

# AMERICAN SWEDISH HISTORICAL MUSEUM

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-- FOR IMMEDIATE RELEASE --

**Designs of the Past Come to Life in  
*Knitting Along the Viking Trail*  
Exhibit Opening Sunday, March 20<sup>th</sup>, 2011 3-5pm  
And Knitting Workshop Saturday, March 19<sup>th</sup>, 1-4pm  
At the American Swedish Historical Museum**



Scandinavian artist Elsebeth Lavold brings the designs and motifs of the Vikings back to life in her traveling exhibition *Knitting Along the Viking Trail*, which opens at the American Swedish Historical Museum on Sunday, March 20<sup>th</sup>, 2011. Lavold's interest in archaeology led her to explore remnants of the Viking era, such as metal work and runic design. Taking inspiration from her own ancestry and the ornamentation found on countless metal

and stone artifacts, she adapted the motifs of Viking culture into knitwear.

Lavold's works include sweaters, hats, mittens, jackets and pillows, amongst other every-day items. These contemporary objects are juxtaposed with images and replicas of the artifacts by which they were inspired, such as buckles, goblets, containers, and rune stone carvings. The patterns that Lavold developed are based on the Vikings' unique representation of their own culture and lifestyle, depicting animals, as well as stories from Norse religion and mythology.

Blending together craftwork and ancient culture, *Knitting Along the Viking Trail* will appeal to both lovers of knitwear and textiles, as well as history. The exhibit opening will feature a talk by the artist and refreshments. Admission is free and open to the public. **A hands-on knitting workshop will be held by the artist on Saturday, March 19<sup>th</sup>, at 1-4 pm.** The cost for attending the workshop is \$25. Space is very limited. For more information, or to sign up for the workshop, call (215) 389-1776 or visit the museum's website at [www.americanswedish.org](http://www.americanswedish.org).

**The American Swedish Historical Museum is located in scenic Franklin Delano Roosevelt Park at 1900 Pattison Avenue in South Philadelphia near the Sports Complex. Free parking is available. ASHM is accessible from Interstates 95 or 76, Broad Street Subway or bus #17.**

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