

**Zeitschrift:** The Swiss observer : the journal of the Federation of Swiss Societies in the UK

**Herausgeber:** Federation of Swiss Societies in the United Kingdom

**Band:** - (1961)

**Heft:** 1386

**Rubrik:** Woman's world

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**Download PDF:** 22.02.2026

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# Woman's World

## Swiss hairstyle

The new fashion in hairstyling was decreed recently by the Swiss Association of Master Hairdressers . . . and the style is called "Audacious".

The new style could hoodwink you by its very simplicity. But in fact only the most skilled hair-stylists can give you the "Audacious" fashion.

The secret is in the cutting . . . which is done with a cut-throat razor.

Your hair, Madam, will look soft and long . . . but it won't be much bother to arrange . . .

And the fashion has one great advantage. You can transform your hairstyle to suit your mood.

## Alaskan Bomb

With the coming of the warmer weather it is time to start thinking of different summer sweets for the family table. Why not try this intriguing recipe which we found popular in the Eastern States of America?

For a large block of ice-cream cut a sponge sandwich one inch larger and soak in sherry or your favourite liquor, then cover in soft, crushed seasonal fruit and stand on a heat-proof dish. Whisk 4 egg whites until stiff, fold in 4 tablespoonfuls of sugar. Place ice-cream block in centre of sandwich and encase completely with the meringue mixture. Be sure to cover both the base and the ice-cream entirely, otherwise the ice will melt. Put into a very hot oven for a few minutes, just long enough to brown meringue, serve at once. Incidentally, a version of this sweet, flambé in cognac, can be found on the menu at Geneva's airport restaurant and the Caravelle jet will take you there in just over an hour.—Lunch anyone?

## Breakfast a vital meal

Nutritionists agree that breakfast should supply one-fourth of the day's total of calories and proteins. Adequate amounts of fruit or juice, enriched cereal with milk and bread and butter can meet this requirement.

## Rebels without cause

Many schoolgirls are rebellious . . . and their half-formed ideas of "emancipation" and "freedom" are causing concern to teachers in Vaud, it was revealed recently.

Mr. M. Mottaz, director of schools at Nyon, said that in several domestic science schools standards had fallen because of "strained relationships" between teachers and girls.

Many of these schoolgirls, said Mr. Mottaz, "believe that domestic science isn't worth learning".

"They think there is no need to learn how to run a home because of modern domestic appliances," he said.

Parents had little control over some of these girls . . . others felt that it was not worth the effort of trying to discipline them.

And Mr. Paul Lang, director of school at Orbe, said that fewer and fewer students showed a "real desire to work hard".

Exam results had been poor . . . one of the reasons was the inflated sizes of classes.

## SAY IT WITH SWISS FLOWERS

The language of flowers is international and nowhere is this more true than in Switzerland, where they range from the magnolia to the edelweiss.

One place is Geneva, internationally known for its beauty and elegance; there are among others the Parc de la Grange with masses of roses and the Parc des Eaux Vives. Here the flowers are planted with an eye to formality and contrast of colours. In nearby Montreux, on the other hand, nature is allowed to riot in a great burst of untamed beauty. One of the most famous views of all Switzerland is the blossoming of fruit trees against a background of crystal clear Lake Geneva and its surrounding snow-capped mountains.


A cogwheel mountain railroad leads to the 6,700-foot-high Rochers-de-Naye, the highest alpine garden in Europe. The miracle of flowers is nowhere more evident. The most delicate and, at the same time, the hardiest and most gaily coloured gardens grow in the midst of inhospitable rock beds. Spring flowers bloom unbelievably through slowly disappearing snow.

Hardy Swiss climbers brought back seeds from Himalaya and planted them on the slopes of their own mountains. There are great meadows of auricula, spring anemones, soldanella and alpine roses. High on the rocky crags grows the edelweiss.


Among fine old trees and magnificent conifers stands the Kursaal Casino in Interlaken. Here is the incredible floral clock. Further up in the mountains in Schynige Platte, another alpine garden with a superb display of flowers. The gardens of the castles of Schadau and Oberhofen on Lake Thun are among the most colourful in all Europe.

For tropical flora there are the islands of Brissago on Lake Maggiore where plum trees mingle with the beauty of the Alps. A climb to higher regions reveals the Bosco Sacro, a botanical curiosity of Switzerland.

A fitting final to the trip is a visit to the Botanical Garden in Zurich, famous for its exhibition of orchids and other oriental flowers. After the Horticultural Exhibition in 1959 a sizable portion of the grounds were dedicated to the city permanently for the pleasure of floral followers.



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