

EVER FEEL FLAT  
WHEN YOU OUGHT  
TO FEEL SPRINGY?



Ever feel flat when you ought to feel springy—after a good night's sleep?

Ever feel glum when you ought to feel cheery, going about a schooner below par?

Get twinges in the back? Headaches? There must be something wrong. Suspect constipation.

You may be "regular." Still, it's constipation. Elimination must be complete as well as regular. If it isn't, poisons get into the blood. You don't feel well.

For this there is an honest prescription—Kruschen Salts. It isn't a drug, or a patent medicine, or a fashion; it's a British institution. Doctors have prescribed it for years because the analysis on the bottle shows they could prescribe nothing better. It agrees with their medical knowledge. And Kruschen Salts will agree with you.

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.

K7-740

Take the 'Nag'  
out of NERVE Pains

Nip jogged pains in the bud with  
**BETTLE'S PAIN POWDERS** — faster,  
more soothing. GET RELIEF OR YOUR  
1/- WILL BE REFUNDED by Bettie,  
Chemist, Christchurch. All Chemists  
and stores.

**CAMERAS  
WANTED!**

Wanted to buy  
Cameras, Home Movie  
Cameras, Projectors, Photo-  
graphic Accessories, Metal  
Tripods, etc. Best Cash  
prices given. Write or call.

**KODAK NEW ZEALAND LTD.**

162 Queen Street, AUCKLAND;  
292 Lambton Quay, WELLINGTON;  
661 Colombo Street, CHRISTCHURCH;  
162 Princes Street, DUNEDIN.

COMMERCIAL

SUNDAY

FEBRUARY 9

**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 Luncheon music
- 12.30 p.m. Bright variety programme
- 1.15 News from London
- 2.15 Musical matinee
- 3. 0 Recent record releases
- 4. 0 "Civic" Theatre organ relay
- 4.45 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 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 (Wally Ingram)
- 9.45 Accordion
- 10. 0 The Morning Star: Hildegrade
- 10.15 Musical comedy memories
- 10.30 Tusitara, Teller of Tales
- 10.45 Orchestral cameo
- 11. 0 Something new
- 11.45 Laugh before lunch
- 12. 0 The Announcers' luncheon programme, conducted to-day by Lane Patterson
- 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 A programme of bell music
- 7. 0 Fred and Maggie Everybody
- 7.15 Eric Harrison's concert party
- 7.45 The "Man in the Street" session
- 8.30 Songs by Mary Anne
- 8.45 National Service programme



**SHE'S A HONEY, TOO:** Hildegard poses with her pet honey-bear. This popular radio singer is the "Morning Star" of 2ZB's programme at 10.0 a.m. on Sunday, February 9

- 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
- 8.30 Morning melodies
- 8.45 News from London
- 9. 0 Breezy ballads
- 9.30 Around the bandstand (David Combridge)
- 10. 0 Hospital session (Bob Speirs)
- 11. 0 Uncle Tom and his Children's Choir
- 11.15 In lighter mood
- 11.30 Budget of popular tunes
- 11.45 Laugh before lunch
- 12. 0 Luncheon session
- 1.15 p.m. News from London
- 2.30 Radio matinee
- 3. 0 The staff presents
- 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
- 6.45 Sunday evening sing-song
- 7. 0 Fred and Maggie Everybody
- 7.30 New recordings
- 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

**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 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 Half-hour with Julian Lee
- 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
- 8.45 National Service programme
- 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 Nth**  
1400 k.c. 214 m.

- 5.45 p.m. Tea times tunes
- 6. 0 Songs from the Islands
- 6.15 News from London
- 6.30 Songs for old folks
- 7. 0 Dr. Mac.
- 7.45 The "Man in the Street" session
- 9. 0 The Lost Empire
- 9.45 Slumber music
- 10. 0 Close down