

# Angela and Vreni's corner

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## THIS AND THAT

- The last stage of the 'tour de Suisse' was won by Urs Freuler. But the overall leader was Phil Anderson, Niki Ruetimann 2 and Guido Winterberg 3.
- Accidents in the mountains cost 166 lives, in 1984, 23 per cent less than in the previous year.
- Every fifth Swiss citizen gets a rent, either AHV (old age pension) or IV (invalid pension). In 1984 1387 mio sfrs were paid out through the AHV, 12.8 per cent more than in 1983, and the IV paid out 178 mio sfrs, or 13.4 per cent, more than the previous year.
- About 120,000 Swiss abroad would be eligible to vote on federal matters, but only 10,000 have their names registered.
- The PTT (Post Office) announced new postal taxes as from January 1986. Mailing will go up by 15 per cent but phone taxes and telex will go down (but it is not yet decided how much).
- In Bern a painting by Auguste Renoir was sold at an auction for 1.5 mio sfrs. More than twice the estimated value. It was sold to the U.S.A.

## ANGELA AND VRENI'S CORNER

*One might regard ageing as like being on an ocean wave. If you let it carry you along, you float on top; if you fight it, you are sunk.*

*Gertrud von Le Fort*

Have you tried 'Apple-Carrot Yoghurt' as an entree?

2 cups plain yoghurt; ½ lemon rind and juice; approximately 2 tablespoons sugar. Mix these well.

200g apple and 200g carrot, grate these and mix with yoghurt.

Serve in small bowls, garnished with walnuts or hazelnuts.

And what about 'Kalbshaxe'?

Fry 4 Haxe on both sides until brown. Take out of pan.

Add 1 grated onion; 1 carrot (cut in cubes); 1 celery stick (cut); 1 tablespoon tomato concentrate; 1 tablespoon flour.

Toss in butter until flour burns brown. Add 200ml stock. Add meat again together with a sprig of rosemary, salt, pepper, paprika. Add 100g prunes (stoned). Cook slowly for about one hour. Serve with rice or mashed potatoes.

## Cheese-dairies in the Alps

If you are familiar only with modern cheese-dairies sparkling with chrome fixtures, then you certainly will have trouble imagining the simple native means used in former times for making cheese in the Alps.

Milking took place outdoors at some distance from the hut, and wooden milking pails were used. The milk was carried up to the hut in larger milk buckets and was emptied into shallow tubs of turned wood or into copper carrying containers, and was placed in a cool spot for the cream to form.

The cream was then skimmed off with a Schuefe (a wooden ladle) and was poured into the cheese-kettle to be heated over a wood fire for the production of lean cheese.