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# L.C.A. Plays Cupid Shooting for New Members

*by Florence Eckert*

**Roses are Red  
Violets are Blue  
We Need New Members  
How About -- "You?"**

In 1926, membership in the Alliance reached a record 19,005.

A large part of that membership was made up of married couples who had emigrated from Lithuania to America.

The average age was probably 25 or 30 and most of the men found work in the coal mines.

Old country folk were conservative. They put every penny earned to good use and when a new baby arrived the parents saw to it that the child had insurance coverage.

Looking at these age figures of the emigrants who enrolled in the Alliance when it was first formed and noting this fraternal will be celebrating its 109th birthday this year, it isn't very difficult to figure wherein lies our decline in membership.

Twenty-five and thirty year-olds who took policies with us in 1886 have long passed away, as have many of their children.

To offset those figures is a real challenge in today's society. Contests with TV's, Stereos, and Household Appliances just don't work anymore because we are a society of plenty. If our children want something, we just go out and buy it for them. A cash

award has to be more than a five figure amount to draw any interest simply because people only have to lay out one measly dollar with no additional effort and they have a chance of coming up with millions. Sure the odds are great, but the chance is always there.

We have to count on members taking an interest in the welfare of their families. Once they are signed up as members of the Lithuanian Catholic Alliance, they are entitled to certain benefits that assist in time of need. Why not provide for that new addition to the family now so that as the child grows, he/she could turn to LCA should the need arise.

How many of your friends or relatives know about our "New Baby Policy?"

Well, it's not really for new babies only but what better gift could you give a new grandchild, niece/nephew or other relative?

There'll be plenty of time to buy that little angel gifts of toys, games, and all the other luxuries life has to offer for birthdays, graduations, weddings, etc. Now is the time to be practical.

For just \$106 you can have the child insured for life with coverage of \$2,000. Her Mom and Dad will appreciate this because they won't have to worry about monthly payments. New par-

ents are too busy to think about insurance and when it's not done soon after the baby is born, too often it gets put on the back burner and is forgotten.

Fill out the form on Page 5 and mail it in. We'll see to the rest. Happy Valentine's Day.



**Be A  
Good  
Valentine!**



**Tell Someone  
You Love  
About Membership in  
the  
Lithuanian Catholic  
Alliance**

# Florence Eckert ... Want to See a Miracle?

It was an ordinary day of the week. I just got home from work and was about to prepare my dinner, when my phone rang. The caller was a friend who hurriedly told me to tune in Phil Donahue and she hung up.

I refuse to watch any of these talk shows which I put on the same level as the Super Market Tabloids but the urgency of my friend prompted me to do as she requested.

Just as soon as I tuned in the program, I had the answer to her urgency. Mr. Donahue was standing by a statue of the Blessed Virgin Mary which was shedding tears. I was later to learn that the tears were artificially produced by a guest on the panel.

We don't have space here to explain the hour long show, but let it suffice to say the Catholic church took a beating as usual.

Seated on the panel were people who claimed miracles with statues, pictures, etc. Also seated with these guests was a man whom I believe was supposed to be some kind of scientist.

Making light of crying images, he demonstrated (I missed that part) on a statue of the Virgin Mary, how he could perform his "magic" and have tears flow from the statue's eyes. To prove his point, he could have used a statue of "Dumbo," or himself, and not the image of the Mother of Jesus whom Christians honor.

Frankly what he did is not too difficult to believe. We've seen David Copperfield supposedly make the Statue of Liberty as

well as a Jumbo Jet disappear right before our eyes.

But could he do it over and over again without any preparation or a crew of assistants? Could the guest on Phil's show take any statue from anyone on the stage and duplicate what he did with his own prepared statue. If so, why didn't he do it for the man on the panel who requested it? More importantly, why didn't Donahue insist it be done?

My phone never stopped ringing. You see, for the greatest part of my life, I spoke on the message of Fatima at churches, schools, Communion Breakfasts, etc., so there are many people aware of my devotion to the Mother of God and they wanted to be sure I was tuned in.

Because of the ringing phone, I could not keep up with every detail of the program but I saw enough to get me to sit down and write Mr. Donahue a letter - a three-page letter - expressing my views on the way the presentation was misrepresented. I don't expect to get anything more than a form letter reply but that never stops me from expressing my views.

I am not about to pass judgement on the guests seated on the panel or on the thousands of others who claim to see tears on statues, blood on pictures and visions.

"For those who believe, no explanation is needed and for those who don't believe, no explanation will suffice."

Of the thousands who claim miracles and apparitions, the

Catholic Church has recognized but a very small percentage. That is not to say all those not recognized are not worthy of belief. But the church treads lightly and much study is undertaken before a public or private miracle is recognized by the church. Three of the most widely publicized are Fatima, Lourdes and Rue De Bac (Miraculous Medal).

Man is a curious creature. We want to delve into the unknown. Fortune tellers, astrologers, psychics, all tend to draw people like magnets. Many Christians will travel thousands of miles and spend life-savings to see miracles.

I saw a miracle this morning! There were no TV cameras there, no interviews, no press conference, yet this miracle I witnessed is the greatest miracle in the world!

Maybe 20 or 30 people were present. The priest held up a piece of unleavened bread, a thin wafer, and looking up to Heaven, called on God the Father to change that bread into the body and blood of Jesus Christ. I witnessed the greatest miracle in the universe!! Could anything surpass that moment!!

Not only did I witness this miracle, but I was able to approach that altar and receive the Body, Blood, Soul and Divinity of our Lord and Savior, Jesus Christ!!!

Why busy yourself looking for miracles when you have the greatest miracle taking place in your own neighborhood just for you and free of charge!!!

All other true miracles when they do occur have but one purpose, to lead doubting Thomas's to the one true miracle, the Eucharist, present on all altars in every neighborhood throughout the world.

Miracles and visions are used by Heaven to remind us of the

words of the Gospels -- Pray, Repent, Return to God. These are messages from a loving Father to His erring children. A Father who so loves us that He gave His only Son to help save our souls. A Father who loves us so much He sends His Heavenly Mother to warn us of punishments to befall mankind if we do not repent.

Yet man continues to ignore those pleas for prayer and man is being punished with continuous wars and natural disasters.

For those who need miracles to prove God's existence, I suggest you visit your neighborhood church tomorrow morning and look at the piece of bread when the priest holds it up. Listen to his words when he calls on the Lord to transform it. I promise you - you will see a miracle -- the greatest miracle ever performed on earth!!

And if you would like to see another miracle, I suggest you visit a delivery room and witness the miracle of birth. That tiny helpless infant delivered by its mother has every organ, limb and body part needed to see it through the next 100 years or as many as the good Lord allows. Yet the mother didn't attach or design any part of that child. In the first few weeks it was formed in her womb that little human being had a stomach, liver, kidneys, lungs, arms and legs and a little heart that was beating. Is this a miracle or what?

Want to see a miracle? There's one taking place right now!



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## Yeltsin Warns Baltic States About Territorial Claims Against Russia

While visiting the Estonian-Russian border in Pskov Oblast recently, Yeltsin categorically ruled out any border changes with Estonia, Latvia, or any other country. He noted that the Russian border with the Baltic States, especially with Estonia, was poorly equipped in comparison with the former USSR's Baltic border and recommended that the frontier be made more secure.

He added, however, that Russia would "not build an impassable border here." Despite Yeltsin's

stern warning, Russian Foreign Minister Andrei Kozyrev asked journalists not to view the visit as "confrontational," adding that it should be viewed "as an outstretched hand" toward Russia's neighbors, interfax reported.

The Estonian Foreign Ministry said that Yeltsin's visit was a manifestation of "Russia's policy of unilateral steps with regard to the border issue" and that it highlighted the need for the issue to be resolved on the basis of international law.

BNS

## U.S. Composer Philip Glass Visits Lithuania

U.S. composer, Philip Glass traveled to Lithuania for the European premiere of his symphonic portrait "Itapu." The Lithuanian National Symphony was under the direction of maestro Dennis Davies, with Latvia's National Academic Choir performing.

Next year, Glass' opera "Orpheus" will be performed in Vilnius. Philip Glass has Lithuanian connections; his first wife was Lithuanian and the first public concert in New York City took place at the Jonas Mekas film center.

ABN

## Lithuanian President meets with Pope John Paul II

In the first official visit to the Vatican by a Lithuanian head of state, Algirdas Brazauskas met with Pope John Paul II in December.

He also met with Secretary of State Cardinal Angelo Sodano.

Brazauskas attended the signing of an Italian-Lithuanian agreement on investment protection and promotion as well as protocol on cultural cooperation by Foreign Minister Povilas Gylys and Italian Deputy Foreign Minister Franco Roccjerta.

RFE/RL

## Baltic Leaders Reject Yeltsin's Human-Rights Allegations

In his address to the CSCE conference in Budapest, Russian President Boris Yeltsin again claimed that the human rights of "millions of Russians" in some CIS countries and the Baltic States" were being violated. He also said that Estonia, in particular, was oppressing the Russian Orthodox Church.

These charges were rejected by the presidents of the Baltic States when they addressed the

conference later. The Baltic leaders also objected to the inclusion of a statement in the summit's final document expressing concern about the observance of human rights in their countries.

Latvian Foreign Minister Valdis Birkava told BNS that "the Baltic issue" will apparently not be included in the final document.

RFE/RL

## Lithuania Seeks to Regain Embassy in Rome

Lithuania's President Algirdas Brazauskas recently made a three-day visit to Rome.

He was accompanied by Foreign Minister Povilas Gylys, several parliament deputies, and a group of businessmen.

He had an hour-long meeting with his Italian counterpart, Luigi Scalfaro, and shorter meetings with Senate Chairman Carlo Scognamiglio, Chamber of Deputies Chairperson Irene Pivetti and Italian businessmen. Scalfaro said he would tell the Foreign Ministry to pay more attention to Lithuania's request to regain its embassy in Rome,

which was seized by the USSR after World War II and is still used by Moscow.

RFE/RL

## NATO Accepts Lithuania's PFP Program

NATO Secretary-General Willy Claes approved Lithuania's individual Partnership for Peace (PFP) program in a meeting in Brussels.

Foreign Ministry Secretary Albinas Januska told RFE/RL's Lithuanian Service that although 24 countries have signed up for the PFP program, Lithuania is only the ninth to have its individual program approved.

The other eight are Sweden, Finland, Poland, Hungary, the

## Lithuanians Moving South and West

The 1990 U.S. Bureau of the Census lists Illinois, New York and Pennsylvania as the three states with the largest Lithuanian-American population.

A large part of the membership of the Lithuanian Catholic Alliance resides in these three states however many Lithuanians are now moving South and West.

Over the last decade, Florida has seen an increase of 47% in

the Lithuanian-American population. California came in second followed by Texas.

The Lithuanian-American population in the United States now numbers 811,865 persons, an increase of 69,000 between the years 1980-90.

Comparable data only goes back to the 1980 census due to the fact that before that year, the census takers did not ask a person's ancestry.

## Bits From The Baltics

Lithuania's Seimas recently approved a salary raise for President Algirdas Brazauskas. Instead of \$343, Brazauskas will now earn \$1,104 per month.

A reader of BNS commented that Lithuania's president makes almost as much as a school kid working a summer job at McDonalds.

The Ebert Fund, a German organization that studies political climate in Europe and the

former USSR in its latest October survey published the following report.

Of 615 ex-Red Army officers who were asked, "Who's Russia's greatest enemy today?," 49% answered Latvia. Next in descending order were, Afghanistan, Lithuania, Estonia, and (in 5th place), the United States. To the question, "Who's Russia's friend?," 86% listed Belarus, India and Kazakstan. **BNS**

Czech Republic, Slovakia, Romania, and Bulgaria. Januska suggested at a NATO hearing that an "associate status" be given to candidate coun-

tries not considered ready for full membership and a "special strategic relationship" to countries that did not desire to become full NATO members.

RFE/RL

## Home Builders Honor Sadauckas

George Sadauckas, Trustee of the Lithuanian Catholic Alliance was presented an Honorary Lifetime Board Membership in recognition of his outstanding dedication to the Greater Lackawanna County Home Builders Association.

Mr. Sadauckas has been a registered member of the National Association of Home Builders since 1986.

He was previously singled out by the Greater Lackawanna Home Builders Association in 1987 for Appreciation of Service and for Recognition of Outstanding Service as Executive Officer from 1985-1991.

Mr. Sadauckas is also a Life-member of Taurus and an officer of the Lithuanian Beneficial Association for 49 years. The



George F. Sadauckas

most recent elected position he held was President of the Northwest Fraternal Association.

Along with his duties as Trustee of LCA he is also Secretary of Lodge 155 and a very active recruiter of new members.

## Lithuanian International Theatre Festival

The second Lithuanian International Theatre Festival will take place in Vilnius, Lithuania, May 12 - 21, 1995.

Following its first successful edition in 1993, the LIFE Festival became the biggest one in the Baltics.

Some of the countries that have registered to participate in-

clude, France, Spain, U.S.A., Belgium, Great Britain, Russia, Sweden, and Lithuania.

If you are interested in attending and would like more information, write to: Office: J. Basanavicius 5, 2600 Vilnius, Lithuania or phone: (370 2) 625158, Fax (370 2) 621082.

## Alien

(Continued from page 5)

Parents may fill out cards for their children under age 14. Legal guardians of aliens in custodial care should fill out the address reports for such persons.

The immigration officer, Mr. John W. Holland, said any alien who is ill may send a friend or relative to obtain the address report card for him, and return the card after it is filled out.

After filling out the card at a Post Office or immigration office, the alien then gives the card to a clerk, and he has fulfilled his obligation under the Act.

The spokesman warned that any alien who willfully violates the address report provision of the law may be fined up to \$200, imprisoned for 30 days, and deported.

Garsas December 22, 1955

## Ceremonies to Mark Lithuania's Independence

Ceremonies marking Lithuania's Independence will be celebrated in Wilkes-Barre, at the Luzerne County Courthouse, February 16, beginning at 9:15 a.m.

Flag raisings will also be held in Scranton and Pittston.

## Single Premium Life A Good Buy Anytime

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5	116	30	264	55	678
6	120	31	274	56	702
7	124	32	284	57	726
8	128	33	296	58	752
9	132	34	306	59	778
10	136	35	320	60	804
11	140	36	332	61	832
12	144	37	346	62	860
13	150	38	360	63	888
14	154	39	374	64	918
15	160	40	388	65	948
16	164	41	404	66	978
17	170	42	420	67	1,006
18	176	43	436	68	1,038
19	180	44	452	69	1,068
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22	198	47	506		
23	206	48	526		
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 \$5,000  \$7,500  \$10,000

**HAPPY VALENTINE'S DAY!**

# 40 Years Down Memory Lane

*Taken from the Pages of Garsas 1955*

## Communists Continue Anti-Religious Campaign

The Russian people continue to be told by their Government that religion "is a spiritual poison" which serves "class exploitation," the U.S. Information Agency reports.

In dispatches to its overseas, the Information Agency quotes that message from a Russian language broadcast by the Grozny radio. The Soviet station also said that Eastern peoples created God "as a reflection of monarchy on earth...Thus we see that God did not create man, man created God."

At the same time, Soviet communist party leaders in the Odessa region of the southern Ukraine were told to strengthen anti-religious propaganda, the Information Agency says. The Odessa radio warned: "Some time ago, great work was done in the field of atheistic propaganda, but now its tempo has slackened markedly. It is the duty of party organizations to pay the most serious attention to the intensification of anti-religious propaganda, and to make it militant and aggressive."

Similar warnings to communist party workers have been issued in other regions of the USSR, the Information Agency says.

The Soviet ideological journal *Kommunist* also made it clear that the new "flexibility" in communist tactics does not include relaxation of the fight against religion. The Information Agency cites an article in the communist publication which declares: "It is particularly important to underline the requirement of a scientific atheist direction to our propaganda work. Lenin pointed out, 'We must struggle against religion. This is the ABC of all ma-

terialism and, consequently, of Marxism. But Marxism is not materialism stopping short on the A, B and C. Marxism goes further. It says that one must know how to struggle against religion and for this it is necessary to know how to explain materialistically the source of faith within the masses.'"

*Kommunist* declared that "against the religious point of view, Marxism counterposes...the materialistic method of explaining nature, society and thought," the Information Agency reports.

## Record Number of Children Born

This month the White House Conference on Education will be confronted with the fact that 6,000 children are born in this country daily. As somebody has calculated, that is 2,200,000 a year. Population of the United States will soon reach 200,000,000.

Delegates to the Conference have been asked to study such questions as these, as related by commentator Bob Considine: "What should our schools accomplish?...In what ways can we organize our school systems more efficiently and economically?...What are our school building needs?...How can we get enough good teachers and keep them?...How can we finance our schools, build and operate them?...How can we keep the public interested in the whole complex problem?"

Neil McElroy, president of Procter and Gamble, is Chairman of the Conference, and his chief worry is finding enough teachers and paying them enough to keep them. The

principal of a High School resigned recently and took a job as a truck driver, so he could educate his own children. If the Conference solves this one, it will be doing something.

How does it happen that the birth rate has taken such a jump? During the depression years, there was a drastic drop in the birthrate, but after World War II there was a tremendous increase. In the past ten years, there has been a 33% rise in school population, and it is said there will be a similar rise in the next 10 years. The reader may draw various conclusions. The low birthrate during the depression results today in a shortage of teachers. The high birthrate recently means that the tremendous number of youngsters will in another 10 years commence marrying and producing children. It is a growing bag of problems. A situation that poses problems for some may be an opportunity for others. We wish the best for those tackling the problems. The opportunity is in the fraternal benefit societies. They started the movement for adequate protection, and their plans were so much better than small industrial policies, many of the commercial companies began to follow suit. We have observed the fraternal societies actually making gains are those that promote their junior business and youth activities. Many of the societies writing new business in large volume are writing more junior applications than adult. The future is being unlocked for those societies.

When we speak of opportunity, we do not mean just the opportunity to write more business.

With a record number of children born, the Church, of course,

stands first in character moulding. Fraternalism is adjunct to the Church and can supplement the Church activities. We hear so much about lack of interest in lodges and fraternal activities. This can be corrected by the fraternal societies in a comprehensive Youth Movement. A start has been made, and the enthusiastic pioneers need to have their numbers increased by other enthusiasts.

(The Fraternal Age)

## 1956 Alien Address Report Program

Washington, D.C. -- Commissioner J. M. Swing announced today the Immigration and Naturalization Service expects some 2,600,000 aliens to report their addresses in January under the 1956 Alien Addresses Report Program.

The Commissioner explained that under the 1952 Immigration and Nationality Act every alien in the United States must report his address to the service each January.

More than 2,300,000 aliens filled out cards last January under the program, and the figure is expected to reach more than two and one-half million in 1956.

The immigration spokesman pointed out that every noncitizen (except persons in diplomatic status and foreign representatives assigned to the United Nations) in the United States must report his address to the Government each year in January.

He said each alien must fill out a registration card available at U.S. Post Offices or at the nearest immigration office.

(Continued on page 4)

# Valentine Baby Celebrates 100th

"Love Jesus and the Blessed Virgin Mary, pray, don't baby yourself, and never think of your age." Good advice for a long healthy and happy life and it comes from one who knows.

Julia Bendock, daughter of a Lithuanian immigrant, has practiced the above way of life and can prove it works. Julia celebrates her 100th birthday anniversary on February 14, and this Valentine baby is still the Queen of her domain.

Rising about 6 a.m. she is up until somewhere around 11 p.m. without any afternoon nap.

She cooks breakfast, straightens the apartment, dusts a little and just enjoys the rest of the day with her friends at Park Towers Apartments in Nanticoke, PA.

Last year, she had a little setback when she was hospitalized after suffering a fall and fracturing her pelvic bone and injuring her leg.

But they couldn't keep this Lithuanian gal down very long. She's up and around and once again looking after herself.

Asked if she has meals on wheels bring her lunch or din-

ner, I got a quick reply. "Are you kidding? They were O.K. when I came home from the hospital, but there's nothing like my own cooking."

Julia was quick to tell us she appreciated the home delivered meals but now that she's up and around, she prefers her own specialties.

What are some of her favorites? "Bleenies" of course, "and I make good ones," she says. Being a lover of these potato pancakes myself I reminded her they have too much fat, they're not good for you. She bounced right back with, "they're good for me!" You don't think I was about to tell her she was wrong.

A widow for 53 years, she looks back on the early years of her married life. She and her husband Joseph operated a cafe in Nanticoke until prohibition came along and they were forced to close. They relocated and opened a grocery and butcher shop. When prohibition ended, they returned to the old neighborhood in Nanticoke and opened another cafe. After her husband died, Julia ran the business for 23 more years and

*by Florence Eckert*

then was forced to close when Redevelopment took over.

How does she think she'd make out with a cafe in the 90's? "I don't think I'd be here today if I were in business," she said. She voiced her opinion on today's problems with youth putting the blame on the parents. "The parents are to blame," she said. "they just don't talk with their kids anymore."

Talking with Julia I felt like I was speaking with a friend in her late 50's or early 60's. She's a very quick thinker and doesn't hesitate to say what she feels. Does she visit the doctor very often and is she on a lot of medication like many older senior citizens? "No way," she replies, "I seldom go to doctors, you live longer."

"Don't sit around and complain," she advises, "and don't get angry." Although she and her husband were operators of a cafe for many years and she continued to run the business herself after his death, Julia proudly states, "I have never cursed in my life."



*Julia Bendock up and around after her recent operation*

Julia had four children, two sons who preceded her in death and two daughters, one living in Delaware and the other in California. She has six grandchildren, 10 great grandchildren and one great-great-grandchild.

Do you want to live a long life? I don't think you could get any better advice than what you've read on this page. Julia has found the secret and is passing it on to you.

## Letters to the Editor

I want to thank our readers for the nice letters we receive from time to time but due to limited space do not get those kind words in print.

We thank all of you out there who sent Christmas and New Year's greetings and extend Best Wishes from all of us here at the Home Office.

An interesting part of any Editor's day is opening the mail. Fortunately for me that mail has almost always lifted my spirits. Included here are a few paragraphs from some mail received this month.

**Dear Florence:**

Enclosed find a check for my

mother's and my renewal of Garsas. We read it cover to cover as soon as it arrives in our mail. Thank you for producing such an interesting Journal.

**Love,**

**Mrs. Margaret Towers**

**Garsas Editor:**

**Florence Eckert**

I am enclosing a \$5 check to renew my subscription. I enjoy reading the Garsas newspaper very much. Thank you. God Bless You and a Healthy year ahead.

**Yours truly,**

**Mrs. Nellie Grzelka**

**Dear Florence,**

I want to say "thank you" for your wonderful short stories. I can't wait until each issue of the Garsas comes so I can read your stories, they certainly remind me of my childhood. They make me think of the old neighborhood, the Holy Trinity Church. You see we were neighbors and friends from the "1940's."

The nuns at St. Casimir's Motherhouse also enjoy your writings and all the news in the Garsas. Keep up the wonderful work.

**Sincerely,**

**Marion (Diamonds) Novick**

**(Editor's Note:)**

Thanks Marion and I do remember you and were you to ask me I could still rattle off the names of all the children in your family as your mother called you in for supper. There is no calling anymore - children don't play outdoors like they used to. Their little bodies are glued to an electronic game or the TV.)



# RECIPES



## BAKED CHICKEN BREASTS IN WINE

(With Mushroom Rice Pilaf)

- 3 large chicken breasts, boned, skinned and halved  
Salt and pepper to taste  
1/2 cup dry white wine or dry Vermouth  
3/4 tsp. tarragon  
1 large clove garlic, halved  
3 to 4 tblsp. grated parmesan cheese  
Paprika

Season both sides of chicken pieces with salt and pepper. Mix wine, tarragon and garlic. Add chicken, marinate at room temperature for one hour, turning occasionally. Fold chicken in half lengthwise. Place in greased 10 x 6 x 2 inch baking dish. Pour on marinade. Sprinkle with cheese and a little paprika. Bake uncovered in preheated 350 degree oven 30 to 35 minutes or until tender. Serve on Rice Pilaf.

## MUSHROOM RICE PILAF

- 1 c. rice, uncooked  
1 tsp. salt  
1/2 lb. mushrooms sliced  
1/4 c. butter or margarine  
5 large green onions, white part only, sliced to make 1/2 cup  
2 c. College Inn Chicken Broth

Place rice and salt in greased deep 2 quart casserole; set aside. In a large saucepan, saute mushrooms and onions in butter until tender, stirring occasionally. Add broth and bring to a boil. Pour over rice; stir, cover. Bake in 350 preheated oven 25 to 30 minutes or until rice is tender and liquid absorbed. Let stand 5 minutes. Fluff with fork. Makes 4 to 6 servings.

## CHUNKY CHEDDAR CHILI

- 1 lb. ground beef  
2 medium onions chopped  
1 c. chopped green peppers  
1 can (1 lb. 12 oz.) tomatoes  
1 can (8 oz.) tomato sauce  
2 tsp. chili powder

- 2 Tbsp. sugar  
1 tsp. salt  
1/8 tsp. paprika  
1 can (15 1/2 oz.) kidney beans, drained  
4 oz. cheddar cheese, cubed

Cook and stir ground beef, onion and green pepper in large skillet until meat is brown and onion is tender. Drain off fat. Stir in remaining ingredients except kidney beans and cheese. Heat to boiling. Reduce heat; cover and simmer 2 hours stirring occasionally or cook uncovered about 45 minutes. Stir in beans. Heat: top with cheese just before serving. Yield - 5 (1 cup) servings.

## CHOLESTEROL FREE FRUIT LOAF

- 1 3/4 c. all purpose flour  
2 tbsp. packed brown sugar  
2 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. ground cinnamon  
1/2 c. Rich's Coffee Rich  
3/4 cup mashed ripe banana  
2 egg whites  
3 tbsp. corn oil (or Canola)  
3/4 c. oat bran flakes cereal  
1/2 c. seedless raisins  
1/2 c. chopped or snipped, pitted dates  
Pam cooking spray

Combine flour, brown sugar, baking powder, baking soda, and cinnamon in a mixing bowl. Add enough water to Coffee Rich to make 1 cup. Add to flour mixture along with bananas, egg whites and oil. Mix to blend. Fold in cereal, raisins and dates, mixing just to blend. Pour into 8 1/2" x 4 1/2" x 2 1/2" loaf pan which has been sprayed with Pam, to coat well. Bake at 350 degrees for 1 hour or until toothpick inserted in center comes out clean. Cool completely before slicing. Makes 1 loaf. (16 servings)

## BEEF AND BROCCOLI

- 3/4 lb. boneless beef sirloin steak  
1 tbsp. vegetable oil  
1 clove garlic, minced (or garlic powder to taste)  
1 med. onion, cut into wedges  
1 (10 3/4 oz.) can Campbell's cream of broccoli soup  
1/4 c. water  
1 tbsp. soy sauce  
2 c. broccoli flowerets  
1 (12 oz.) bag wide egg noodles

Slice beef across grain into very thin strips. In skillet over medium-high heat, cook beef and garlic in hot oil until beef is browned. Add onion and cook five minutes more stirring often.

Stir in soup, water and soy sauce. Heat to boiling. Add broccoli. Reduce heat to low. Cover and simmer five minutes or until vegetables are tender. Serve over cooked noodles. Serves 4.

## CABBAGE-POTATO SOUP (Bulviene)

- 2 large potatoes  
1 small head cabbage  
1 qt. water  
1 qt. milk  
Salt and pepper to taste  
1 tbsp. butter

Boil peeled, diced potatoes and shredded cabbage in water until potatoes are done. Pour in milk; salt to taste, add dash of pepper. Heat. Add butter. Cubed carrots can be cooked with potatoes for color contrast.

(Popular Lithuanian Recipes)

## CABBAGE CROQUETTES (Kopustu Kotlietai)

- 2 small heads cabbage  
1 small onion  
1 tbsp. butter  
salt to taste

- 1/2 tsp. chopped parsley  
1/2 tsp. dill  
3 eggs  
Bread crumbs

Quarter and core cabbage. Boil in water until almost soft. Drain. Put through grinder. Add onion which has been chopped and lightly fried in butter, parsley, dill and eggs. Add enough bread crumbs to hold form. Shape into croquettes. Roll in fine bread crumbs. Fry in butter. (Popular Lithuanian Recipes)

## "CRACKLINGS" (Spirgucia)

Baco-Bits are nothing new to Lithuanians who have been making their own for ages. In English they're known as "Cracklings" and in Lithuanian, "Spirgucia."

Use thickly sliced or slab bacon, or fat cut from baked or boiled ham or shoulder. Cut into uniform 1/4 to 1/2 inch dice. Place in heavy skillet over moderate heat. Stir occasionally with long-handled fork. When fat is all rendered and cracklings are uniformly crisp and light brown, pour off melted fat through strainer. Cracklings may also be fried in a moderate oven. Stir occasionally and watch carefully when nearly done to prevent scorching.

Cracklings are used on potatoes, vegetables, dumplings, etc. and as a basis for many Lithuanian sauces and gravies. They may be served as is with bread, or lone as a cocktail snack. (Popular Lithuanian Recipes)

(Editors Note: If you're watching your fat and cholesterol intake, check with your nutritionist before trying "Cracklings.")

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# Obituaries

**DODA, Eleanor.....Lodge 82**  
50 Bayard St. Apt. 40  
New York, NY 10013  
Died: 12/13/94  
Buried: 12/21/94  
Calvary Cemetery  
St. Louis, MO

Michael Ladish, writing in memory of his Aunt Eleanor Doda mentioned that she graduated from John Jay College with great pride at the age of 60. She was a member of the Alliance for 57 years.

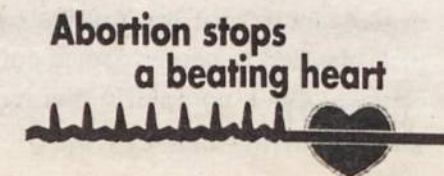
**SVIRTUNAS, Anna...Lodge 141**  
33 Hillcrest Ave.  
Brockton, MA 02401  
Died: 1/5/95  
Buried: 1/7/95  
Calvary Cemetery  
Brockton, MA

**KONDRAT, Anna....Lodge 222**  
110 "F" Garden Drive  
Pittsburgh, PA 15236  
Died: 1/9/95  
Buried: 1/12/95  
St. Joseph's Cemetery  
West Mifflin, PA

**BURBA, Joseph G.....Lodge 8**  
7140 Sidley Road  
Thompson, OH 44086  
Died: 1/15/95  
Buried: 1/19/95  
All Souls Cemetery  
Chardon, OH

Sincere sympathy is extended to John Butnor Jr., member of Lodge 1, on the death of his father, John Butnor Sr., which occurred January 9, 1995.

Sincere sympathy is also extended to Albina Serafin, member of Lodge 6, on the death of her husband, Stanley Serafin, who died December 12, 1994.



**PUKAVICIENE, AGOTA**  
.....Lodge 197  
Died: 1990  
(Death reported to Alliance Offices 1/10/95)  
Last address of record:  
7 Walnut St.  
Elizabeth, PA 15037

**PIKUNAS, Petronella**  
.....Lodge 103  
1500 Portland Ave., #612  
Rochester, NY 14621  
Died: 12/23/94  
Buried: 12/27/94  
Holy Sepulchre Cemetery  
Rochester, NY

**ANUZIS, Petras.....Lodge 95**  
7318 S. Whipple St.  
Chicago, IL 60629  
Died: 4/29/91  
Buried: 4/30/91  
St. Casimir's Cemetery  
Chicago, IL  
(Death reported: 1/4/95)

**SARAUSKAS, Stasys..Lodge 16**  
4326 Candlewood Lane  
Ponce Inlet, FL 32019  
Died: 1/11/95  
Buried: 1/14/95  
Volusia Memorial Park & Funeral Home  
Ormand Beach, FL

**BACEVICE, Anthony...Lodge 8**  
1661 Warrenville Center  
So. Euclid, OH 44121-2645  
Died: 10/5/94

**LASTAUSKAS, John..Lodge 33**  
4640 Sheffield  
Hammond, IN 46327  
Died: 1/23/95  
Buried: 1/26/95  
Oakland Memory Lanes  
Dolton, IL

**ALEXIS, Alex.....Lodge 1**  
419 Hurley Ave.  
Rockville, MD 20850-3122  
Died: 2/2/95  
Buried: 2/6/95  
Holy Trinity Cemetery  
Bear Creek, PA