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Insurance for Senior Citizens

Have you thought of purchasing more insurance coverage but put it off because you felt that at your age it would be too costly?

That may be true with some companies but not with L.C.A. At the Lithuanian Catholic Alliance we have two excellent policies for the Senior Citizen that can be purchased up to and including age 70.

If you're a young senior you can even purchase a Twenty Year Endowment or Twenty Payment Life policy at age 60.

Checking our files we find many "old-timers" with coverage of \$500 and some for a mere \$250.

When these policies were purchased, this was enough coverage for funeral expenses with some left over. Now in the 90's this barely pays for flowers or a cemetery plot.

Check with our offices and you'll find out that for just a few dollars a month you could have coverage enough to have a decent burial with no burden to your surviving spouse or family.

With Christmas approaching, this might be a thoughtful gift for Mom and Dad from their children. With each offspring contributing a fair share now, not only would you be giving a thoughtful gift to Mom and Dad, you would also be sparing yourself the burden of financial difficulties at a time you may not be able to handle them and at a time that you are dealing with the grief of the loss of a loved one.

Age	\$2000	\$5000	\$10,000
0	106	265	530
5	116	290	580
15	160	400	800
25	220	550	1,100
35	320	800	1,600
45	470	1,175	2,350
60	804	2,010	4,020
70	1,100	2,750	5,500

Age	\$2000	\$5000	\$10,000
0	13.38	25.95	46.90
5	14.28	28.20	51.40
15	17.60	36.50	68.00
25	22.48	48.70	92.40
35	30.94	69.85	134.70
50	56.78	134.45	263.90
60	94.58	228.95	452.90
70	193.88	477.20	949.40

Check with Mom and Dad to see if they have sufficient coverage. Then check with our offices for the policy best suited for them.

A few more certificate samples are listed on page 8. Just fill out

the coupon and we will mail an application to you.

If you have any special questions, call our offices at (717) 823-8876 from 9 a.m. to 4 p.m. Monday through Friday.

Bishop Baltakis Visits Lithuania

Bishop Paul A. Baltakis, President of the Board of Directors of Lithuanian Catholic Religious Aid (LCRA), spent the major part of the summer in Lithuania. He attended various cultural, religious and social functions, met with various church and political leaders, Caritas, and youth

organization representatives, discussing possibilities for greater LCRA effectiveness during this extremely difficult period of moral, social and religious renewal. The bishop also visited with the Lithuanian communities in Punska, Kalingrad and St. Petersburg.

Florence Eckert.... Tune in the 'Big Ballgame'

I'm a firm believer there is nothing happens in life that is coincidence. At least I'm quite sure this has held true in all that took place in my life and all that continues to take place.

The good, the bad, the in-between, all happened for a purpose. There were times, many times, that the purpose didn't reveal itself for a long time - sometimes a very, very, long time. But eventually I would realize why such and such a thing happened in my life and when my eyes were opened, I thanked God. Yes, I even thanked Him for the heartaches and pain because they all had their place and purpose and thank God, I accepted them and didn't "throw in the towel."

Something called a "Baseball Strike" is taking place in our nation today and it is having the impact of a 10 year drought. Could it be the owner of the biggest ball team in the world has called the strike to focus attention on His ball-game?

In years gone by, people tuned in His team at least once a week. But now in the 90's they have almost completely cut Him out. The umpires aren't training the players and as the seasoned players die out, the rookies haven't been taught the game. With no training, the team is on shaky ground.

Yes, God may have called the strike to get us to focus on the most important ball-game of the century. He sent the strongest manager on His team to Fatima to inform us of the strategy

needed to win and with her help we won a few games.

We crumpled the Berlin Wall, toppled the statue of Lenin, freed the Baltics and made friends with our most powerful enemy, Russia.

But during all this time, we ignored an enemy from within that is destroying this great nation like cancer destroys the body - slow - but sure.

With abortion as the law of the land and the feminist movement tearing the heart (mother) out of the home, America is in great trouble.

If we are the players in this ball-game and He calls the plays, we're on very shaky ground. From where I see it, we're in the top of the ninth with three men on base, the pitcher is the devil and the batter is MOM.

A decision has to be made. Is today's MOM capable of hitting a home run and saving this game? Remember....it's God's ball-game but He's allowing us to each make our own choice. Man first struck out in the Garden of Eden. His second strike wiped him out with a flood. The rules in all ball-games are three strikes and you're out! If this is the ninth inning 199_, it looks like this may very well be out last chance.

So I hear you laughing? Well remember big buddy....they laughed at Noah too.

Have the feminists succeeded in brainwashing all females of the 20th century or are there enough of us who don't have heads like door-knobs? If the batter is one of the Mom's who

has had the experience of being a real Mom, she's used to handling pressure, healing wounds, and making things "All Better." So we're in pretty good shape. But, if she's one of those feminists who's left the home and the little ones to "fulfill herself" or "make ends meet," that base-ball bat is going to be very slippery in her hand. So as she stands in that batter's box, she better think about the Garden of Eden and Noah and the Ark and remember her obligations to her Creator. She should take the letters of the National Organization for Women (NOW), turn them upside down, add a leg to the N (M) and spell out one of the most honored words bestowed on women....MOM!

Certainly this title is not meant for all women but for those who choose Motherhood,

let them be "Full Time Mothers" without being subjected to ridicule for not "fulfilling themselves." Believe me - and I'm qualified to speak on the subject having experienced the single life, the married life, motherhood, grandmother, and the sadness of becoming a widow. There is no greater gift in this world than that of accepting the gift from God of bringing one of his little ones into this world. To look at true "Motherhood" as anything less is to be emptied of both body and soul.

Motherhood is Fulfillment to the 100th degree! Motherhood is not a Sideline. It is an honored profession and should be placed alongside all other professions.

We can still win this ballgame but the stakes are high.

Motherhood In - Abortion Out
There is no other way.

LCRA Administrator Visits Lithuania

The administrator of LCRA, Vida Jankauskas spent three weeks in Lithuania. He notes the youth of Lithuania have a need for reassertion of Christian values and social responsibility following that country's 50 years of atheistic upbringing and soviet created moral, religious as well as economic chaos.

Jankauskas notes there is a lack of young priests, dedicated, knowledgeable educators, ideological literature, technological expertise, etc.

"The Catholic Church with its charitable organizations and newly established Catholic schools, needs your financial and spiritual support in this difficult task of reeducating a nation," Jankauskas said.

"In their name, we appeal to you, dear LCRA benefactors. Since there are no special funds, we rely solely on your generosity. Help for the Catholic church in Lithuania depends primarily on your donations and therefore our help is in direct proportion to your generosity."

(Continued from page 3)

lives of their physically dependent sons and daughters. And, in granting this unconscious power, it has exposed many women to unjust and selfish demands from their husbands or other sexual partners.

Human rights are not a privilege conferred by government. They are every human beings entitlement by virtue of his hu-

manity. The right to life does not depend, and must not be declared to be contingent, on the pleasure of anyone else, not even a parent or a sovereign.

(From a brief filed by Mother Theresa asking the Supreme Court to hear a case involving Alexander Loce, who was convicted of trespassing when he tried to stop his fiancée from having an abortion.

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Lithuania's Historical Archives Cry For Help

The elderly man stood with tears in his eyes as he, his wife and three grown children viewed the fragile handwritten books in which the record of his parents' births had been recorded by parish scribes in 1887 and 1890. He had not known their exact birthdates and place of birth in Lithuania. They had married soon after migrating to the United States in the early 1900's and became a part of the Lithuanian American community that worked in the coal mines.

A few American relatives were seen through the years; but as the early immigrants died, the surviving generations realized they knew little of the mother country and the relatives who remained there.

The man is my husband. The desire to know more about the land of his parents and ancestors resulted in taking our family to Lithuania in June of this year. Our children now have an understanding of and appreciation for their heritage that had not even seemed real to them before the visit.

Until the Baltic countries gained their independence in 1991, it was not possible for the ordinary American citizen to hope to have access to documents that would settle mysteries and establish family generation charts. It was also easy to assume that all such records had disappeared during the years of occupation by various invading rulers. But that assumption was not correct.

Many of the original church registers which have been protected through the years are available in the State Archives in Vilnius. Some of these fragile pages are over 150 years old and therefore are damaged each time a search is made through them. No index is available so deterio-

ration is heightened as researchers attempt to locate a particular piece of information.

The historical archives collection contains about 1.3 million files from the oldest times through 1918. The archival holdings include acts issued by central and local government institutions of the Grand Duchy of Lithuania (15th to 18th centuries), and documents of ecclesiastical institutions and congregations.

Vital records of Catholics, Lutherans, Jews, and Orthodox of Lithuania prior to 1915 are among them. There are documents of institutions established by the Russian Empire in 1792-1918. These include records about the Lithuanian nobility and of prominent families such as Radvilos, Sapiegos, Tiskevicisi, Oginskiai and others.

Using the documents of genealogical character is very intensive work, and great care is given by the archivists to prevent damage; but that is a very hard task without proper, modern-day equipment.

To preserve the records and make them easily accessible to the public, computers, CD-ROM and /or microfilming equipment are needed; but because of the economic climate in Lithuania, there are few funds for the Archives to make these purchases. These procedures must be undertaken soon so that people of Lithuanian descent may have access to the birth, death, marriage records of years past.

The first task is to microfilm these vital records; then computerize and index them. Members of the archives staff are appealing to their brothers and sisters in the United States

(Continued on page 8)

Tennis Star Vitas Gerulaitis Dies

Lithuanians have lost another outstanding sports figure this year. Vitas Gerulaitis, Lithuanian tennis star died at the age of 40.

Gerulaitis was pictured in our Centennial Booklet along with other notable Lithuanians. Born in Brooklyn, NY, he was often referred to as the "Broadway Joe Namath of tennis."

His Dad, a Lithuanian tennis star introduced his son Vitas to the sport at the early age of nine but young Vitas didn't like the game. It was after he won his first tournament that he really became interested in tennis.

In 1970, Lithuanian tennis star Veronika took Vitas to the West Side Tennis Club in Forest Hills, NY. He was ranked ninth among his age group in America.

He teamed up with B. Treacher and together they won the Davis Cup in 1973. In 1974, he was numbered 47th among tennis players in the world.

In 1977, he beat John Lloyd in Australia and won the "Grand Slam" title.

Vitas played for the US in 1977 to 1980. In 1979, he won four out



VITAS GERULAITIS

of 22 tournaments and five out of six Davis Cups. At the end of 1979, he lost the US Open and lost again in 1980 in France.

He is remembered as one of the tennis stars of the "Golden Era," the time of such greats as Bjorn Borg, Jimmy Connors and John McEnroe.

Words of Wisdom from Mother Theresa

America needs no words from me to see how your decision in Roe v. Wade has deformed a great nation. The so-called right to abortion has pitted mothers against their children and women against men. It has sown violence and discord at the heart of the most intimate human relationships. It has aggravated the derogation of the father's role in an increasingly fatherless society. It has portrayed the greatest gifts - a child - as a competitor, an intrusion, and an inconvenience. It has nominally accorded mothers unfettered dominion over the independent



Mother Teresa

(Continued on page 2)

New Baby Is Cause For Community Celebration

In Lithuania, the birth of an infant was a happy occasion for the whole community. The entire village quickly learned of the event and the women made preparations to go visiting the new mother and baby.

Radynos was the term used for the visit paid the child and mother. Only married women, relatives and neighbors made this visit. Unmarried girls and men were not invited. The people were convinced that it was absolutely necessary to visit the woman in child-bed. After the mother had sufficiently recovered from the delivery, neighboring women made plans for the visit (usually on a Sunday afternoon, because they had more free time.) None went with empty hands: if gifts are not presented to the mother and infant, his whole future happiness may be jeopardized.

Women bring the food Men bring the drinks

The women brought their own refreshments, the most important being scrambled eggs. The guests also brought cheese, pancakes, cake and other snacks. Liquid refreshment was provided by the baby's father who served wine, cider, and sometimes even liqueurs. If the new mother did not feel strong enough, the table was pushed over to the bed so that she might participate. The visitors stayed all afternoon.

In the past, people tried to have the infant christened as soon as possible; in a week or two. In certain Lithuanian regions, it was believed that the christening must take place during the new moon because the individual will remain young longer and will have a youthful appearance. Elsewhere, it was thought that a person's appearance depended on the phase of the moon during which he was born; if

during the new moon, he will always appear young; if during the old phase, he will look old but will be rich. A person with a youthful look was said to have been "probably born during the new moon."

The main reason people hurried to christen their children was that many babies died. People believed that unbaptized souls did not enter heaven and they thus made every effort to "Christianize" the infant as soon as possible.

Christening celebration lasts at least two days

A child's christening was a great family occasion. In the old days, it was celebrated for at least two days. The christening consists of two basic parts: 1) the church ceremony during which the child is baptized, given a name and brought into the Christian community; 2) the return of the baptized infant home and the christening celebration.

A first-born child was often given a grandfather's or grandmother's name. It was also customary to select the name of the saint on whose feast day the child was born; a boy given his father's name will be very smart and strong. In the past, a boy's name was chosen by the father (or even godfather), the girl's name by the mother (or sometimes the grandmother). In more recent times, the child's name was picked by both parents.

Much thought was given to selecting good persons as godparents: the godchild was said to often follow in the godfather's footsteps. A girl grows up to be like her godmother, a boy - like his godfather. Persons who drink to excess are totally unacceptable as godparents for the child will be a drunk when he grows up.

If a person is asked to be a godparent, he or she cannot refuse for the child "will have no luck" and will be unhappy throughout life. In general, it is a great honor to be asked. People said that a person will never be invited to be a godparent if he is hit with a broom or a dishcloth, or someone sweeps dirt on his feet.

Christening garment provided by godparents

The christening garment is provided by the godmother or both godparents. If the godmother does not bring a christening dress and the baby dies in infancy, he will walk around naked in the other world. A person who keeps his christening dress all his life will be happy and wealthy.

The main and most essential members of a christening are the godparents and the infant. The baby's real parents and other family members remain on the sidelines. In days past, the parents did not even go to church for the baptism but remained at home awaiting the godparents and the baptized child. When women gave birth not in hospitals (as is common today) but at home, the "granny" or midwife called for the delivery played a vital role at the christening. She cared for the child and mother up to the christening and then went home. Because "grannies" are no longer summoned for childbirth, we will skip their role at the christening. If it is of interest, information may be found among the sources listed at the end of the book.

It used to be believed that the world is a very dangerous place for an unbaptized baby; evil eyes can cast spells, fairies can make a switch, evil spirits can kidnap or at least sicken him. A variety of rituals had to be performed to ensure that he will grow up big and strong, have good eyesight,

run fast, obey his parents, etc. Most of these beliefs, charms, and predictions have no meaning today, but some can be mentioned and even adapted to today's christenings because they are part of the national treasury of traditions and customs.

People were convinced that the time of a child's birth greatly influenced his character, appearance and way of life:

✓ A child born on Sunday will be very clever, happy and rich; he'll be good and generous, not envious; he'll be pious; a good worker and obedient;

✓ A child born on Monday will be unhappy; he'll be a successful merchant; a wealthy person or an idler;

✓ A child born on Tuesday; a musician; a merchant;

✓ A child born on Wednesday; a grouch; lazy; eloquent; respectful, good-natured;

✓ A child born on Thursday; fat; good and happy;

✓ A child born on Friday; thin; good-looking, successful in wooing the opposite sex; angry; contrary;

✓ On Saturday; will like order and cleanliness; respectful and good natured; very quick.

April 1st produces liars

If a child is born before a major calendar holiday, he will long retain a youthful appearance. Whoever is born on April 1st, will always be a liar.

A person born in May is loved by all, generous, good-looking, compassionate but poor.

Taken from Lithuanian Customs and Traditions by Danute Brazyte Bindokiene



Anthony (Tony) Muskas: Writer, Publisher, Promoter at Age 84

At age 84, most people are content to sit back and smell the roses, but not Tony Muskas of Larksville, PA. Tony smells the roses but only when he picks them, and this he does quite frequently.

Two beautiful roses, each in it's own crystal vase are set on either side of a family portrait on a credenza in his dining room. One rose is yellow, the other peach.

"Stand back here," Muskas says, moving a distance from the table. "Tell me which one is the real one."

They both appear freshly cut but the yellow rose is the live one from the garden.

"My wife Ann loved roses," Muskas says with a note of sadness. "I keep them here in her memory."

His wife of 63 years died this past February and for some time he was totally lost. This past summer he was talked into joining the Senior Citizens Center in Kingston and this has brought a little pleasure into his life as he mingles with his peers.

Tony's parents were Lithuanian immigrants arriving in America as newlyweds sometime between 1904-1905.

Tony admits being a terror as a young boy, causing his parents much grief. He was mischeivous and a daredevil and inevitably ran into trouble with the law. He was admitted to a school for wayward boys where he learned "crime does not pay."

Unable to cope with the confinement, in desperation he turned to prayer. After making a pact with God that he would attend Mass every Sunday and Holy Day for the rest of his life he was released before serving his full time. Muskas has never broken that pact.

He landed his first job as the age of 13 working as a bobbin-boy at a local silk mill. His pay was \$8 a week and after six

months he moved up to machine operator earning \$16 a week for a 72 hour week on the night shift.

He shifted from one job to another holding down a total of 33 positions in three short years. Through a quirk of fate, Tony landed a job in the local steel mill where he worked until it closed down 44 years later.

Muskas was married at the age of 20 and moved in with his wife's parents. Also living with them was his wife's 95 year-old grandmother who, at that time, was the oldest living resident in that area. She died at the age of 106.

When the great Agnes Disaster struck the Wyoming Valley in 1972 and the steel mill closed, Tony got a job as a caseworker for families devastated by the Agnes flood.

Later he became a park guard at Moon Lake, the camping and fishing ground he had known as a young boy. It was here that the idea of compiling all the wonderful experiences of Moon Lake was born and nurtured and soon developed in to a book. "I wanted other people to get to know and love this corner of God's world as I do," he said.

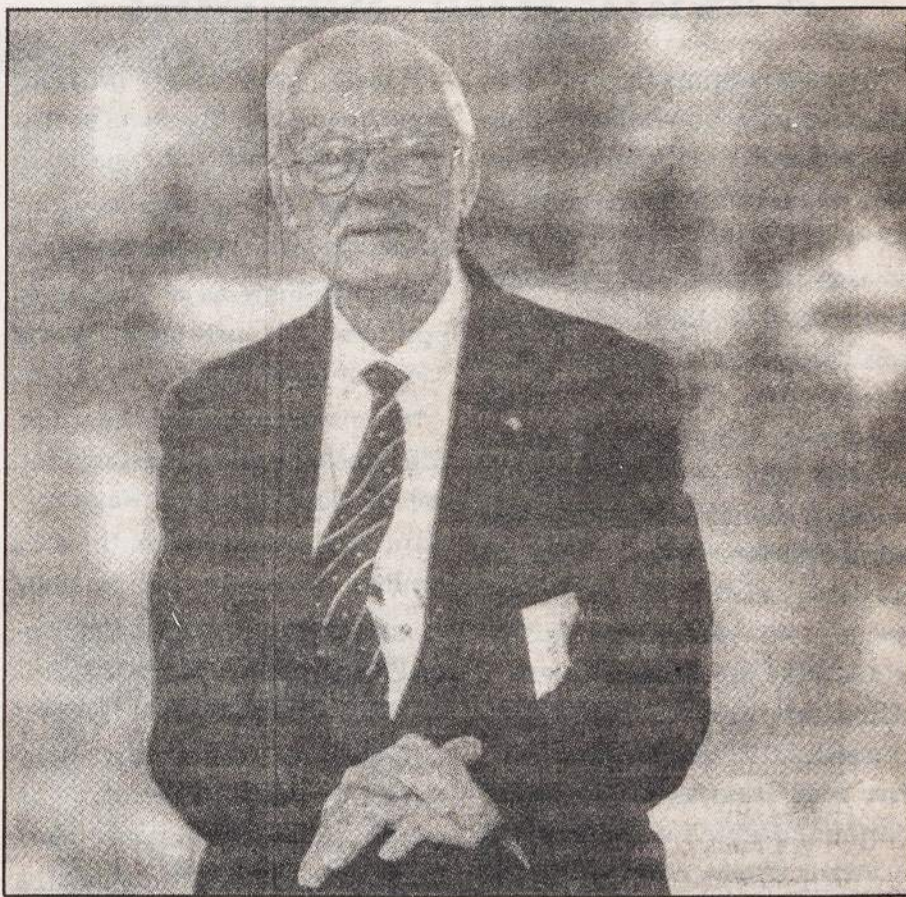
At 84 years young, he sat down at his typewriter picking out the keys one at a time and the book was born.

Face beaming, Muskas says, "I just love that place, it holds hundreds of interesting stories."

Those stories fill most of the 111 pages of the book titled, of course, "Moon Lake!"

"I have invitations to visit people from all over the country," Muskas says, "people who have camped at Moon Lake."

In the pages of his book he tells about a husband and wife from Hawaii who camp at Moon Lake each year. One asks why anyone in Hawaii would travel all the way to Moon Lake to camp and Tony is quick to let you know



TONY MUSKAS

that once you've been there, you'd understand.

The Hawaiian couple, Lenny and Lola, are school teachers and they fly out each year to visit their son in Oklahoma where they keep their camper and then drive to Moon Lake. Now retired, they spent seven weeks last year at Moon Lake.

Tony is far from finished writing. He proudly displays his portfolio which contains some of his future endeavors. One is a collection of words of wisdom which he has doubts about getting published. Two other manuscripts are ready, one on poker and the other a Polish cook book.

Asked why a Lithuanian is writing a Polish cook book, he gives a very logical explanation. "My meals for the past 63 years were prepared by my Polish wife

and I always told her she was the best cook in the world."

Tony has one brother and three sisters, all enjoying their senior years. He and his wife Ann had three children, a son and daughter living and one daughter, deceased. His family has grown to 12 grandchildren and 11 great-grandchildren.

Muskas doesn't believe in wasting his remaining years in front of a TV or seated in a rocking chair. He's too busy working on his books and arranging for the distribution. He has learned that just as soon as they are available they will be for sale at every Senior Citizen Center in the valley as well as many of the book stores.

The spunk of that mischeivous 13 year old is still there, only his speed limits have changed.

Russian Assessments of Washington Summit

Russian commentators from the reformist and liberal camp are generally taking a sanguine view of President Boris Yeltsin's US visit in terms of gaining a greater measure of international acceptance for Russia's "special role" in the former USSR.

According to the daily Segodnya, the talks demonstrated that "the sphere of Russia's economic, political, and humanitarian interests extends to the entire post-Soviet space....No one except Russia would take any steps to prevent ethnocratic trends in the Baltic countries. Of all the great powers, only Russia, with its vital national interests in the (ex-Soviet) regions - even if it defends those interests in often clumsy and contradictory ways - remains a real presence throughout the entire post-Soviet space" (30 September).

Russian TV's "itogi" program concluded that "Russian peacekeeping met with understanding from the US administration, while the (US) press saw this unambiguously as a division of spheres of influence along 'Georgia-Haiti' lines.

"The program claimed that the two presidents had agreed that the US role regarding Nagorno-Karabakh would be confined to sending observers and partially financing the peacekeeping operation (October 2). Yeltsin himself told Ostankino and Russian YVs that "we fully agreed about Karabakh that the Americans would send observers only. And they will partially finance (the peacekeeping operation) themselves. And that is all; their involvement ends there; the main share falls to us" (September 29).

V. Cocor RFE/RL

Yeltsin on Baltics Relations

At a press conference in Moscow on October 4, Russian President Boris Yeltsin said that the Russian troop withdrawal from the Baltic States had not been premature.

He commented that "If there are certain complications in our relations, they must be resolved without troops. Other countries that do not keep troops on one another's territory manage to settle their disputes somehow. We must learn to live in peace and political accord.

Noting that he had discussed the question of Russian military pensioners in the Baltic States with US President Bill Clinton, British Prime Minister John Major, and at the UN, Yeltsin said "all partners must be persuaded that the Baltic countries are wrong on that issue," but he offered no further explanation. He added that the withdrawal of troops would not limit Russia's "political activities" in the Baltic region, Germany, or elsewhere.

Bungs RFE/RL

Lithuanian Frigate in NATO Maneuvers

Lithuanian radio reports the "Zemaitis" returned to Klaipeda on October 10, after participating in the 10-day NATO exercise "Cooperative Venture 94" in the North Sea off the coast of Norway.

This was the first time that

Lithuania took part in naval Partnership for Peace maneuvers. Lithuanian armed forces commander in chief General Jonas Andriskevicius, who observed the training operations, noted that the ship successfully completed all its tasks

Rasa Melnikiene Parliament Candidate

The President of the Lithuanian Social Democratic Party has decided to support Centrist Union candidate Rasa Melnikiene in the November by-election in Kaisadorys. The parliament seat was held by Algirdas Brazauskas who resigned when he became president in 1993.

Four subsequent elections were deemed invalid due to insufficient turnout.

The Liberal Party also expressed its support for Melnikiene.

Earlier this month, the main opposition group, the right-of-center Homeland Union, nominated Liudvikas Sabutis as its candidate in Kaisiadorys. The ruling Lithuanian Democratic Labor party has not yet named a candidate.

Girnius RFE/RL

Call for Closer Lithuanian Ukrainian Relations

Lithuanian Seimas Deputy chairman Juozas Bernatoniš and Defense Minister Linas Linkevicius participated in the ceremonies in Kiev commemorating the 50th anniversary of Ukraine's liberation from Nazi occupation, radio Lithuania reported on October 10.

In talks with Ukrainian Parliament Chairman Oleksandr Moroz on October 7, Bernatoniš noted that Lithuania was interested in restoring close

relations between the two countries. These ties decreased after Lithuania and Ukraine regained independence. Bernatoniš said the process of restoring close relations should be aided by the planned visit to Ukraine in late October by Seimas Chairman Ceslovas Juršenas. The two leaders expressed the view that their countries should also cooperate in creating a legal basis for market reforms.

Girnius RFE/RL

Baltics Seek NATO Membership

BNS reported that during his visit to Vilnius early in October, British Defense Secretary Malcolm Rifkind and his Lithuanian counterpart, Linas Linkevicius, signed a memorandum on military cooperation.

The document is similar to the ones signed earlier in Riga and Tallin. Commenting on the Baltic States' prospects for joining NATO soon, Rifkind said the three countries should now focus on their participation in the Partnership for Peace program and on attaining associated membership in the European Union.

Estonian Foreign Minister Juri Luik, during his visit to the US, urged that the Baltic States be granted NATO membership - along with Poland, the Czech Republic, Slovakia, and Hungary - if a decision is made to expand NATO. He also stressed that the withdrawal of Russian troops from the Baltics was an important "step toward achieving security in the Baltic region. But it was only the first step. The problem of Baltic security has not yet been solved, not by far," BNS reported.

Bungs RFE/RL

Delicate Pastry Lithuanian Style

(*Trapus Kepiniai*)

The dough for these cakes is made in various ways. The basic ingredients are three parts flour, two parts butter, and one part sugar. During cooking, the fat leavens the cake, therefore, no baking powder or yeast is added to the dough. Fat does not absorb moisture; it also prevents the flour proteins from joining together. Therefore, a dough containing much fat is not smooth. If a smooth pastry dough is desired, so that it can be rolled out, add eggs, milk or water.

Only powdered sugar should be used for this type of pastry, as granulated sugar hardens the dough and does not distribute in the dough evenly.

Pastry dough is prepared more easily and quickly than other types of dough: all the ingredients of the dough are kneaded together on a pastry board or in a small bowl, then the dough is shaped into a brick and chilled. It is then rolled out from the center to all sides. When rolled out, proceed as directed in the recipe.

Using the same method but adding less fat, a less delicate pastry dough may be made.

Delicate pastry is used to make various cookies, squares, tortes, small cakes (tarts), and also pastries to be served with soups.

These cakes, when kept in a dry place, in a covered container, will keep a fairly long time without losing their taste.

ALMOND COOKIES

Migdoliniai Sausaineliai

- 2 3/4 cups flour
- 7 oz. butter
- 1/2 cup sugar
- 1/2 cup shelled almonds
- 3 eggs
- 1 tblsp. sugar (to sprinkle on top)

Grind almonds and cream with the butter. Then add two eggs and one egg yolk, the sugar,

and beat until smooth and fluffy. Add the flour, knead into the dough, and roll out to a thickness of 1/8 inch. Cut out various shapes of cookies, place on baking sheet. Brush cookies with egg white and sprinkle with sugar. Bake until golden.

SOUR CREAM COOKIES

Grietininiai Sausaineliai

- 3 3/4 cups flour
- 10 oz. butter
- 1 cup sour cream
- 1/2 cup powdered sugar
- 3 1/2 oz. nuts or almonds
- 2 tblsp. sugar (for sprinkling on top)
- 1 tsp. vanilla sugar
- 1 egg yolk

Chill the butter before making the dough. Quickly knead remaining ingredients into the butter, so that the butter will not melt from the warmth of the hands. Cover the dough with a cloth and put into the refrigerator for one hour. Roll out the dough to a thickness of 1/8 inch. Using cookie cutters, cut out various shapes of cookies, brush the cookies with beaten egg yolk and sprinkle with sugar and nuts. Bake in a hot oven.

NUT SQUARE

Riesutinis Plokstainis

- 1 cup flour
- 1 cup powdered sugar
- 5 oz. butter
- 7 oz. nuts or shelled almonds
- 6 eggs
- 6 bitter almonds
- 1 tsp. vanilla sugar

Cream butter until white. Add one egg yolk at a time, and one tablespoon of sugar at a time, beating well after each addition, until all egg yolks and sugar is added. When the mixture is smooth, add chopped or ground nuts. Beat well, then add flour and beaten egg whites. Mix

lightly and pour into baking pan lined with waxed paper or wafers. Smooth out the top of the cakes with a spoon. Bake 40-45 minutes in a medium oven. When done, sprinkle cake with powdered sugar.

The above recipes taken from "Lithuanian Cookery" by Izabele Sinkeviciute



PUMPKIN CAKE

Looking for a way to use up that Halloween pumpkin? Try this delicious pumpkin cake. You'll find it will disappear before you can manage to snatch a piece for yourself.

- 1 1/4 cups peanut oil
 - 1 cups sugar
 - 4 eggs
 - 2 cups mashed pumpkin
- Mix above ingredients until well blended.

Add:

- 3 cups sifted flour
 - 2 tsps. baking powder
 - 2 tsps. baking soda
 - 2 tsps. cinnamon
- Blend all ingredients and pour into large greased tube pan. Bake at 350 degrees for 1 hour.

For variations, add one cup of coconut or raisins.

GUILT-FREE CHEESECAKE

Graham Cracker Crust

- 1 1/4 cups graham cracker crumbs
- 2 tblsps. sugar
- 3 tblsps. margarine, melted

Combine graham cracker crumbs, sugar and margarine in 9-inch spring form pan; pat mixture evenly on bottom and 1/2 inch up side of pan. Bake in pre-heated 350 degree oven for 8-10 minutes or until lightly browned. Remove finished crust from oven and cool on wire rack.

Cheesecake Filling

- 3 cups fat-free cream cheese
- 3/4 cups sugar
- 2 eggs or you can use the equivalent cholesterol-free egg product
- 2 tblsp. cornstarch
- 1 cup reduced-fat sour cream
- 1 tsp. vanilla extract

In large bowl, beat cream cheese and sugar until light and fluffy. Beat in the eggs or their substitute, cornstarch and the vanilla. Add the sour cream mixing until all ingredients are well blended. Pour this mixture into the prepared graham cracker crust.— Bake in pre-heated 400 degree oven for 45-50 minutes or until cheesecake is set but still slightly soft in center. Turn oven off and let the cheesecake cool slowly in the oven with the door ajar for about 3 hours. Refrigerate overnight or at least 8 hours.

Eat plain or top with fruit of choice.

DESIRE

Lord, grant that I may always desire more than I can accomplish.

--Michelangelo

HONOR

No person was ever honored for what he received. Honor has been the reward for what he gave.

--Calvin Coolidge

OPPORTUNITY

There is no security on this earth; there is only opportunity.

--Douglas MacArthur

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Obituaries

John C. Zekas Dies

John C. Zekas, 300 Courtright Avenue, R-101, Wilkes-Barre, PA died October 24, at the Riverside Ridge Retirement Home. Mr. Zekas and his wife, Julia, were the subject of a Feature story in Garsas in March of 1993 at which time they were celebrating 67 years of wedded bliss.

A Mass of Christian Burial was celebrated at St. Mary's Annunciation Church, Kingston, with interment at St.

Mary's Annunciation Cemetery, Pringle.

In addition to his wife, the former Julia Vitkauskas, he is survived by three married daughters, eight grandchildren and three great-grandchildren.

Mr. Zekas was a member of Lodge 7 for 65 years.

Sincere sympathy is extended to his lovely wife Julia and her family.

MESKAUSKAS,

Anthony.....Lodge 83

2712 N. Main Ave.
 Scranton, PA 18508
 Died: 10/14/94
 Buried: 10/17/94
 Fairview Memorial Park
 Elmhurst, PA

HICKS, Mary.....Lodge 109

502 Stanley St.
 New Britain, CT 06051
 Died: 10/3/94
 Buried: 10/6/94
 St. Mary's Cemetery
 New Britain, CT

STUKAS, Antanas.....Lodge 95

2941 West 71st St.
 Chicago, IL 60629
 Died: 9/12/94
 Buried: 9/17/94
 St. Casimir's Cemetery
 Chicago, IL

"If a man loses reverence for any part of life, he will lose his reverence for all life."

Albert Schweitzer

(Continued from page 3)

to help them so they can help you in finding your roots.

Donations from interested persons to purchase this equipment will hasten the process. Contact Alfonsas Tamulynas, Vice-Director, Lithuanian State Historical Archives, 2015, Gerosios Vilties 10, Vilnius, Lithuania, telephone 66-72-17. Your help is desperately needed.

Submitted by Anthony and Verna Banes, Texas.

Abortion stops a beating heart



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