

HISTORY ... NEVER TASTED SO GOOD!



FLAVORS OF THE FJORDS

*E*PUBLICATION EDITION

THE NORWEGIAN
HOLIDAY COOKBOOK

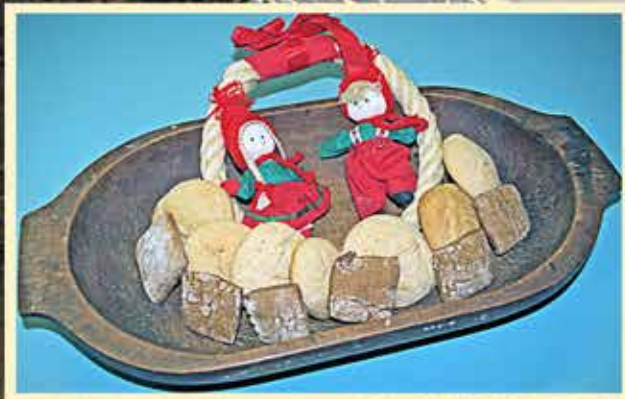
TRADITIONAL RECIPES
OF THE
FLADVAD-BJØRKE FAMILY
BY:

FAITH RAYMOND CONNORS

TRACY DANIEL CONNORS

TOVE JOHANSEN FLADVAD

BJØRN JOHANSEN FLADVAD



From Norway to Newport...
“History has never tasted so good!”

FLAVORS of the FJORDS

-Digital Edition-

Norwegian
Holiday
Cookbook

Faith Cottrell Raymond Connors
Tracy Daniel Connors, Ph.D.
Tove Johansen Fladvad
Bjørn Johansen Fladvad



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The authors and editors who prepared this book have tried to make all the contents as accurate and as correct as possible. Ingredients, preparation, photographs, and text have all been carefully checked and cross-checked. However, due to the variability of local products, variations in preparation, and personal skill, neither the authors nor BelleAire Press assume any responsibility for any adverse outcomes, or for damages or other losses incurred that result from the material presented herein. Readers working with kitchen equipment and appliances must always be alert to their safety, as well as that of others in the area, and to the proper preparation of food. Particular care must be taken when working with hot pans and cooking oils.

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"My task which I am trying to achieve is, by the power of the written word, to make you hear, to make you feel--it is, before all, to make you see. That--and no more, and it is everything."

Joseph Conrad

"...let it be our pride that we ourselves may put meaning into our lives, and sometimes a significance that transcends death. If a man is fortunate he will, before he dies, gather up as much as he can of his civilized heritage and transmit it to his children."

Will and Ariel Durant

**In Loving Memory
of**

Anna Fladvad Johansen

Nina Johansen

Marie Theresa Fladvad Cottrell

Marie Theresa Cottrell Raymond,

our grandmothers and our mothers.

"Flavors of the Fjords" is a combination of cookbook and family history assembled by the Fladvad-Bjorke family. The book may be the most detailed history of a Norwegian-American family yet published, and it serves as a model of what many Norwegian-American families could do to preserve knowledge of their past and the stories of their ancestors' immigration."

News of Norway, Norwegian Embassy in Washington, D. C.

We agree with the Embassy's conclusion that Flavors "exemplifies what dedicated compilers and relatives can do to preserve knowledge of their family's complex past. This one family's legacy should inspire others as well."

What you are about to read and experience remains the most comprehensive history of a Norwegian-American family yet written and published.

The following Table of Contents was prepared to give you an early and convenient understanding of the book and its contents. The range of topics is interesting, but far broader than you would expect and what says it is a cookbook, which of course, it is.

Flavors is not likely to be a book that you will be able to read in one sitting. Further, the various chapters include family history, some genealogy, Norwegian holiday traditions, over 100 authentic recipes for Norwegian cakes and cookies, even a chapter chronicling life in occupied Norway during World War II.

The following Table of Contents was compiled and organized to provide you with a convenient overview of the book's contents and a way to easily find them either through hyperlinks or the search feature on your reading device.

The Big Picture...

Flavors of the Fjords the most comprehensive history of any Norwegian-American family yet prepared, including its holiday recipes, travels, photographs, and correspondence. The determination of family members to stay in touch now extend back over 150 years.

The authentic, mouth-watering, easy-to-prepare Norwegian holiday recipes originate from an original, 19th century manuscript cookbook prepared by Marie Theresa Fladvad, a beautiful, intelligent émigré who married into an established Newport, Rhode Island family at the turn of century.

Recipes for over 100 holiday cookies, cakes and breads, toppings, and puddings are interwoven with fascinating bits of Norwegian social history, including explanations of Norwegian Holiday traditions and customs, many of them kept alive to this day by millions of Norwegian-American families.

These dishes reflect authentic cooking of the old country, and those flavors, uniquely Norwegian, brought to America by nearly one million Norwegian immigrants.

Interesting and poignant family recollections shed light on life in Newport, Rhode Island at the turn of the century. All was not "Bellevue Avenue high life."

One chapter traces the history of the Fladvad and Bjørke family farms in Central and Western Norway from 1400-1900, using information obtained from Norwegian archives. Fascinating glimpses of life and times in Norway since written records were first kept are revealed.

In addition, it offers an unusual section of letters and photographs from family members describing the trials of life in German-occupied Norway during World War II.

Recipes are really interesting and fun to read. The Authors have included copious notes on Norway,

its people, and its cooking. In addition, many of the recipes pages include period photographs of family members who were connected with the recipe.

Flavors includes a 1,800-word Norwegian-English glossary, with useful terms for foods and cooking, but also family, kinship, home, and utensils. The Glossary is the first designed specifically to help readers wishing to translate their family Norwegian recipes.

Contents

Preface

The "back story" for a nonfiction work such as Flavors of the Fjords helps the reader understand the circumstances and events that prompted the writers to invest so much of themselves in such a demanding project.

The Preface prepared by author Tracy Connors introduces you to the Cottrell-Fladvad-Bjørke Families. It explains how the authors began to unravel the puzzles surrounding Marie Fladvad Cottrell's manuscript cookbook and the boxes kept by her daughter, Marie ("Peter," as you will soon know why).

The family stories that unfolded over several decades of research and writing are often poignant. The Preface introduces you to the "mystery" photograph of the west central Norwegian farm in the Sunndahl Valley that helped them reconnect with the ancestral family home, as well as with the relatives still living there. This chapter introduces you to the research trail followed by the authors that ranges from Oslo, Ibsen and the Grand Café, to Kristiansund and the Dovrefjell.

The preface concludes with a section focused on Norway including a variety of statistics and facts to help you better understand this beautiful democracy.

Norwegian Holiday Traditions: Syttendemai and Juletid

Norwegians especially enjoy two major holidays each year. One commemorates their struggle to regain independence as a nation, the other celebrates the Christmas season. Both are family-oriented, combining national festivities and warm, convivial times with their immediate and extended families.

The story and numerous photographs help you experience a Norwegian Independence Day celebration in Oslo starting the day before the parades and feasting. In spirit you can join the marching school band parade of beautiful, enthusiastic young people marching down Karl Johan to parade past Slottet, the home of the Norwegian Royal Family, to waive and share for their king and queen.

Christmas in Norway is a treasured holiday for all Norwegians. Flavors explained treasured Norwegian traditions, Christmas stories, and Christmas foods, including recipes for the traditional Norwegian Christmas cookies. You will see Marie Fladvad's original manuscript recipe as well as the contemporary

Norwegian Holiday Traditions Contents

Norwegian Holiday Traditions	54
Syttendemai	54
Juletid	54
Christmas Time in Norway	54
Constitution Day	55
Bunad	56
Syttendemaitog	56
Arriving At Slottet	57
Middag	58
Christmas In Norway	58

Yule Log Cake	60
Julenissen Brings Gifts	61
Julekost	61
Gledelig Jul	62
Merry Christmas	62
Marsipangriser	63
Marzipan Pigs Charming Christmas Tradition	63
Marzipan Pig	64
Christmas Fun With Children	64
Gnomes and Saints	64

Julekake	66	Pepperkaker	69
Christmas Bread	66	Gingerbread Cookies	69
Marie's Original Recipe	66	Peppernøtter	70
Julekage	66	Ball-Shaped Spice Cookies	70
Christmas Cookies	67	Peppernøtter	71
Berlinerkranser	68	Ball-Shaped Spice Cookies	71
Berlin Crowns	68	Hvitt Peppernøtter	72
Marie's Original Recipe	68	White Ginger Cookies	72
Barlinerkrandse	68	Bergen Peppernøtter	73
Fattigmann	68	Bergen Pepper Gingersnaps	73
Fried Crullers-- "Poor Man's Cake"	68	Sandkaker	74
		Norwegian Sand Tarts	74

recipe developed by the authors from her original ingredients and measures.

Fladvad Family

Marie Theresa Fladvad emigrated from Christiania (Oslo), Norway to the United States in 1895. She left behind in Oslo, her father Tron Fladvad and mother, Oline Bjørke Fladvad, plus several sisters and brothers. Settling in Newport, Rhode Island, she soon married and began a new life. The Fladvad and Bjørke families from which she came have been established in Norway since before written records were kept. The next two chapters tell the story of the Fladvad and Bjørke Families through family records, national archives, and photographs.

To better understand and appreciate the history of these two venerable Norwegian families, we begin with a brief overview of the historical background and the circumstances in which the Fladvad and the Bjørke families lived.

Tron's Fladvad family had lived on three neighboring farms in Western Norway near Sunndalsøra for several hundred years. Oline Bjørke's family was from Furnes, about six miles north of Hamar and about 30 miles south of Lillehammer, the site of the 1994 Winter Olympic games.

In many important respects, these two families and the land which they farmed represented the majority of Norwegians who emigrated to the United States. By following their story in so far as possible, we get a much better understanding of these families and times in which they lived.

The chapter includes a broad outline and summary of Norway's history and events—including some interesting information explaining different systems of taxation, weights, and money. Historical events are noted to provide more context for you between what was happening in Norway, and trends, developments, and changes taking place around the world.

Fladvad & and Bjørke Families

The Fladvad and Bjørke Families	80
Church and Crown	81
The Black Death	82
Sweden-Denmark-Norway	84
The Reformation	85
Farmers and Cotters	85
Norway Under Sweden	86
The Landowners	87
The Land Rent <i>Landskyld</i>	87
The Land Register " <i>Matrikkel</i> "	88

The Named Farms and the	
Land Registered Farms	88
Taxes	89
Measures and Currencies	89
Flatvad & Bjørke	90
Flatvad	91
Traditional Names	92
Hoås	92
Bjørnhjell	94
Avalanche	94
Flatvad	96

Bjørke Family

The Bjørke Family has its roots in the Hamar area near Lake Mjøsa about 40 miles northwest of Oslo. The area was founded over a thousand years ago primarily to support and sustain pilgrims coming from throughout Europe on their way to St. Olav's tomb in Nidaros Cathedral in Trondheim. The first mention of the family appears in the oldest written records of the area from about 1300.

This chapter traces the family's challenging history as farmers and founders in the area, and includes photographs of the beautiful parish church and nearby farm that help bring the family's story to life. The journey follows Oline and Tron from the time they met in Kolveride until their final residence in Oslo, and includes historic photographs that help us understand their stay in Kristiansund.

These two chapters trace the history of the Fladvad and Bjørke family farms and families in Central and Western Norway from 1400-1900 using information obtained from family records, research, and Norwegian archives. They provide fascinating glimpses of life and times in Norway since written records began.

Contents Bjørke Family

Hamar 108

The Bjørke Family 109

Norwegians Retain Their Identity 109

Coaching Inn 109

Nils and Kari 109

Fire At Bjørke 110

Anders and Marie 113

Norway's National Day 113

Oline Andersdatter Bjørke 114

Niels and Lars Bjørke 114

Oline Travels To Namsos 115

Norwegian Horses Would Not Kick 117

Skibladner 117

Lillehamer 118

The Royal Road 119

Tron Olesen Fladvad 119

Oline Andersdatter Bjørke 119

Tron and Oline Move to Kristiansund 121

Norway's First Kaffestue 122

Life in Christiania 125

Cottrell's of Newport

Charles Cottrell represented the third-generation of the Cottrell family who had made Newport, Rhode Island their home. James Cottrell, an Irish engineer, had arrived in Newport in the early 1820s to help construct Fort Adams. Soon he was heavily involved in building a new Catholic Church (later made famous as the site of the Kennedy-Bouvier marriage), and teaching classical languages. His son, Michael, would join a contingent of Newport would be gold diggers whose journey to California in search of gold brought only death to many and hardship to all. Michael would establish the families mercantile store on Thames Street. His son, Charles, would marry a Norwegian immigrant, Marie Therese Fladvad, whose belongings included her manuscript cookbook full of recipes for delicious Norwegian cakes and cookies.

Their marriage seems happy at first, but soon faces many tests. Their story provides rare insights into the lives of an affluent, but not truly wealthy, Newport family buffeted by the deaths of their children, cultural differences, and fading fortunes as the famous city's Gilded Age came to an end.

Cottrell's of Newport Contents

The Cottrell's of Newport 128

Marie's Dilemma 129

Marie Rejects "The Doll's House" 132

Charlie Meets Marie 134

Newport Merchant 136

The Cottrells Arrive in Newport 138

Shipping Out on the Audley Clarke 139

Newport Return: Business On Thames
Street 140

Michael and Catherine 141

Marie Fladvad Arrives In Newport 143

From Norway To Newport 145

A New Century, A New Baby 151

Marie Returns To Norway 153

Between Polar Expeditions Roald Amundsen
 Explored Shuffleboard 157
 Move To Mill Street 159
 Life At 23 Catherine Street 161
 Beginning Of The End For Charlie And Marie 164
 Charlie And The Electric Spark 165
 Charlie Pays His Bills-With His Household 166
 "Mr. Cottrell Is Survived By Four Daughters..." 167

Marie Is On Her Own 169
 Teens In The Teens 170
 It's The 'Big Apple' For Theresa 173
 Marie Becomes A Newport Business Woman 173
 Establishing Theresa In New York 174
 Marie's Apartment Building 175
 Alone On Bellevue Avenue 176
 The Storm Started to Get Bad in the Afternoon 177
 Epilogue 184

Norwegian Cookies and Cakes

Over 100 authentic, mouth-watering, easy-to-prepare Norwegian cookie and cake recipes are included derived from the original, 19th century manuscript cookbook prepared by Marie Theresa Fladvad.

Recipes for holiday cookies, cakes and breads, toppings, and puddings are interwoven with photographs and fascinating bits of Norwegian social history, including explanations of Norwegian Holiday traditions and customs, many of them kept alive to this day by millions of Norwegian-American families.

Contents Norwegian Cookies and Cakes

Cakes, Cookies and Breads 187
 American Cake 188
 Lemon Currant Cake 188
 Arendalskaker 189
 Arendal Cakes 189
 Berlinerkranser I 190
 Berlin Wreaths 190
 Berlinerkranser II 191
 Berlin Wreaths 191
 Bløtkake I 192
 Soaked Cake 192
 Bløtkake II 193
 Soaked Cake 193
 Bordstabel-bakkels 194
 Boardpile or Table Stacking Cookies 194
 Almond paste 194
 Almond Paste or Mandelrøre 194
 Clabbered Cream 195
 Diagonaler 196
 Norwegian Diagonals 196
 Eggedosis 197
 Egg Nog 197
 Eplekake I 198
 Apple Custard 198
 Eplekake II 199
 Apple Cake 199
 Marie Theresa Cottrell Raymond's 200
 Dutch Apple Cake 200

Hard Sauce 200
 The Silhouette's Secret 201
 Flatbrød 203
 Flat Bread 203
 Fruktkake 204
 Norwegian Pear Pudding 204
 Fyrstekake 205
 Prince's Cake 205
 Gjørbakst 207
 Sweet Yeast Bread 207
 Gjørbakst med Eple 208
 Yeast Bread with Apples 208
 Gudbrandsdaler 209
 Gudbrands Valley Cookies 209
 Guldake 211
 Gold Cake or Yellow Cake 211
 Hjortetakk 212
 Norwegian Antlers or Dough Wreaths 212
 Honningkake 213
 Honey Cake 213
 Hveteboller 214
 Wheat Rolls 214
 Jødekaker 215
 Jewish Cakes 215
 Julekake 217
 Christmas Cake 217
 Kaffebrød 219
 Coffee Bread 219
 Karamellpudding 220

- Caramel Custard 220
- Caramel Preparation 220
- Custard Preparation 220
- Kardemommemuffins 221
- Cardamom Muffins 221
- Cardamom, Queen of Spices 222
- Kassandrakaker 223
 - Norwegian Cassandra Cookies 223
- King Haakon's Coffee Cake 224
 - Lemon Cardamom Tea Bread 224
- Kongevifter 225
 - The King's Fans 225
- Korintkake 226
 - Currant Cake 226
- Kransekake I 228
 - Ring Tree Cake 228
 - Kransekake Icing 228
- Kransekake II 229
 - Almond Ring Cake or Wreath Cake 229
- Kringle I 230
 - Pretzel Yeast Bread 230
- Kringle II 231
 - Pretzel Cinnamon Cookies 231
- Kringle III 232
- Krumkake Background 233
- Krumkake 234
 - Norwegian Cones 234
 - Vanilla Krumkake 234
 - Sour Cream Krumkake 234
 - Cardamom Krumkake 234
 - Almond Krumkake 234
- Krydderkake I 236
 - Marie's Gingerbread 236
- Krydderkake II 237
 - Spice Cake 237
- Kvæfjordkake 238
 - World's Best Cake 238
- Linser 240
 - Custard Cups 240
- Mandelflarn 242
 - Almond Snaps 242
- Mandelkake 243
 - Almond Cake 243
- Mandelkake med Krem 244
 - Almond Cake with Cream 244
- Mandelstenger 245
 - Almond Sticks 245

- Marabukaker 246
 - Coconut Cookies 246
- Mor Monsen's Kake I 247
 - Mother Monsen's Cake 247
- Mor Monsen's Kaker II 248
 - Mother Monsen's Cake Cookie Bars 248
- Munker I 249
 - Apple Balls 249
- Munker II 250
 - Apple Balls 250
- Norsk kake 252
 - Norwegian Sponge Cake 252
 - "Plain Cake" 252
- Norwegian Spice Loaf 254
 - Marie Cottrell Raymond's Recipe 254
- Norwegian Pancakes 256
- Pepperkake 257
 - Gingerbread 257
- Pepperkake 258
 - Gingerbread Cookies 258
- Peppernøtter 259
 - Ginger Cookies 259
 - Preparation 259
- Peppernøtter 260
 - Peppernut Cookies 260
 - Serving Suggestions 260
- Pleskener 261
- Potetlefse 262
 - Potato Lefse 262
- Pritsar 263
 - Vanilla Almond Cookies 263
- Rømmegrøt 264
 - Sour Cream Porridge 264
- Rømmegrøt 265
 - Cream Pudding 265
- Rømmebrød 266
 - Sour Cream Bread 266
- Rosett-Bakkels 267
 - Norwegian Rosettes 267
- Rullekake 269
 - Jelly Roll 269
- Sandkaker I 270
 - Norwegian Vanilla Tarts 270
- Sandkaker II 271
 - Sand Tarts or Saint's Hearts 271
- Sandkaker III 272
 - Sand Tarts or Saint's Hearts 272

- Sandkaker IV [273](#)
 - Sand Tarts or Saint's Hearts [273](#)
- Sandkake [274](#)
- Sandnøtter I [275](#)
- Sand Nuts [275](#)
- Sandnøtter II [276](#)
 - Sand Nuts [276](#)
- Sitronkake [277](#)
 - Lemon Pudding [277](#)
- Sjokoladekuler [278](#)
 - Chocolate Balls [278](#)
- Skillingsboller [279](#)
 - Cardamom Buns [279](#)
- Smørkranser [280](#)
 - Butter Wreath Cookies [280](#)
- Smør-Krem [280](#)
 - Mocha Butter Cream Frosting [280](#)
- Smørpletter [281](#)
 - Butter Dots [281](#)
- Smultringer [282](#)
 - Norwegian Holiday Doughnuts [282](#)
 - Safety Note [282](#)
- Sølvkake [284](#)
 - Silver Cake [284](#)
- Sølvkake [285](#)
 - Silver Cake with Coconut and Lemon [285](#)

- Sukkerbrødkake [286](#)
 - Sugar Cake [286](#)
- Sukkerbrød [287](#)
- Lemon Cognac Pudding [287](#)
 - Modern alternative recipe [288](#)
- Sugar Bread Cake [288](#)
 - Lemon Cognac Tea Cakes [288](#)
- Tebrød [289](#)
 - Tea Bread [289](#)
- Tosca kake I [291](#)
 - Tosca Cake [291](#)
- Tosca kake II [292](#)
- Tyske skiver [293](#)
 - German Slices [293](#)
- Vanilla Custard Filling [294](#)
- Vaniljeboller [296](#)
 - Vanilla Buns [296](#)
- Waffles [298](#)
- Fløtelapper I [298](#)
 - Cream Waffles [298](#)
- Fløtelapper II [299](#)
 - Cream Waffles [299](#)

Datter Olise

Olise Fladvad was Marie's younger sister, the seventh child of Tron and Oline Fladvad, and a trained nurse who loved to travel. She about ten years old when her family moved from Kristiansund to Oslo. She remained close to her sisters, including Marie who left for America in 1894-5. Olise's travel diary from 1897 was among the few personal effects that survive. This chapter excerpts much of the diary which chronicles Olise's travels to England, France and Germany, starting with Queen Victoria's "Jubilee" in 1897, complete with photographs of bicycle tours in pastoral France--before Normandy.

Datter Olise Contents

- Queen Victoria's Jubilee [301](#)
- An English Wedding [302](#)
- To Oxford, England [302](#)
- Bicycle Touring in England [302](#)
- Windsor Castle [303](#)
- The Abbey...then Greenwich [303](#)

- To Bayeux, France [304](#)
- Paris: "I went only out of curiosity" [304](#)
- Olise Meets Her Brother [305](#)
- Life in Bayeux [306](#)
- Orient Express to Munich [308](#)
- Ending the Century and an Era [310](#)

Willumsen Letters from German-Occupied Norway

Christian "Chris" (pron. "Kiss") Willumsen married Jeanne Fladvad, Marie Fladvad Cottrell's younger sister in 1913. She was 31, beautiful and intelligent. He had wanted to marry long before, but she said they must wait until he had made his business successful. He was handsome and entrepreneurial. His businesses were successful--until the German occupation government forced him out of business. They were a devoted couple until his death in 1949. She lived until 1969.

Their life together was rich and full. He built a successful export-import business based in Oslo. The business enabled them to travel widely and to live for extended periods outside Norway. For many years they lived in Brooklyn, New York and in New Jersey. They also lived in Africa for a period. Unfortunately, during their stay in Africa, Chris contracted malaria, a disease he never really overcame and which contributed to his relatively early death.

What is clear through the surviving letters and photographs is a remarkable closeness between the couple and her American relatives. There were frequent letters, almost always written by Chris whose English was stronger as a result of his business activities. Few letters from the American relatives have survived, but his letters make it clear that many different relatives were writing and forwarding gifts.

The Willumsen letters are included in this work because they provide a unique insight into the affection these families shared and sustained throughout the years, and across the wide gulf of the Atlantic Ocean. In addition, Chris continued to write when he could during and after the German occupation of Norway in April, 1941. His letters offer a poignant insight into the trials suffered by the Norwegian people at the hands of the occupation forces.

German Occupation Letters Contents

Christian and Jeanne Willumsen Letters
from German-occupied Norway to Marie Fladvad
Cottrell 311

"...but these are disturbing times." 316

May 2, 1940, The Norwegian-American
Line 317

New York City 317

November 30, 1940 317

Christian Willumsen to Marie Cottrell 317

May 24, 1945, Christian Willumsen to Marie
Fladvad Cottrell 318

August 31, 1945, Oslo, Norway 322

September 13, 1945, Oslo, Norway 323

September 20, 1945, Oslo 323

October 3, 1941, Christian Willumsen to
Marie Cottrell 324

December 16, 1945, Oslo, Norway 326

October 22, 1947, Oslo, Norway 327

"View from Rognlihögda" 328

1,800 Word/Term Glossary of traditional Norwegian Foods, Cooking, and Family Life.

Norwegian Americans share a very special legacy in their family ties to a beautiful country, and in the delicious recipes developed over the years. This is especially true of Norwegian Holiday cooking and recipes.

Words, terms, and phrases contained in the Glossary were selected based on their use in cooking, food preparation, household living, and family relationships. We hope they may be of some help to those of you who wish to translate family recipes or letters. While this Glossary will probably not provide the depth needed for serious family research, we do hope it will be helpful. Feel free to recommend additional terms for inclusion in future editions.

Glossary of Norwegian-English Foods, Cooking, and Family Life Contents 333-383