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# REAL SPARKLING BEER - AT 1/4 USUAL COST

MAKE YOUR OWN FULL STRENGTH BEER... WITH PA-BRU—makes 16 large bottles. No boiling, no hops, no straining, no linings. Simply made with cold water. Send NOW—4/- bottle (plus 6d postage) from

**PA-RU PRODUCTS**

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# Her RHEUMATISM goes . . . as she Loses Ugly FAT

## GREAT LONDON HOSPITAL ENDORSES FAMOUS YOUTH-O-FORM

"For many years," says Mrs. FitzPatrick, "I have been crippled with Rheumatism, until some friends recommended me to take Youth-O-Form to reduce my weight. I DID REDUCE, and more marvellous still, my rheumatism completely disappeared. That was four years ago. The London winter I find very severe, and this year I got rheumatism badly again, and all the prescriptions were useless. I told my doctor, who is leading physician at one of the big hospitals here, that Youth-O-Form was the only thing that ever did me any good, and he advised me to try it again, and that the Youth-O-Form prescription was well known. Once again, I am quite well and youthful, thanks to your marvellous Youth-O-Form—

Yours sincerely,  
(Mrs.) M. E. FITZPATRICK."

This lady is only one of thousands who take Youth-O-Form occasionally to reduce ugly fat and drive out Rheumatism. It is wonderful, too, for

## INDIGESTION, CONSTIPATION AND CONSTANT HEADACHES

Take one Youth-O-Form small capsule occasionally before meals . . . lose ugly, ageing fat and get new youthful vitality.

## What You Should Weigh

Height	15-19	20-24	25-29	30-34	35-40
ft. in.	st. lb.	st. lb.	st. lb.	st. lb.	st. lb.
4 11	7 5	7 8	7 11	8 0	8 3
5 0	7 7	7 10	7 13	8 2	8 5
5 1	7 9	7 12	8 1	8 4	8 7
5 2	7 12	8 1	8 3	8 6	8 10
5 3	8 1	8 4	8 6	8 9	8 13
5 4	8 4	8 7	8 10	8 13	9 3
5 5	8 7	8 10	8 13	9 3	9 7
5 6	8 11	9 0	9 3	9 7	9 11
5 7	9 1	9 4	9 7	9 11	10 1
5 8	9 5	9 8	9 11	10 1	10 5
5 9	9 8	9 12	10 1	10 5	10 9
5 10	9 12	10 2	10 5	10 8	10 12

Add 3lb. for every five years over forty.

## Doctors Prescribe Youth-O-Form

because they find it the most effective, easiest, safest prescription for reducing ugly fat. The rate of reduction with Youth-O-Form is 2 to 3 lbs. weekly. Youth-O-Form is 100% pure . . . guaranteed absolutely harmless . . . tasteless . . . pleasant and easy to take anywhere.

Six Weeks Course. 12 Days' Treatment.

24/-

6/6



If far from chemist, pin postal note to paper giving your name and address. Mail to Kempthorne Prosser Ltd., Box 1495, Wellington. Your Youth-O-Form will reach you under plain cover with full directions Y5A

**YOUTH O FORM TONIC REDUCING CAPSULES**

# THURSDAY

COMMERCIAL

JANUARY 15

## 1ZB AUCKLAND 1070 k.c. 280 m.

- 6.0 a.m. Breakfast session, with Headline News from London at 6.0, 7.0 and 8.45
- 8.30 Health talk by "Uncle Scrim"
- 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
  - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Marina)
- 12.15 p.m. Headline News from London
- 1.0 Dancing Round the World
- 1.15 Headline News from London
- 1.45 1ZB Happiness Club (Joan)
- 2.15 Lost Empire
- 2.30 Home Service session (Gran)
- 3.30 1ZB Happiness Club (Joan)
- 4.0 Young Marrieds' Circle (Molly): Guest Speaker, Dr. Guy Chapman
- 4.30 Headline News from London
- 5.0 Molly Garland and her Friends
- 5.52 Pioneers of Progress
- 6.0 Air Adventures of Jimmie Allen
- 6.15 Headline News from London
- 7.0 The House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 Star Parade
- 7.45 Tusitala, Teller of Tales
- 8.0 Headline News from London, followed by "You Ain't Heard Nothin' Yet!"
- 8.45 Pageant of Empire
- 10.0 Men and Motoring (Rod Talbot)
- 11.0 Headline News from London
- 12.0 Close down

## 2ZB WELLINGTON 1130 k.c. 265 m.

- 6.0 a.m. Breakfast session, with Headline News from London at 6.0, 7.0 and 8.45
- 8.30 Health talk by "Uncle Scrim"
- 9.0 Aunt Daisy
- 9.45 Morning Reflections
- 10.0 THE FEATURE HOUR:
  - 10.0 Real Life Stories
  - 10.15 Maori Land Melodies
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Suzanne)
- 12.0 Mid-day Melody Menu
- 12.15 p.m. Headline News from London
- 1.15 Headline News from London
- 2.15 Lost Empire
- 2.30 Home Service session (Mary Anne)
- 3.0 Variety programme
- 4.0 Young Marrieds' Circle (Tony)
- 4.30 Headline News from London
- 4.45 Musical programme
- 5.0 Children's session
- 6.0 Air Adventures of Jimmie Allen
- 6.15 Headline News from London
- 7.0 The House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 Star Parade
- 7.45 Leaves from the Other Woman's Diary
- 8.0 Headline News from London, followed by "You Ain't Heard Nothin' Yet!"
- 8.43 The Hit Parade
- 9.0 Information, Please!
- 11.0 Headline News from London
- 12.0 Close down

## 3ZB CHRISTCHURCH 1430 k.c. 210 m.

- 6.0 a.m. Breakfast session, with Headline News from London at 6.0, 7.0 and 8.45
- 8.0 Fashion's Fancies (Happy Hill)
- 8.30 Health Talk by "Uncle Scrim"
- 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
  - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Elizabeth Anne)
- 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)
- 3.0 Variety Parade
- 4.0 The Young Marrieds' Circle (Phillipa)
- 4.30 Headline News from London
- 5.0 The children's session, featuring the Clappers' Club
- 6.0 Air Adventures of Jimmie Allen
- 6.15 Headline News from London
- 6.30 Hymns at Eventide
- 7.0 The House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 Star Parade
- 7.45 Tavern tunes
- 8.0 Headline News from London, followed by "You Ain't Heard Nothin' Yet!"
- 8.40 Yes-No Jackpots
- 9.0 Information, Please!
- 11.0 Headline 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 Headline News from London at 6.0, 7.0 and 8.45
- 8.30 Health Talk by "Uncle Scrim"
- 9.0 Aunt Daisy
- 9.45 Morning reflections
- 10.0 THE FEATURE HOUR:
  - 10.0 Real Life Stories
  - 10.15 Cavalcade of drama: "Napoleon Bonaparte"
  - 10.30 Dramas of Life
  - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Jessie)
- 12.0 Lunch hour tunes
- 12.15 p.m. Headline News from London
- 1.15 Headline News from London
- 2.15 Lost Empire
- 2.30 The Home Service session (Joyce)
- 3.15 Stealing Through the Classics
- 3.30 Housewives' Jackpot
- 4.0 The Young Marrieds' Circle, and Nutrition Talk by Dr. Guy Chapman
- 5.0 The Children's session
- 5.15 The Fruit Salad Quiz
- 5.30 The Story of the Golden Bees of Mithia
- 6.0 Air Adventures of Jimmie Allen
- 6.15 Headline News from London
- 6.30 Thumbs Up
- 7.0 The House of Peter MacGregor
- 7.15 Spy Exchange
- 7.30 Star Parade
- 7.45 Eric Bell at the Novachord: "Past Favourites"
- 8.0 Headline News from London, followed by "You Ain't Heard Nothin' Yet!"
- 8.45 The Enemy Within
- 9.0 Information Please!
- 11.0 Headline News from London
- 12.0 Close down

## 2ZA 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
- 8.30 Health Talk by "Uncle Scrim"
- 9.0-9.30 Aunt Daisy
- 9.45 p.m. Early evening music
- 6.15 Headline News from London
- 6.30 Variety
- 7.0 The House of Peter MacGregor
- 7.15 Doc. Seller's True Stories
- 7.30 Take it or Leave it Crackajacks
- 8.0 Headline News from London, followed by "You Ain't Heard Nothin' Yet!"
- 8.45 The Enemy Within
- 9.15 Motoring session
- 10.0 Close down