

FEEL TIRED  
IN THE MORNINGS?



Feel weary when you wake up?  
Shaky on your feet when you struggle out of bed?  
Eyes heavy, limbs heavy, mind heavy?

It's probably constipation.

You may be "regular," yet expel incompletely. Poisons are left. Contaminate the blood. Slow you down. Sap your vigour.

For this condition there is a simple prescription. Doctors have been repeating it for years. It is Kruschen Salts. Food fads come and go. Fashions in diet have their day and are forgotten. But Kruschen Salts remain unquestioned. They don't drug you. They don't scour you. There is nothing secret about them. The analysis is on every bottle. And doctors recognise this analysis as a basic prescription for a basic disorder.

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.

K6-740

**SAFETY—**  
on the road—  
in the home.

Disinfect  
with  
**AMFOSA**

Prices: 1/3, 3/-,  
11/6, 22/6.



THE HEALTH PROTECTOR

**TOEache or  
TOOTHache!**

Get relief or money back! Either Bertie's Pain Powders succeed in cases of headaches, sleeplessness, nerve and joint pains, etc., or George Bertie, Chemist, Christchurch, will return your 1/- for the packet of eight powders. From all chemists and stores.

COMMERCIAL

SUNDAY

JANUARY 12

**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
- 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
- 8.45 National Service Talk
- 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 Luncheon programme, selected to-day by the technical staff
- 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 The Feature Half-Hour: Meet the Gentlemen Again!
- 7.45 The "Man in the Street" Session
- 8.30 From our overseas library
- 8.45 National Service Talk
- 9. 0 Special Sunday night feature: "The Lost Empire"



PICTURED HERE are Station Director John Brown and the complete staff of 2ZA, "The Voice of the Manawatu"

- 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
- 8.30 Morning melodies
- 8.45 News from London
- 9. 0 Breezy ballads
- 9.30 Around the bandstand (David Cambridge)
- 10. 0 Hospital session (Bob Spelra)
- 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
- 1.15 p.m. 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
- 7.30 New Recordings
- 7.45 The "Man in the Street" session
- 8.45 National Service Talk
- 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

**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 Around the Rotunda
- 9.30 Variety
- 10. 0 Hospital request session (Don Donaldson)
- 11. 0 Uncle Tom and his Children's Choir
- 11.15 Budget of popular airs
- 12. 0 Variety
- 1.15 p.m. News from London
- 2.30 Radio matinee
- 5. 0 Storytime with Bryan O'Brien
- 5.30 In lighter vein
- 6. 0 A talk on social justice
- 6.15 News from London
- 6.30 New releases
- 6.45 Popular recordings
- 7. 0 Fred and Maggie Everybody
- 7.15 Radio parade
- 7.30 Variety
- 7.45 The "Man in the Street" session
- 8.30 Kyra and Barend
- 8.45 National Service Talk
- 9. 0 The Lost Empire
- 10. 0 The best there is
- 10.45 Tunes from the talkies
- 11. 0 News from London
- 11.30 Music for Sunday
- 12. 0 Close down

**2ZA PALMERSTON NORTON**  
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