

Forthcoming Events.

Union of Jewish Women, Cape Town Branch.—The next Members' Monthly Meeting will take the form of a reception to welcome back Mrs. Minna Levitas on her return from a year's work with the Jewish War Appeal and the American Joint Distribution Committee in France, and from a visit to Palestine. Mrs. Levitas resigned as Chairman of the Union of Jewish Women, Cape Town Branch, when she left to take up her appointment overseas. This meeting will take place on Tuesday, 12th August, at 2.30 p.m. at the Zionist Hall, and members and friends are cordially invited to attend.

Bnoth Zion Association.—A Members' Meeting of the Green and Sea Point Branch will be held at the Talmud Torah Hall, Marais Road, Sea Point, on Thursday, 14th August at 3 p.m.

The Woodstock-Salt River branch will hold a bring and buy sale, and card evening on Tuesday, 12th August, at the residence of Mr. and Mrs. M. Munitz, Birkdale Avenue, Salt River, in aid of J.N.F. funds.

Habonim (Western Province)—Grand Concert.—On Sunday evening, 10th August at 8.15 p.m., Habonim (Western Province) are holding a Grand Concert in the Major Zionist Hall, at which "The Magic Carpet" will be presented. Tickets are available at the Habonim Office, Chames Buildings, 6 Barrack Street, or from any member of a Habonim unit. Adults 5s., Youth 2s. 6d.

Dance Cancelled.—The Grand Dance which was to be held at the Claremont Talmud Torah Hall, in aid of Youth Aliyah, on Sunday, 10th August, has been cancelled.

The Chana Krikler Tzodoka Society will hold its next meeting on Tuesday, 12th August at the Talmud Torah Hall, Wherry Road, Muizenberg. The hostess will be Mrs. Molly Bloch of Malta House, Palmer Road, Muizenberg. Members and visitors are cordially invited.

Beware the signs of



Constipation

1. BILIOUS HEADACHES
2. COATED TONGUE
3. IRREGULAR MOTIONS

Neglected constipation is bad enough, and may be positively dangerous. It can give rise to many ills in later life, including Piles, Colitis, and Gall Bladder trouble.

But don't give strong purgatives. The bowels are lined with a delicate membrane and must be treated accordingly.

Intestone is a gentle, natural laxative, combining fruit and herbs with blood-purifying alteratives. It clears away waste matter from the body, removes bad breath and headache and purifies the blood. Children and adults like its pleasant flavour.

"I prescribe Intestone for all my patients who are constipated, or who show the effects of constipation in other parts of their bodies," writes Dr. Bester. (Report No. 886.)

INTESTONE costs 4/6 and 8/3 per bottle at all chemists or post-free from Norwood Coaker, P.O. Box 89, Ladybrand.

"Exodus - 1947"

New Pharaohs of a toppling world,
Abate awhile the lashing whip;
Gaze upon these crowded decks—
Scrutinise these human wrecks—
Lift your eyes, crane your necks
And behold this floundering ship . .

A ship so fraught with misery
That every moment bears an age.
Tortured minds in tortured limbs
Recall the dreaded past that brims
With killings, screams and hate-filled
hymns,
And tears and jeers and savage rage.

A ship so charged with black despair
that all the elements bide half-furled;
Ears that have heard Messiah's moans;
Tongues that have prayed in deathly
groans;
Hair that has bleached to ghastly
tones;
And eyes that have seen the end of
the world.

Yet a ship so full of pulsific hope
That life itself rings disbelief:
Dreams of a land where peace rates
high;
Where good men sweat and love the
sky;
Where none accuse and none decry;
And picric melancholy's days are brief.

Such then the scene that draws no
tear;
That leaves idealists unmoved and
mute!
Can mortal wills thwart godly aims?
Or mundane jets damp inner flames?
Who dares deny deistic claims,
Or sneer in mock refute!

Who dares proclaim: "You shall not
pass.
Return from whence you came, foul
Jew!"
Despots! They came from Hade's
tomb—
From which, en masse, they rose to
loom
Before intrinsic life—not doom;
The doom which you now brew!

Inter them in that pit once more?
'Tis vain,
For they'll set out again, again.
No hand can stay obsession's goal;
No chains can bind or taint its soul
When life's so near the bells that toll.
With nought to lose, despair will
brood
Till hazardous treks win solitude.

JULIAN MENDELOWITZ.

Mabella Ott-Penetto Recital.

MUSICAL TREAT TOMORROW NIGHT.

The highlight of the week-end in Cape Town is the Recital at the City Hall on Saturday night (to-morrow) when Mabella Ott-Penetto will thrill music lovers with a programme of songs, accompanied by the Cape Town Municipal Orchestra.

The proceeds of the concert, which has been organised by the Bnoth Zion Association of Cape Town, will be devoted to J.N.F.

Concert goers who have failed to procure tickets may still gain admission to unreserved areas in the hall. The concert will commence at 8.15 sharp.

Municipal Orchestra.

SUNDAY, 10th AUGUST. at 8.30 p.m.

Bolero ... Ravel.
A Little Night Music ... Mozart.
PIANO CONCERTO in
A Major (K 488) ... Mozart.
ANDREW PORTER
Two Pieces for
Orchestra ... Joseph Manca.
arr. Walter Swanson.
Conducted by the Composer.

Valse "Tales of the
Vienna Woods" ... Strauss.
Etc. Chairs 6d.
Admission free.

THURSDAY, 14th AUGUST. at 8.15 p.m.

Symphony No. 34 in C ... Mozart.
VIOLIN CONCERTO ... Delius.
NAT KOFSKY
Siegfried Idyll ... Wagner.
Etc.
Booking: City Hall.

Odeon Curzon

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To-day at 3 and 8.15 p.m.
Saturday at 3, 6 and 8.30 p.m.
James Cagney, Annabella, Richard Conte, Frank Latimore

in 20th Century-Fox's Thrilling Drama
"13 RUE MADELEINE"
Not for children under 12.

Monday at 3 and 8.15 p.m.
Howard Hughes' Daring Production
"THE OUTLAW"

introducing the Sensational New Star
JANE RUSSELL.
Jack Beutel, Thomas Mitchel, Walter Huston.

A United Artists Super Release.
Enter for "The Outlaw" Contest
the "Spotlight."

MILNERTON TURF CLUB.

Races at Ascot

SATURDAY, 9th AUGUST

SEVEN EVENTS, including
£750: "INVITATION FREE" HAN
DICAP (Six furlongs).

£1 Double Tote on 4th and 5th Races
First Race at 1.55 p.m.
Trains to Course:

10.32, 12.28, 12.46, 12.59 and 1.9.
R. C. LOUW,
Secretary



Fit for Royalty...

—NEW VICKERS VIKING JOINS SUIDAIR'S AIR FLEET

The latest luxury version of the aircraft chosen for the King's Flight has joined SUIDAIR for use on their routes. Acknowledged to be one of the safest aircraft in the world, SUIDAIR'S Vickers Viking is the last word in comfort supremacy. Large restful seats, complete sound-proofing, temperature controlled fresh air, individual lights and ashtrays are all provided to make your trip a dream of contentment. Booking plans are now open.

SERVICE—Frequent departures with a guaranteed return trip bookable in advance. Passengers from England can be booked this end. Northbound, 100 lbs. of free baggage permissible. Fare is inclusive of personalised stewardess service throughout journey, and superb hotel food and accommodation at each halt.

ROUTE—CAIRO — PALESTINE — GREECE — ITALY — SWITZERLAND — FRANCE — ENGLAND and return.



THE FRIENDLY AIRLINE

Reservations to:
SUIDAIR INTERNATIONAL AIRWAYS, LIMITED
Corner Von Weilligh and Cornelius Streets, Johannesburg. Telephone 22-0571.

"UNBLOCK" YOUR DIGESTIVE TRACT

And Stop Dosing Your Stomach With Soda

Don't expect to get real relief from headache, sour stomach, gas and bad breath by taking soda, if the true cause of your trouble is constipation.

In this case, your real trouble is not in the stomach at all, but in the intestinal tract where 80% of your food is digested. And where it gets blocked when it fails to digest properly.

Thus, what you want for real relief is something to "unblock" your intestinal tract. Something to clean it out thoroughly and help Nature get back on her feet.

Get Carter's Pills right now. Take them as directed. Then gently and thoroughly "unblock" your digestive tract. This permits your food to move along normally. Nature's own digestive juices can then reach it—and you get genuine relief that makes you feel really good again.

Get CARTER'S Pills at any chemist at 1/3. "Unblock" your intestinal tract for real relief from indigestion.