



HOW TO BE HEALTHY

Constipation clogs the system and causes many ills. Doctors say, "To be healthy you must keep free from constipation." NYAL FIGSEN, the gentle laxative, aids Nature in a natural way. It acts gently and mildly to give you comfortable relief. Easy and pleasant to take, Figsen is just as good for youngsters as it is for grown-ups. Get NYAL FIGSEN to-day and see how easily this natural laxative will correct constipation and improve your health. Sold by chemists everywhere—1/6d. a tin. *The next best thing to Nature...*

Nyal Figsen
FOR CONSTIPATION

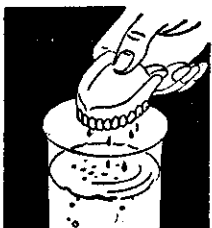
DIABETES

Of vital importance to every Diabetic is this new Free Book, entitled "Diabetes—Its Cause and Treatment." New Discovery that is giving health and energy to thousands, without injections, or strict dieting. Write for this valuable book at once. Obtainable by return post from—

CHEMISTS' SUPPLIES CO.
P.O. Box 1178L, Christchurch
(Kindly enclose 6d stamps for handling.)

The easiest way to clean false teeth

The easiest way to clean false teeth is to put them with 'Steradent' powder in water, as directed on the tin. This solution penetrates every crevice, removes film and stains, and completely sterilizes your dentures. Obtainable from all chemists.



HOW TO DO IT
Half tumbler warm water. 'Steradent' — the cap of the tin full. STIR. Steep dentures overnight or 20 minutes. Rinse well under the tap.

81.38

Steradent

cleans and sterilizes false teeth

WEDNESDAY SEPTEMBER 10 COMMERCIAL

1ZB AUCKLAND 1070 k.c. 280 m.

- 6. 0 a.m. Breakfast session, with News from London at 6.0, 7.0 and 8.45
- 9. 0 Aunt Daisy
- 9.45 Morning reflections (Uncle Tom)
- 10. 0 **THE FEATURE HOUR:**
 - 10. 0 Secret Diary
 - 10.15 Those Happy Gilmans
 - 10.30 Dramas of Life: "Honour Among Thieves"
 - 10.45 To-day's Children
- 11.30 The Shopping Reporter (Marina)
- 12.15 p.m. News from London
- 1. 0 Songs that live forever
- 1.45 & 3.30 The 1ZB Happiness Club
- 2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 The Home Service session (Gran)
- 4. 0 Young Marrieds' Circle (Molly)
- 5. 0 Uncle Tom's Children's Choir
- 5.30 The Junior Quiz (first broadcast)
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 The Hit Parade
- 7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.30 Real Life Stories
- 7.45 History's Unsolved Mysteries
- 8. 0 Chuckles with Jerry
- 8.15 Easy Aces
- 8.44 Pageant of Empire
- 9. 0 The Court of Human Relations
- 9.30 Variety
- 10. 0 Rhythm Review (Swing session)
- 11. 0 News from London
- 12. 0 Close down

2ZB WELLINGTON 1130 k.c. 265 m.

- 6. 0 a.m. The Yawn Patrol, with News from London at 6.0, 7.0 and 8.45
- 7.15 Looking on the bright side
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections
- 10. 0 **THE FEATURE HOUR:**
 - 10. 0 Secret Diary
 - 10.15 The Question Market
 - 10.30 Dramas of Life: "Not Without Retribution"
 - 10.45 Home Sweet Home (first broadcast)
- 11. 0 A little variety
- 11.30 The Shopping Reporter (Suzanne)
- 12. 0 The Mid-day Melody Menu
- 12.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 Home Service session (Mary Anne)
- 3. 0 Orchestral and otherwise
- 3.30 Afternoon tea session: Cavalcade of Drama, "The Mighty Barnum"
- 3.45 Music, mirth and melody
- 4. 0 Young Marrieds' Circle (Tony)
- 4.30 Musical programme
- 5. 0 The Children's session
- 5.30 The Junior Quiz (first broadcast)
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 The Enemy Within
- 7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.15 This Twentieth Century
- 7.30 Real Life Stories
- 7.45 Tuiata, Teller of Tales
- 8. 0 Chuckles with Jerry
- 8.15 Easy Aces
- 8.30 Musical programme
- 9. 0 The Court of Human Relations
- 10. 0 Variety programme
- 11. 0 News from London
- 12. 0 Close down

3ZB CHRISTCHURCH 1430 k.c. 210 m.

- 6. 0 a.m. Breakfast session, with News from London at 6.0, 7.0 and 8.45
- 8. 0 Fashion's fancies
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections

10. 0 THE FEATURE HOUR:

- 10. 0 Secret Diary
- 10.15 Jill sings
- 10.30 Dramas of Life: "Ship-mates for Ever"
- 10.45 To-day's Children
- 11.30 The Shopping Reporter
- 12. 0 The luncheon session
- 12.15 p.m. News from London
- 2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 The Home Service session (Jill)
- 3.30 "Bringing Home the Bacon"
- 4. 0 The Young Marrieds' Circle
- 5. 0 The children's session, commencing with the Junior Quiz (first broadcast)
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Gems from light opera
- 7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.15 This Twentieth Century
- 7.30 Real Life Stories
- 7.45 The Enemy Within
- 8. 0 Chuckles with Jerry
- 8.15 Easy Aces
- 8.45 Radio Talent Quest: Broadcast by the week's finalists
- 9. 0 The Court of Human Relations
- 10. 0 Musical varieties
- 10.30 "The Toft," 3ZB's Racing Reporter
- 11. 0 News from London
- 11.15 Bright music
- 12. 0 Close down

4ZB DUNEDIN 1280 k.c. 234 m.

- 6. 0 a.m. Breakfast session, with News from London at 6.0, 7.0 and 8.45
- 9. 0 Aunt Daisy
- 9.45 Morning reflections
- 10. 0 **THE FEATURE HOUR:**
 - 10. 0 Secret Diary
 - 10.15 Magnificent Heritage: Capt. John Smith
 - 10.30 Dramas of Life: "The Sleeping Draught"
 - 10.45 To-day's Children
- 11.30 The Shopping Reporter (Jessie)
- 12. 0 Lunch hour tunes
- 12.15 p.m. News from London
- 1.45 Those Happy Gilmans
- 2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 The Home Service session (Joyce)
- 3.15 Stealing Through the Classics
- 3.30 Restful melodies
- 4. 0 The Young Marrieds' Circle
- 5. 0 The Children's session
- 5.22 The Happy Feet Club
- 5.30 The Junior Quiz (first broadcast)
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Thumbs Up
- 7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.15 This Twentieth Century
- 7.30 Real Life Stories
- 7.45 Julian Entertains
- 8. 0 Chuckles with Jerry
- 8.15 Easy Aces
- 8.45 The Enemy Within
- 9. 0 The Court of Human Relations
- 10. 0 Variety
- 11. 0 News from London
- 12. 0 Close down

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

- 6. 0 a.m. Breakfast session, with News from London at 6.0, 7.0 and 8.45
- 9. 0-9.30 Aunt Daisy
- 5.45 p.m. Radio sunshine
- 6.15 News from London
- 6.45 Whose is the Voice?
- 7. 0 "N.Z. at Work: The Story of N.Z.'s Industrial War Effort," followed by The House of Peter MacGregor
- 7.15 This Twentieth Century
- 7.30 Cavalcade of drama: "Wuthering Heights"
- 7.45 Real Life Stories
- 8. 0 Chuckles with Jerry
- 8.45 The Enemy Within
- 9. 0 The Falding session
- 10. 0 Close down



Why be HALF the man you might be?

Why sit down to meals with half an appetite, and then feel half asleep afterwards? Why spend evenings only half inclined to enjoy yourself? Don't live life by halves! Stir yourself and take a tonic—one that will really do you good—start the day with it. Kruschen Salts refresh you internally so that your shower makes you really brisk. Kruschen cleanses your stomach, sweetens your breath, gives you an appetite, clears your blood and your liver and your head by washing your system clean. Kruschen makes a new man of you.

KRUSCHEN The TONIC Salts

Kruschen does not form a habit, so there is never need to increase the dose—as much as will cover a sixpence. 2/5 a bottle at chemists and stores.

11.7.41

PERMANENT RELIEF FROM PILES

"I suffered for 9 years from internal piles and tried different things, but nothing gave me relief until I got Zann Double Absorption Treatment," writes a New Plymouth Lady. Address: Zann Pty., Box 952 LR, Wellington. Send 9d in stamps for generous trial treatment.

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