

Recipes

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Forthcoming Events

● AUCKLAND SWISS CLUB

All members and friends are welcomed to our **Cocktail-Party Evening** on Saturday, 5th October 1968, at the Edendale Hall, Sandringham. A band will be engaged and play for your entertainment. —L.B.

FEDERAL SHOOTING COMPETITION 1969

THUN (Eidg. Schuetzenfest)

Once again, a Federal Shooting Competition will be held from 7th to 27th July, 1969, at Thun (Canton of Berne), and the 17th July, 1969, has been set aside as "**Day for the Swiss Abroad**". The Organising Committee attaches great importance to the fact that all our compatriots abroad know well in advance of this important patriotic event, and they hope to be able to welcome in Thun a great number of Swiss living in all parts of the world.

At the same time, the Swiss Shortwave Service intends to organise the "6th Radio-World Shooting Festival" within the abovementioned period. The exact date will be indicated later. All Swiss living abroad and not attending the Shooting Festival in Thun, can participate in this event.

★ RECIPES

CANTON SOLOTHURN

Potato and Apple Mash (Krusi or Funggi): Parboil some potatoes, cut in pieces in slightly salted water, drain and cover with sliced apples. Add a little water and sugar and cook potatoes and apples together until tender. Add a thickening of 1 teaspoon flour, blended with milk or cream — about $\frac{3}{4}$ cup full. Now mash with potato-masher, boil slowly over a gentle flame for 5 minutes, stirring to prevent burning. This mash is particularly good with stews.

CANTON ST. GALLEN

Elderberry Mush (an unusual dish if you are lucky enough to find an elderberry tree): Mix $1\frac{1}{2}$ ozs. butter with 1 cup milk and cream, and 1 deserts spoon flour to a smooth batter. Add $1\frac{1}{2}$ -2 lbs

elderberries and cook the whole for $\frac{1}{4}$ -hour over a gentle flame. Another method is to keep the butter until the mush is ready, then pour it over while very hot. It is usually served with coffee.

—R.B.K.

★ HEDY'S CORNER

HOME REMEDIES FOR YOUR BABY

Many safe and easy-to-apply remedies are used in Swiss infant hospitals.—

As a change of diet (from 4 months on): 3 teaspoonfuls yoghurt (room temperature) mixed with mashed banana and sugar. Increase with age.

If baby does not digest bottle formula too well: After boiling and cooling daily ration, add 2 drops lemon juice per oz. of milk mixture.

For constipation: Instead of water quantity in milk add same amount of thin rolled oats gruel (Haferschleim); take care no residue is left in gruel.

For diarrhoea: Use rice gruel (Reisschleim), proceed as above. If no quick improvement, see doctor.

Nappy rash: Ungvita (Vit. A ointment), or if bad, mercurochrome. Apply after washing bottom, dry application well before putting on nappies again. Repeat at each change.

For feverishness: 1 part acetic acid (essigsauere Tonerde) to 7 parts water; make compresses around lower legs. Change 2-3 times, then leave off for some hours. Watch skin does not get affected (red or itchy).

For insect bites: Same proportion as above. Soak bandage in solution and let dry on affected part.

“QUALIFIED”

Regarding our last issue in this column we have been reminded by our Embassy (P.O. Box 386, Wellington) that employment of **aliens** in Switzerland is most difficult. These people going as visitors or tourists would have to be in possession of a “guarantee of residence permit” prior to entering Switzerland and such a permit would have to be presented in advance and include the name of the prospective employer. Of course, these regulations do not apply to Swiss Nationals or Dual-Nationals.