from London
- 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
- 9.15 Personal Interview with the Western Brothers
- 10. 0 Turn Back the Pages, with Rod Talbot
- 11. 0 News from London
- 11.30 Variety programme
- 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
- 8.45 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 Comedy time
- 10.30 Morning Tea Session: "It's A Great Life"
- 10.45 Hope Alden's Romance
- 11. 0 Hawaii Calling
- 11.15 Famous Pairs

- 11.30 The Shopping Reporter (Suzanne)
- 12. 0 The mid-day melody parade, led by Geoff Lloyd
- 1.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 Famous dance bands: Jim Davidson's Orchestra
- 2.30 Home Service session (Mary Anne)
- 3. 0 The Hit Parade
- 3.15 Stringline
- 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
- 6.30 Juvenile Radio Talent Quest
- 7. 0 Fred and Maggie Everybody
- 7.15 England Expects!
- 7.30 Ships and the Sea
- 8. 0 The Guest Announcer
- 8.30 Magnificent Heritage (Have-lock)
- 8.45 Yes-No Jackpots
- 9. 0 Doctors Courageous
- 9.15 A Personal Interview with Lupino Lane
- 9.45 Variety programme
- 11. 0 News from London
- 12. 0 Close down

3ZB CHRISTCHURCH 1400 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 (Happi Hill)
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.30 Cheer-up tunes
- 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. 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
- 2.30 Home Service session (Jill)
- 3.30 "Fiddles, Big and Little"
- 3.15 Better Bridge (Vera Ardagh)
- 4.30 The Young Marrieds' Circle (Dorothy Haigh)
- 5. 0 The children's session, featuring at 5.15, the Junior Players
- 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
- 8.30 Magnificent Heritage
- 9. 0 Doctors Courageous
- 9.15 A Personal Interview with Leslie Hutchinson
- 9.30 Variety Hour
- 11. 0 News from London
- 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
- 8.45 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)
- 1.15 p.m. News from London
- 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 (Andrina)
- 5. 0 The children's session
- 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 A personal interview with Elsie Randolph
- 10. 0 The whirl of the waltz
- 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
- 7.45 Ships and the Sea
- 8. 0 Yes! No! Jackpots
- 8.30 The Young Farmers' Club
- 9. 0 The Debating Club of the Air
- 10. 0 Close down