

Most of us are working long hours—and who is free from worry just now? Overwork and worry play havoc with the delicate digestive organs. Appetite goes. Even a well-cooked meal may give you heartburn, flatulence or pain, instead of building up strength and energy.

Don't neglect those danger signals. Tackle your indigestion at once with De Witt's Antacid Powder, the remedy

which corrects stomach trouble scientifically in three stages. First it neutralises excess acid. Then it soothes and protects the inflamed stomach lining. Finally, it helps to digest your food-so relieving the weakened stomach. That's why De Witt's Antacid Powder quickly stops indigestion and then restores a healthy appetite.

No matter how long you have suffered, you will soon be eating what you like enjoying every meal.

to-day i

End stomech troubles now and est what you like. Get your sky-blue canister



Unequalled for Indigestion, Acid Stomach, Heartburn, Gastritis and Flatulence. Large sky-blue canister, price 2/6.



TUESDAY

COMMERCIAL

DECEMBER 30

AUCKLAND 1070 k c. 280 m.

m. Breakfast session, with Head-line News from London at 6.0, 7.0 and 8.45 6. 0 a.m

Health Talk by "Uncle Scrim" 9. 0

Aunt Daisy 9.45

Morning reflections
THE FEATURE HOUR: 10. 0

10. 0 Real Life Stories

10.15 Those Happy Gilmans 10.30 Songs of the season 10.45 Home, Sweet Home

A Talk by Anne Stewart 11.30

The Shopping Reporter (Marina) .m. Headline News from London 12.15 p.m.

1. 0 Dancing Round the World 1.15 Headline News from London

1.45 & 3.30 1ZB Happiness Club (Joan) 2.15

Lost Empire 2.30 Home Service session (Gran)

The Young Marrieds' Circle (Molly); Guest Speaker, "The Voice of Health" 4. 0 4.30

Headline News from London 5. 0 Molly Garland and her Happy Lads Margaret and the Rainbow Ring 5.22

5.52 Pioneers of Progress Headline News from London

7 0 Fred and Maggie Everybody 7.15 7.30

Spy Exchange
Hello from Hollywood!
Tusitala, Teller of Tales
Headline News from London, foilowed by "You Ain't Heard Nothin" 8. 0

Pageant of Empire
Doctor Mac
Turning Back the Pages (Rod
Talbot) 9. 0 10.15

Headline News from London

11.30 12. 0 Variety Close down

WELLINGTON 1130 kc. 265 m.

m. Breakfast session, with head-line News from London at 6.0, 7.0 and 8.45

Talk by "Uncle Scrim" 8.30 Health

9. 0 9.45 10. 0

Health Talk by "Uncle Scrim"
Aunt Daisy
Morning reflections
THE FEATURE HOUR
10.0 Real Life Stories
10.15 Eric Bell at the Novachord: "Music in a Sentimental Mood"
10.30 Songs of the season
10.45 Home, Sweet Home
Musical programme

10.45 Home, Sweet Home
Musical programme
A Talk by Anne Stewart
The Shopping Reporter (Suzanne)
The Midday Melody Menu
.m. Headline News from London
Headline News from London
Lost Empire
Home Service session (Mary 11. 0 Mu 11.30 A 11.35 The 12. 0 The 12.15 p.m.

3.30

6.30

Home Service Session
Anne)
The Radio Star Quiz
Young Marrieds' Circle (Tony)
Headline News from London
The Children's session
Headline News from London
The Enemy Within
Fred and Maggie Everybody
Spy Exchange
Hello from Hollywood!
Mixed Grill Jackpots
Headline News from London, followed by "You Ain't Heard Headline Nows from Le lowed by "You Air Nothin' Yet!" Behind Those Walls Doctor Mac From Where To-night? Headline News from Le

8.45 9. 0 10. 0 11. 0 12. 0

London

CHRISTCHURCH 1430 kg. 210 m.

m. Breakfast session, with Head-line News from London at 6.0, 7.0 6. 0 a.m. and 8.45

Fashion's fancies (Happi Hill) Health Talk by "Uncle Scrim"

9.45 Morning reflections THE FEATURE HOUR: 10. 0 10. 0 Real Life Stories 10.15 Ailsa Crompton in Mood Music 10.30 Songs of the season 10.45 Home, Sweet Home A Talk by Anne Stewart 11.30 The Shopping Reporter 11.35 12. 0 The Luncheon session 12.15 p.m. Headline News from London 1.15 Headline News from London 2.15 Lost Empire 2.30 The Home Service session (Jill) 3.30 On the Crest of the Wave The Young Marrieds' Circle Headline News from London 4.30 5. 0 The Children's session, beginning with the "What Am I?" Quiz 6. 0 The Hawk Headline News from London 6.30 Hymns at Eventide Fred and Maggie Everybody 7. 0 Spy Exchange 7.15 Hello from Hollywood! 7.45 Those Happy Gilmans Headline News from London, fol-lowed by "You Ain't Heard Nothin' Yet"

Aunt Daisv

8.40 England, Our England! 9. 0 Doctor Mac

9.30 The Variety Hour 10. 0 From Where To-night?

Headline News from London Close down

DUNEDIN 1280 k c. 234 m.

m. Breakfast session, with Head-line News from London at 6.0, 7.0 and 8.45

9. 0 9.45 10. 0

Jine and 8.45
Health Talk by
Aunt Daisy
Morning reflections
THE FEATURE HOUR:
10. 0 Real Life Stories
10.15 Cavalcade of Drama: "Napoleon Bonaparte"
Songs of the season
me, Sweet Home
Stewart
(Jessie)

leon Bonaparte"
10.30 Songs of the season
10.45 Home, Sweet Home
A Talk by Anne Stewart
The Shopping Reporter (Jessie)
Lunch hour tunes
p.m. Headline News from London
Headline News from London

1.15

Headline News from London
Lost Empire
The Home Service session (Joyce)
Stealing through the Classics
Restful melodies
The Young Marrieds' Circle
Headline News from London
The Children's session
The Story of the Queen Bee
Headline News from London
Accent on Youth
Fred and Maggie Everybody
Spy Exchange 2.30 3.15 3.30

5. 0 5.30

7. 0 7.15 7.30 7.45 8. 0

Fred and maggie Everybody

Spy Exchange
Hello from Hollywood!

Songs of Yesterybar

Headline News from London, followed by "You Ain't Heard Nothin'

Yet"

Yet"
The Enemy Within
Doctor Mac
Headline News from London
Close down 8.45 9. 0 11. 0 12. 0

PALMERSTON Nth. 1400 k c. 214 m.

6. 0 a.m. Breakfast session, with Headline News from London at 6.0. 7.0
and 8.45
9. 0-9.30 Aunt Daisy
5.45 p.m. Early evening music
Headline News from London
6.15 Headline News from London
7.15 Doc. Sellar's True Stories
7.30 Yes-No Jackpots
7.45 Real Life Stories
8. 0 Headline News from London, followed by The Lost Child
The Passing Parade of Agriculture
9. 0 Dr. Mac
9.15 Health talk by Dr. Guy Chapman
10. 0 Close down