

## Port Elizabeth Ladies' Zionist League

On Friday, the 29th ult., the women of Port Elizabeth met at the Park Hotel, to welcome the Keren Hayesod delegation—Dr. Celina Sokolow, Mr. Leib Jaffe and Mr. Harry Levin. Mrs. R. H. Freedman presided. The first speaker was Mr. Levin, who pointed out that Palestine is no longer a beggar at the door, and that it is now more for themselves that Jews are called upon to make sacrifices.

Mr. Leib Jaffe spoke feelingly in Yiddish, and made reference to the women of ancient history—Deborah, Rachel, and others—who had made untold sacrifices. He said that the hard and important work of the present day women of Palestine was the firm stepping stone for future generations.

Dr. Celina Sokolow emphasised the wonderful work of the WIZO, its aims, and the definite good it is doing, and has done, both morally and practically. Once again she appealed to all Jewish women to support this most important and necessary organisation. Dr. Celina Sokolow was then presented with a bouquet of flowers by little Miss Thurl Sanders.

On Saturday afternoon an impromptu "At Home" was given by Mrs. M. Bernstein in honour of Dr. Sokolow; Mr. Leib Jaffe also being present. A large number of ladies attended. Dr. Sokolow and Mr. Jaffe again appealed to the women, and the afternoon proved a great success.

The monthly social was held at the residence of Mrs. M. S. Ginsberg, on the 12th inst. This was also Mrs. Ginsberg's farewell to the society, prior to her departure from Port Elizabeth. Mrs. Freedman, who presided, read extracts from a letter received from Mrs. Gluckman, dealing with the good work of the WIZO, and the present Keren Hayesod Campaign. The chairman then reported upon the progress of the Campaign. The speaker for the afternoon was Mr. H. Infeld, who gave a most informative paper on Chaim Nachman Bialik, his life and work.

A presentation was then made to Mrs. Ginsberg by her colleagues, as a token of esteem and gratitude for her ever-ready kindness and conscientiousness as a co-worker. In response Mrs. Ginsberg thanked all present for their good wishes.

Mrs. S. Weinronk proposed a vote of thanks to the lecturer, Mr. Infeld, and to Mrs. Ginsberg, the hostess. Miss Aida Lovell concluded a pleasant afternoon with a delightful pianoforte solo.

## Pretoria Women's Zionist League

### ANNUAL GENERAL MEETING.

The sixth annual general meeting of the above society was held recently at the Memorial Hall. Mrs. W. Ravid, who presided, thanked the committee for their loyal support, and commented upon the well-attended social and literary meetings which had been held during the year. She made special reference to the excellent work done by the secretary, Mrs. Janower, and to the assistance given by Mrs. Katzen, and by Mrs. Anne Cohen, the hon. treasurer.

It was reported that the Mayoress (Mrs. Ivan Solomon), in conjunction with members of the committee, was organising a fete to collect funds for the National Fund.

Mrs. Ravid was re-elected chairman and Mrs. P. Mackanik, vice-chairman, Mrs. S. Katzen, treasurer, and Mrs. H. Schewitz, secretary. The following were elected to the committee: Mesdames H. Sapirstein, Muller, A. Horwitz, Rom, A. Etin, S. Friedman, G. Kaplan, Millstein, L. Goldstein, Isaacs J. Janower and Miss D. Pecker.

Mrs. Ravid presented to Mrs. P. Mackanik (who had been chairman of the League for four years), the certificate of the Golden Book.

Mrs. Mackanik said she deeply appreciated the honour of having her name inscribed in the Golden Book.

Mrs. D. I. Friedland played piano solos, and Miss Evelyn Ravid read the latest news items from Palestine.

## Habonim Activities

During the school vacation most of the Gedudim throughout the country have gone into recess. But notwithstanding that, the sports programme under the efficient management of the convenor, has been carried on.

The Football League for boys and Hockey League for girls have been well maintained at the grounds specially engaged by Habonim for the season in Johannesburg. Competitions take place between Pretoria and the Witwatersrand. Two teams of youngsters are travelling to Pretoria on Sunday to prove their metal.

Other branches of sport catered for by Habonim are boxing, tennis and ping-pong. With the generous co-operation of the Jewish Guild the boys are able to use their

well-equipped Club-room where a special instructor has been engaged to see that the "fine art" is learnt properly and systematically.

Ping-pong competitions have been held by several Gedudim in aid of charities and their own funds and have proved very popular. There are keen and efficient enthusiasts amongst Habonim in this. It is hoped that other Gedudim will also begin to see the value of these small tournaments.

With regard to tennis, the Rand Roshim have engaged themselves to play their brothers at Pretoria. This match is now being arranged. It would be in keeping with the wishes of many of the officers if a tournament were arranged for the Rand and outlying areas. Such a tournament would be well supported and prove successful.



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**'Flu-Colds-Rheumatism & Epidemic Complaints are on the increase.**

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## 'ASPRO' as a Gargle

Two 'ASPRO' tablets in four table spoonfuls of water make an excellent gargle for sore throat, tonsillitis and act as a deterrent.



## 'ASPRO' HEALING SCHEDULE

Influenza,	Lumbago,	Alcoholic After
Headaches,	Irritability,	Effects,
Sleeplessness or	Neuritis,	Pains Peculiar
Insomnia,	Hay Fever,	to Women,
Neuralgia,	Nerve Shock,	Malaria,
Sciatica, Gout,	Toothache,	Asthma.
Colds,	Rheumatism,	

Guard against epidemic complaints 'Flu—colds and rheumatism are on the increase. The sensible thing to do is to smash them at once with 'ASPRO,' for it is a fact beyond a shadow of doubt that 'ASPRO' taken at inception, will banish 'flu colds and rheumatism. Furthermore for epidemic and feverish complaints, it is of stupendous value for, by promoting a healthy skin action, 'ASPRO' eliminates the harmful poisons through the millions of skin pores. So you see 'ASPRO' does not suppress, it eliminates. This fact is most important, to be recognised by all. Remember 'ASPRO' harms neither the heart nor the stomach. All can be benefited from child to parent—quickly, too. It is a demonstrated fact that

**Man, Woman and Child can be saved much illness and discomfort by the 'Aspro' method**

**'ASPRO' OVERCOMES RHEUMATIC FEVER RHEUMATIC HEART NOT HARMED**

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A. J. HAYDEN (Mrs.).

3 Groom Street, Verulam, Natal.  
Dear Sirs, I have tried your 'ASPRO', after using all kinds of fever mixtures and tablets for Malaria. Now I am well. It does work better than ordinary quinine tablets, also it does not deafen the ears like the quinine tablets. I can recommend 'ASPRO' to all who suffer with nerve pains, headache. Yours faithfully,  
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