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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.

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FOR CONSTIPATION

Chronic Leg Ulcers Healed!

NO PAIN—NO LOSS OF WORK

Mr. E. E. P. writes: "My leg has been well now for some months and I never feel the slightest pain or inconvenience although I am on it and working hard all day. Since I started VAREX treatment I have been able to work all the time, walk and sleep well." VAREX treatment is simple, safe, soothing and inexpensive. No resting necessary. Send to-day for free booklet. Ernest Healey, Pharmaceutical Chemist, VAREX Ltd., Box 1558, N.L., Wellington.

**WELCOME THE
SUNOLA MAN
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THE Sunola man brings you good value, first-class quality in a range of products for every household requirement. Try Sunola products—sold under their famous money-back guarantee of satisfaction.

SUNOLA
PRODUCTS

GUARANTEED
TO SATISFY

COMMERCIAL

TUESDAY

MARCH 18

1ZB AUCKLAND 1070 k.c. 280 m.

- 6. 0 a.m. News from London, followed by breakfast session
- 7. 0 & 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 Young Marrieds' Circle (Molly)
- 5. 0 Molly and her Happy Lads
- 5.15 The Musical Army
- 5.22 Scouts' Newsletter (Commissioner Kahu)
- 5.52 Pioneers of Progress
- 6. 0 Comicality
- 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 Empire music
- 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)

- 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: Zeebrugge
- 9. 0 Doctors Courageous
- 9.15 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. 0 Paramount on the Air
- 3.30 The Easter Bride's session



GENERAL MAUDE, subject of the broadcast "Magnificent Heritage" to be heard from 2ZB on March 20 at 8.45 p.m.

- 4.30 The Young Marrieds' Circle (Dorothy Haigh)
- 5. 0 The children's session, featuring at 5.0, Wise Owl; 5.15, The Junior Players; 5.30, The Musical Army
- 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
- 1.30 Easter Bride session
- 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
- 8.45 Alliteration Jackpot
- 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 programme
- 10. 0 Close down