

It is simply delicious tea. We used Nestlé's familiar Swiss milk, carried in small sample tins for the sake of convenience, and found it an excellent addition to the tea. "Tabloid" tea only requires to be tried to be appreciated, and its portability renders it specially useful for travellers. All these articles of diet are so concentrated in form, and yet so nourishing and stimulating, that a sufficient quantity for the day can easily be carried in one's pocket. We remained basking in the sun at this health-giving spot, with well-filled pipes, for two hours, and then proceeded on our way, doing the remaining fifteen miles at nearly top speed, as the road was so good. There is a continuous gentle decline at first, and then it is level for the rest of the distance. We passed Fagernaes, where there are two good hotels in a very beautiful situation. This is an agreeable place at which to spend a day or two. Fosheim was reached at eight o'clock in the evening, just in time for supper. The scenery during the afternoon was one of continued beauty alongside the shore of a lovely lake, which presents many attractions to those who are fond of sketching and painting. After a warm bath we did justice to one of the best suppers yet met with. Before I speak of the hotel and its surroundings, I must mention a rather remarkable fact. As we fairly raced the last few miles our clothing was wet with perspiration. But during the ten minutes occupied with the warm bath it had absolutely evaporated from my complete set of "Petanelle" underclothing, leaving the garments quite dry and soft, whilst the lining of my waistcoat, on the contrary, was so damp that I was afraid to don it again, so I contented myself with my coat only. I am pleased to be able to record the fact, in order that others may benefit by this hygienic system of clothing. I understand that "Petanelle" is a patent extract of fibrous peat. Whatever it is, it certainly protects from chill and its consequences. The surroundings of Fosheim afford many subjects for the painter's brush. Its beauties are bright and smiling, pleasing to the eye and exhilarating to the mind. There is a pretty waterfall near the station, and the snow-clad peaks of the Jotun mountains are to be seen in the distance. The hotel is an exceedingly good one, and is fitted up in a superior style. There is good trout fishing to be obtained here, while the drives in the neighbourhood are charming. About four miles from Fosheim is Fosheim Sæter, at which there is good accommodation for visitors, and the place is a popular resort of Norwegians owing to its exhilarating and glorious situation. It is 2,600 feet above the level of the sea, and, if time permits, should be visited. It is easily reached. We started the next morning immediately after breakfast for Nystuen, forty-one miles further on, after telephoning for rooms for the night. The road continues

along the Strandefjord and Slidrefjord lakes, amidst truly lovely scenery. The first station to be reached is Loken, a distance of eight and a half miles, with a slight incline at first and then level. About midway there is an old church and belfry worthy of inspection. The hotel at Loken is all that can be desired, and accommodates about forty persons. As at most of the hostleries, a well-cooked dinner may be obtained while the tourist changes horses, but we only stayed to exchange greetings. In the Slidrefjord lake there is good trout fishing, and within a very few minutes' walk up the hill very fine views may be obtained. The next station is Oilo, nine and a half miles distant. It is a fine run. At first the road inclines a little, and then is almost level to the station. The scenery now becomes grander in character, as is the case all the way to the west coast. After riding about three miles one passes the Lotos waterfall on the left hand side, which is most imposing. There is a good, comfortable house at Oilo, and the people are very civil and obliging. From here the capital road continues to Grindaheim, level at first, then three miles uphill, and then down, passing through a lordly ravine. In it we picniced again amidst the most striking scenery on the Valdars route. This road used to be one of the worst in Norway, but now is a splendid piece of workmanship, rising partly in zig-zags along the face of perpendicular cliffs. It is roofed in, in places, to protect it against the fall of rocks and stones. Many tourists were dining at Grindaheim Hotel when we reached there. The view from this hotel is simply superb. It overlooks the beautiful Vangsmjøes lake and high mountains. The Grinfjeld mountain, 5,500 feet high, is not far away. A good pedestrian can get to the top and back again to the hotel in seven or eight hours. From the summit there is a magnificent view of the Jotun mountains and most of those in Valdars. Herds of tame reindeer are now and again seen in the neighbourhood of Grindaheim.

(To be continued.)

Important to Nurses.

The manufacturers of "Viyella" (Registered) have lately brought an action in the Chancery Division of the High Court of Justice against a firm of drapers, which action resulted in the said firm being perpetually restrained from selling or offering for sale any goods not of the plaintiff's manufacture, under the name of "Viyella."

The manufacturers warn nurses in purchasing "Viyella" to see that the label is on the selvedge, without which label goods offered as "Viyella" should be refused as imitations.

"Viyella" is stocked by leading drapers, or the name of the nearest will be sent on application to "Viyella," 55A, Friday Street, London!

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