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This month, Woman's Observer travels north to Scotland to visit another successful Swiss restaurateur.

JUST behind Edinburgh's famous Princes Street, at 167 Rose Street, there used to stand an old plumber's shop. Today it is the Alp-Horn restaurant, where one may sample the delights of Swiss cuisine.

It represents the fulfilment of a dream for the proprietor, Miggi Meier, the farmer's daughter from Lucerne who dreamt of becoming a restaurateur while she was still at school.

On leaving school, Miggi trained as a chef and waitress during the summer season, taking a secretarial course during the winter.

Hard work and perseverance gained her her restaurateur's diploma in April 1967. Two years later she rented the 130-seat Gasthaus Sonne in Hittnau, Zurich, which she ran until the lease expired in 1978.

Miggi decided that she would like a change of scenery, so instead of renewing the lease she packed her bags and set off for Scotland, arriving in Edinburgh in January, 1979, full of optimism but unable to speak a word of English.

Her first task, before she could make any plans for the future, was to learn the language. By good fortune a fellow countryman, Mr Denzler, himself a well known restaurateur, was able to provide her with work in his kitchens while she was learning.

Later, she was able to serve in the restaurant when she was fluent enough in English. Being used to life in Switzerland, Miggi was amazed by the short hours during which restaurants are open in Britain.

When she had been in Edinburgh some seven months Miggi discovered the old plumber's shop. Although it was in a very dilapidated condition she could picture it in her mind's eye as her dream restaurant.

With the help of an Irish friend, Jennifer Graham, then a casualty sister at the Western General

Hospital, who acted as her interpreter, she negotiated the purchase of the old shop.

Luck was still with her and she was able to persuade the neighbours that having a restaurant next door would not cause them any inconvenience, so that planning permission was obtained without any trouble.

Plans were drawn up for the conversion of the building but, at this point, Dame Fortune turned fickle. First, a steel strike caused the start of the work to be delayed until March, 1980, then a spell of continuous wet weather delayed the drying of the plaster and hindered the decoration.

However, the restaurant finally opened on time, but only just. It had been intended to open for lunch on August 1, Switzerland's national day, but the tables arrived only that morning so the opening was postponed until the evening. Despite the delayed opening, the restaurant was a great success.

Since that time the restaurant has never looked back. It is a favourite venue for the lunchtime crowds, and seats are hard



to find unless you are early.

The walls are decorated with murals depicting the Swiss countryside. They were painted by Miggi's old landlady, who also designed the establishment's logo.

The alp-horn, after which the restaurant is named, belonged to Miggi's brother-in-law who was a champion alp-horn player. It occupies pride of place on the rear wall of the dining room.

Jennifer Graham, who has a share in the property, was persuaded to join the staff to look after the administration, and the head waiter, Andy Ross, has been with the restaurant from the start.

Miggi's hobbies include playing the accordion, badminton, squash and hill walking. She claims to know the Pentlands like her own back yard.

An Alp-Horn in the land of bagpipes

GOOD NEWS FOR SKIN

ONE of the minor inconveniences which may arise when a woman makes her home in a foreign country is that favourite skin care products and cosmetics may no longer be available.

The only solution then is to change products - unless supplies can be topped up during visits or by postal gifts from kind friends.

Users of Juvena cosmetics must have been very disappointed when, seven years ago, the range was withdrawn from sale in the United Kingdom. But the good news is that they are back.

Juvena of Switzerland (the product line was first created in 1955 by Swiss industrialist George Locher of Zurich) has always enjoyed a good reputation for skin care because its products are based on scientific research.

Now, the company's return to the UK sees the introduction of its newest and most exciting



A flawless complexion enhanced by subtle cosmetics - the hallmarks of Juvena of Switzerland

but in minute quantities. It can be obtained from the blossoms of certain plants, such as the acacias of Madagascar.

Known as Unibogen, it is a biological activator for which astonishing multi-action properties are claimed.

Juvena say that it accelerates cell regeneration to reduce the roughness of the skin (the formation of creases and wrinkles) by 28 per cent after 14 days, by 51 per cent after 21 days and by 64 per cent after 30 days.

These considerable claims are backed up by progressive studies in Switzerland.

creation in skin care - Exclusives.

Following an extensive biological and dermatological research programme, the company has discovered an ingredient which is said to directly combat several causes of ageing of the skin.

This is a natural substance which occurs in the human skin

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