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Navigation Company (Alpar), which carries out flights throughout Switzerland, is also in a position to convey passengers, at the cheapest possible rates, to any European air-port they may desire to visit. This Company's pilots and machines are particularly adapted, however, for the carrying out of flights over the Alps. An hour's flight from the Federal Capital is sufficient in order to be able to look down from above upon the marvellous beauty of the icy giants of the Bernese Oberland; a two hours trip enables one to fly over the mightiest and most impressive of all the mountains -- the Matterhorn. Even a short joy ride in an aeroplane over the City of Berne offers far more interest than a longer, and perhaps monotonous, flight over the plains of neighbouring countries. With all confidence it may be asserted that whoever leaves Berne without having first indulged in a flight, has only half seen its manifold beauties.

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AS OTHERS SEE SWITZERLAND.

A very interesting article about our country appeared the other day in the N.Z.Herald. To repeat the full article would require too much space, but a few extracts will no doubt raise a smile amongst the Swiss Ladies in this country.

The article impresses upon readers the fact "that the average traveller or tourist imagines all people to be exclusively engaged in tourist and traffic trade, and as an afterthought he might vaguely murmur something about cheese chocolate - and, oh! yes, watches. Yet the majority of Swiss people have little or no direct contact with tourists and live lives of greater simplicity than ours." - - It states that the farmhouses or chalets of Switzerland are roofed with shingles weighed down with heavy stones, that the basement contains the cellar and the stables for animals in winter, as well as the threshing floor. "It would seem to be very difficult for the housewife to keep the place even moderately clean; yet everything is spotless."

The author of this article has quite a lot to say about the Domestic problem and the daily meals; some of it is worth repeating :-

"Delicious honey or jam (cherry if you are lucky) is served with the usual Continental coffee and rolls breakfast. The main meal of the day is the mid-day dinner, and at about six there is a light supper. The Swiss are very fond of soup, which they make well, and which they always serve at dinner. Only a very little meat is eaten. In the peasant families Sunday is often the only day of the week when meat is served. Vegetables, usually very dull things at an English table, are in Switzerland cooked often with cheese, in a variety of ways, all of them interesting. The housewife may not have heard a great deal about vitamins, but no dinner is considered complete without a salad and plenty of fruit. Puddings and pies, so dear to us, are here unknown.

"September 16 is a day of national thanksgiving, and although it is nominally a fast day, in most homes it is kept as a feast day. In honour of this day Swiss women make huge "gateaux a pruneaux," which are something like plum tarts. A very thin pastry is rolled out, and on it are placed slices of plums sprinkled with sugar. Delicious as these are, it is wise to approach them warily as they are difficult to eat politely.

"The coffee is naturally very good and is served at all meals. Tea, which is very expensive, is neither liked nor

understood in Switzerland, although it is possible to get it in any of the big hotels. In the ordinary home or small pension, tea is still served only as a great favour to English visitors. And how badly it is made! I once watched a Swiss woman make it. First she boiled water in a saucepan and then threw in a very small spoonful of tea. After she had let it boil vigorously for some minutes, she strained off the leaves and, for form's sake, poured the liquid into a teapot.

"The Swiss have not yet learned to spend half the night in a feverish search for amusement. They are generally satisfied with an occasional concert or an evening at the picture show, which is usually poor. There is one institution however, dear to the Swiss -- the Kursaal. This is a sort of mild casino with a dance floor and supper room attached. But for the most part the women like nothing better than an evening at their embroidery while the men play cards, sometimes bridge, but more often Yass, a very complicated game in which the rules seem to vary with each hand. "

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HERBS : Swiss people are great believers in Herbal remedies, and many of us have much cause for gratefulness to mother nature for the great variety of healing herbs. I have just come across a remedy for gall trouble: the juice of radishes taken regularly has a wonderful effect on such ailments. It also helps your digestion. - Another proof of the manifold effects of our fruit and vegetables as well as herbs. Time and again present-day experiences confirm the consistency of old time remedies.

Father Kuenzle in Zizers, near Chur, the greatest herbalist in Switzerland, says that there is a herb growing for every kind of ailment; but of course we do not know enough of them, - we may see a weed day after day without knowing its healing propensities.

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NEWS IN BRIEF.

The Canton Schwyz has always been free of income tax, but at last changed its opinion. A referendum carried its introduction with a majority of 500 votes, after it had been turned down on 5 previous occasions.

Since New Year the Government has introduced the so-called "Peoples Bread," which is to contain 80% wholemeal and 20% ryemeal. The kilogram is sold at 23 cts. against 32 cts. the ordinary bread.

The association for Rural home industries has introduced a weaving loom, which will be lent against a very small rent to girls intending to become wives of peasants. It will enable them to make their trousseau in a very inexpensive way. The future wife pledges herself to use the loom for her trousseau only, and to engage a weaver recommended by the association.

Foreign trade during November 1936, the second month since the devaluation of the franc, shows a marked increase. Imports of 141,2 Million Francs show an increase of 13,2 Mill. compared with the previous month; while export increased by 6,9 Millions to a total of 91,5 Millions. The following table shows the more important items :