

TOO TIRED  
TO ENJOY  
A REST?



How do you feel towards the end of the day — eager to get the washing-up done, and tuck the kids into bed?

Looking forward to a cheerful evening with the radio?

Or do you flop into a chair too worn out to enjoy your rest? And find yourself dozing to the music?

This isn't right! Do you know what is wrong?

*It is 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.

WOULD YOU ALL THE BETTER FOR A PINCH

**KRUSCHEN**

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

K15-740

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292 Lambton Quay, WELLINGTON  
681 Colombo Street, CHRISTCHURCH  
161 Princes Street, DUNEDIN

COMMERCIAL

THURSDAY

MARCH 27

**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 (Uncle Serim)
- 10.15 These 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 The House in the Sun
- 2.30 Home Service session (Gran)
- 3.15 Radio Clinic
- 3.45 I Want a Divorce
- 4.30 Young Marrieds' Circle (Molly)
- 5. 0 Molly and her Merry Maids
- 5.15 The Musical Army
- 5.22 Ken, the Stamp Man
- 5.30 Peter the Pilot
- 5.52 Pioneers of Progress
- 6. 0 The Air Adventures of Jimmie Allen
- 6.15 News from London
- 7. 0 The celebrity session
- 7.15 England Expects—
- 7.30 Oh, Reggie!
- 7.45 Tusitala, Teller of Tales
- 8. 0 The Guest Announcer
- 8.45 Pageant of Empire
- 9. 0 Information, Please
- 10. 0 Men and Motoring (Rod Talbot)
- 11. 0 News from London
- 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 Serim)
- 10. 0 The Home Decorating session (Anne Stewart)
- 10. 7 Fashion news
- 10.15 The Easter Bride's 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 sopranos
- 2.30 Home Service session (Mary Anne)
- 3. 0 The Hit Parade

- 3.15 Afternoon tea session: Cavalcade of drama, "Elizabeth Barrett Browning"
- 3.30 Song hits of to-morrow (Reg. Morgan)
- 3.45 Listen to the band!
- 4.30 The Young Marrieds' Circle (Tony)
- 5. 0 Young New Zealand's Radio Journal
- 5.15 The Musical Army
- 5.30 Peter the Pilot
- 6. 0 The Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Pageant of Empire
- 7. 0 The Celebrity session: Toralf Tollefson
- 7.15 England Expects—
- 7.30 Oh, Reggie!
- 7.45 Music from the films
- 8. 0 The Guest Announcer
- 8.45 Magnificent Heritage: Kavanagh, V.C.
- 9. 0 Information, Please!
- 10.30 Spotlight on swing, conducted by Bob Halerow
- 11. 0 News from London
- 11.30 Variety
- 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
- 9.45 Morning Reflections (Uncle Serim)
- 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 The Home Service session (Jill)
- 3. 0 With Fred at the piano
- 3.15 Better Bridge (Vera Ardagh)
- 3.30 The Easter Bride's session
- 4.30 The Young Marrieds' Circle (Dorothy Haigh)
- 5. 0 The children's session, featuring at 5.0, the Sunnyside Garden Circle; 5.30, Peter the Pilot
- 6. 0 The Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Hymns of All Churches
- 7. 0 The Celebrity session
- 7.15 England Expects—
- 7.30 Oh, Reggie!
- 7.45 Tavern tunes
- 8. 0 The Guest Announcer
- 8.45 Yes! No! Jackpots
- 9. 0 Professor Speedee's "Information Please"

- 10. 0 Maoriland melodies (Te Ari Pitama)
- 10.15 Rhythm and variety
- 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
- 8.30 Music
- 8.45 News from London
- 9. 0 Aunt Daisy
- 9.45 Morning reflections (Uncle Serim)
- 10. 0 The Home Decorating session (Anne Stewart)
- 10.30 Morning tea session: "Silver King"
- 10.45 To-day's Children
- 11.30 The Shopping Reporter (Jessie)
- 12. 0 Lunch-hour tunes
- 12.15 p.m. News from London
- 1.30 Easter Bride's session
- 2. 0 Betty and Bob
- 2.30 Home Service session (Joyce)
- 3.15 Stealing through the classics
- 4. 0 For ladies only
- 4.30 The Young Marrieds' Circle (Andrina)
- 5. 0 The children's session
- 5. 7 Musical Army
- 5.15 Children's Forum
- 5.30 Peter the Pilot
- 6. 0 The Air Adventures of Jimmie Allen
- 6.15 News from London
- 7. 0 The Celebrity session
- 7.15 England Expects—
- 7.30 Oh, Reggie!
- 7.45 Gems from opera
- 8. 0 The Guest Announcer
- 8.45 Charlie Chan
- 9. 0 Professor Speedee's "Information Please"
- 10. 0 Keyboard kapers
- 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. Early evening music
- 6.15 News from London
- 7.15 Lady Courageous
- 8. 0 Yes! No! Jackpots
- 8.30 Health talk by Dr. Guy Chapman
- 8.45 Racing in retrospect
- 9. 0 The Motoring session
- 10. 0 Close down