

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 66 (2000)  
**Heft:** [4]

**Artikel:** The story of Heidi, the orphan girl of the Swiss mountains  
**Autor:** Spyri, Johanna  
**DOI:** <https://doi.org/10.5169/seals-944568>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. 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. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **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. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **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. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 18.04.2026

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

## Your Corner....

Swiss baking traditionally includes almonds, hazelnuts or walnuts. Here is a recipe for **NUSSGIPFEL**;

1 Packet of ready rolled flakey puff sheets.

**Filling;** 100 g. almonds ground (skins on)  
75 g. white sugar  
25 g. fine breadcrumbs  
1 tsp. cinnamon, ½ tsp. mixed spice  
juice of one lemon, 1 tablespn. of schnapps  
(brandy or rum)

**mix the filling with a fork and add enough water to make a thick paste.**

Lightly roll out one pastry sheet a little bigger than its original size, and using a pastry wheel, cut down the centre (see sketch), then measure the 'Nussgipfels' as shown.

Mix one egg with a little milk and paint the corners of each pastry triangle (shaded in on sketch), then fold the two shaded corners in, so edge is now blunt (this stops the mixture from seeping out).

Put a good teaspoon of the almond paste on each triangle (see sketch), then roll up into a 'gipfel' shape. Place gipfels on greased oven trays and coat with the egg mixture.

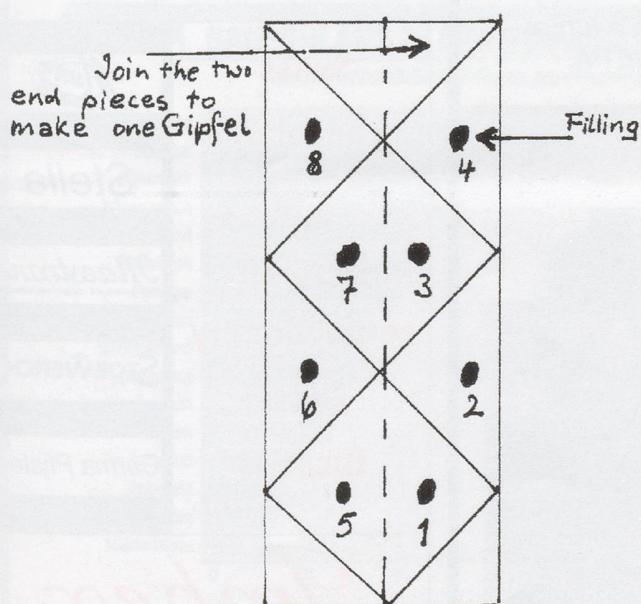
(Continue rolling out the pastry until all sheets used).

Bake in hot oven (150°) for approx. 30 minutes or until golden brown.

When cool ice with a thin lemon icing, or alternatively sprinkle with sieved icing sugar.

### The 'Nussgipfels' freeze well !

(unless you eat them straight away, as I would, Ed.)



supplied by Josy Flühler

## For our young readers, here is the HEIDI STORY

by the Swiss Author Johanna Spyri  
and translated into English

### THE STORY OF HEIDI, THE ORPHAN GIRL OF THE SWISS MOUNTAINS

Heidi was a little girl who had no mother or father. She was looked after by her Aunt Dete.

One day Aunt Dete said, *Come on Heidi, We are going up the mountain.*

- They put all Heidi's things in a bag and off they went. They walked and walked. On the way a friend of Aunt Dete's stopped them.

*Where are you taking the little girl, Dete?* she asked.

*I am taking her to see her grandfather,* said Aunt Dete.

*Heidi is going to live with him.*

*What!* said Dete's friend. *He is an old man. He will not want to look after a little girl!*

*He has to,* said Aunt Dete. *I am going to work in Frankfurt.*

- Heidi and Aunt Dete walked on. They saw a boy who was walking some goats up the mountain. It was Peter. Heidi walked on with him to the house where her grandfather lived. Grandfather came out to see who was there.

Aunt Dete said, *This is Heidi. She is going to live with you from now on,* and with that Dete ran off down the mountain.

- Peter went to get Grandfather's goats from the goat house, then he went on his way.

- Heidi looked about her. *Please take me in to see the house, Grandfather,* she said. They went in.

*Now where can I sleep?* asked Heidi. She went up into the hay loft. *I like it up here,* she said. *Can I make my bed in the hay?*

Grandfather helped Heidi to make her bed in the hay. Then they went down again to eat.

- That afternoon Peter came back with the goats. Grandfather milked one of the goats.

*Here you are, Heidi,* he said. *Here is some goat's milk for you.* - Heidi had her milk, and then she went to sleep in her bed in the hay loft.

- The next day Peter came again. *Where are you going with the goats?* , asked Heidi, *I am taking them up to the pasture,* said Peter. *Do you want to come with me? Yes please,* said Heidi. *Can I go, Grandfather?*

*Yes,* said Grandfather. *Off you go!*

- Heidi and Peter went up the mountain with the goats. Heidi liked it up on the pasture. She liked the trees and the flowers, and she had fun playing with Peter and the goats. Every day after that Heidi went up to the pasture with Peter and the goats. She was so happy.

- Then winter came. The goats had to stay in the goat house all day, and Peter had to go to school.

Some afternoons he came to see Heidi and her grandfather. One day he asked Heidi to go and see his grandmother, who lived a little way down the mountain.

Heidi wanted to go back then with Peter, but Grandfather said, *No Heidi, not now. I will take you to see her one day soon.* - One day Grandfather said, *come on Heidi. Now I will take you to see Peter's grandmother.*

They went down the mountain to Peter's house, but Heidi's grandfather did not go in. He went home again. Heidi went into the house.

- *Who is it?* asked the grandmother, who could not see.

*It is me, Heidi. I have come to see you.*

- Peter's grandmother was pleased to have a friend to talk to. - They talked all afternoon. Then Heidi said, *I must go now, Grandmother. I will come and see you again soon.*

One day Aunt Dete came to see Heidi's Grandfather.

*I have come to get Heidi,* she said. *I want to take her to Frankfurt with me. I know of a man who has a sick daughter. He is looking for a friend to live with her. I am going to take Heidi there.* - *Go away,* said the grandfather. *Heidi is happy here.* - *But she is a big girl now,* said Dete. *She must go to school.* - *Come on Heidi.* - *No,* said Heidi. *I like living here with grandfather. I don't want to go away.* - *Come on,* Heidi, said Aunt Dete. *Grandfather will be pleased to see you go, and you will like Frankfurt.*

- *Can I come back home if I want to?* asked Heidi.

Yes, yes, said Aunt Dete. - *Now come on, or we will miss the train.*

- Heidi and her Aunt went to the house where the sick girl, Clara lived. Then Aunt Dete went off and Heidi stayed there with Clara and the servants.

Clara could not walk. She had to sit in her chair all day. She was pleased to have a friend to talk to, but the servant who looked after Clara did not like Heidi.

- *I will have to teach you some manners,* she said.

The servant talked on and on, but it had been a long day for Heidi. She went to sleep in her chair.

Next day Heidi looked out of the window. There were no trees or flowers. All she could see were streets and shops and houses.

- *I don't like it here,* said Heidi. *I must go home soon.*

Then Clara's teacher came and the two girls had to do some school work,

That afternoon Heidi talked to Clara about her home on the mountain, about Grandfather, Peter, and Grandmother.. Clara liked having a friend to talk to.

- One day Clara's grandmother came to stay. She liked Heidi and was kind to her. Heidi liked Clara and her grandmother, but she was not happy in Frankfurt. She missed

her grandfather, and Peter and his grandmother. Every night she dreamt that she was at home in the mountains.

- One day the servants said that there had been noises in the night. The next night one of the servants saw a white thing. - *It must be a ghost,* they all said. They wrote to Clara's father who was away. *You must come home,* they said. *There is a ghost in the house.*

Clara's father came home and asked his friend the doctor to sit up with him at night and wait for the ghost. They talked as they waited. Then there was a noise. They looked out and saw a white thing. - *It was Heidi!* - *So this is our ghost!* they said. *What are you doing here? I don't know,* said Heidi.

- *Come on, Heidi,* said the doctor. *I will take you back to bed.*

The doctor put Heidi back into bed. - *What were you dreaming about?*, he asked kindly.

- *Every night I dream that I am at home in the mountains. I dream of Grandfather, and Peter and his grandmother,* said Heidi.

*I see,* said the doctor. - *And were you happy in the mountains?* - *Yes* said Heidi. - *You are not happy here, are you?*, said the doctor.

- *I must not say that,* said Heidi. *They are so kind to me here.* - *I see,* said the doctor. *Now go to sleep and I will see what I can do to help you.*

**to be continued in a future  
issue of HELVETIA.**



**nippets.....**

### **Swiss do not donate enough organs**

A new report says 30 people died unnecessarily in Switzerland last year because they failed to receive organ transplants in time. A total of 956 people were on waiting lists for transplant operations, but only 413 could get the organs they needed.

### **Probation Period for New Drivers in Switzerland ?**

The States Council, the upper house of the Swiss parliament, called for new drivers in Switzerland to be placed on a three-year probation before receiving their definitive driving license. The idea is to improve safety on Swiss roads. According to this proposal, during the probation period new drivers would have to take driver education courses, and repeat offenders - a minority group who are responsible for a large proportion of traffic violations - would be subjected to progressively harsher punishment.

In principle, the Federal Council is also in favor of lowering the permissible blood-alcohol level for drivers from .8 to .5 pro mille

<b>Swiss chocolate and German confectionery Swiss biscuits</b>	
	<b>Stella</b>
	
	<b>STOLWERCK</b>
	<b>Carma Pfister</b>
<b>Impex</b> INTERNATIONAL TRADING LIMITED FINE QUALITY PRODUCTS	
P.O.Box 528, 13A Sammaree Place Kerikeri, N.Z. email <a href="mailto:impex@extra.co.nz">impex@extra.co.nz</a>	
Phone 09 4074277 Fax 0800 4 SWISS (0800 479 477)	