

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: - (1970)
Heft: 1606

Artikel: The Paddington grape harvest
Autor: [s.n.]
DOI: <https://doi.org/10.5169/seals-692328>

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USEFUL AND FREE INFORMATION

The Swiss National Tourist Office, Swiss Centre, 1 New Coventry Street, London W1V 3HG (Tel. 01-734 1921) publishes and distributes on demand a series of instructive hand-outs on this winter's holiday possibilities. The following is a list of the available titles:

— List *"All-inclusive Winter Holidays in Switzerland 1970/71"* (listing the resorts to which inclusive tours are organised by British tour operators) (available in September 1970).

— Leaflet *"Artificial Ice-Rinks in Switzerland"*.

— *Calendar of Events*, winter 1970/71 (available in November 1970).

— Brochure *"Camping Holidays in Switzerland"* (listing the sites open in winter).

— Brochure *"Car Conveyance through the Alpine Tunnels"*, winter timetable 27 September-22 May (available in October 1970).

— Brochure *"Curling in Switzerland"* (Calendar for the season 1970/71) (available in October 1970).

— Brochure *"Hints for your Holidays in Switzerland"* (for general information).

— Leaflet *"Railway Connections London-Switzerland"*, winter timetable 27 September-22 May (available in October 1970).

— Leaflet *"Rates of Hire of winter sports equipment"* 1970/71 (avail-

able in November 1970).

— Leaflet *"Ski Bobbing — A New Winter Sport"* (information on ski-bobbing facilities in Switzerland) (available in October 1970).

— Brochure *"Snowbeach Switzerland"* (available from Swissair offices in September 1970).

— Leaflet *"Special Ski Courses in Switzerland"*, winter 1970/71.

— Booklet *"Summer Ski-ing in Switzerland"*.

— Leaflet *"Swiss Ski School Tariff"* 1970/71.

— Leaflet *"Swiss Winter Sunshine"* (giving approximate sunshine hours in resorts).

— List of *Winter Sports Season Tickets* (available in September 1970).

THE PADDINGTON GRAPE HARVEST

It has been an excellent year for the grape growers of Bayswater.

The proud owners of vines have been reporting their best harvest ever.

Mr. Adolph Schmid, of the Norfolk Court Hotel, has already picked more than 50 bunches from the vine growing up the front of the hotel in Norfolk Square. He estimates there are another 20 bunches still on the vine.

"It is the best year we have ever had," he said. "Last year we picked only a couple of bunches."

Mr. Schmid planted the vine 25 years ago. It is a cutting from the famous vine at Hampton Court.

Councillor Mrs. Trixie Gardner has this year for the first time been able to pick grapes from the vine at her home in Porchester Terrace.

Planted three years ago, the vine has yielded some 40 bunches of white grapes.

FOOD FARM

More than 15,000 people have now visited the food farm in Switzerland where Bio-Strath, the herbal yeast food supplement and tonic, is made.

Among the latest group to travel to the Bio-Strath Laboratories in Herrliberg, a beautiful spot overlooking Lake Zurich, was a party of chemists, retailers, and sports writers from Britain.

The trip was organised by Statentport Ltd., the firm in Marylebone High Street which is responsible for importing, promoting and marketing Bio-Strath in this country.

The party was met by Mr. Fred Pestalozzi who is in charge of the laboratories. He explained that less than 10 years ago he had bought the process for making Bio-Strath from a Swiss chemist, and told the visitors how demand for the product was increasing all the time.

Present capacity of the plant was to produce 5,000 bottles of Bio-Strath an hour.

(Both these items were picked from the *Post-Mercury Series* of October 23rd.)

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