America Eats
Albert St. George
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S M Ö R G Å S B O R D

In Sweden, in the whole of Scandinavia, smorgasbord spells the artistic prelude to a several-course dinner--enticing appetizer for still more substantial fare. And so it can be with us in America, or we can offer its varied dishes as the whole of our meal, followed by a desert and coffee.

If your smorgasbord is to stand on its own with no food to follow, lay it out lavishly on the dining-room table. Stack plates conveniently. Set up little tables in other rooms, ready for the arrival of laden plates and eager guests. Afterward come coffee and a tantalizing Danish pastry or Swedish desert.

It's not likely you'll choose to compete with the sumptuous smorgasbords of true Swedish restaurants, with their half-a-hundred epicure victories. But a few "musts" do belong on every home smorgasbord to make it convincingly true--herring in a least two ways, one or more cold, sliced meats with jellied meat in the offing, salads of several kinds (one a shivering, whole-fruit jelly), stuffed eggs, celery hearts, two hot casseroles, and, for zest at the close banquet, three to five cheeses, the most subtly delightful you can find.

So let's borrow the toast of our Scandinavian friends and say "Skal!" Skal to the guests who gladden our table! Skal to our hosts who have treated us so royally! And again Skal to the land of the north and their great-hearted people who have shared with us a charming tradition.

Source of Information: Better Homes & Gardens, 1714 Locust St., Meredith Building, Des Moines, Iowa. Page 31, Feb. 1939.

B A N Q U E T M E N U

Pickled Herring Spiced Beets

Assorted Cheese Balls

Ripe Olives Pickled Onions

Radish Roses Cheese--Stuffed Celery

Stuffed Tomato Salads - Spiced-Tongue Platter

Herring Salad Royal Jellied Veal

Appetizer Meat Balls - Hot Red Cabbage

Swedish Potato Salad Apple Salad

Crown Mold Princess Fruit Ring

Assorted Swedish Cheeses

Ligonberry Sundae Rye Wafers Coffee

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SMORGASBORD HOW-TO-DO: Build the stage for your smorgasbord tidbits from a paper-covered cheese hopp or a shallow square box. Border it gaily with Swedish paper, then a circle of candles or American and Swedish flags.

Roll cream-cheese balls in minced carrot, parsley and dried beef. Garnish tiny beets with spiced onion rings and dill. Make one mold of tomato aspic and a twin mold of cottage cheese; Cut and alternate the wedges. Spice two tongues; one, sliced paper-thin, garnishes and covers the second held in reserve for late comers. Add tiny, celery-stuffed tomatoes and hard-cooked eggs masked with mayonnaise, topped with anchovies and pimiento. Scissor-cut pimiento strips follow a whirligig outline sketched with a toothpick on the jellied veal masked with mayonnaise. For a border, press on radish slices and green-pepper triangles. Serve herring salad in scallop shells on a sea of crushed ice. Fold a napkin as drip-catcher for the ice. The fruit ring mold boasts pineapple slices, peach halves, grapes, and maraschino cherries in lemon gelatine.