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-- FOR IMMEDIATE RELEASE --

**Treat Yourself!**  
**Join us for *Semlor* and a Movie**  
**at the American Swedish Historical Museum**  
**Saturday, February 11th, 2017, 11am**



Experience a decadent Swedish treat: stop by the American Swedish Historical Museum for a delicious *semla*, a rich puff pastry filled with almond paste and whipped cream.

The popular tradition of eating *semlor* this time of year originates from a time when Sweden was still a Catholic country and fasting was custom 40 days before Easter. The days prior to Lent, on the other hand, included a big feast filled with plenty of food and *semlor*.

Nowadays, Swedes skip Lent but still enjoy their *semlor*. The annual start to eating them is even marked in the Swedish calendar and called Fat Tuesday (*Fettisdagen*), usually occurring in February. However, many Swedes are eager to start enjoying these decadent treats and today you can find *semlor* in bakeries as early as right after Christmas. Some eat them in a bowl with hot milk, a practice referred to as *Hetvägg* (Hot Wall).

*Semla* was also the favorite pastry of the Swedish King Adolf Fredrik, who ruled in the mid 18<sup>th</sup> century. A rumor claims that he died from having too many at once, which is actually what he is most famous for in Sweden today.

At *Semlor* and a Movie on Saturday, February 11th, you can enjoy homemade *semlor* along with strong coffee, followed by an Academy Award nominated film. Register in advance on our website at [www.americanswedish.org/calendar.htm](http://www.americanswedish.org/calendar.htm), or over the phone at (215) 389-1776. Tickets are \$13 in advance or \$15 at the door. Order an extra *semla* for \$6. Please place advanced ticket purchases and extra *semla* orders by February 7<sup>th</sup>.

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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