

4YA DUNEDIN

790 kc. 380 m.

TUESDAY

June
30

TOO FAT TO DO UP HIS BOOTS

Sends His Weight Tickets

To Show 56 lbs. Has Gone Now

It was quite by chance that this man found the way to reduce his enormous load of excess fat. He had pains in his legs and took Kruschen as a remedy. He soon found he was losing fat as well as pain.

"The reason that I first purchased Kruschen Salts," he writes, "was because both my legs used to swell after I had been on them each day, and were very painful from the ankles up to the knee. I am pleased to say that they are getting better every day. I also weighed about 21 stone, and I had a trouble to do my own boots up. Now, as you can see by the enclosed weight tickets, I have got down to 18 st. 8 lbs. I have only taken Kruschen Salts in my tea, and have hardly studied what I have eaten. My age is 57 years, and my height 6 ft. 1 in."—E.S.

Two months later:—"Since writing to you two months ago, I am now down to 17 st. 4 lbs. I can hardly realise what great benefit I have received from Kruschen Salts. My legs do not pain me at all now. I feel better in health, and can move about as well as ever I did. To think that I have lost 4 stone in 7 months—and all for so little cost—it is wonderful. I can tell you that I shall always stick to Kruschen Salts."—E.S.

Kruschen helps blood, nerves, glands and body organs to function properly—you gain new strength and energy—feel years younger—look better, work better. Start the Kruschen treatment to-day!

Kruschen Salts is obtainable at all Chemists and Stores at 2/7 per bottle.



AVOID

SLEEPLESS NIGHTS

Why lie awake hour after hour when NYAL ESTERIN will bring you safe relief. NYAL ESTERIN acts quickly and directly on disturbed nerve centres, soothes and relaxes your nerves and helps to bring natural sleep. NYAL ESTERIN contains ingredients regularly prescribed by the medical profession for the prompt relief of pain. Take NYAL ESTERIN also for headaches, toothache, neuralgia, rheumatic and nerve pains. 24 tablets 1/7, 50 tablets 2/8. Sold by chemists everywhere.

NYAL ESTERIN

RELIEVES PAIN

1ZB AUCKLAND

1070 kc. 280 m.

- 6. 0, 7.0, 8.45 a.m. News from London
- 8.30 Health Talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections
- 10. 0 THE FEATURE HOUR:
 - 10. 0 Uncle Jimmie
 - 10.15 Lorna Doone
 - 10.30 Sally Lane, Reporter
 - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter (Sally)
- 12.15 & 1.15 p.m. News from London
- 1.30 1ZB Happiness Club (Joan)
- 2.15 The Citadel
- 2.30 Home Service session (Gran)
- 4.30 Headline News, followed by the Health and Beauty session
- 5. 0 Molly and her Happy Lads
- 5.30 Peter the Pilot
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Keyboard Choir
- 7. 0 Fred and Maggie Everybody
- 7.15 History And All That
- 7.30 Hello from Hollywood!
- 8. 0 Headline News, followed by The General Died at Dawn (first broadcast)
- 9. 0 Doctor Mac
- 9.15 Behind the Microphone
- 10. 0 Turning Back the Pages
- 11. 0 News from London
- 11.30 Variety
- 12. 0 Close down

2ZB WELLINGTON

1110 kc. 265 m.

- 6. 0, 7.0, 8.45 a.m. News from London
- 8.30 Health talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections
- 10. 0 THE FEATURE HOUR:
 - 10. 0 Uncle Jimmie
 - 10.15 Music in Sentimental Mood
 - 10.30 Sally Lane, Reporter
 - 10.45 Sig Sister
- 11. 0 Musical programme
- 11.30 A talk by Anne Stewart
- 11.35 Shopping Reporter (Suzanne)
- 12. 0 Mid-day Melody Menu
- 12.15 & 1.15 p.m. News from London
- 2.15 The Citadel
- 2.30 Home Service session (Mary Anne)
- 4.30 Headline News, followed by the Health and Beauty session
- 5. 0 Children's session
- 5.30 Peter the Pilot
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Coast Patrol
- 7. 0 Fred and Maggie Everybody
- 7.15 History And All That
- 7.30 Hello from Hollywood!
- 7.45 Pronunciation Jackpots
- 8. 0 Headline News, followed by The General Died at Dawn
- 9. 0 Doctor Mac
- 10. 0 Scottish session ("Andra")
- 10.50 Commentary, followed by News from London
- 12. 0 Close down

4YZ INVERCARGILL

680 kc. 441 m.

- 7. 0 & 8.45 a.m. LONDON NEWS
- 9. 0 Correspondence School session (see page 25)
- 11. 0 For My Lady: Queens of song, Marian Anderson (contralto)
- 12. 0 Lunch music (12.15 p.m. and 1.15, LONDON NEWS)
- 1.30-2.0 Educational session
- 5. 0 Children's session
- 5.15 Tea dance by English orchestras
- 6. 0 "Woman in Black" (final episode)
- 6.15 LONDON NEWS, followed by "Listening Post" and War Review
- 6.45 Memories of other days
- 7. 0 After dinner music
- 7.30 Hill-Billy round-up
- 7.45 Listeners' Own
- 8.57 Station notices
- 9. 0 Newswheel with Commentary
- 9.25 Chamber music, introducing Brahms' Sonata No. 1 in G Major for Violin and Piano, Op. 78, Yehudi and Hephzibah Menuhin
- 10. 0 Close down

3ZB CHRISTCHURCH

1430 kc. 210 m.

- 6. 0, 7.0, 8.45 a.m. News from London
- 8. 0 Fashion's fancies
- 8.30 Health talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections
- 10. 0 THE FEATURE HOUR:
 - 10. 0 One Girl in a Million
 - 10.15 Life of Brigham Young
 - 10.30 Sally Lane, Reporter
 - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 The Shopping Reporter
- 12. 0 The luncheon session
- 12.15 & 1.15 p.m. News from London
- 2.15 The Citadel
- 2.30 Home Service session
- 3. 0 Favourite artists
- 3.30 Their Songs for You
- 4.30 Headline News, followed by the Health and Beauty session
- 5. 0 The Children's session, beginning with Tales and Legends
- 5.30 Peter the Pilot
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 Hymns at Eventide
- 7. 0 Fred and Maggie Everybody
- 7.15 History And All That
- 7.30 Hello from Hollywood!
- 7.45 Special programme
- 8. 0 Headline News, followed by The General Died at Dawn
- 8.45 Those Happy Gilmans
- 9. 0 Doctor Mac
- 9.15 Back to the Old School
- 9.30 The Variety Hour
- 10. 0 Roll Out the Rhythm
- 11. 0 News from London
- 12. 0 Close down

4ZB DUNEDIN

1280 kc. 234 m.

- 6. 0, 7.0, 8.45 a.m. News from London
- 8.30 Health talk by "Uncle Scrim"
- 9. 0 Aunt Daisy
- 9.45 Morning Reflections
- 10. 0 THE FEATURE HOUR:
 - 10. 0 One Girl in a Million
 - 10.15 Cavalcade of Drama: "Elizabeth Barrett Browning"
 - 10.30 Sally Lane, Reporter
 - 10.45 Home Sweet Home
- 11.30 A talk by Anne Stewart
- 11.35 Shopping Reporter (Jessie)
- 12. 0 Lunch hour tunes
- 12.15 & 1.15 p.m. News from London
- 2.15 The Citadel
- 2.30 Home Service session (Joyce)
- 3.30 Melodies for You, Madam
- 4.30 Headline News, followed by the Health and Beauty session
- 5. 0 The Children's session
- 5. 7 The Musical Army
- 5.22 Peter the Pilot
- 5.30 The Story of the Magic Salad
- 6. 0 Air Adventures of Jimmie Allen
- 6.15 News from London
- 6.30 In lighter vein
- 7. 0 Fred and Maggie Everybody
- 7.15 History And All That
- 7.30 Hello from Hollywood!
- 7.45 The Story Behind the Song
- 8. 0 Headline News, followed by The General Died at Dawn
- 8.45 The Hawk
- 9. 0 Doctor Mac
- 11. 0 News from London
- 12. 0 Close down

2ZA PALMERSTON NTH.

1400 kc. 214 m.

- 6. 0, 7.0, 8.45 a.m. News from London
- 8.30 Health talk by "Uncle Scrim"
- 8.45 p.m. Bright music
- 6.15 News from London
- 6.45 Gardening session
- 7.15 Magnificent Heritage: "Admiral Blake"
- 7.30 Spy Exchange
- 7.45 One Girl in a Million
- 8. 0 Headline News, followed by "You Ain't Heard Nothin' Yet!"
- 8.30 Young Farmers' session
- 9. 0 Doctor Mac
- 9.15 Health talk by Dr. Guy Chapman
- 10. 0 Close down

4YO DUNEDIN

1140 kc. 263 m.

- 5. 0 p.m. Variety
- 6. 0 Dinner music
- 7. 0 After dinner music
- 7.45 "Here's a Queer Thing!"
- 7.58 Recording
- 8. 0 SONATA PROGRAMME: Fritz Kreisler and Franz Rupp (violin and piano), Sonata No. 10 in G Major, Op. 98 (Beethoven)
- 8.24 Madeleine Grey (soprano)
- 8.28 Ethel Bartlett and Rae Robertson, Sonata for Two Pianos (Bax)
- 8.48 Dale Smith (baritone)
- 8.51 Jean Pougnet and Frederick Grinke (violins), Boris Ord (harp-sichord), "The Golden Sonata" (Purcell)
- 9. 0 CHAMBER MUSIC: Pro Arte Quartet, with 2nd viola, Quintet in D Major, K.598 (Mozart)
- 9.24 Georges Thill (tenor)
- 9.27 International String Quartet, "Fantasia Upon One Note" (Purcell)
- 9.30 Dorothy Helmrich (soprano)
- 9.34 Budapest Trio, Piano Trio in C Minor, Op. 101 (Brahms)
- 10. 0 Meditation music
- 10.15 Music at your bedside
- 10.30 Close down