

Sufferers from LEG TROUBLES

Here's news . . .

For sufferers from varicose veins, varicose ulcers, swollen legs and practically all similar leg troubles Elasto has often achieved amazing results. The relief after taking Elasto SOMETIMES SEEMS MAGICAL, although it's not due to magic — is usually the result of IMPROVED CIRCULATION.

How ELASTO can help:

Elasto, the tiny tablet that does so much, can really be of assistance in improving circulation, because it can help Nature in her work of restoring elasticity to the veins, thus re-establishing NORMAL, HEALTHY CIRCULATION. With afflictions of this type, bad circulation or lost elasticity is often the main trouble. That's why it's WORTH TRYING ELASTO.

Send now for FREE SAMPLE

Write E. W. Hall & Son, Ltd. (Dept. 2L), 117 Armagh Street, Christchurch, TO-DAY for Free Sample and SEE FOR YOURSELF Elasto in the regular size is sold by all chemists — 7/6 for one month's supply (or posted 7/9 from the above address).

Elasto

TABLETS

The New Era Treatment Co. Ltd., Holborn Viaduct, London, England.



STAMPS

Sent on approval—
state requirements

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Approved by the
Better Housekeeping
Assoc. of Australia.

N.Z. Distributors: Belle Jean Laboratories,
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RADIO ROUND THE WORLD

News Bulletins in English on Shortwave

THIS list will be revised from time to time, but as it is impossible to find space for it every week, listeners are advised to preserve this page. We exclude those stations which cannot be satisfactorily received in New Zealand

Time	Place	Call	Freq.	W/L.	Remarks	Reception
A.M.			(mcs.)	(mtrs.)		
6.00	London	GSE	11.86	25.29	Full Bulletin	Poor
7.00	London	GSE	11.86	25.29	Headlines	Fair
7.15	Vatican	HVJ	5.06	50.26	Short Bulletin	Fair
7.45	London	GSD	11.75	25.23	News & Comm.	Fair
8.45	London	GSE	11.86	25.29	Bulletin	Fair
8.45	Sydney	VLQ	7.24	41.44	Includes Aus. News	Fair
9.00	San Francisco	KWID	15.29	19.62	World News	Fair
9.00	San Francisco	KWU	15.35	19.53	American News	Fair
9.15	Moscow		15.11	19.85	News & Comm.	Poor
9.15	Moscow		15.23	19.70	News & Comm.	Fair
9.45	London	GRG	11.68	25.68	Bulletins, except	Poor
9.45	London	GSO	9.58	31.32	on Mondays	Poor
10.45	London	GRG	11.68	25.68	News & Comm.	Poor
10.45	London	GSC	9.58	31.32	News & Comm.	Poor
10.45	Moscow		15.11	19.85	News & Comm.	Poor
10.45	Moscow		15.23	19.70	News & Comm.	Fair
11.00	San Francisco	KWID	15.29	19.62	Bulletin	Fair
12.00	San Francisco	KWID	15.29	19.62	Bulletin	Fair
P.M.						
1.00	San Francisco	KROJ	17.76	16.89	Bulletin	Good
1.06	London	GSC	9.58	31.32	Bulletin	Fair
1.06	London	GRG	11.68	25.68	Bulletin	Fair
1.15	Moscow		15.11	19.85	News & Comm.	Poor
1.15	Moscow		15.23	19.70	News & Comm.	Poor
1.30	Brisbane	VLQ3	9.66	31.06	Overseas & State News	Fair
2.30	Brisbane	VLQ3	9.66	31.06	Bulletin & Aus. News	Fair
2.45	London	GSC	9.58	31.32	Full Bulletin	Fair
3.15	Moscow		15.11	19.85	News & Comm.	Fair
3.15	Moscow		15.23	19.07	News & Comm.	Poor
4.30	London	GSC	9.58	31.32	Full Bulletin	Good
4.30	London	GRM	7.12	42.13	Full Bulletin	Good
5.00	Melbourne	VLG2	9.54	31.45	Bulletin	Fair
5.05	London	GSB	9.51	31.55	Headlines	Good
5.05	London	GRM	7.12	42.13	Headlines	Good
6.00	San Francisco	KWV	10.84	27.68	Bulletin	Good
6.15	London	GRM	7.12	42.13	Full Bulletin	Good
6.15	London	GSB	9.51	31.55	Full Bulletin	Good
7.00	London	GRW	6.145	48.86	Home News	Fair
7.00	Melbourne	VLR3	11.08	25.25	General News	Fair
7.00	San Francisco	KWV	10.84	27.68	World News	Fair
7.00	San Francisco	KWID	9.57	31.35	World News	Good
7.30	London	GRM	7.12	42.13	Headlines & Comm.	Fair
7.30	London	GSB	9.51	31.55	Headlines & Comm.	Fair
8.00	San Francisco	KWV	10.84	27.68	World News	Good
8.00	San Francisco	KWID	9.57	31.35	World News	Good
8.00	Brisbane	VLQ	7.24	41.44	General News	Fair
9.00	San Francisco	KWID	9.57	31.35	World News	Good
10.00	San Francisco	KWID	9.57	31.35	World News	Good
10.00	San Francisco	KWY	7.56	39.68	World News	Fair
11.00	San Francisco	KWY	7.56	39.68	World News	Fair
11.00	London	GSD	11.75	25.53	Full Bulletin	Fair
11.00	Brisbane	VLQ	7.24	41.44	BBC, followed Aus. News	Fair
12.00	San Francisco		7.25	41.38	World News	Poor

Notes on Reception

GENERAL RECEPTION: At present, reception is improving in the evenings, and it is expected that by the end of November on most shortwave bands (particularly 25, 31 and 41 metre bands) it will be good up till midnight. Reception in the mornings is deteriorating, and soon very little will be heard except in the 16 metre and 19 metre bands, and occasionally the 25 metre band.

LONDON: Reception of the General Overseas Service which begins at 10.0 p.m. on the 19 metre and 25 metre bands is improving. At 7.0 p.m. the BBC can be heard beginning its Home and Forces programme on 6.145 mcs. Reception at present falls off soon after 8.0 p.m., but no doubt will improve during the summer months.

AUSTRALIA: Station VLQ3, Brisbane, can be heard throughout the afternoon and evening on 9.66 mcs., being received at a good, steady strength. Reception of the ABC National programme is well received in the mornings and at night from VLQ, Brisbane on 7.24 mcs.

NOUMEA: Begins transmission at 7.15 p.m. on 6.162 mcs. with the French, British and American National Anthems. Broadcasts are mainly in French, and the station finally closes down at 10.0 p.m.

U.S.A.: Most consistent station heard is KWID, San Francisco, on 9.57 mcs. Transmissions directed to the South Pacific area begin at 7.0 p.m. and continue at good strength till 10.0 p.m. A station which at present is well received is KROJ, San Francisco, transmitting on 17.76 mcs. The transmission starts at 1.0 p.m. with a news bulletin, and concludes at 2.0 p.m.

MOSCOW: Broadcasts from Radio Moscow are heard on 15.11 mcs. and 15.23 mcs during the day, in transmissions lasting 25 minutes, directed to North America. Commencing times of transmissions are 9.15 a.m., 10.47 a.m., 1.15 p.m., and 3.15 p.m. A woman announcer reads the news and commentary. The station opens with the sound of gun-fire.



CAN YOU SAY

"NO"

To All These Questions?

- 1 Do you have to 'force' your eyes in the dark?
- 2 Do your eyes continue to feel strained after entering a brightly lit room?
- 3 Is the inside lower lid red and vein lined?
- 4 Does reading and close work strain your eyes?

If you must answer "yes" to most of these questions it's a sign your eyes need the Optrex treatment. You should bathe your eyes regularly with Optrex, one minute a day, night and morning. Optrex Lotion will soothe tired eyes, will protect and strengthen them—and keep them young.

Whether you wear glasses or not, you should have your eyes examined at regular intervals by a Qualified Practitioner.

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