



Vol. XV

FEBRUARY 6, 1931

No. 21

WHOOPEE! LETS ALL GET READY FOR THE BIG PURIM MASQUE

Girls Clubs make every effort to make
March 7th, noteworthy.

A most memorable evening is in store for those among the I. S. membership, who will attend the Annual Purim Masquerade and Dance, which is being conducted under the auspices of the Girls Department, March 7th Saturday night at the I. S. gymnasium. Novel decorations in spirit with Purim will enhance the beauty of the dance floor, while the crowd is expected to lend color by coming down in costume. From present indications a veritable Bagdad bazaar, kaleidoscopic in its effect will be viewed.

As a further attraction a super-jazz orchestra will render music for the dancing. As a feature an exceedingly fine revue, which will even surpass that of cabaret night will be presented. At the door masks and novelty paper hats will be given to each patron. To further stir up interest in customing, a prize will be offered for the most original costume; another for the most elaborate habiliment. Also a series of booby prizes for the funniest costumes will be presented.

Tickets are being sold for only fifty cents. And best of all, we must not forget the bounty of the I. S. Sisterhood in donating the haman-tashen to all present.

All your friends will be down there and you are going anyway, so grab a coveted pasteboard as soon as you can and hop over to the I. S. Saturday Night, March 7th.

The Proceeds will be devoted to the I. S. Passover Relief.

Mrs. Isaac Siegel, Mrs. Herbert S. Goldstein and Mrs. Annie R. Morris are working with the Girl's Welfare Undertaking.

W. S. WOMENS LEAGUE of the I. S.

A Bridge and Mah-Jong Party will be given by the Women's League of the West Side Branch this Tuesday afternoon at the Rutgers Club, 314 West 91st Street. Price of tickets will be \$1.50. Tickets can be secured at the Bible Class Meeting this Monday afternoon at 2 o'clock, or through the President, Mrs. Isaac Siegel.

A SHOW OF MERIT FOR A WORTHY PURPOSE

The Parent's Association

THEATRE PARTY

February 9th

PROSPECT THEATRE

Buy tickets now through Mrs. I. Stein, the Theatre Committee, or Executive Secretary, Mr. Abraham Bernstein.

I. S. LEADERS CONDUCT OUTSTANDING MEETING

A distinct asset of the Institutional Synagogue is its Leaders Organization, comprising the staff workers and group leaders of the Social-Educational Department. This group conducted its monthly meeting last Monday night in the Directors Room. Mr. Charles Phillips was chairman.

A very spirited discussion concerning the evaluation of literary enterprises for Juniors was conducted. The topic was introduced by Mr. Cohen who outlined the objectives which, in his opinion, constitute a perfect Junior Literary program. A number of suggestions were offered in the course of the discussion. A Speakers Bureau will be organized. Mr. Cohen will arrange a schedule of topics suggested by the leaders, and which the leaders will discuss. A Lecture Circuit amongst the Juniors will then be arranged. It will be possible to arrange for 20 lecturers with the respective Junior groups. A Junior Newspaper, discussed last week in the Institutional, will be encouraged. The leaders will arrange Extemporaneous Speaking Contests within their respective groups. The Social-Educational Department contemplates an extensive drive for Junior groups.

Dr. William Garfield was designated as chairman for the next meeting. Miss Swedlow's Cooking Class supplied the refreshments, which lost none of their flavor in the heat of the spirited discussion. The next meeting will be announced very shortly.

FRIDAY EVENING LIGHT CANDLES 5.02

THE INSTITUTIONAL

Published Weekly except during July and August, by the Institutional Synagogue
37-43 West 116th Street, New York
West Side Branch: 148 West 85th Street
Subscription One Dollar per Year

Main Building Phone, University 6729
West Side Phone, Susquehanna, 6705

"Entered as second-class matter February 15, 1924, at the Post Office at New York, N. Y., under the Act of March 3rd, 1879."

"Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized February 15, 1924."

Herbert S. Goldstein	Rabbi
Abraham Bernstein	Executive Director
Maxwell T. Cohen	Head Social Worker
Joseph Datt	Talmud Torah Principal
Jacob Silbert	Physical Director
Barnet Kramer—Samuel Taitz	Sextons
Zalman Yavneh	Cantor

OFFICERS

Hon. Isaac Siegel	President
Samuel Silver	First Vice-President
Lester Udell	Second Vice-President
Aaron Wartels	Treasurer
Isaac Goldman	Financial Secretary
Morris Jablow	Recording Secretary

DIRECTORS

Wm. L. Basser	George Livingston
Abraham Bernstein	Meyer Mirken
Hon. Sol Bloom	Max Moskowitz
Henry Blankfort	B. Rothblatt
Maurice H. Bob	Samuel N. Samuels
Abraham M. Davis	Herman Sacks
C. Joshua Epstein	Max E. Sanders
Morris Fichter	Isaac Sattel
Isaac Goldman	Hon. Isaac Siegel
Dr. Benjamin Goldstein	Samuel Silver
David H. Gluck	Max Slomka
Felix Gouled	Hon. Max Salomon
Maurice Greenstein	Mrx Stavish
Morris Jablow	Jerome I. Udell
Hon. Max S. Levine	Lester Udell
Jack Levine	David Wald
Morris Levinson	Aaron Wartels

Vol. XV February 6, 1931 No. 22

The "Institutional" is privileged to extend to Rabbi Herbert S. Goldstein - Spiritual Leader - Friend - I. S. Worker - on behalf of the Board of Directors, the Executive Staff, the Membership and the I. S. constituency, our very best wishes and congratulations on the occasion of his birthday anniversary this Sunday.

We regret to learn at this late date of the loss of the beloved mother of one of our most esteemed members and endowers, Mr. Abe Weiser. To Mr. Weiser and the family of his beloved mother we extend our sincere condolence.



This is the third auspicious presentation of our now famous column. The noted triumvate, Eh, Beh, and Meh, being absent at the present sitting this section is being conducted by a half brother, Feh, until their return. Now for a couple of ideas. One idea just suggested itself, due to the inspiring influence of a young lady, leaning over our shoulder, Fascinated, she stands, expecting marvels from our facile typewriter, while we sit, marveling at her expectations. How can she hope for any great ideas from us while we sit giddy from the perfume of her hair and dizzy with her nearness, Ecstasy supreme! At last Eh, Beh, and Meh have returned. They will pick up where we left off. (Let's hope they pick up a few ideas on the way.)

I. S. ETCHINGS AND PROFILES

Mr. Arthur S. Coleman, Leader of the Pawnees. "S" stands for Stanley but he does not want any one to know it. Always ready to offer you some business proposition. Usually good bargains. But gives you a feeling that you are being gyped. (You are, too.) Likes hiking with his boys. Especially during the Winter. (This is hot stuff) Very frank and therefore very much misunderstood. Likes boxing, particularly with heavier men. Good excuse for being beaten. Women fall for him. Has perfect manners and, more perfect indifference. Children cry for him. Great Guy, if you know him. Very helpful. So much so that he helped us write this. "What? No picture?" Sleeps in purple pajamas. Great many incidents about him that cannot be repeated in this family journal.

Next week: Allan Dennison. No advance in price of issue.

Seymour Siegel, our urbane Librarian.
Whose manners are far from barbarian.

If you want his pleasure to mar
Say "Cash" to Urieff, I. S. Registrar.

Charming, friendly and Attractive is
(Omaha) Ruth-

We can exaggerate her virtues and still
stick to the truth.

Charlie Cohen, Buddy and I. S. Debater
Honest, Clean and always a first-rater.

Of feminine hearts a palpitater
Yet will end up as a women-hater,

Eh, Beh, and Meh.

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

COOKING CLASS MAKES AWARDS

One of the most outstanding activities this year is the Cooking Class, supervised by the Social Educational department, and conducted by the Girls Department. This group meets every Monday night and delves into culinary mysteries under the direction of Miss B. J. Swedlow. Miss Swedlow announces that prizes have been awarded to the Misses Rose Wylage, Fay Morgenstein, and Helen Tataruwitz.

Although there is a very large group representation in the Cooking Class, invitations are extended to those who are interesting to attend the meeting and to participate in the work.

ORATORICAL CONTEST IN THE I. S.

The Metropolitan League will conduct a District Oratorical Contest, Sunday, March 8th, in the Library of the I. S. Prior to March 8th, the Social-Educational Department will conduct its own Oratorical Contest, and the winner will represent the I. S. in the Metropolitan League Contest.

The I. S. won its first debate in the Metropolitan League Contest because of the forfeit of the Federation Settlement. Our team, consisting of Messrs. Charles Cohen, and Morris Urieff, had prepared a superb brief in anticipation of a keen debate. The forfeit of the Federation Settlement was disappointing to the members of the I. S. Team and its following. The Judges were Messrs. Samuel Rothman, Julius Cohen, and Arthur Elihu Michelson.

THE INSTITUTION OPENS FREE PIANO CLASS

In accordance with the cultural objectives of the Institution, the Social-Educational Department announces that free Piano instruction will be given to those members interested.

Miss Gertrude Goldman, a very charming and active I. S. worker, for many years a member of the Talmud Torah Faculty, and our Directress of Musical Activities in the Social-Educational Department, will conduct the class. The "Institutional" commends Miss Goldman for this very excellent activity and urges the I. S. members to avail themselves of this rare opportunity. Registration will be open for two weeks.

Athletics

On last Wednesday evening at our Gym, our Senior Hand Ball Team opened its schedule against the 92nd St. "Y" the match consisting of 3 singles and 1 double. Hi Epstein, our first singles man, matched up with Shubert of the "Y", and after a close struggle through which he was able to maintain the lead most of the time, he came out the victor by 21-14. The second singles match found Al Adelman our veteran, matched against Vixman, and though the score 21-17 presumes a close match, Al really eased up maintaining his scant lead, to win. The third match found Liebowitz against Muffson. Liebowitz is a newcomer on the team, having little experience in competition, and found Muffson too difficult to overcome. In spite of his efforts, he was the only man to lose, the score being 21-7. The doubles furnished a sensational surprise when Harry Wright, also new to the team, pairing with another veteran, Phil Svigals, carried the match through to 21-10 decision. This gave us a win by a total of 4 matches to 1.

Our next match will be against the Washington Heights "Y" on our court during the week of Jan. 21st, the "Y" returning to play us during the week of March 21.

BASKETBALL

The Interclub Basketball Tournament found the Kaweco's and the Jeshurun's, and the Pawnees and the Argoes, matched for the first games of the second round. These four teams surviving the first round, struggled on to enter the semi-finals. Both games found all opponents tensed and eager to win, keyed up to do their best so as not to be eliminated.

The first game started with the Jeshurun's and the Kawecos, who were about evenly matched in experience. The Jeshurun's were the favorites to come through. Not counting on upsets, the Kawecos surprised their opponents to come through by a scant margin of 3 points to win the game by 12 to 9. Goodman, of the Kawecos, scored 3 points, and Kaplan, of the Jeshurun's, scored 3 for his team. The work of Kaplan and Katz, of the Jeshurun's, and Goodman and Rosenberg, of the Kawecos, was outstanding. This match was followed by the second game between the Pawnees and the Argoes, and proved quite interesting and spectacular. The Pawnees, using eight of its players, displayed superb passing and defence, and with the assistance of excellent field goal shooting quickly passed, the Argoes opening a wide lead, and even to increase it, to a win by 33-17.

Jack Silbert

YOU CAN SERVE BEST BY DONATIONS.

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

No. 5.
EXERCISE, DIETS AND NUTRITION

Just as active and inactive people require different amounts and kinds of food, varying abnormal bodily conditions call for different food arrangements. There are diets which will interest the majority how to reduce and how to increase weight.

Before we go any further. I wish to state that water and fluids are usually not advised with meals, but should be taken between meals. 17 to 25 ounces is the usual daily allowance. Exercise is important.

I will give here a weight reduction exercise, which if followed carefully for some time, will bring good results.

1. Bend forward at waist, keeping knees stiff, touch floor with back of fingers of both hands.
2. Lie on back, arms close to side, feet in air. Move right leg down and at same time kick upward with left leg. Reverse.
3. Extend arms above head, swing arms forward to right, bend at waist till hands touch floor just outside of right foot, return to starting position. Repeat to left.
4. Lie on back, raise both legs with knees stiff till a right angle is made with the trunk
5. Lie on back, keep legs straight and raise trunk upright till a right angle is formed with the legs.

Tel. Monument 0252

Sara E. Taitz
SCHOOL OF ELOCUTION
and DRAMATIC ART
55 West 110th Street
New York City

With the exercise which I have described I will give those who wish to reduce their weight, a reduction formulae. Hundreds of reduction diets have been originated and experimented with, in some cases with disastrous effects. In order to discard flesh the guiding hand of the doctor is essential.

It may be remembered, however, that fats, starches, alcohol and sugar invariably fatten and should therefore be eliminated. The diet which I suggest is fresh, juicy fruits, raw or cooked tomatoes, and all vegetables, except underground tubers, such as potatoes. Also avoid figs, dates, raisins, prunes, cereals, except bran. Only 1/2 oz. (ounce) of butter allowed daily. Skimmed milk, acidophilous and butter-milk are good.

MAX BRAUN
CATERER

All Social Functions
304 WEST 98th ST.
Riverside 6831

I am well prepared to cater to the finest hotels in the city and also at private homes.

Under supervision of Union of Orthodox Jewish Congregations. "Catering with a taste to families of taste and refinement."

Harlem 0114

Harlem 1666

Chapels Available Everywhere

ALPERT BROS.

Funeral Directors

Main Office **216 LENOX AVE.**

At 121st St.

New York

GRUNDWERG'S HOTEL NEW YORKER

Music-Dancing

Newly Rebuilt

Unsurpassed Cuisine

Telephones 4-9976—4-9687

128 South Connecticut Avenue, Atlantic City, N. J.

Hot and Cold Sea Water in All Baths — Elevator to Street Level

Under the Supervision of Rabbinical Council

of the Union of Orthodox Jewish Congregations of America.

MEYERS & CO.

Funeral Directors

RIVERSIDE MEMORIAL CHAPEL

76th Street and Amsterdam Avenue, N. Y.

New York's Most Beautiful Home — Plots in All Cemeteries.

Charles Rosenthal

Phone Endicott 6600

Herman E. Meyers

LISTEN IN — RABBI GOLDSTEIN'S QUESTION BOX—
SUNDAYS AT 3:45 to 4.00 P. M. STATION WPCH.