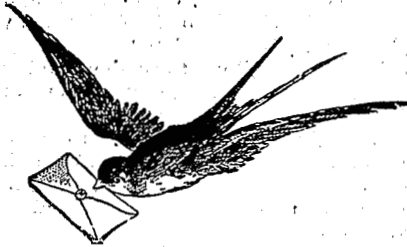


## Our Foreign Letter.

### ACROSS NORWAY ON A BICYCLE.

(By Our Holiday Correspondent.)

(Continued from page 235.)



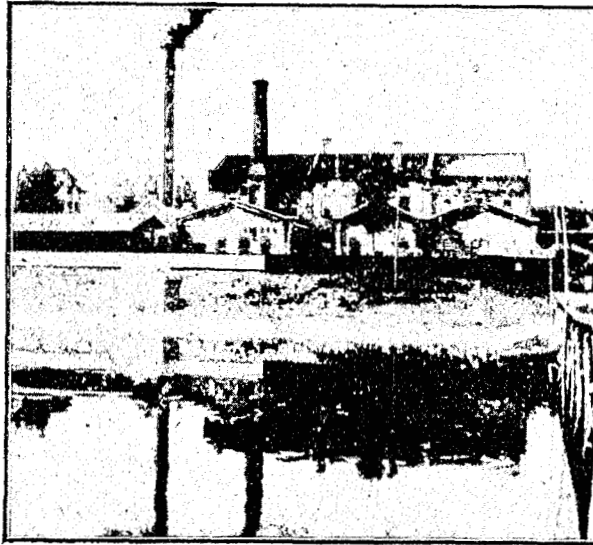
The scenery throughout this stage is grand. Fjeldheim is a good station. We next made for Frydenlund, ten miles further on.

The road is very true, which makes the first seven miles of gradual incline easy, and the three miles to go a fine spin. The long and steep hill, which previously had to be traversed, and made tourists hesitate to adopt this route, is now altogether avoided by this splendid new road. The hotel at Frydenlund is prettily located, and the proprietor pleasant and obliging. Many holiday-seekers were staying at this

hotel for a few days' rest, and spoke in high terms of the good living and great attention paid them. The proprietor speaks both English and German. Anyone having two or three days to spare can branch off here to the Mjosen lake, upon the banks of which—at Kap—the famous factory of Henri Nestlé is pleasantly situated. It is here that the "Viking" unsweetened milk, which has gained such reputation in all parts of the world, is prepared from the pure milk of cows pasturing on the slopes of the surrounding highlands. The manager is always willing to conduct visitors over the factory. The deviation is well worth the extra time spent upon it, as the road is good and the views from

Frydenlund and back again are varied and superb. There now remained eighteen and a half miles to our destination, and as the invigorating air had sharpened our appetites we moved off again within half an hour in order to enjoy our outdoor lunch with keen zest. There was not a cloud to be seen in the sky, and the air was still and dry, with the sun quite piping-hot. At the termination of three and a half miles down a gentle decline we came to an ideal spot for picnicing. We dismounted under a shady pine beside a babbling river, and near a substantial bridge from which some boys were fishing. In the distance could be seen a fine waterfall (the roaring of which was also plainly audible), backed by blue-tinted mountains. Unpacking the small ration bag we soon got to work with the cooking. This was easily done, provided

as we were with "Spiratine" and an aluminium collapsible apparatus to hold the tin containing this solidified spirit, and an aluminium vessel for boiling the crystal water obtained from the river at our feet. Nothing could be more compact or more convenient. We tried one of Maggi's well-known Cross-star Soups, and flavoured it with Maggi's Consommé—carried in capsule form—



HENRI NESTLÉ'S VIKING MILK FACTORY AT KAP.

and obtained excellent results. Twenty minutes' boiling was sufficient, the preparation of the soup being simplicity itself. The "Spiratine" produced a splendid flame, and proved invaluable, as the heat produced is rapid. No traveller should be without it. It takes up very little space, and the spirit being solidified, spilling, and the breaking of bottles is avoided. The Maggi soup was splendid, strong and well-flavoured, and stimulated us to a degree. This, augmented by three "Protene" sporting biscuits each, quite replenished the inner man. We then made tea with Burroughs, Wellcome, and Co's. "Tabloid" brand of tea, which we drank from aluminium collapsible cups.

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