### Zionist Youth Activities.

The inaugural meeting was held on Monday rening at "Rosecourt." Vivian Resnekov was a the chair and welcomed those present. He willy explained the reasons which had motivated Young Mizrachi to change its name to Hapoel mizrachi. This was mainly due to the fact that cong a religious Zionist Socialist movement, the individual members. Halutziut will also mone of the cardinal points of the society's

Mr. R. Egert addressed the gathering on the ms and ideas of Hapoel Hamizrachi, with special merence to the great work being done to-day in letz Israel. Socialism, he pointed out, was in mally based on religious principles, and hence here is no contradiction between the two main comts of the Hapoel Hamizrachi programme which ar Iorah and Avodah. Discussion followed.

The weekly meeting of the Zionist Socialist 194th on Friday, 5th inst., was opened with the 1970 of Hebrew songs. After a short history the importance of May Day, a few poems and 1940 describing the true spirit of this workers' in the movement were analysed in detail mings of the movement were analysed in detail Mr. Uri Birnbaum,

A Study Circle was held on Friday, 5th May, the residence of Miss M. Milner. The promume took the form of a symposium on posture reconstruction in Europe. The speakers were liss J. Cohen and Messrs. E. Resnekov, M. Fig. 10. Krikler. An animated discussion followed. A meeting was held at the L. H. Guinsberg livry on Sunday, 7th May, when the society was addressed by Mrs. Antebi. In a very interesting talk she described the Palestine scene of took, but deplored the lack of South African interesting talk for the property of the society was addressed by Mrs. Antebi. In a very interesting talk she described the Palestine scene of took, but deplored the lack of South African interesting the property of the society was defined to the property of the warmly welcomed the idea of south African Kibbutz. South African Kibbutz.

Indishorn Young Israel Society.

I meeting was held at the Hebrew School Hall Sinday, 23rd April. Mr. I. Barron was in the Min. The news service was delivered by Mr. Singer Ryan. The usual ten questions were asked Mr. Leslie Wilck. An enjoyable balloon evention, H. Lazarus and B. Friedland particital representing Henrietta Szold, Stahin, Benton and Roosevelt respectively. A piano duet Misses Sally Klaas and Lily Wilck and a piano by Mr. David Herman concluded the proby Mr. David Herman concluded the pro-

harl Zionist Youth Society.

A well-attended meeting of the society was held a the residence of Mr. and Mrs. J. Bloom on the lith instant. The following members participated a Newspaper evening: Misses L. Semer, J. lolks, G. Amasowitz, H. Abrahams and Messrs.

Roup, W. Stock and R. Birkin. After some mmunity singing conducted by Miss H. Abrahams a play-reading was presented, the following articipating: Misses J. Volks, G. Amasowitz, H. Abrahams and Messrs. O. Roup and W. Stock. It the conclusion Miss P. Sacks thanked the lost and hostess for their hospitality.

## How to make the most of your STERADENT

- 1. Keep your Steradent in a clean, dry place.
- Avoid waste

Like many other essential articles, supplies of Steradent for the easy cleaning and sterilizing of false teeth, are



# Sterade

cleans and sterilizes false teeth

## RESISTO

Red Roof Paint BEST IN THE LONG RUN.

34 other shades available

Stockists:

Schneider & Genn, 167 Hanover Street, CAPE TOWN.

## S. J. HENDRIKSZ

Phone 8-1125. MAIN ROAD, MUIZENBERG.

Stockists for SHAVES' PAINTS, at Cape Town Prices.

BRICKS and BLOCKS Cement, Stone, Sand, Gutters, etc.



PETOWN

#### 71 YEARS OLD NEURITIS SUFFERER FEW DAYS' TREAT-MENT RELIEVES

Writing to the makers of R.U.R. on the 3rd August, 1943, Mr. W. A. Hinde, of Balmoral, Mardie Street, Beaconsfield, Fremantle, W.A., says: "Being a great sufferer for years with



Neuritis, I was advised to try R.U.R. (thanks to my friends).

"The result was after a few days' treatment I was greatly relieved, and to-day I am most happy to say, it has completely disappeared.

"I still take the above twice a week to keep well and fit. I have turned 71 years and am still going strong, like Johnny Walker.

"With many thanks for your valuable cure and the very best wishes."

valuable cure and the very best wishes."

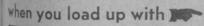
Mr. Hinde is just another of the thousands of people who have received lasting benefit and freedom from pain by taking R.U.R., the five-fold health tonic. Testimonials have been received praising R.U.R. for giving relief from the following complaints: Rheumatism Neuritis, Constipation, Headaches, Stomach Troubles, Skin Eruption, Lassitude, and many others. Take R.U.R. and Right You Are.

R.U.R. is bound to do you good. It is obtainable from all chemists and stores, at the following prices: 5/6 small size (for 2½ weeks' treatment) and 10/6 large size, for 5 weeks' treatment, which carries a money-back guarantee. Get a packet of R.U.R. to-day!

Write for free descriptive pamphlet to the Sole South African Distributors: Hill & Murray (Pty.), Ltd., Dept. 137, P.O. Box 948, Johannesburg. No. 28

No matter how good the Camera Lens, you can only expect the

Sharpest, Brightest, Clearest Snaps





PAINTS, GLASS & HARDWARE MERCHANTS.

Wholesale and Retail

AGENTS FOR BERGERS PAINTS

10 Strand Street, - P.O. Box 757. PORT ELIZABETH.



NEVER neglect a cold in a young child. It may easily develop into bronchitis or deadly bronchopneumonia.

At the first sign of a cold, rub PUMA BALM on the chest, back and the soles of the feet. Keep the child in a warm room and keep the feet warm.

Repeat the PUMA BALM treatment several times daily until the cold is gone.

FUMA BALM is obtainable from all chemists at 2.6 per tin. Prepared by the well-known firm of NORWOOD COAKER, Medical Manufacturers,

