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-- FOR IMMEDIATE RELEASE --

**Treat Yourself to Something Sweet:
Join us for *Semlor* and a Movie
at the American Swedish Historical Museum
Saturday, February 18th, 2012 11am**



Different cultures have a variety of delicious foods that they eat before the official start of Lent in late winter. The English have “Pancake Day” and Mardi Gras is often celebrated with King Cake. But in Sweden they eat *semlor*, rich puff pastries filled with almond paste and whipped cream, served along with strong coffee.

However, *semlor* have certainly outgrown their religious symbolism. The plump, cream-filled buns, traditionally eaten on Tuesdays, begin appearing in shops as early as January. Fat Tuesday (in Swedish the day is known as *Fettisdagen*,

meaning Fat Tuesday) would be more aptly named Fat January, February and March.

And it doesn't stop there. Swedish newspapers also get in on the act, with tasting surveys aimed at finding the best *semla* in town. On top of this newspaper subscribers can send in a picture of their own *semla*, to show off their baking skills.

At ***Semlor and a Movie***, you can enjoy homemade *semlor* and coffee, followed by an engaging Scandinavian film. Register in advance on our website at www.americanswedish.org/calendar.htm, or over the phone at (215) 389-1776. Advanced tickets are \$12, or \$15 at the door. Order an extra *semla* for \$6. RSVP by February 13, 2012.

The American Swedish Historical Museum is located in scenic FDR Park at 1900 Pattison Avenue in South Philadelphia near the Sports Complex. Plenty of free parking is available. For those taking public transportation, the Broad Street Subway's AT&T/Pattison Avenue stop is within walking distance or SEPTA's Route 17 (Naval Base) can bring you right to the Museum.

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