

# FEEL TIRED AFTER A GOOD MEAL?



Does a good night's rest refresh you — or leave you tired and heavy? Does a square meal put life and energy into you — or make you sleepy, disinclined to move? Get twinges of pain in the back? Headaches? There must be *something* wrong with you. It's probably constipation. You may be "regular." Still, it's probably constipation. Elimination must be *complete* as well as regular. If it isn't, poisons get into the blood, cause vague lack of well-being. For this there is a simple, honest prescription — Kruschen Salts. It isn't a drug, or a patent medicine, or a fad, or a fashion; it's a British institution. Doctors have prescribed it these fifty years past, for the analysis on the bottle tells them 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.

K8-740

## Guaranteed RESTFUL SLEEP

That's what you get with BETTLE'S PAIN POWDERS, otherwise the 1/- you spent will be returned by George Bettie, Chemist, Ch.Ch. BETTLE'S PAIN POWDERS for all aches and pains. All Chemists and Stores.

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162 Queen Street, AUCKLAND  
292 Lambton Quay, WELLINGTON  
681 Colombo Street, CHRISTCHURCH  
162 Princes Street, DUNEDIN

## COMMERCIAL

### 1ZB AUCKLAND 1070 k.c. 280 m.

- 6. 0 a.m. News from London, followed by breakfast session
- 7. 0 and 8.45 News from London
- 9. 0 Aunt Daisy
- 9.30 Healthcraft for the home
- 9.45 Morning reflections (The Padre)
- 10.15 Those Happy Gilmans
- 10.30 Morning tea session: "The Silver King"
- 10.45 To-day's children
- 11.30 The Shopping Reporter's session (Marina)
- 12.15 p.m. News from London
- 1. 0 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. 0 The Voice of Health
- 4.30 The Young Marrieds' Circle (Molly)
- 5. 0 Molly and her happy lads
- 5.15 The Musical Army
- 5.22 Scouts' News Letter (Commissioner Kahui)
- 5.52 Pioneers of Progress
- 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
- 10. 0 Turning 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
- 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 Easter Bride session
- 10.30 Morning tea session: "The Silver King"
- 10.45 To-day's children
- 11. 0 Hawaii Calling
- 11.15 Famous pairs
- 11.30 The Shopping Reporter (Suzanne)
- 12. 0 The mid-day melody parade
- 12.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 Famous orchestras
- 2.30 Home Service session (Mary Anne)
- 3. 0 The hit parade
- 3.15 Stringtime
- 3.30 Song hits of to-morrow (Reg. Morgan)

# TUESDAY

MARCH 11

- 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
- 5.15 The Musical Army
- 6.15 News from London
- 7. 0 Fred and Maggie Everybody
- 7.15 England Expects—
- 7.30 Ships and the Sea
- 7.45 Yes-No Jackpots
- 8. 0 The Guest Announcer
- 8.45 Magnificent Heritage: Mary Slessor
- 9. 0 Doctors Courageous
- 9.45 Variety programme
- 10. 0 Scottish session
- 11. 0 News from London
- 12. 0 Close down

### 3ZB CHRISTCHURCH 1430 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 (Happy 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 Silver King"
- 10.45 To-day's children
- 11. 0 A song for mother
- 11.30 The Shopping Reporter (Grace Green)
- 12. 0 The luncheon session (Jacko)
- 12.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.30 Home Service session (Jill)
- 3.15 Better bridge (Vera Ardagh)
- 3.30 Melody for two
- 4.30 The Young Marrieds' Circle (Dorothy Haigh)



THE EASY ACES are still going strong from all ZB stations on Mondays, Wednesdays and Fridays, at 8.15 p.m. Here is the redoubtable Jane Ace, a modern Mrs. Malaprop.

- 5. 0 The children's session, featuring at 5.0. Wise Owl; 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
- 8.45 Magnificent heritage
- 9. 0 Doctors Courageous
- 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 and 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: "It's a Great Life"
- 10.45 To-day's children
- 11.30 The Shopping Reporter (Jessie)
- 12.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.30 Home Service session (Joyce)
- 3.15 Stealing through the classics
- 4. 0 America Calling
- 4.30 The Young Marrieds' Circle (Andrina)
- 5. 0 The children's session
- 5.15 Musical Army
- 6.15 News from London
- 6.30 Houses in our Street
- 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
- 9. 0 Doctors Courageous
- 10. 0 A spot of humour
- 10.15 Famous dance bands
- 11. 0 News from London
- 12. 0 Close down

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

- 6. 0 a.m. News from London
- 6.30 Sunrise serenades
- 7. 0 News from London, followed by breakfast session
- 8.45-9.0 News from London
- 5.45 p.m. 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 Special presentation
- 10. 0 Close down

These programmes are correct as we go to press. Any last-minute alterations will be announced over the air.

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