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Scandinavian Ideas for a South Dakota Christmas

Leslie Smith

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*Scandinavian Ideas
for a South Dakota
Christmas*



EXTENSION SERVICE

SOUTH DAKOTA STATE COLLEGE

UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

Scandinavian Ideas for a South Dakota Christmas

LESLIE SMITH

As members of Home Extension Clubs, it is entirely fitting that we extend our policy of "Harmony Around the World" to include an appreciation and use of the designs and crafts of other people of other lands. It is hoped that this booklet which presents Scandinavian ideas may be the first of a series of Christmas gift circulars based on that appreciation. It is planned that Christmas gift circulars of coming years will tell of Christmas customs of German, Eastern Europe, English, Irish, French and other peoples who make up our South Dakota ancestry.

What is Christmas like in the Scandinavian countries? In your group you may find many of Scandinavian descent, or those who have spent the Christmas season in one of these countries, who would be proud to share their knowledge with you. Certainly a booklet that borrows Scandinavian ideas would not be complete without a brief account of the Christmas Holidays as they are observed in Norway, Denmark, Finland and Sweden.

In NORWAY, after weeks of scrubbing and food preparation, Christmas Eve begins officially with five o'clock church chimes. The head of the house reads the Christmas story from the Bible. This is followed by the exchange of gifts about a gaily decorated tree. After the presents, young and old join hands and walk about the tree singing well-loved Christmas carols. Special food and gifts are put where the *Julenisse* (small gnome with red pointed cap and flowing beard) can get them. Christmas Day, *Juledag*, is marked by church services and a quiet day at home. Visiting friends and feasting begin *Anden Juledag*, (second day of Christmas and continue until January 13).

In DENMARK, the Yuletide season begins December 23. On December 24 the Danes attend a short church service and then families gather in their homes. All living things are rewarded with food. Rye is placed on the housetop for the birds. Horses and other animals get extra rations. The *Julenisse*, the wee gnome who lives in the attic or barn and looks after the welfare of the household and brings children gifts, gets an extra portion of *grod* (rice pudding). When the family has its exchange of gifts, the one who finds an almond in his rice pudding gets a special gift.

On *Juledag*, or Christmas Day, church attendance is followed by visiting friends and feasting. According to an old superstition, all who enter a house must partake of the family cheer or they take the family joy away with them.

In FINLAND, observance starts at five o'clock the day before Christmas. All traffic in cities stops at that hour. Everyone in each family has had a *sauna* (steam bath) and has arrayed himself in spotlessly clean clothing. The Christmas tree candles are lighted and by their soft light the head of the household solemnly reads a Christmas prayer or sermon. This is followed by an exchange of gifts and feasting. The Finns say that, "he who finds the almond in the rice pudding, is sure to be married by the next Christmas." Christmas day, *Joulupaiva*, in Finland is a five o'clock church service after which the families visit each other and feast.

Festivities in SWEDEN begin with the *Julafton*, December 24. On this day, Swedes take part in the ancient rite of *doppa in grytan* (dipping bread in the pot). The room is festive with paper garlands, lighted candles and freshly scrubbed floor over which straw, or juniper branches are strewn to commemorate the manger. Each guest makes a jingle before taking the traditional rice pudding. At tree time the head of the house reads the Christmas story. Then the *Yule Goat* (Swedish gift bearer) throws presents through the door. All gifts are wrapped in white paper, sealed with red wax and accompanied by gay rhymes.

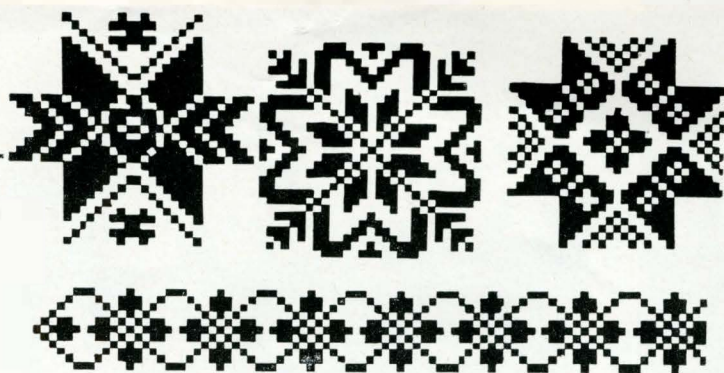
On *Juldagen*, or Christmas Day, the Swedes go early to the church, (before it is light) carrying torches which they leave on a huge pile outside the church. The remainder of the day is spent in visiting friends.

So be it *Juledag* for the Danes and Norwegians; *Joulupaiva* for the Finns or *Juldagen* for the Swedes, you can see that Scandinavian families follow traditional observances proudly and are deeply aware of the religious significance of Christmas.

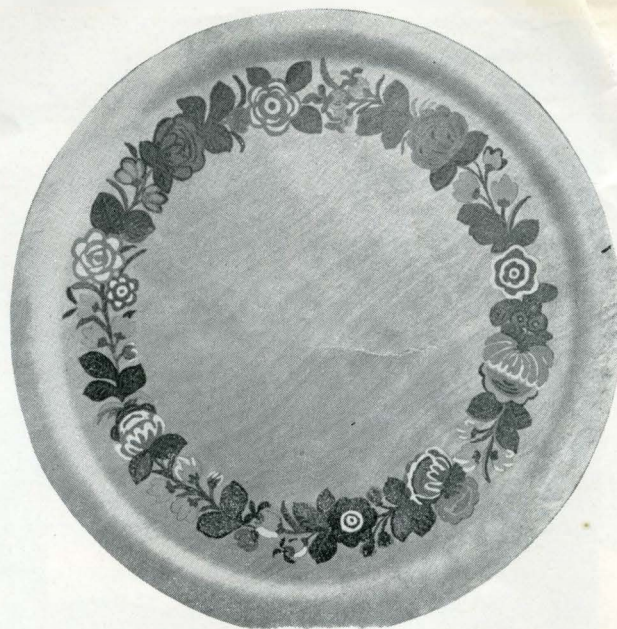
May you and your family enjoy using Scandinavian ideas in making gifts for a South Dakota Christmas!

Mrs. Smith is Extension Specialist-at-Large.

COVER PICTURE: A typical Norwegian costume worn by a South Dakota lady. The costume includes a white flowing headdress, white blouse and apron, red wool bodice and black woolen skirt. Her pin is typical of Norwegian jewelry. Note that the star design on her bodice is center design of the eight-pointed stars illustrated on page 3 of this book. These bright costumes accent a festive spirit.



The unusual design at the top is a typical Scandinavian Geometric design. See how nice a floral design can be used on this lovely wooden plate. The scroll in the child's coat rack at the bottom combines animals and figures. The bottles in the bottom right picture look pretty with the scroll design. Here's a chance to use many gay colors and to develop your own ideas in the designs you will make.



Characteristics of Scandinavian Design

How can you recognize Scandinavian design? Those who know say that the Scandinavian designs most often used can be divided into three classes:

Geometric: The "star or snowflake" design (illustrated above) is most typical. It has eight diamond-shaped sections arranged in a circle which the Norwegians call *atte blad rose*, (eight petaled flower). The bodice worn by the cover girl has this design. The border designs shown are typical of other geometric designs. They are used in knitted sweaters, mittens, woven bedspreads, quilts, jewelry, laces and embroidery.

Floral: These designs use conventionalized flower forms. (See wooden plate above.) Norwegians call it *Rosemaling*. Favorite flowers are the three-petaled edelweiss, the violet, cornflower and rose. It can be used for applique, embroidery on pockets, aprons, luncheon sets, mittens, painting on furniture and other household objects.

Scroll: These designs interweave conventionalized floral and animal designs (seen on child's clothes rack). Besides the favorite floral designs mentioned, scroll designs include thistles, acorn, sprays of wheat, grasses and feather swirls in combination with dragons, elves, reindeer, birds, hearts, pine trees and stylized men and women. Many Scandinavian designs employ nearly equal amounts of each of the colors used and use colors of nearly equal intensity. White and black lines are often used to accent designs.

On the market you can find Scandinavian designs to copy in wall paper, fabrics, books, periodicals as well as from craft supply companies.

You will find that the use of Scandinavian designs will enliven

common household articles. What homemaker wouldn't be pleased to receive a wooden plate such as the one pictured above? Equipped with an unfinished wooden plate, a design, turpentine, mat or satin finish varnish, carbon paper, two sable brushes (one flat, one round) sandpaper and paints, you can decorate such a plate, a stool, or a coat rack.

General Directions for Painting on Wood or Tin

Preparation: If painting on wood, be sure to sand the article until it is perfectly smooth and dust carefully. If painting on tin, be sure to remove all paint and rust with paint and rust remover. Tin articles should be washed with soap and water to remove grease and then carefully rinsed and dried.

Background: The wooden plate pictured was given a coat of mat finish varnish before the design was traced on. Two thin coats of flat paint should be applied and thoroughly dried before design is applied.

Tracing Design: After background is painted and dry, trace by placing carbon paper face down on article with design over it, being sure that it is centered. Anchor the pattern with bits of scotch or masking tape. Trace design with a sharp pencil.

Applying Decorative Motifs: Decorative motifs may be applied with several types of paints. One commonly used consists of tube oil colors slightly thinned with a mixture of two-thirds turpentine, one-third varnish.

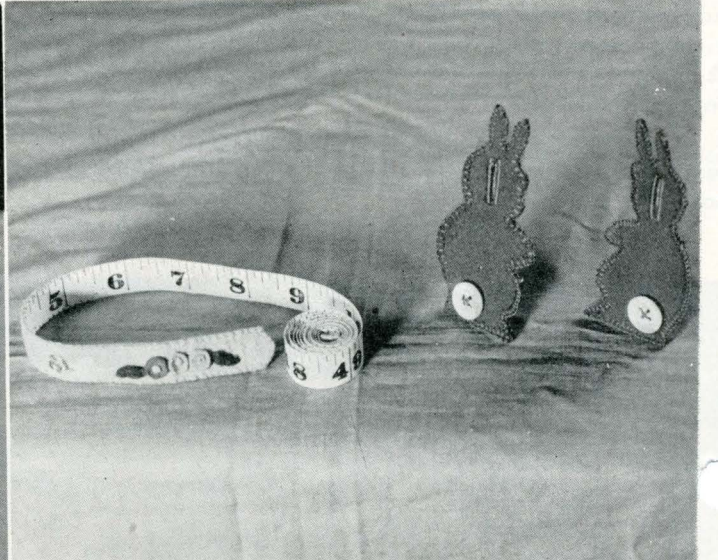
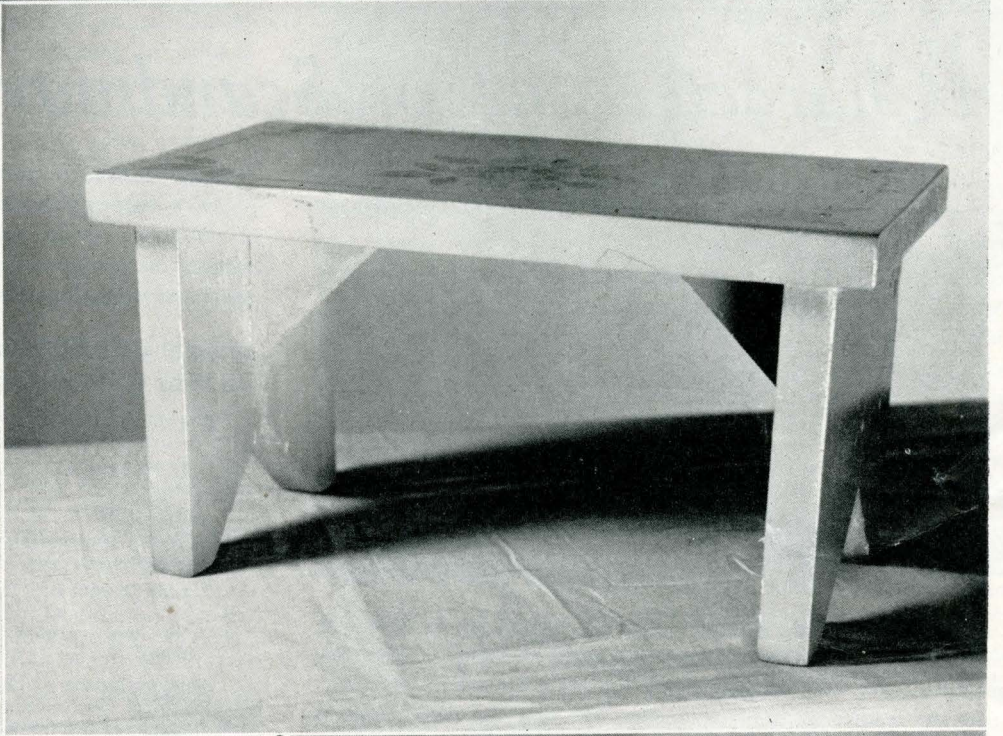
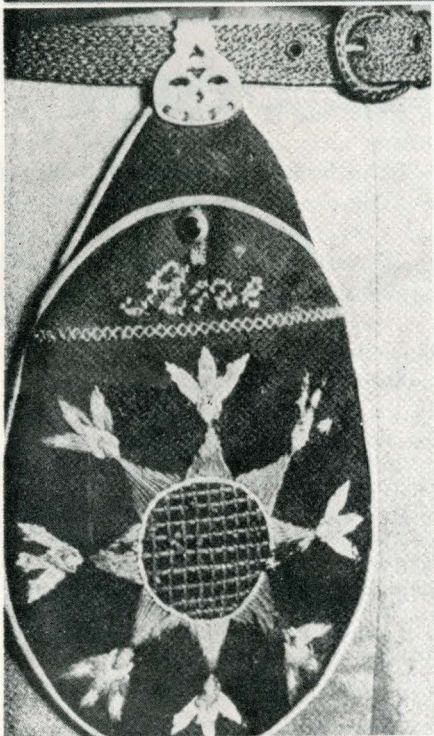
Another very simple and satisfactory way to paint the motifs is to add tube oil colors to white semi-gloss enamel to desired intensity of color.

Still another is to use already mixed plastic-type paints that have been especially developed for decorative purposes.

To Finish: After the motifs have thoroughly dried (a 24-hour interval is desirable) apply several coats of mat finish varnish. This gives a soft hand-rubbed appearance without tedious rubbing process.

If it is to be antiqued, give one coat of varnish. When dry thin a little burnt sienna or umber and rub over the article until it is the tone desired. When this is dry, give one coat of mat or satin finish varnish.





For the Youngsters

Blouse

Peasant type braid lends a Scandinavian touch to the girl's blouse pictured on the opposite page. This embroidered tape may be purchased by the yard. It could be applied to a ready made blouse, as well as to one made at home. Folks clever with designs suggest that you repeat one of the colors of the tape, either in stitching nearby tucks, or in atherstitching on the collar and on either side of the tape.

We also suggest that you choose the width of the embroidered tape that will harmonize with the size of the blouse. A small sheer blouse calls for a dainty narrow tape.

Scandinavian Sweaters

Since their introduction in this country by Scandinavian skiers and skaters, sweaters like the one pictured have become very popular with all age groups. This one is handknit with the bear and star design knitted in as you go. However one of the leading women's magazines suggests knitting a sweater in stockinette stitch and then embroidering the design. Or you could buy a sweater and embroider the design. Home and county agents have lists of many of the available designs.

Pocket

The pocket pictured is a very old, Norwegian housewife's pocket now in a museum. Wouldn't a South Dakota school girl be happy with a modern version? The one pictured can be made from a piece of woolen material 8 by 12 inches. Additional material is needed for the contrasting piping. The design is the eight-sided star but of course floral and heart designs could also be used effectively.

Stool

Rosemaling decorates the stool pictured opposite. Parts can be sawed from a 24 inch long board. The top measures 12 by 6½ inches and each of the legs measures 6 by 6½ inches. Triangular pieces are cut from the legs to be used as simple braces. If a small youngster were to use the stool it would be well to cut it from an eight inch board.

Mittens

Mittens are always welcome gifts. Two pairs like the ones pictured may be cut from one-third yard of eiderdown or 60-inch wide fleece coating. You might want to copy some of the more elaborate Scandinavian designs for the mittens you make, but these are rather effective done in yellow, green and brown on white eiderdown.

Embroidering a simple flower on the tip of each finger of knitted gloves is a clever way of dramatizing them for gifts. The three pointed edelweiss and other favorite Scandinavian designs could be used.

Bunnies

Mothers of rapidly growing children will appreciate the gift of a pair of bunny strap extenders. These felt bunnies add a precious two inches to overall and sunsuit straps. Material for these came from an old felt hat. They are reinforced on the back by a strip of twill tape and strengthened on the edges by buttonholing. Ask your home or county agent for the pattern.

Felt Tape Case

While you have the old felt hat apart why not take enough to make a case for a tape measure? As the picture shows you will need a strip five and one-half inches long and as wide as the tape measure. Stitch to tape, add a snap (half on tip, other half as shown) and some bits of felt for a flower applique and, presto!— you have a welcome gift.

Needle Case

If there is a piece of felt five by four inches left, wouldn't it be fun to make a matching needle case? It could be folded book fashion, have a piece of canvas, or the bit of material from a package of needles, sewn to the right side to stick the needles in. When the edges were buttonholed and bits of felt or beads attached to form a design it would be a good companion for the tape case.

Scandinavian Scrapbook

Many youngsters enjoy making scrapbooks—once they get started. You could purchase the book and perhaps send to travel agencies for booklets about one of the Scandinavian countries to get him started on what might prove to be a thrilling quest.

Scandinavian Books

Do you remember the thrill you got reading about the Vikings and the legendary Scandinavian heroes? Youngsters still like "old tales well told." There are many good children's books on the market that deal with Scandinavian life. Some of them have beautiful illustrations. Books should not be overlooked in the search for Scandinavian ideas.

Scandinavian Doll Costume

For a little girl (or even a big one) perhaps the nicest gift of all would be a Scandinavian costume for her favorite doll. If you are of Scandinavian descent she'd probably like one that was typical of the province from which your ancestors came. Travel books, wallpapers, Scandinavian posters etc. are good sources of authentic costumes. Our cover girl is wearing a Norwegian costume, the bodice of which is red. Did you notice the star design made with beads? Her blouse, apron and flowing head scarf are white. Her skirt is black.

Child's Coat Rack

What child wouldn't find it easy to hang up his clothes if he had a clothes rack which screws to the wall such as the one pictured on page 3. This is made from a piece of plywood, measuring 21 by 9 inches. The five pegs are staggered on the board. Three are placed five inches down from the top, two are located six and one-half inches from the top. The pegs are one and three-fourths inches tall and were turned. Metal coat hooks would be just as usable.

As a background for the scroll type Scandinavian design, the wood was given a "pickled" finish. *To get this effect*, paint the sanded surface with a coat of flat paint of the desired color. When the paint is at the "sticky" stage of drying, rub off as much of the paint as you can. If the paint is stubborn, brush it with a brush full of turpentine and then rub. After a 24-hour drying period apply the design. Two coats of mat finish varnish will protect the surface.

• • • • • Colorful

This is called the "home page" because pictured are articles which are useful in the home.

Why is the page headed by an apron? Every home needs the nice kind of "cooking" lady that needs a nice apron like the one shown so that she can prepare good Smorgasbords. It is a generous apron for a generous lady. It stays on her shoulders. It is cut deep at the armholes and adjusts with ties. It has no buttons and it can be cut from two and one-fourth to two and one-half yards of print. The one pictured was cut from two and one-half yards of material. The bias tape is applied from the neckline to the side seam for decorative purposes only. It does not trim a seam line. While it is attractive in a stripe you might prefer a peasant print with a dark background.

Pillow

Also pictured is a generous pillow. The pillow cover measures 24 by 24 inches, not counting the six inch ruffle. Pillows like these have added comfort to many Scandinavian homes for many years. They make such good back rests! The pillow case pictured is made of brilliant red sateen with peasant type figures in chartreuse and dark green. The ruffle is of chartreuse sateen on one side, peasant type material on the other. Many attractive color combinations are possible. The main thing is not to skimp on the size; you'll want to keep it yourself!

Egg Cozy

Some of you experts with the crochet hook have already figured out that the egg cozy is made with the Afghan stitch and that it would be easy and fun to make. Mind you, they aren't necessary—they are just for fun and to keep the cooked egg warm. Space does not permit stitch by stitch instructions. However you might like to know that the cozy pictured is crocheted from four ply yarn and that it measures seven and one-half inches at the bottom and is two inches deep. The head and the tail measure three-fourths inches higher than the body and are one inch across. Home and county agents will be able to tell you how to get the stitch by stitch instructions if you can't figure it out.

Tea Towels

Try as you might you'll have a hard time calling the birds on the tea-towel Scandinavian. But they are different and you can use your left-over bias tape so why not make them anyway? If any of you work up a Scandinavian design using bias tape, will you let us know? Place mats, luncheon cloths, curtains, clothes pin bags, etc., are a few of the places where you might use this type of design.

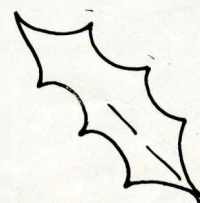
Bottles

Speaking of clothes pin bags, did you notice the sprinkling bottle on page 3? A Scandinavian design borrowed from a print, some plastic type paint and a sprinkler attachment made a vinegar bottle into a useful laundry gift. The companion bottles are for medicines and storing juices or salad dressings. Large decorated bottles often make attractive lamp bases. You will find that dressmakers carbon works well in tracing designs on glass and that flat paint makes an excellent base for designs.

Plastic type paints are especially easy to use on glass because they adhere so well. They may be set by heating them in an ordinary oven according to the manufacturer's directions. A protective glaze which is applied after the paint is thoroughly set adds to the usability of the article.

Place Mats

Place mats offer a good place to use Scandinavian designs. Gay stripes with solid color applique, plain colors with varicolored Scandi-



Home Accessories

navian appliques or embroidery would be attractive. A very usable set can be made from imitation leather with pinked or scalloped edges and a Scandinavian design cemented on. Place mats vary in size, but 12 by 18 inches is always considered good.

Decorate Unfinished Articles

Did you know that there were many unfinished wooden articles on the market that could be decorated to make attractive gifts? Those colorful lazy susans that revolve to make meals fun can be had unfinished at a fraction of their price decorated. They make a very attractive centerpiece for Smorgasbords, too.

Candelabra, of Scandinavian origin, can also be purchased unfinished as can chests, boxes of all sizes, children's and grown-ups' chairs, doll beds, magazine racks, etc. to mention but a few. When you paint something for a gift it is better to "under do" than to over do a design.

Hand-Hooked Articles

In an excellent book on Swedish designs (available to Home Extension Clubs through the Free Library Commission at Pierre) many of the most colorful and attractive designs were used in chair seats. If you have never made hooked articles, you might like to start with a chair seat in Scandinavian design. Burlap for the background, a small hand hook, one-fourth inch strip of woolen materials (a place to use those cast-off woolens) and a design are the things you will need. The hand hook is recommended because it does not weaken the burlap. You should work on the same side as the design, bringing the loops up from the under side. One-fourth to five-eighths of an inch is a good length for the loops. Did you know that rugs could be hooked in sections and joined together by hooking?

Scandinavian Wallpapers Trim Gift

Cut-outs from Scandinavian design wallpapers can be used to decorate attractive gifts. One clever couple trimmed a desk-set (edges of blotter, wastebasket, small wooden box set, etc.) with cut-outs from Scandinavian wallpapers. A two pound coffee can painted and with applied cut-outs would make a nice gift, especially if it were filled with Scandinavian cookies.

Unique Christmas Tree Ornaments

Do you like glitter on your Christmas tree? Does your family like the fun of working together to make tree decorations? Then you'll like to fashion Christmas tree ornaments from tin cans and cut-outs from last year's Christmas cards.

How to do? Simply cut the top or bottom from a tin can. The ones that look like silver and gold combined are easiest to use. You can choose the size of the can to fit the picture after some practice. To start with, you might like to know that those cut from a No. two and one-half size can turn out to have the diameter that you usually associate with Christmas tree ornaments. Using tin shears or just heavy shears (do not use those with which you cut cloth), make an inch long cut from the edge toward the center. Continue to slash around the top. Try to cut evenly. Using fine pliers or eyebrow tweezers, twist each piece. The knack of getting each one like the others comes from practice. When you have a good looking frame made, cut a suitable picture from a Christmas card and paste it on the ornament. Ties for fastening it to the branches may be pasted on at the same time as the picture, or may be threaded through a curled edge. The resulting ornament will be lovely!



At left, is an authentic hand-woven Swedish apron. Note its fullness and length. The other apron, and others on this page are all the successful adaptations of Scandinavian ideas in modern apron design. This apron's Scandinavian air comes from the tape trim on the bodice and the very long full skirt. Isn't it pretty!

Scandinavian Flavored Aprons

One of the aprons on these pages is truly Scandinavian. As you guessed, it is the apron on the left in the above picture. It is hand-woven Swedish apron from the province of Smaland. You will note that it is unusually long and that it has considerable front fullness. It has medium blue, yellow and black horizontal stripes with a cream background.

In other provinces aprons were woven with gay vertical stripes. Many of the Norwegian aprons were white and had *Hardanger* insets. Gay colors were often used to make *Holiday* aprons. These were trimmed with velvet, wool and silk appliques, beadwork and lace. An apron gave a girl a chance to express her personal taste as well as to indicate the province in which she lived.

One of the most attractive aprons in this collection of aprons is the unbleached muslin as is shown in the same picture. It was given a Scandinavian effect by the use of a boil-proof print trim on the bodice and pocket and a very full skirt. It requires two and one-fourth yards of muslin and four yards of inexpensive print trim. It was made from a commercial pattern. Straps (which were not a part of the commercial pattern) were added to the apron shown to keep it from "riding on the neck." The straps extend from the back to the waistband. This apron offers many opportunities to work out striking color combinations.

Every-day apron of peasant print. Is trimmed with bias tape and rickrack.

Large floral design pockets and black rickrack for accent, give charming touch.

A hostess type apron made from printed lawn, peasant pattern, with eyelet trim.

Aprons!

The apron shown at the lower left depends upon its gay print and rickrack bias tape trim to give it a Scandinavian air. It is the sort of apron that makes you feel business-like the moment you get it on. It has such a nice trim look! Having the pockets sewn in with the side seams helps that look. The one shown is made from a very gay print with a bright red background. The rickrack is lime green; the bias tape, a bold medium blue. (Two of the colors in the print.)

The apron as pictured was the most expensive of all because it took 2 1/4 yards of print and both bias tape and rickrack for trimming.

The Norwegian term *Rosemaling* could well be applied to the pockets of this attractive Indianhead apron. The one pictured is made from a soft green which repeats the color of the leaves. Black rickrack outlines the pockets and trims the edges. This apron took one and one-fourth yards of 40 inch green material. The size of the pockets, which in this apron measure eight by thirteen inches, was determined by the size of the floral design. You will want to consider the size of the floral design when you buy material for the pockets, because a rose cut in two isn't half as nice. This apron would be very attractive made in organdy with stencilled pockets. You will think of many attractive combinations.

The small figure in the printed lawn of the eyelet trimmed apron, plus the pleasant fullness and longer than usual skirt gives this apron a quaint air. It can be made from one and three-fourths yards of printed lawn and two yards of eyelet galoen. This apron is also very attractive made in checked tissue gingham with the same eyelet straps and trim. There is no pattern for this apron, but here are the measurements that you will want to know. The double bodice measures 10 1/2 by eight inches. The skirt which is 54 inches wide and 31 inches long including a one and three-fourths hem is gathered into 18 1/2 inches of a two inch band (material for which came off the width of the skirt material). The band plus ties measures 62 inches.

Child's Pinafore

Borrowing its full skirt and gay color combination from Scandinavian aprons is this child's attractive pinafore which requires one and one-half yards of plain material and one-half yard of striped or plaid material. As you can see in the picture, strips of plaid material 19 inches by four and one-half inches are gathered into nine inch ruffles which are set into the shoulder straps (these are 21 inches long, cross in the back



Aprons!!

button onto the bib.) The skirt has 60 inches of plain material gathered onto a one and one-half by 24 inch band. The length of the skirt from band and including the one and one-half inch hem is 18 inches. Pockets are trimmed with two bands of plaid, the top band is one and one-fourth inches wide, the second one inch wide. The bib which is double measures seven inches across at the top and nine and fourth inches where it is set into the band. It is seven and three-fourths inches from top to where it is set into the band. The ties are made from the plaid material. They measure 22 by two and one-half inches.

This pinafore, too, offers many possibilities for planning unusual color schemes and for adopting it for size. The one shown will fit the average eight year old girl. The addition of buttons and buttonholes makes the pinafore into a sun dress.

Half or "Hostess" Type

The next three aprons are variations of "half" aprons which many of you prefer. As you probably know, this type of apron is the one most commonly worn for "dress-up" in the Scandinavian countries.

You have heard ladies say, "just gather the skirt material into a plain band when you make a 'half' apron." It really isn't quite that simple. The placement of the fullness has much to do with the final appearance of the apron.

Usually you group *most* of the fullness on each side; yet be sure to ease some into the front of the band or else the apron will have a tight, drawn look. When using soft, sheer materials, such as voile (see photograph on lower right) it is best to distribute the fullness evenly along the band.

The dark blue appliqued apron, pictured in the lower left, gains its Scandinavian flavor from an unusual color combination: Dark navy blue, lime green, red and yellow calico type print, a medium orchid and a vivid red.

Because the proportions of bands of color is rather a tricky thing, you might appreciate having the measurements which deal with the bands on this apron. The width of the dark blue at the bottom of the apron is two and one-fourth inches. The red and yellow calico band which comes next measures three and one-fourth inches. The dark blue between the red calico and the lime green, measures one inch. The next stripe is the lime green which measures one and one-half inches. A one-



This Scandinavian blue print and the gay plaid combine to make this little girl's pinafore, which may be worn either as an apron or a sundress. Scandinavian flavor comes from its bright colors, its skirt fullness and from the unevenly cut bands of plaid material, same as the bodice, which are applied to both pockets.

eighth inch piping of red and yellow calico was set on at the same time as the green stripe was stitched. Your home or county agent has a pattern for the appliqued flower. You might prefer another type flower.

The apron which is shown in the center combines a brilliant red plain print material with a cream background Scandinavian print.

The size of the design influenced the width of the bands in this apron. But to make it easier for you to choose the widths, the measurements of the apron pictured are given. It measures 26 inches from the top of the band to the bottom of the hem. The band of print at the bottom is five inches wide. The bit of red between it and the repeat band is one inch. The repeat band above measures three-fourths inch. The pocket is four inches square. The red strip between the pocket and the band is one-half inch wide. The framing strip of print is three-fourths inch wide. The print band at the top is two inches wide. The ties are 26 inches long and are of the plain red print.

You will enjoy the many color combinations that your club members will use when they make this apron!

The half apron shown in the lower right picture is a lovely apron. It has that something that only simplicity and quality can give. It is made from a very soft white voile. Soft white cotton batiste also makes a lovely apron.

Bands of color, stylized flower, give Scandinavian air to dark blue apron.

A half apron with Scandinavian print in belt, pocket and band on the hem.

Red, yellow, green and brown rickrack are applied to hostess type voile apron.



Smorgasbord . . .

Just mention Sweden and someone will say, "Smorgasbord!" However, the smorgasbord is not solely a Swedish tradition. It is popular and traditional in Denmark, Norway, and Sweden.

Originally, the word "Smorgasbord," referred to the "bread and butter table" or appetizers which guests leisurely ate before going into a several course dinner. In this country, the smorgasbord takes the place of an entire meal. It is a Sunday evening favorite and also is served in many Scandinavian homes during the Christmas holidays at which time *lutefisk*, *julgröt*, *limpa* and a variety of cookies must always be included.

Smorgasbord Has Three Divisions

The smorgasbord dishes, the number of which varies from 20 to as many as 75 served at one time, fall roughly into three groups: The appetizers, the hot or "smavarmt" dishes, and the desserts. In addition, various kinds of breads, crackers, and rolls and coffee are included.

Among the appetizers, at least several of the following are to be found: Anchovies, sardines, caviar, pickles, olives, jellies and jams, smoked salmon, herring, mackerel, pickled pig's feet, different kinds of head cheese, radishes, cucumbers, several kinds of vegetable and fruit salads, and a variety of cheeses.

The hot dishes include meat balls, brown beans, potatoes au gratin or escaloped, broiled potato sausage, fish pudding, fish balls, and puddings of rice, carrots, and cottage cheese.

Among the desserts are: Several kinds of Swedish cookies, such as sandbakels, spritz, pepparkakor and fattigmanskakor; fruit cake; and delicate puddings such as krem, julgröt, and the well-known Norwegian Christmas dessert, *romme grot*.

Plenty of hot coffee is prepared so that cups can be kept filled during the smorgasbord. Rich cream and loaf sugar are served with the coffee. A variety of breads, rolls, crackers, and hardtack is served also, particular favorites being rich coffee bread and *limpa*, the Christmas rye bread flavored with aniseed.

Artistic Appearance of Table

Great care is taken in setting the table to get the most artistic effects, the dishes being arranged with careful attention to color and kind of food.

Whenever possible, it adds greatly to the smorgasbord to have the table set with appropriate colorful linens, also with gay, vivid pottery. Any dishes or table linens with "peasant" color and character are most suitable. When this is not convenient, an occasional note of color and quaintness, such as is provided by a china or pottery figurine, goes far to give the table a festive air.

The general table arrangement is similar to that of the American buffet. Silver, china, and napkins should be arranged so that the guests can help themselves.

As the arrows in the diagram show, the guests first take a plate then proceed to help themselves to food.

Delightful Self-Service

Customarily, guests first serve themselves the appetizers, which include the fish, cheese, and egg foods. Then they return to the table and help themselves to the hot foods, the breads, and the salads. Following that, they return for the desserts. Of course, coffee cups are constantly refilled.

If fruit soup is being used, it can be served from a side table, if there



The above picture shows a number of the possible choices for good Smorgasbord accessories to be found in many homes: Swedish candelabra, striped linen, a "hardanger" cloth in the star design, Swedish copper tea kettles, Norwegian teaspoons, an old Danish bread tray, wooden plate and colorful Swedish posters.

is not room at the main table. Likewise, the coffee, cakes, and cookies can be served from a separate, small table.

Full enjoyment of the smorgasbord means that guests return to the table for additional delicacies from time to time, until appetites are abundantly satisfied.

Individual tables should be arranged so that two or more people may sit together and enjoy conversation along with the delights of the smorgasbord.

Model Smorgasbord

One hostess, with the aid of a member of her family, can prepare and serve the following suggested smorgasbord in her home for 12 to 25 guests:

The fruit soup, veal loaf, salads, breads, cookies, and cake may be prepared during the week preceding the smorgasbord. All other dishes should be planned carefully and as much work as possible done toward their preparation the day preceding.

- | | | | |
|--------------------|-------------------|--------------|-------------|
| 1. Plates | 5. Serving spoon | 9. Vegetable | 13. Glasses |
| 2. Salt and pepper | 6. Casserole dish | 10. Relishes | 14. Forks |
| 3. Meat dish | 7. Salad | 11. Dessert | 15. Spoons |
| 4. Serving fork | 8. Rolls | 12. Cups | 16. Napkins |

Kottbular

Swedish Meat Balls—makes 40 meat balls. These meat balls are a rare delicacy and are always popular. They should be shaped into small balls about one inch in diameter.

Grind very fine, putting into meat grinder more than once to be certain meat is thoroughly broken up.

1 lb. raw beef 1/4 lb. raw pork
1/2 lb. raw veal
Beat meats together, mixing thoroughly. Add gradually, while beating 1 1/2 cups water (milk may be substituted but does not improve flavor)
Eggs, slightly beaten
1/2 cup dried bread crumbs (1 cup corn flakes or 1/2 cup cooked rice may be substituted)
2 tablespoons finely chopped onion fried in 1 tablespoon butter
2 teaspoons salt
1 cup tomato catsup (1/4 teaspoon each allspice, pepper, and clove, or 2 tablespoons Worcestershire sauce may be substituted.)
Beat ingredients into a smooth paste.
Mold into small balls.
Brown in hot, deep fat.

Lutefisk

Lutefisk is the time-honored fish dish served in virtually every Scandinavian family as the main dish for Christmas Eve dinner or supper. Boiled potatoes with white sauce are always served with lutefisk when it is the main fish course, and when served in this way, this recipe will serve 10 people. When served as part of the smorgasbord, it will serve two to three times that number. A smorgasbord served during the Christmas holidays should always include lutefisk.

Rinse 4 lbs. of lutefisk in cold water.

Place in kettle of boiling, salted water and boil for 20 to 30 minutes or until soft.

Drain in colander; remove fins, bones, and skin, and separate into pieces.

Sprinkle with 10 to 12 whole cloves that have been rolled fine. Serve hot, with both white sauce and melted butter, giving the guests their choice.

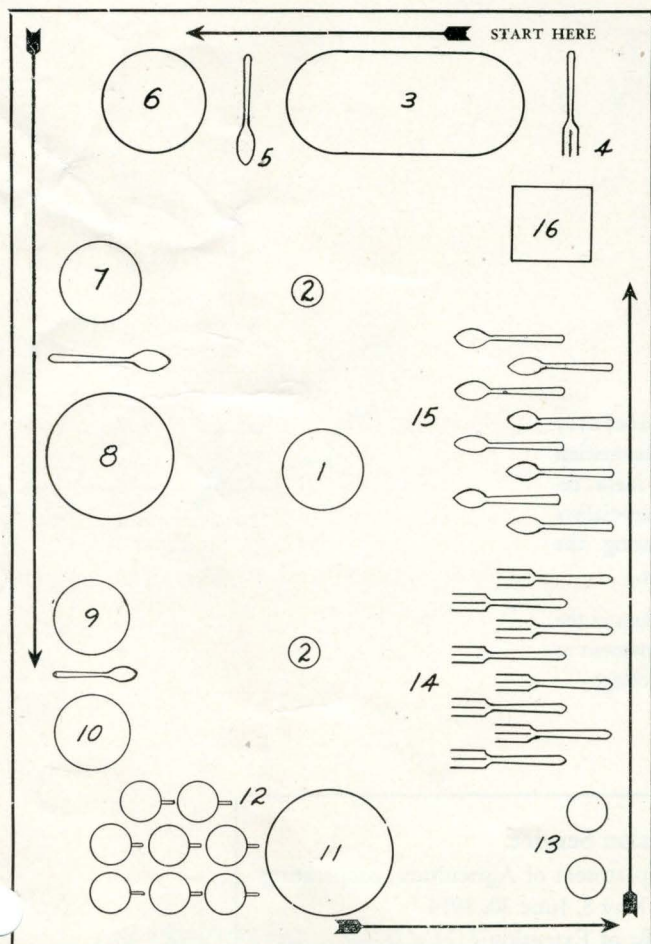


Table Arrangement for Smorgasbord

MODEL MENU

Fruit Soup

Anchovies
Smoked Salmon or Tongue
Pickled Herring
Pickles or Olives
Stuffed or Deviled Eggs
with Tomatoes
Herring Salad

Vegetable Salad or mold
Fruit Salad Mold with Dressing
Coffee or Nut Bread
Christmas Rye Bread, Hardtack
(knackebrod)
Jellies and Jams
Pickled Pig's Feet

Meat Balls
Veal Loaf or Head Cheese
Sliced Cold Baked Ham
Roast Beef
Brown Beans

Chicken
Lamb or Mutton Roll
Veal
Potato Sausage
2-3 Varieties Cheese

Rice Christmas Pudding
Cookies (Sandbakels, or Pepparkakor, Fattigmanskakor or Spritz)

Plenty of Butter
Very Rich Cream
Loaf Sugar

Fruit Cake and Coffee

Lefse

A pancake-like potato bread—makes about six 10-inch rounds.

Lefse is a much loved delicacy among Norwegians from certain provinces of Norway, and a favorite of Scandinavians. To be strictly Norwegian, it should be rolled with a special corrugated rolling pin that puts an imprint in the dough and prevents bubbling while baking, and baked on top of a range. However, if it is rolled on a canvas cloth with a rolling pin covered with a knitted cloth tube (obtainable in all department and novelty stores) it can be rolled very thin. It should be baked on a griddle or in a heavy iron skillet on top of the stove.

Combine gradually, blending thoroughly

2 cups sifted flour
4 tablespoons butter, melted
2 cups mashed potatoes
1/2 teaspoon salt

Mix to a smooth dough and roll out to about one-tenth inch thickness in circles to fit griddle or skillet to be used. Bake quickly on both sides in lightly greased griddle or skillet until bubbles formed during baking begin to brown lightly.

For serving:

1. A favorite way is to butter one sheet of lefse, then cover with another sheet, making a closed sandwich. Roll loosely, and cut into two or three inch lengths.
2. Each sheet may be folded several times, resembling folded napkins, and laid on platter in a mound.

For storing, lefse should be wrapped in waxed paper or a damp cloth, so it will keep moist.

Vegetable Salad

If the smorgasbord is served when cabbage is young and tender, the following salad is a tasty and colorful addition.

Combine and mix thoroughly with favorite salad dressing

2 cups shredded green cabbage
2 cups shredded red cabbage
2 cups shredded raw carrots
1 cup raisins
1/2 cup chopped, blanched almonds
Serve in bowl lined with lettuce leaves

Julegrot

Swedish Christmas Pudding—serves about 10.

This is the traditional rice pudding dessert used during the Christmas holidays and for the smorgasbord served during the holiday season.

Place in kettle
1 cup rice, thoroughly washed
1 teaspoon salt
Add gradually
1 quart boiling water
Bring to a boil and boil slowly for about 1 hour or until water has been completely absorbed.

Remove from heat and add
1 tablespoon butter
3 tablespoons sugar
Fold in
1 pint cream, stiffly beaten

Serve as dessert, either warm or cold.

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George I. Gilbertson, Director of Extension