

THIN, AILING RUNDOWN NERVOUS!

FOOD IODINE And MINERALS Build Worn-Out, Pale Sickly

People Into Strong, Red-Blooded Men And Women.

"VIKELP" Tablets, Amazing Mineral Concentrate from the Pacific Ocean, Rich in Natural FOOD IODINE and MINERALS Must Build Rich Red Blood, Put on lbs. of Solid "Stay-There" Flesh, Give Steady Nerves and Day-Long Energy in First 10 Days or Trial is Free.

Free from Drugs.

Here's new hope and encouragement for thousands of ill, even "Naturally" thin, weak, worn-out, haggard-looking men and women whose energy and strength have been sapped by overwork and worry, who are nervous, irritable, always half sick and ailing. Science says the principal cause of these conditions is "SYSTEM STARVING FOR FOOD IODINE AND MINERALS." When the body is starving for these essential minerals, all the food in the world can't help you. It just isn't turned into flesh. The result is you stay "too thin," pale, tired out, ill and run-down.

To gain body weight and strength you need a definite evenly balanced ration of the 12 essential MINERALS plus NATURAL FOOD IODINE all the time—not to be confused with chemical iodides which often prove toxic, or mere iodine fumes. Only when the system gets an adequate supply of FOOD IODINE and MINERALS can you regulate metabolism—the body's process of converting digested food into firm flesh, new strength, health and energy.

To get an adequate supply of these 12 essential life-giving MINERALS (Chlorine, Potassium, Sodium, Calcium, Sulphur, Magnesium, Phosphorus, Iron, Manganese, Copper, etc.) and FOOD IODINE so lacking in our daily cooked foods, take "VIKELP" Tablets—made of an amazing Pacific Ocean Plant—now recognised as the world's richest source of these precious substances. Contains 1,300 times more iodine than oysters, once considered the best source. 6 tablets alone contain more FOOD IODINE than 480 lbs. of spinach or 1,378 lbs. of lettuce. After eating "VIKELP" Tablets for a few days the food you eat no longer clogs the system but turns to solid flesh; faulty metabolism, constipation, gastritis, rheumatism and other systemic illnesses are corrected or disappear entirely. Try them for only 10 days and if after taking them you do not feel wonderful, eat, sleep and work better and have not gained at least 5 lbs. (20-40 lbs. a month not uncommon) the trial is free. Obtainable everywhere.

SPECIAL FREE OFFER!

Write to-day for fascinating, instructive 50-page book on New Facts about Minerals, Iodine and Vitamins: How to Build Rich, Red Blood, Eliminate Skin Disorders, Gain New Energy, and Strong Nerves, Mineral Contents of Food and their effect on the Human Body—absolutely free. No obligation. Dept. R.R. 8/3 Vikelp, P.O. Box 33, Wellington.

VIKELP Body Building Tablets A720

RUPTURE CAN BE CURED

No operation or detention from business. Cures when all trusses fail.

SEND TO-DAY FOR BOOKLET.

A. W. MARTIN,
Rupture Specialist,

62 Royal Terrace, Dunedin.

male announcing staff had to be detailed to answer telephones. So should you happen to 'phone the station and, instead of hearing a sweet voice say "Good morning, this is station 1ZB," you hear a deep male voice come in with "Hello," you will know what is wrong.

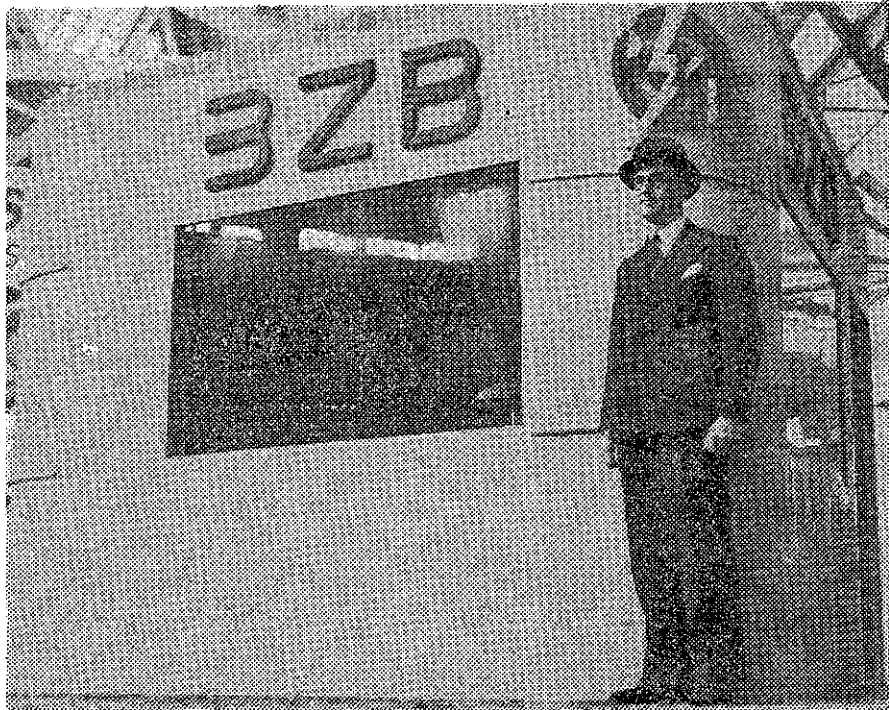
Boy And The Job

TALKS of grave importance to parents are those called "Juvenile and the Job" by Mr. Ralph Winterbourn, of the staff of Canterbury College from 3YA. The first is being given on Tuesday, August 16, and the second on August 17.

sole selector for Auckland, and an ex-hockey All Black.

Young Men's Band

MOST members of the Ashburton Silver Band, under Lieutenant W. H. Osborne, are young men whose concentrated effort should yet make the band one of the best in the Dominion. Recent broadcast from 3YA showed many notable improvements in the band's work, and conductors and bandmen have written congratulations from many parts of the Dominion. It was proposed recently to record in Wellington.



ON SHOW.

... Station 3ZB's working exhibit at the New Zealand Industries Fair, Christchurch. The station director (Mr. Stewart Duff) is "on guard."

ust 25. Mr. Winterbourn has recently returned from a visit to America and England, where he studied the latest trends of vocational guidance, particularly the new methods of fitting the child for his work in life from a very early age. All parents anxious for the futures of their children will find much to interest them in this outline of modern methods.

Northern Sports

AFTER a couple of months without any racing broadcasts in Auckland, the new season will be ushered in next Saturday when Gordon Hutter, 1YA's sports announcer, will be the commentator at the Pakuranga Hunt Club's meeting on Ellerslie Racecourse. As 1YA will be engaged covering this meeting, 1ZM will handle the big hockey match in which the Indian team is playing at Eden Park. The hockey description will be given by Eric Watts,

ton some of the band's broadcast items, but adverse atmospheric conditions made it impossible. Next broadcast by Ashburton will be on November 7.

Radio College

COLLEGE where microphone technique is taught is flourishing in Auckland at present, almost fifty students are taking a course. There is great interest in broadcasting these days. In charge are two well-known radio artists.

Ex-Opera Star

OFTEN featured from 1YA's studio, Dawn Harding, mezzo-soprano, well remembered as one of the stars of J. C. Williamson's Gilbert and Sullivan Opera Company, which toured Australia and New Zealand, sang a lieder programme last week. She has a voice of quality, and also the artistic equip-

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