

FEEL  
TIRED —



WHEN IT'S TIME  
TO JUMP UP?

Do you wake in the mornings feeling as if you'd had no sleep? Do your limbs feel stiff and heavy as you crawl out of bed? Sleep ought to refresh you: why doesn't it?

You are probably constipated. Your habits may be "regular"; but you can still be constipated. Being "regular" every day is not enough—no poisons must remain in the system. If they do your blood is unclean, and how can you be fresh and well?

For this condition there is an honest prescription which doctors have recommended for years — Kruschen Salts. It has outlasted many fashions, and made many food fads look foolish. For Kruschen Salts are basically and unalterably right. The label on the bottle tells you, and tells Doctors, that Kruschen Salts are a simple combination of natural salts. And doctors, knowing that there is nothing better than these Salts for constipation, have told their patients so.

YOU'LL FEEL ALL THE BETTER FOR A PINCH

**KRUSCHEN**

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

K14-740

## HEADACHES and HANGOVERS

Yes, BETTLE'S PAIN POWDERS clear away pain and after-effects like magic. If not satisfied, send the empty 1/- pkt. to Bettie, Chemist, Ch.Ch., and get your MONEY BACK. All chemists and stores.

**Cuts & Wounds  
Heal Quickly  
with  
CAMFOSA  
Non-irritant**

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

THE HEALTH CRUSADE

COMMERCIAL

SUNDAY

FEBRUARY 23

### 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 (Wallie Ingram)
- 9.45 Accordiana
- 10. 0 The Morning Star: Lucienne Boyer
- 10.15 Musical comedy memories
- 10.30 Tusitala, Teller of Tales: "The Double Cross"
- 10.45 Orchestral cameo
- 11. 0 Something new
- 11.45 Laugh before lunch
- 12. 0 The Announcers' Luncheon programme, selected to-day by Kingi Tahiri
- 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 Our feature half-hour
- 7.45 The "Man in the Street" session
- 8.30 Mark Tozer entertains in the studio
- 8.45 National Service Programme



JOHN AND ELIZABETH TAIT, two young stars of "Station T.O.T.," played xylophone duets at 2ZB's recent Radio Theatre Show

- 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 Spiers)
- 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 One of the staff presents
- 4. 0 Maori land 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 muscals
- 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. 214 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 Happy hospital hour (Don Donaldson)
- 10.30 Piano patterns
- 11. 0 Uncle Tom and his Children's Choir
- 11.15 Budget of popular airs
- 12. 0 You like to hear them
- 1.15 p.m. News from London
- 2. 0 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 4ZB Merry-Go-Round
- 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 time tunes
- 6.15 News from London
- 6.30 Masters of the Art
- 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