



Vol. XV

January 23, 1931

No. 20

JUNIOR COUNCIL HOLDS IMPORTANT MEETING. ELECTIONS ANNOUNCED FOR NEXT WEEK.

A complete representation of Junior Clubs was present at an important meeting of the Council which took place last Monday. Mr. Kirschenbaum explained the procedure in entering the various contests and tournaments. Mr. Siegel and Mr. Shanies are accepting entries for the Checker, Chess and Carom tournaments and the games are to start at once.

A Junior Club News Paper was announced for publication under the directorship of Mr. Julie Herman. The "News" will be written entirely by members of the Junior department. All Juniors who are interested either in the Literary or business end of a newspaper are urged to see Mr. Herman immediately.

Council elections in which all members of the department will participate will be held next week.

The Juniors Council was extremely pleased by the visit of Mrs. Isaac Siegel to its meeting.

HON. I. SIEGEL, PRES. OF I. S. ELECTED VICE-PRES. OF MET. LEAGUE

In the recent elections of the Metropolitan League of Community Centers, Hon. Isaac Seigel, Pres. of the I. S. was chosen for the office of first vice-president. Malwin Fertig of the Bronx "Y" was elected president. Other officers elected are: Mrs. Jerome Hanauer of the Young Women's Hebrew Association, second vice-president; Mr. Harry Marks, Boro Park "Y", third vice-president; Mr. Leon Mann of Mt. Vernon, fourth vice-president; Mr. Hugo Piessan, Brooklyn, treasurer; Mr. Weil of the 92nd Street "Y", Secretary. Mr. Samuel Leff is the field secretary of the Metropolitan League.

LEADER'S CONFERENCE and LUNCHEON

Monday, Jan. 26th at 9 P. M.
in Director's Room.

Leaders are urged to attend; members of the Board of Directors are cordially invited.

PARENTS ASSOCIATION THEATRE PARTY GOING OVER THE TOP

Report of a very satisfactory advance sale of tickets for the Theatre Party of the Parents Association scheduled for February 9th at the Prospect Theatre was forthcoming last week. The committee in charge of arrangements and distribution of tickets under the able direction of Mrs. I. Stein, expect a complete sell-out. The proceeds of this truly entertaining evening will be devoted towards the furtherance of the welfare projects of the Parent Association.

Reserve your tickets now. This function deserves the support and co-operation of all I. S. friends. Tickets may be secured from Mrs. I. Stein or Exec. Dir. A. Bernstein.

The Co-Chairladies of the Parent's Association Theatre Party are: Mrs. Aaron Wartels, Mrs. Rachael Vosberg, Mrs. Barnett Cohen.

GIRLS DEPT'T CONTEMPLATES MAGNIFICENT TASK

For the first time in the history of the Institutional Synagogue the Girls Department, consisting of more girls clubs than we have ever had in the past, has joined together to work in common project.

Last Tuesday night the Girls Department, under the leadership of Miss Phillips, held its first meeting. They were addressed by Mrs. Isaac Seigel, President of the Womens League of the West Side; Mrs. Herbert S. Goldstein, Honorary President of the I. S. Daughters; Mrs. Anne R. Morris President of the I. S. Sisterhood.

The girls will endeavor to aid in some measure the Social Welfare Work and Relief of the Needy that the I. S. is undertaking. The first activity that they will sponsor toward this end will be a package party which will be held in about three weeks.

Their big affair of the year will be a Purim Masquerade, and Dance. The proceeds of both of these affairs will go into the Passover Fund for the relief of the needy.

FRIDAY EVENING LIGHT CANDLES 4:48

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OUR CALENDAR

- 25th—Basketball Game and Dance
27th—Meeting, Junior Council.
29th—P. E. P. Theatre Party
Feb. 1st—Fracaras "Open Meeting"—Afternoon - W. S. Evening, Basketball Game and Dance.
Debate: I. S. vs. Fed. Settlement.
7th—Tranquillity Club Dance
8th—Amigas "Open Meeting" at W. S.
8th—Evening, Basketball Game and Dance
9th—Parents Assoc. Theatre Party.
15th—Basketball Game and Dance
21st—Vagabond Dance.

JUNIOR LEAGUE CONDUCTS
INDUCTION OF OFFICERS

At a well attended gathering, the Junior league inducted their officers for the coming year. Rabbi Goldstein and Executive Director Abraham Bernstein were guests of honor.

The Junior League officers are as follows: President, Eva G. Stein; 1st Vice-Pres., Dr. Frank Goodman; 2nd Vice-Pres., Mr. Irving A. Oremland; Treasurer, Dr. A. M. Russack; Recording Secretary, Miss Edith Finn; Finan. Secretary, Miss Sally Fauer; Sarg'n't at Arms, Dr. Barnett Zupruk; Alternate, Mr. M. Howard Leibowitz; Chairman of Board of Directors, Miss Gertrude Stein; Dr. A. Lester Weisberg;

Board of Directors: Dr. Wm. Scheer; Mr. M. Rubin; Miss Miriam Levinson; Mr. S. K. Handel; Miss Miriam Sternberg; Mr. Samuel Welks; Miss Evelyn Lipman; Dr. R. Serben; Miss Freda Goldstein; Miss Lillian Alfus; Miss Edith Jacobs; Miss Ruth Frank.

The Institutional Synagogue invites all its members of the Institution taking examinations this week and next to avail themselves of the facilities of our Library for study or research.

The librarians and members of the Social Educational Department Staff will be on hand to coach students and prepare them for examination grades.



WE BOW

And with these two significant words we invite your attention to the rest of the Institutional, because this is going to be a columnist's recreation.

There are three people responsible for this waste of space: for reasons of good taste we will refer to them as Eh, Beh and Meh. You for reasons which do not reflect good taste, can refer to them as you will.

We introduce Eh.

Eh is all that his name connotes. So is Beh. And for that matter Meh.

After considering the above we will also feature Guest Columnists.

A POEM:

President of I. S., Hon. Isaac Siegel
Refrain from taking action against us,
legal.

Let this column remain lordly and regal.

Rabbi Goldstein, My dear sire;
We hope this column will not arouse your ire.

Executive Director Bernstein must not cry
"expense"

Or slam this column on any pretense.

We would rather shout, scream or groan
Than arouse the anger of Maxwell T. Cohen

Datt, Joseph, T. T. Principal and erudite
Contribute humor—and help us out of our plight.

Kirschenbaum, Abraham I.
Must not our license deny.

We do not stop, hesitate or falter
To aim our remarks to Miss Ruth Palter.

A. Stanley Coleman, The Pawnee Leader,
Will probably be our only reader.

We will not lampoon
As Winchell, Mencken or Broun
Or Dennison of the Jewish Tribune
For fear their reputations to ruin
Adios,—We'll be again with you soon.

EH-BEH-MEH

On the 60th birthday of one of the world's foremost Jews, the Institutional Synagogue extends its sincerest felicitations to Mr. Felix M. Warburg, banker, philanthropist, communal worker and patron of arts.

IN TIMES OF NEED AND DEPRESSION THE I. S. SERVES.

**INSTITUTIONAL PLAYERS TO PRESENT
"CAPTAIN APPLEJACK" FORMER
BROADWAY PRODUCTION PLANNED
FOR END OF MARCH.**

The Institutional Players, under the direction of Mr. A. I. Kirschenbaum, have selected "Captain Applejack" as the first full-length play ever to have been produced at the I. S. This play was presented at the Cort Theatre in 1921 and achieved an immediate success. Wallace Eddinger, Mary Nash and Phoebe Foster were the leading players in what the author, Walter Hackett, calls "An Arabian Night's Adventure."

"Captain Applejack" will provide an opportunity for six males and five females to display their dramatic talents before the I. S. audience. The final casting of characters is taking place this week and a complete list of the cast will be ready for publication in the next issue of the Institutional.

"Captain Applejack" will be with us soon. Watch for the date!

Every Sunday Night	
BASKETBALL GAME and DANCE	
Ladies Free	Men, 35c

**NATHAN STRAUS ESSAY CONTEST
BEGUN. JUNIORS TO COMMEMORATE
LIFE OF JEWISH HUMANITARIAN**

A visit to the Library will reveal to you an interesting scene. A dozen or more Juniors are busily engaged in writing page after page of facts about the life of The Great Jewish Philanthropist Nathan Straus. Since the day Mr. Cohen announced the essay contest the Juniors have been working assiduously with the individual and club prizes for the winning essays as their goal.

Mr. Kirschenbaum has given a brief lecture on the life of Straus to the Junior clubs and the individual club leaders are assisting their members in their literary efforts.

The contest will close on February 3rd and the winners will be announced shortly thereafter.

We extend our best wishes to Mr. & Mrs. Moe Kreinik (nee Rose Starkman) upon the arrival of a daughter. Both mother and daughter are doing well. We congratulate our members and seat holders Mr. & Mrs. Sol Drucker upon their sixtieth wedding anniversary. We hope that we will be privileged to extend our congratulations for many, many happy anniversaries to come.
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Athletics

House Teams Split Games

Gradually our House Basketball Teams are reaching their peaks.

Getting a late start in organizing during the latter part of September, badly handicapped for time and material, our boys have kept their hand on the wheel and by now have rounded into shape.

Great promise lies ahead for the future.

Quickly overcoming their newness to one another, the Senior Big Five having played together for a few games, showed their ability by defeating the James Monroe Evening High School team.

In their game both teams started slowly and carefully feeling each other out the first few minutes of the game. Short passes, careful dribbling, pivoting and feinting for openings started the shooting for goals.

Both sides scoring a succession at intervals. Half time found both teams scantily separated. We were leading by three points, 13 to 10.

The second half was a repetition of the first with both sides adding fresh zest and pep.

The evening high school team came out rested and replaced to overcome the lead. Our boys nothing daunted fought just as desperately to protect their narrow lead.

With a stronger offense and a tightened defense both teams again began to score.

The second half found us scoring another 13 points to our opponents 9. The game ending 26 to 19, in our favor as the timer's whistle blew.

Second Dramatic Game

The following Sunday night January 4th our Seniors took up where they left off, this time against the Bronx Red Sox.

The Sox presented a rangy powerful team that showed their familiarity with the game quite readily.

Both teams started slowly and soon increased their strides. As the pace increased we began falling behind and the first half found our Seniors at the short end of 16 to 17 score.

Before our opponents realized it, our team had come up from behind to tie and pass them. The fight kept on tooth and nail, as the crowd went in spasms of enthusiasm as the score saw-sawed back and forth, first one team taking the lead to hold it just for a short time, only to relinquish it to the other.

—Jack Silbert.

YOU CAN SERVE BEST BY DONATIONS.

YOUR HEALTH

By Dr. Morris R. Altman
(M. J. C. P. A. Service)

Care In Eating

The hands should be washed before eating. No food should be consumed when the body is tired and the following items should be avoided; Bad food combinations, highly seasoned foods, or those too hot or too cold, hasty eating or overeating. All food should be thoroughly chewed and eaten at regular intervals. To eat at noon one day and at three the next day interferes with the digestive organs, and the result is disease of the stomach and intestines.

EXERCISE — Exercise is valuable to all. It keeps the skin pores in condition and the muscles firm. It promotes brain

relaxation by drawing the blood to other quarters. Exercise helps to reduce overweight. It promotes the elimination of impurities, particularly in rheumatic and other disorders. Finally, exercise affords pleasure and relaxation. Unfortunately, exercise may be overdone. When it is not enjoyed, the probability is that it is not beneficial.

Followed to the point of fatigue or taken spasmodically, it may prove injurious. A big dose of exercise must be prepared for.

All physical training is accomplished by gentle steps. Even morning setting up exercises may not be helpful to everybody. Certainly they should never be prolonged and a few moments are often of greater value than a long routine which ends in weariness. The same is true of sports, in which moderate participation is advised.

(Dr. Altman will answer questions on health sent to him by members.)

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