

**Zeitschrift:** Il glogn : calender dil pievel : annalas per historia, litteratura e cultura romontscha

**Band:** 26 (1952)

**Rubrik:** Fieras e marcaus

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. [Siehe Rechtliche Hinweise.](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. [Voir Informations légales.](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. [See Legal notice.](#)

**Download PDF:** 02.02.2025

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

# Fieras e marcaus

## UOST

Blizuna 13, 27, Locarno 7, 21, St. Bernardin 29, Altstätten 18, Giubiastg 4, 18.

## SCHANER

Schiers 4, Casti 14, Tusaun 15, Mustér 22, Glion 23, Cuera 24, Altdorf 30, Locarno 10, 24, Faido 13, Küblis 13.

## FEVRER

Küblis 13, Grüşch 1, Cuera 9, 20, Glion 8, 19, Ragaz 5, Altstätten 7, Casti 11, Tusaun 12, Sargans 18, Locarno 7, 21, Blizuna 6, Nossadunnaun 4.

## MARS

Cuera 5, 28, Casti 11, Sviz 17, Tusaun 18, Langwies 13, Trun 20, Nossadunnaun 24, Ragaz 24, Glion 4, 21, Giubiastg 17, Locarno 6, 20, Biasca 1, Blizuna 12, 26, Luorscha 22, Faido 11.

## AVREL

Küblis 1, Grüşch 2, Sargans 15, Cuera 9, 26, Tusaun 18, Blizuna 9, 23, Casti 17, Locarno 3, 17, Iriel 21, Glion 8, 25, Scuol 15, Samada 16, Altdorf 30, Nossadunnaun 28, Ragaz 28, Puschlav 1, Casti 17.

## MATG

Sargans 7, Cuera 6, 20, Altstätten 1, Grüşch 2, Giubiastg 5, Sviz 5, Glion 9, Blizuna 14, Locarno 1, 15, 29, Casti 14, Tusaun 15, Roveredo 16, Altdorf 14, Scuol 13, Tavau 27, Flums 13, Küblis 1, 28.

## ZERCLADUR

Giubiastg 9, 23, Glion 4, Blizuna 11, 25, Locarno 11, 26, Cuera 5, Faido 9, Luorscha 23, Tusaun 11, Casti 16.

## FENADUR

Giubiastg 7, 21, Locarno 11, 26, Blizuna 9, 23.

## SETTEMBER

Mustér 22, Ligiaun 1, Sviz 2, 20, Lachen 7, 8, 9, Cuera 13, Ponte 27, Blizuna 24, Tavau 11, Claustra 12, Ursera 15, 29, Scuol 15, Mesauc 19, Casti 16, Andeer 17, Tusaun 18, Versomet 23, Puschlav 23, Brusio 22, Grono 24, Ragaz 25, Vella 24, Vicosoprano 26, Glion 25, Jenaz 30, Spligia 4, Maloja 12, Locarno 4, 18.

## OCTOBER

Tusaun 7, Scuol 1, 20, Sargans 4, 15, Faido 21, Lavin 8, Trun 8, Biasca 4, Peiden 9, Glion 10, 24, Nossadunnaun 6, Promontogna 13, Savognin 21, Casti 6, Blizuna 8, 22, Tavau 13, Cuera 11, 29, Mustair 15, Flem 18, Küblis 14, Ardez 18, Ponte 21, Sumvitg 23, Ragaz 20, Domat 20, Grono 22, Puschlav 23, Andeer 27, Cazas 28, Trin 31, Grüşch 30, Mustér 17.

## NOVEMBER

S. Pieder 3, Casti 5, 20, Ardez 19, Giubiastg 17, Nossadunnaun 10, Tusaun 6, 21, Iriel 7, Ragaz 3, Flums 7, Blizuna 12, 26, Küblis 7, Brusio 10, Sargans 4, 19, Locarno 13, 27, Giornico 10, Roveredo 14, Mustér 10, Glion 12, 27, Cuera 18, 31, Scuol 4, Schiers 18, Faido 8, Vella 11.

## DECEMBER

Nossadunnaun 1, Ragaz 1, Giubiastg 1, 15, Locarno 11, 24, Tusaun 5, 23, Cuera 18, 31, Trun 16, Biasca 9, Glion 17, 30, Altstätten 4, 18, 31, Grüşch 10, Flums 16, Altdorf 3, 17, Casti 22, Sargans 2, 31, Dangio 6.

## *Pertgei Ovomaltine dueigi buca vegnir buglida (cuschinada)*

Entras il buglir vegnan las substanzas de nos aliments (legums, carn ed auters) sbluccai ed aschia vegn il tuchegiar levgiaus considerablamein. Quei ei igl avantatg dil cuschinar, al qual era disavantatgs stattan a pèr. Sil tuchegiar dils grass ha il cuschinar denton pouca influenza. Autras impurtontas substanzas nutritivas, sco clar d'iev, lecithin e lipoidas piardan schizun entras meina ditg buglir. Mo ussa vegn la scrutaziun dils davos 20—30 onns e muossa si, ch'era ils aschi necessaris ed impurtonts vitamins piardan, sche buca diltut, bein per gronda part lur valeta entras il buglir.

Nus sesanflein cheu veramein denter sutgas e bauns: Vegn la maglia buca cuschinada, sche sa ella vegnir nezegiada mo per part da nies organismus, cuschinein nus ella, sch'exista il prighel de spazzar impurtontas parts de quella. Il cuschinar ei ina brutala intervenziun ella structura organica, q. v. d. ella natira della substanza nutritiva, sco la natira viventa porscha ella a nus. Da l'otra vard ein bia substanzas en lur fuorma criua, nuncuschinada mo de relativa valeta pil carstgaun.

Il tutaparti dell'Ovomaltine consista en quei, che la procedura de quei product daventa mo sut temperaturas bassas. *La finamira dil producent ei stau: guldignar las parts de gronda valur de quest stupent aliment entras tut quitau, e de conservar quel en ina fuorma secca, talenteivla e leva de tuchegiar.*

Quelluisa han ins saviu mantener e conservar las pli sensibilas ed effectivas substanzas. Malgrad quei fin proceder, han ins saviu salvar all'Ovomaltine tut sias valurs nutritivas e siu lev tuchetg.

El medem temps san ins conservar ditg e liung quei preparat sco era siu gust natural e de talien.

Tgei donn pia, de mischedar el latg bugliu, cauld l'Ovomaltine ch'ei preparada cun taniens quitau e precisiun; ni schizun de buglir ensemen cul latg! Cheutras vegn la gronda valeta dil preparat, senza vuler, degradaus e sminuius, gie bunamein annulaus.

*Tgi che vul pia utilizar ontras las forzas nutritivas, contenidas ell'Ovomaltine, patratgi adina: Mai buglir, anzi derscher en latg tievi, ni era en cafe u the, metter tier zucher tenor gust, turschar e la bubronda plein forza ed energia ei pinada per guder.*

*Ovo Sport* ei Ovomaltine cun cuntegn de latg augmentau plus zucher. Ch'ins magli el crius, ni mo rar en aua, cauld u freid, tenor la stagiun . . . , adina meina *Ovo Sport* en cuortissim temps al tgierp las substanzas pretendidas per nutriment a quel e crescha zun valentas reservas de forza.

*Choc Ovo* ei Ovomaltine zucherada, surtratga cun fina tschigulata. Ovomaltine ei — gia quei che pertucca la peisa — la part principala dil preparat, che renda ad el ina zun gronda valeta nutritiva. *Choc Ovo* ei ina delicatezza extraordinari buna. A raschun de sia crusta de tschigulata sa *Choc Ovo* buca vegnir fatgs liquids. *Choc Ovo* — de ruir per pign e grond, per dallas nov e da marena, duront la lavur e sin turs e viadis.

Dr. A. WANDER A. G., Berna