



LOSE UGLY FAT LIKE SHE DID

"I feel so pleased with YOUTH-O-FORM that I must write and thank you," says Miss D.E.C., in her letter. "My legs and bust were terribly fat and a bulge under my chin made my face look fat and ugly. I was envying the nice rounded figure of a friend of mine, and she laughed and told me how fat she used to be until she took YOUTH-O-FORM. She praised it so much that I determined to try it myself, and it is all she claimed for it—and lots more. The ugly fat has disappeared from my thighs and chest, and people are telling me how much better I look. I am delighted with the change YOUTH-O-FORM has made to me."

Don't suffer the discomfort of obesity. Reduce by this simple, pleasant, natural way. A capsule of famous

YOUTH-O-FORM at bedtime banishes ugly fat. No nasty salts, no starvation diet.

DOCTORS AND ALL GOOD CHEMISTS RECOMMEND

Full 6 weeks Treatment **6/6**

10-day Carton **24/-**

YOUTH-O-FORM



Look

...THEN LISTEN

Look! To see your Radio is fitted with **RADIOTRONS**. This simple precaution, at a time when imports are restricted, is your insurance of uninterrupted enjoyment from your Receiver.

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RADIOTRON VALVES

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THURSDAY COMMERCIAL NOVEMBER 20

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
10. 0 THE FEATURE HOUR:
10. 0 Real Life Stories
10.15 Those Happy Gilmans
10.30 Dramas of Life: "Our Little Wife"
10.45 Home Sweet Home
- 11.30 A Talk by Anne Stewart
- 11.35 The Shopping Reporter (Marina)
- 12.15 p.m. The News from London
- 1.45 & 3.30 1ZB Happiness Club (Joan)
2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 Home Service session (Gran.)
4. 0 Young Marrieds' Circle (Molly), and Nutrition Talk by Dr. Guy Chapman
5. 0 Molly Garland and her Friends
- 5.30 Peter the Pilot's "Wise Owl" session
- 5.52 Pioneers of Progress
6. 0 The Air Adventures of Jimmie Allen
- 6.15 The News from London
- 6.30 Eric Bell at the Novachord: "Music from the Films"
7. 0 N.Z. at Work: The Story of N.Z.'s Industrial War Effort, followed by The House of Peter MacGregor
- 7.15 Spy Exchange
- 7.45 Tusitala, Teller of Tales
8. 0 Academy Award: "Purely Elementary"

8.30
"MUSICAL MIRTHQUAKE"
A Stage Presentation
Broadcast from the Radio Theatre

9. 0 Information Please!
- 9.30 Pageant of Empire
10. 0 Men and motoring (Rod Talbot)
11. 0 The 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
9. 0 Aunt Daisy
- 9.45 Morning Reflections
10. 0 THE FEATURE HOUR:
10. 0 Real Life Stories
10.30 Dramas of Life: "Tomorrow's Bread"
- 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Suzanne)
- 12.15 p.m. The News from London
2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 Home Service session (Mary Anne)
- 3.30 Afternoon tea session: Cavalcade of Drama, "Brigham Young"
4. 0 Young Marrieds' Circle and Nutrition Talk by Dr. Guy Chapman
5. 0 Children's session
- 5.30 Peter the Pilot's "Wise Owl" session
6. 0 Air Adventures of Jimmie Allen
- 6.15 The News from London
7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 The Old Lady of Threadneedle Street
- 7.45 Leaves from the Other Woman's Diary
8. 0 Academy Award: "Society Page"
- 8.43 The Hit Parade
9. 0 Information, Please!
10. 0 Out of the Box
11. 0 The News from London
12. 0 Close down

3ZB CHRISTCHURCH 1430 k.c. 210 m.

6. 0 a.m. Breakfast session, with the News from London at 6.0, 7.0 and 8.45
9. 0 Fashion's fancies (Napli Hill)

9. 0 Aunt Daisy
- 9.45 Morning Reflections
10. 0 THE FEATURE HOUR:
10. 0 Real Life Stories
10.15 Ailsa Crompton in Mood Music
10.30 Dramas of Life: "Around the Corner from Love"
- 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter
- 12.15 p.m. The News from London
1. 0 The Christmas Gift session
2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 The Home Service session (Jill)
4. 0 The Young Marrieds' Circle, and Nutrition Talk by Dr. Guy Chapman
5. 0 The children's session
- 5.30 Peter the Pilot's "Wise Owl" session
6. 0 Air Adventures of Jimmie Allen
- 6.15 The News from London
- 6.30 Hymns at Eventide
7. 0 New Zealand at Work: The Story of New Zealand's Industrial War Effort, followed by the House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 The Old Lady of Threadneedle Street
- 7.45 Tavern tunes
8. 0 Academy Award: "The Castle of San Maria"
- 8.40 Yes-No Jackpots
9. 0 Information, Please!
10. 0 Musical Mirthquake
11. 0 The News from London
12. 0 Close down

4ZB DUNEDIN 1280 k.c. 214 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 Real Life Stories
10.15 Cavalcade of Drama: "Stephen Foster"
- 10.30 Dramas of Life: "Love Finds Justice"
- 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Jessie)
- 12.15 p.m. The News from London
2. 0 Betty and Bob
- 2.15 Lost Empire
- 2.30 The Home Service session (Joyce)
- 3.30 The Housewives' Jackpots
- 3.45 Eric Bell at the Novachord: "The latest song hits"
4. 0 The Young Marrieds' Circle, and Nutrition Talk by Dr. Guy Chapman
5. 0 The children's session
6. 0 The Air Adventures of Jimmie Allen
- 6.15 The 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 Spy Exchange
- 7.30 The Old Lady of Threadneedle Street
- 7.45 Eric Bell at the Novachord: "Past Favourites"
8. 0 The Lost Child
- 8.45 The Enemy Within
9. 0 Information, Please!
10. 0 Musical mirthquakes
11. 0 The 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. Christmas on the Moon
- 6.15 News from London
- 6.30 Melody Lane
7. 0 The House of Peter MacGregor
- 7.15 Doc. Sellar's True Stories
- 7.30 Take it or Leave it Crackajackpots
8. 0 Academy Award: "The Welcome Stranger"
- 8.45 The Enemy Within
- 9.15 Motoring session
10. 0 Close down