

SVEIKATA BRANGUS TURTAS

Rašo Dr. A. J. Gusenas

ŽMOGUS - TOBULIAUSIA MAŠINERIJA

Reikia pasakyti, jog maistas ir vien tik maistas yra vienas iš svarbiausių sveikatos pagrindų.

Žmogus turi geriausią bei tobuliausią vidurių mašineriją, kuri būtina geriausio tepalo, dėl atlikimo sklandaus ir darnaus darbo.

Dr. C.W. Brown, štai ką sako: 75% ligų, pagydomų vaistais, pačios pranyktų, subalansavus žmogaus kasdieninę mitybą.

Mandig, ligos nėra atnešamos ir užveisiamos, jos atsiranda savaime ir pačios veisiasi, o to viso priežastis - prasta mityba, išorinė ir vidinė nešvara.

Sunormavus žmogaus kasdieninį maistą, tai amerikiečiai sunaudotų 25% daugiau kiaušinių, 40% daugiau pieno gaminių, 30% daugiau vaisių ir daržovių negu dabar sunaudojama.

Statistikos duomenys rodo, kad Pietinių valstijų gyventojai labai mažai naudoja pieno, o jo gaminių dar mažiau. Pienas yra būtinausias augantiems vaikams, o taip pat ir suaugusiems.

vaikams, bet ir suaugusiems žmonėms kasdieninėje mityboje, o ne balta - šiukšlės!

Nūdien, vaikų augintojai daro klaidą, savo vaikams duodami gerti įvairius birzgolinius gėralus. Ne tik kad vaikams neduoti, bet ir patys neturėtų juos vartoti.

Nuo to vėliau viduriuose prasideda negerumai, susiformuoja ligų židiniai, kurie net dažnai ir į kapus žmogų nuvaro!

Būdami sveikais, mes mažai tepamąsime apie savo kūno mašinerijos veiksmus. Tik pajutę viduriuose negerumą, nusiskundžiam, kad vidaus mašinerija neatlieka savo užduotį!

Būtina žinoti, jog virškinimo aparatas yra viena iš svarbiausių kūno mašinerijos dalių. Nuo gero maisto ir jo sumalimo priklauso žmogaus kūno pajėgumas, tvirtumas bei sveikatingumas.

Kiekvieną gyvą sutvėrimą, o kartu ir žmogų, galima pavadinti tikra mašina. Kiekviena mašina turi būti tepama, kad lengvai jos ratukai suktųsi ir darniai atliktų savo uždavinį.

Mandig, žmogaus amžius priklauso nuo jo paties, kaip jis save prižiūri, kokį maistą naudoja ir kokioje aplinkoje jis gyvena!

Įpilti į puodą vandens, sudėti gvazdikėlius, cinamoną, apelsino ir citrinos žievelės. Uždengti ir pavirinti pusę valandos, Tuomet tirštimus perkošti, į gautą skystimą supilti vyną, citrinos sultį ir cukrų. Dabar užkaitinti, kad būtų gerai karštas, tik nereikia užvirinti. Supilti į puodukus, pabarstyti ant viršaus truputį muskato miltelių ir tuojuos duoti gerti.

PEANUT BUTTER QUICKIES

- 1 1/2 cups sugar
3-4ths cup flour
1/2 cup butter
1/2 cup milk
1 1/2 cups quick cooking rolled oats
2-3rds cup peanut butter

VASARA Lietuvoje

Kai vėjelis pučia Mum švelniai, švelniai, Tada saulutė gintarinė Šildo iš aukštai.

Čai vaikučiai šoka Ratelį jie gražiai, Tada upelyje ančiukai Plaukioja smagiai.

Kai plaštakės skraido Tarp gražių žiedų, Vasarą Lietuvoje Visada gražu.

- 1/2 cup chopped nuts
1 teaspoon vanilla
1/4 teaspoon salt

In a large sauce pan, combine sugar, flour, butter and milk. Bring to a full boil; boil harg 3 minutes, stirring constantly.

STUFFED TOMATOES

- 3 large firm tomatoes
1/2 cup each, sliced mushrooms and minced onions
1 cup seasoned bread crumbs
1/4 cup butter or margarine
1 teaspoon salt

Cut tomatoes in half crosswise. Scoop out pulp and reserve. Sprinkle tomatoes with salt and turn upside down to drain. Meanwhile, saute mushrooms and onions in butter or until soft and combine bread crumbs with 1/4 cup tomatoe pulp.

ALPINE DRESSING

- 1/8 cup canned fruit cocktail
1 cup yogurt
2 tablespoons blue cheese
1/2 teaspoon salt

Combine ingredients and chill. Spoon over individual heads of bibb lettuce. Makes 1 1/2 cups dressing.

KITCHEN MATH WITH METRIC TABLES

Table with 3 columns: Measure, Equivalent, Metric (ML). Lists various kitchen measurements and their metric equivalents.

ŠEIMININKĖMS



Redaguoja Janė Bajerčienė 871 East 4th St. So. Boston, Mass. 02127

KARŠTAS VYNAS

- 4 puodukus raudono vyno
1 1/2 puoduko vandens
1 puodukas cukraus
5 gvazdikėliai
1/2 lazdelės cinamono
1 apelsino žievė
1 citrinos žievė
1/2 citrinos sulties
1/2 šaukštuko muškatos (nutmeg)

Table with 2 columns: SIMPLIFIED MEASURES, CONTENTS OF CANS. Lists various measurements and can contents.

REMKITE "SANDARĄ" ir visus tuos, kurie skelbiai Sandaros laikraštyje

BALTIC BAKERY Chicago, Illinois 4627 SOUTH HERMITAGE AVE Tel. LA 3-1510

E U D E I K I S DOVYDAS P. GAIDAS - GERALDAS F. DAIMID Laidotuvių Direktoriai

MAŽEIKA & EVANS Laidotuvių Direktoriai 6845 SO. WESTERN AVENUE

PETKUS TEVAS IR SŪNUS Laidotuvių Direktoriai MARQUETTE FUNERAL HOME

LAI DOTUVIŲ DIREKTORIAI Lietuvių Laidotuvių Direktorių Asociacijos Nariai PETRAS BELIŪNAS

ENGLISH section

A Distinguished Lithuanian Woman Settles in New Hampshire



Dr. Juliet Vilinskas

Woman of the Year in 1975-1976 as well as the featured speaker at the International College of Surgeons at Honolulu, Hawaii."

The article goes on to say that Dr. Vilinskas received her bachelor's degree from the University of Connecticut and her medical degree from the Medical College of Pennsylvania at Philadelphia. She interned at George Washington University and completed her residency at Hartford Hospital. This is affiliated with the nearby Newington Veterans Administration Hospital, through which she rotated and got her start with the VA a decade ago.

Later on, the article continues, she joined the University of Connecticut Medical School faculty as an assistant professor. She had been chief resident in General Surgery at New Jersey College of Medicine and the East Orange VA Medical Center. In 1971 she became chief of surgery at Newington, Conn. VA Hospital. Then she was appointed chief of staff at the VA Medical Center in Wilkes Barre, Pa. from where she came to Manchester, N. H. VA Medical Center as chief of staff.

The Connecticut Alumnus, a publication of the University of Connecticut, on March 1973 gave some additional biographical information. Born in Lithuania (Sakiu region) in 1938, she fled with her parents from invading Soviet forces and grew up partly in Germany and then Hartford, Conn. where her parents settled. When she graduated from Hartford High School, she had won high honors, the French prize, and the music prize.

She came to the University of Connecticut at Storrs because of her financial situation and because she received an academic scholar-

Parents of Religious Students Pressured

Palanga. On March 30, 1978, Jovaišienė, a teacher at the second High School, visited the parents of fourth-grader Stonkūtė and told her parents that they were not allowed to take their children to religious services. She and her husband "forcibly" enrolled student Senavaitis (4th grade) into the pioneer organization.

Zuikai (Igalina region). Fourth-grader Rimutė Balčiūnaitė was coaxed by the teachers at the eight-year school to enroll in the pioneer organization. Her parents told her to resign from it, which she did. Thereupon, the parents were subjected to the "black-mail" by the secretary of the Party organization, Sidorovas, and the kolkhoz chairman, A. Balčiūnas.

(Elta)

ship. After graduating from the University in 1960, with a double major in chemistry and zoology, and a minor in bacteriology, she received a scholarship to Women's Medical College in Philadelphia. There, she won the school's first prize for student research, and the Sheard-Sanford Award and the Bausch and Lomb medal for research in pathology.

Coming to Manchester she purchased a home in a new residential development, within walking distance to the Veterans hospital. Her long term goal, she says, is to find a small workable farm somewhere in the southern part of the state, where she could build a new home and commute to the hospital.

In private life, she is a young outdoors woman. She loves to ski and in warmer weather raises flowers and vegetables. Doctor Vilinskas is an avid reader, and spends many hours reading medical and surgical journals but especially enjoys reading in-depth historical material and biographies. She has a fluent command of both written and spoken Lithuanian. One of her brothers is a lawyer in Connecticut.

Vytautas Širvydas

UNDER LITHUANIAN SKIES

February 16 for Lithuanians is a day similar to July 4th for Americans and was commemorated by American Lithuanians from Washington, D.C. to Los Angeles, California. According to a long estimated tradition Lithuania Day was emphasized both in the U.S. House of Representatives and the U.S. Senate by appropriate invocations by invited Lithuanian clergy and remarks offered by Congressmen and Senators which were later published in the Congressional Record for wide distribution in the United States. About 90 Congressmen and Senators offered such remarks this year. The Charge d'Affaires of the Lithuanian Em-

bassy, Dr. Bačkis arranged an Open House for the Diplomatic Corps, American friends and prominent Lithuanians.

- 0 -

On August 16, 1879 there appeared at New York the first issue of the first American Lithuanian newspaper, the Gazeta Lietuviszka (Lithuanian Newspaper), published and edited by a 35-year old Mykola Tvarauskas (1844-1921) a refugee of the 1863 insurrection against Russians in Lithuania. The paper attracted 132 subscribers (out of about 20,000 estimated Lithuanian immigrants of those times) and lasted 16 weeks. Probably, around 3,000 total copies were printed but none survived for our times, so we really do not know how the Gazeta looked. Its contents, however, are known to historians, due to the three "Gromatos iš Amerikos" (Letters from America) which a young immigrant, a former student of the Moscow University and editor of the monthly journal Aušra (Dawn), Jonas Šliūpas, who came to settle in New York in 1884, sent to his former readers. He later established the third American Lithuanian newspaper, the Lietuviškas Balsas (Lithuanian Voice) at New York (1885-1889). The American Lithuanians beat by three years their brothers in Lithuania in establishing Lithuanian newspapers. This was due to the strong influences of freedom the Lithuanian immigrants found in the United States.

For three consecutive years Canadian Lithuanians, Latvians and Estonians have succeeded in getting the Canadian Government to arrange a Baltic Day at the House of Parliament in Ottawa. On its eve this year Senator S. Haidasz of Ukrainian descent arranged a banquet for the Consuls of the Baltic States who are recognized by Canada. The Baltic Day attracted many Canadian government officials, public figures and friends of the Baltic people. In their turn, the Baltics presented to the gathered guests some of their outstanding artists.

- 0 -

A Professor of archeology at the University of California, Marija Gimbutas gave an interesting lecture on the mythological Deivė Paukštė (Goddess Bird) to a large audience in Chicago. This goddess is found in the archeological remains of ancient Indo-Europeans, the ancestors of Lithuanians. Her talk was illustrated by slides. Some of the ideas she developed were quite unfamiliar. At a banquet in connection with the 8th Congress of the International Society for the Comparative Study of Civilization at California State University, Professor Marija Gimbutas gave a talk on "Old Europe and Indo-Europeanized Europe". In discussing other subjects at the Congress the following American Lithuanian scholars participated: Tomas Venclova, Vytautas Kavolis and Algis J. Mickūnas.

- 0 -

Professor V. Stanley Vardys of the University of California is the author of a book "The Catholic Church, Dissent and Nationality in Soviet Lithuania" published by the Columbia University Press. Its contents are enumerated in the first 1979 issue of the quarterly journal Lietuvos, in addition to the "Baltic States in Peace and War, 1917 - 1945" which V. Stanley Vardys and Romuald J. Misiūnas edited for the Pennsylvania State University Press. However, no critical evaluations are offered by the Journal.

V.S.



Dr. Juliet Vilinskas, a distinguished Lithuanian surgeon [second from left], in the operating room.

Lithuanian Alliance of America Convention

The oldest Lithuanian organization, the Lithuanian Alliance of America has just reached its 93rd year of existence. The 60th convention of the Lithuanian Alliance of America will officially get under way on June 30th, 1979 at the Hollenden hotel in Cleveland, Ohio.

The Executive Board of the Lithuanian Alliance and the committee will prepare a very elaborate banquet in the hopes of getting everyone acquainted with each other, Saturday evening, June 30th, 1979 in the hotel ballroom.

The delegates and numerous guests that will be arriving at the convention will be hosted by the Executive board of the Lithuanian Alliance of America Convention Committee and their President, J. Stempuzis who is also the Director of the Lithuanian radio program for Cleveland and its vicinities.

A get together affair will take place Sunday, July 1 at the beautiful new Lithuanian Hall, 877 East 185th St.

Please note that the registration of all delegates will take place at the Hollenden Hotel promptly at 9:00 A. M. On June 30th, 1979.

The opening of the convention will commence at 10:00 A. M. The Committee members for the Convention have informed us that they will be prepared thoroughly with many lively and interesting program. Furthermore, there will be many opportunities for the delegates and guests to actively participate at the Convention.

The Lithuanian Alliance of America has over 300 lodges with more than 7,000 members in the United States and Canada. This convention will be held in the midwest part of the U.S., namely Cleveland, Ohio where there is a fairly heavy concentration of Lithuanians. The hotel rates are very reasonable and it might be a good idea to plan your vacation around convention time.

Mieli SANDAROS skaitytojai ir bendradarbiai!

Skaitytojų ir Sandaros administracijos patogumui, apačioje čia dedame atkarpą, kurią užpildžius prašome prisiųsti Sandaros administratoriui p. Editai Rimkienei, kas dar nėra susimokėjęs už laikraštį. Taip pat prašome surasti ir naujų skaitytojų. Už jūsų malonų atsiliepimą ir SANDAROS parėmimą būsime labai dėkingi.

Visos aukos skelbiamos Sandaroje. Jei jūsų adresas pasikeitęs, tai prašome pranešti mums ir seną ir naują adresą.

Siųsti šiuo adresu: SANDARA, 840 West 33 rd Street, Chicago, Ill, 60608

Siunčiu SANDAROS METINĘ PRENUMERATĄ..... 7 dol.

Siunčiu auką SANDAROS SPAUDOS FONDUI..... dol.
Iš viso..... dol.

MANO PAVARDE.....

ADRESAS:.....

Apdraudų Agentūra Tel.: 778-2233
Bell Realty & Base Ins. Agency
 Juozas Bacevičius VALANDOS
 6455 So. Kedzie Ave.
 Kasdiena 9 - 8 val. vakaro
 Šeštadieniais ir sekmadieniais 9 - 4 val. po pietų
 - Chicago, Ill. 60629

Didžiausias Kailių Pasirinkimas!
 PAS VIENINTELĮ LIETUVI KAILININKĄ CHICAGO'JE
 Įstajigos: 263-5826 Namų: 677-8489
NORMANA BURŠTEINA
 185 No. Wabash Avenue second floor
 Chicago, IL 60601

COSMOS PARCELS EXPRESS CORP. MARQUETTE GIFT PARCELS SERVICE
 3333 So. Halsted St. Chicago, Ill. 60608. Telef. 254-3320.
 2501 W. 69th St., Chicago, Ill. 60629. Telef. WA 5-2737.
 Įvairių prekių pasirinkimas: automobiliai, Motociklai, šaldytuvai, maistas, doleriniai Certifikatai.
 V. VALENTINAS

