

Unit 8: HARDANGER EMBROIDERY

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About the Cultural Skills Program

Sons of Norway's Cultural Skills Program provides a framework for learning about traditional and contemporary Norwegian culture. Each unit consists of three levels of skill-specific activities to guide you as you learn. You can complete the units on your own, through your lodge or through a special class or group. For each level, you'll complete a few activities, email (or mail) them in to Sons of Norway Headquarters, get feedback, and earn a pin in recognition of your accomplishments. As a benefit of membership, the Cultural Skills program is available only to members of Sons of Norway.

When you complete part 1 of your first unit you'll receive a Cultural Skills pin, a skill bar, and a level 1 bar. You'll receive additional level bars when you complete parts 2 and 3 of that skill, and new skill bars when you complete level 1 of a new skill.

Going Further with Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition.

- A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.
- A Cultural Skills Mentor instructs or guides others to learn about Norwegian cultural skills. If your instruction has helped other members earn Cultural Skills awards, you can earn a mentor pin.

For more information about the Sons of Norway Cultural Skills Program, call (800) 945-8851 or email culturalskills@sofn.com.

INTRODUCTION

Hardanger embroidery or *hardangersøm* is a traditional form of decorative Norwegian needlework. Named for the Hardanger district of Norway where it was developed, *hardangersøm* has become so popular over the years that it has been adopted by craftspeople from all over the country and beyond. What sets *hardangersøm* apart is the sheer variety of stitches and techniques it encompasses. The vast range of techniques one must master make it a demanding skill to learn, but also empower artisans to continue creating an infinite array of new designs. Perhaps that's why after more than three centuries, *hardangersøm* continues to inspire stitchers all over the world.

Although *hardangersøm* is distinctively Norwegian, its origins can be traced through many other countries. The type of embroidery that would eventually develop into *hardangersøm* is thought to have come to Europe from the Middle East or Persia during the Renaissance. By the 1600s the Italians had developed their own style of embroidery called *reticella* that soon became popular and spread throughout the continent and eventually to Norway. The earliest recognizable *hardangersøm* pieces date from the 1700s.

Around the same time, many other regions of Norway began to develop their own distinctive styles of embroidery and other textile crafts. During the 1800s, when Norway was stirred by a great national romantic movement, people from all over the country were united in a new enthusiasm for traditional folk culture. The style from the western district of Hardanger soon became popular all over the country and was embraced as the national style.

Originally, practitioners added *hardangersøm* mainly to aprons and shirt collars, then tablecloths and napkins. Later, as each area developed its own *bunad* or folk costume, headdresses, bodices, blouses and more were decorated with *hardangersøm*.

OVERVIEW:

- For each part of Hardanger Embroidery, complete all required activities and one elective activity. The parts must be completed in order.
- For Part 1, you will learn/demonstrate basic Hardanger stitches and stitch a beginning piece using the basic Hardanger stitches.
- For Part 2, you will continue to expand your stitch repertoire to make a special item incorporating more advanced stitches with those you learned in Part 1.
- For Part 3, you will stitch a larger Hardanger piece destined to become a treasured heirloom.
- For each part, you will complete a Hardanger Embroidery Pin Application Form and Evaluation Form.
- If you have a question regarding any part of this unit, please send an email to culturalskills@sofn.com or call (800) 945-8851.

WHY SHOULD I TRY HARDANGER EMBROIDERY?

Meet New Friends! Stitchers are friendly people and love to get together to stitch. While working through this unit you may make new friends or deepen a bond with old friends in your lodge, bring new members to your lodge and pass a skill onto the next generation.

Stress Relief! There are many studies that show how time spent in a hobby you love helps decrease stress and keeps your mind and body active.

Creativity! Hardanger embroidery has a lot of room for you to experiment with colors, patterns and stitches. You can take a piece and make it your own masterpiece. You can be proud of your accomplishment whether you display it in your home or give it away as a gift that will become a treasured heirloom.

Teach Someone Else! Passing down what you've learned to a younger generation keeps the art of Hardanger embroidery alive and encourages the youth to embrace their heritage.

A New Career? There is always room for new designers and patterns. Many designers started as a stitcher who went beyond a pattern. It's never too late to start designing!

Beginning in the mid-1850s, Norwegian immigrants began bringing hardangersøm across the Atlantic. Their creative American and Canadian descendants not only continued to practice hardangersøm but were inspired to combine colored threads and cloth with the traditional art form, thus giving us contemporary Hardanger embroidery. Today, this embroidery style enjoys a renaissance, largely due to the interest and promotion by these descendants—vividly demonstrated by the many hardangersøm books written by North American authors.

Stitchers around the world are still creating new patterns. Others are combining other needle arts with Hardanger embroidery. As you work through this Cultural Skills Program, you will find out why they love this beautiful technique.

PART 1: THE BASICS

While it is relatively easy to teach yourself Hardanger embroidery, a good reference book is highly recommended. Hardanger embroidery books can be found at some needlework stores, Scandinavian gift stores, bookstores, on-line or at your local library. A partial list of books and additional resources can be found in the Reference section at the back of this unit. (Many of the books can be ordered through Nordic Needle, a leading authority in this needle art form and a major contributor to this unit.)

Part 1 Activities

Activity 1. Demonstrate basic stitches and skills.

For this activity you will create a simple piece demonstrating some of the basic stitches used in Hardanger. Although you are welcome to create any design incorporating the stitches listed on page 3 we recommend that you begin with the following project, a traditional creamer and sugar pattern that is designed to be used under a small creamer and sugar set.

The history of this little design is not entirely known. It is believed to have been brought to the Moorhead, Minnesota, area by Norwegians visiting relatives in the early 1900s. In the 1970s, Roz Watnemo charted this pattern to teach beginning stitchers at Nordic Needle. It's a great project to start out on because it incorporates many different stitches into a small piece. When this piece is completed you will be able to use your skills to create many more Hardanger embroidery pieces using these same stitches.

Sons of Norway would like to extend its sincere gratitude to Roz Watnemo for granting permission to use this design.

Finished Size: 4" x 7.75"

Materials:

- 7" x 11" 22 count white Hardanger fabric by Zweigart (1008-001)
- 1 ball each size #5 and #8 white pearl cotton by DMC
- Size 24 and 22 tapestry needles

(Continued on page 3)

Working Instructions:

Fold the fabric in half lengthwise to find the center line. Measure down 1.25" to begin the first satin stitch block (see red arrow) using size #5 in the size 22 (larger) needle. Stitch all the satin stitch blocks and buttonhole edge using size #5. Use size #8 in the size 24 needle (smaller) to stitch the eyelets and double row of cable stitch. Continue with cutting and use size #8 for the woven bars and webs. Trim off fabric right up to the buttonhole edge, being careful not to clip the stitches.

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1314 Gateway Drive, Fargo, ND 58103

800-433-4321

www.nordicneedle.com

askme@nordicneedle.com

However, there are many other patterns available that could be substituted to fulfill this requirement if desired. Feel free to look at additional resources and pick an alternate design to stitch. Be sure that the design includes the required seven stitches listed below:

- Kloster block/Satin Stitch
- Eyelets
- Cable stitch/Faggot stitch
- Dove's Eye
- Buttonhole/Blanket edge stitch
- Cutting and Thread Removal
- Weaving Bars

Additional information about these stitches and their alternate names can be found in the Stitch Dictionary included with this Unit.

These stitches are considered to be traditional beginning stitches. However, there are many more stitches and combinations that can be used in Hardanger embroidery. Additional stitches will be introduced in Part 2.

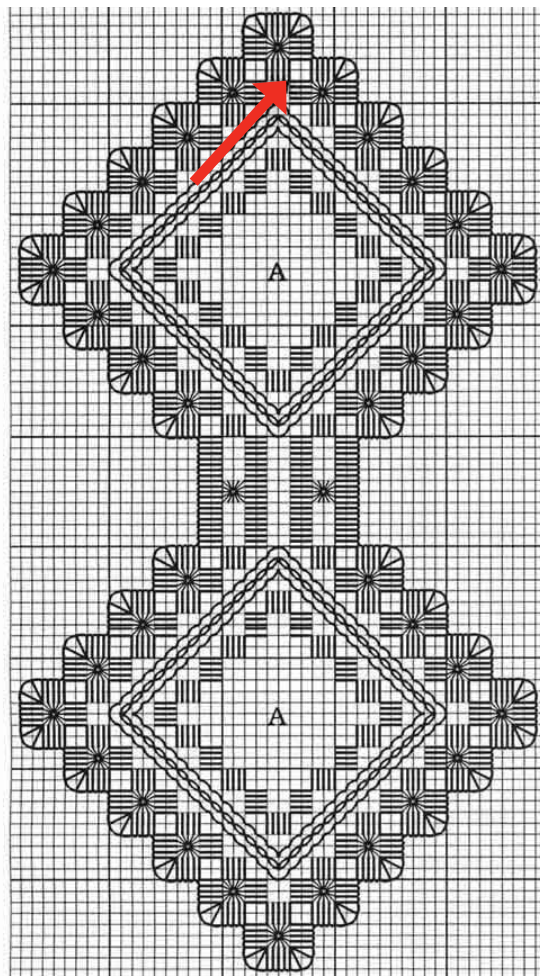
★ *Two pictures of your project need to be included with your pin application form: one showing each project in process and one showing each completed project. If an alternate pattern is used for this project, please include a copy of the pattern with your pin application.*

Activity 2. Demonstrate the Hardanger stitches and skills listed above in two sample items.

For example, make a doily (under 10" in size), bookmark or Christmas ornament. The samples can be in traditional white or ivory, or you can try using colored fabrics and threads. Not all of the stitches have to be used on one sample item, but all have to be used between both projects. Remember, each item must have some cutwork in the design, otherwise it is not considered to be Hardanger embroidery. See the Resource section on page 14 to locate patterns.

★ *Two pictures of each project need to be included with your pin application form: one showing each project in process and one showing each completed project. A copy of the pattern used for each project needs to be included with your application.*

Activity 3. Complete one elective activity. Any of the electives are suitable for Part 1. See page 13.



A - Woven bars and webs (dove's eyes)
Every square of the chart represents
2 x 2 fabric threads.

TIP: Nordic Needle has a complete kit available for this pattern that includes the fabric, thread, needles, chart and stitch instructions. K2161 – Hardanger Basics – Creamer and Sugar Mat Kit can be ordered by phone (800-433-4321) or online at (www.nordicneedle.com).

MEET THE COMPANY

Once upon a time, three young ladies went to a craft class on the Concordia College campus taught by Marie Hanson. They soon decided there needed to be a little shop in Fargo (North Dakota) that offered materials to do the Norwegian needlework called Hardanger embroidery. What started as a small shop called Crafts, Cloth, and Collectibles became Nordic Needle. Today the store stocks over 19,000 products which takes a staff of 25+ to handle everything from ordering product, stocking, marketing, web management, order entry and shipping to customers worldwide. In addition, Nordic Needle is a leading publisher of Hardanger pattern books and chartpacks.

(Continued on page 4)



STITCHING BASKET BASICS

Here are the supplies in a traditional Hardanger embroidery stitching basket:

- **Fabric** - Hardanger fabric is an even-weave fabric with 22 threads per inch.
- **Thread** - Traditionally the thread matched the fabric with two thread weights used. The thicker thread is used for the kloster blocks, motifs and border stitching. The finer thread is used for the detail work such as eyelets, wrapping, needle weaving and cable stitch.
- **Needles** - A tapestry needle is used because it has a blunt point and a large eye.
- **Scissors** - A good pair of embroidery scissors with long, thin points are a must!

Submitting your work

Complete the Hardanger Embroidery Application Form, including all of the following items:

- Two photos of each Hardanger project created (6 total)
- Elective activity requirements
- Unit evaluation form

★ *Remember, if an alternate pattern is used for this project, a copy of the pattern must be included with the pin application. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

Send materials by email to culturalskills@sofn.com (preferred) or by mail to:

Cultural Skills Program
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials (including photos) prior to sending. Original items will not be returned.

- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process:
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Cultural Skills Program
1455 West Lake St.
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - HARDANGER EMBROIDERY PART 1

CONTACT INFORMATION:

Name: _____

Mailing address: _____

City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

All required:

1. Project with the basic seven stitches/skills (i.e. Creamer/Sugar piece)
 - Two project photos, 1 in-process, 1 completed
 - Copy of the pattern, if Creamer and Sugar Mat is not used
2. Two sample projects to show use of the basic stitches and skills
 - Four project photos total, 1 in-process, 1 completed, for both projects
 - Copies of the patterns (2)
3. Elective activity # _____
 - Elective activity requirements (photos, copies of patterns, articles, entry forms, report, etc.)
4. Evaluation Form

Have you received Cultural Skills Program pin awards previously? Yes No

If yes, please list: _____

Signature (Cultural Skills Applicant)** Date

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer) Date

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E- Mail address: _____ Daytime Tel:(____) _____



UNIT EVALUATION - HARDANGER EMBROIDERY PART 1

I am providing this evaluation form after completing Hardanger Embroidery - Part 1

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- Helped me gain a better appreciation of Norwegian heritage & culture.
- Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- Increased the interest of my lodge in the Norwegian Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- Helped prepare me to participate in the district and/or International Folk Art Exhibit & Competition.

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

Scan and email this form to culturalskills@sofn.com (preferred) or send it by mail to:

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Minneapolis, MN 55408



PART 2: INCREASING YOUR SKILLS

There are many beautiful stitches and wraps in Hardanger embroidery. In this unit you will learn a few more stitches to create a more advanced project taking you beyond the basics you learned in Part 1. This project need not necessarily include more stitches than your work for Part 1, but it should show a progression of skill.

Part 2 Activities

Activity 1. Stitch a piece of your choice that includes at least three of the following stitches and techniques:

- Picots
- Adjoining wrap
- Woven spokes
- Star or Ship Motifs
- Box stitch
- Hem stitch
- Needleweaving
- Web filling stitches

Additional information about these stitches and their alternate names can be found in the Stitch Dictionary included with this Unit.

You may choose any pattern that has the required stitches. To assist you in your search for a suitable pattern, the Advanced Charted Hardanger Embroidery book #0106 by Nordic Needle has a couple of projects that would work for this part. For example, on page 9 there is an 8" x 19" bell pull/sampler with webs, hemstitching and adjoining wraps. The 19" square table topper on page 17 includes double hemstitch, branched spokes and woven triple spokes.

Some more suggestions for your project include a doily or sampler (10" or larger), table runner, table topper, collar, pillow or bell pull. You may choose to work in the traditional white-on-white style or experiment with colored fabrics and threads. However, your item must have some cutwork in the design, otherwise it is not considered to be Hardanger embroidery.

Take a picture of the item while you're working on it and another once it's done. Include these with you pin application form. Also, be sure to include a copy of the pattern you used.

Activity 2. Complete one elective activity. Any of the electives are suitable for Part 2. See page 13.

Submitting your work

Complete the Hardanger Embroidery Application Form, including all of the following items:

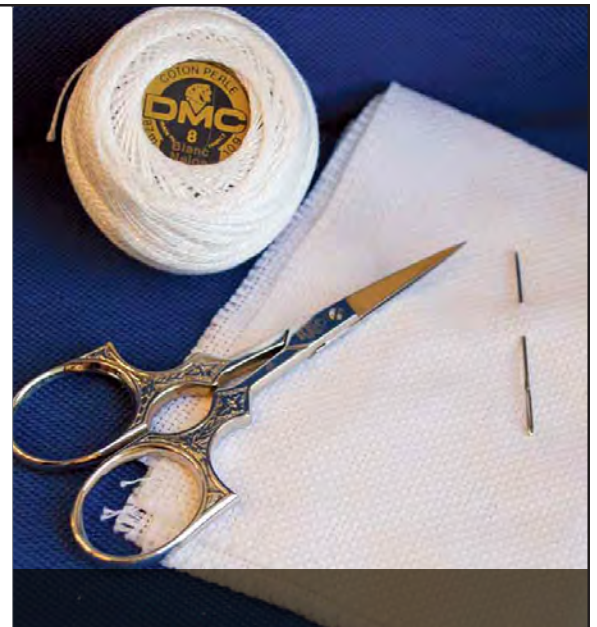
- Two photos of each Hardanger project, 1 in-process, 1 completed
- Copy of the pattern used
- Elective activity requirements
- Unit evaluation form

★ *Remember, if an alternate pattern is used for this project, a copy of the pattern must be included with the pin application. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

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TAPESTRY NEEDLES

Tapestry needles are preferred because they have blunt ends and will not split your threads. Use a Tapestry 22 needle for a Pearl Cotton Size 5 thread, Tapestry 24 for a Size 8 thread, and Tapestry 26 for a Size 12 thread.

THREAD

Most of the thread used for Hardanger embroidery is pearl cotton. Pearl cotton is also known as perle cotton, cotton perle, and Coton A Broder. This is a mercerized, 100% cotton, S-twisted, 2-ply thread with high luster, sold in 4 weights (3, 5, 8, and 12).

ROAD MAP FOR STITCHING SUCCESS

Many times the designer will give you the suggested working order. If not, here is the recommended order:

- Satin Stitch
- Eyelets
- Buttonhole
- Cutwork, followed by the filling stitches, is always LAST!!!

THREAD SIZE

- If the fabric is 20- to 25-count or less, use a size 5 and 8 combination.
- If the fabric is 26- to 32-count or more, use a size 8 and 12 combination.

- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
- Materials sent by mail may take additional time to process:
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Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - HARDANGER EMBROIDERY PART 2

CONTACT INFORMATION:

Name: _____

Mailing address: _____

City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

All required:

1. Project using additional stitches not used in the project for Part 1, shows advancement beyond beginner level.
 - Two project photos, 1 in-process, 1 completed
 - Copy of the pattern
2. Elective activity # _____
 - Elective activity requirements (photos, copies of patterns, articles, entry forms, report, ect.)
3. Evaluation Form

Have you received Cultural Skills Program pin awards previously? Yes No

If yes, please list: _____

Signature (Cultural Skills Applicant)** _____ Date _____

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer) _____ Date _____

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E- Mail address: _____ Daytime Tel:(____) _____



UNIT EVALUATION - HARDANGER EMBROIDERY PART 2

I am providing this evaluation form after completing Hardanger Embroidery - Part 2

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- Helped me gain a better appreciation of Norwegian heritage & culture.
- Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- Increased the interest of my lodge in the Norwegian Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- Helped prepare me to participate in the district and/or International Folk Art Exhibit & Competition.

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

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1455 West Lake Street
Minneapolis, MN 55408





ROZ' TRICKS FOR CUTTING

“Cutting is probably the most important factor in the Hardanger technique. When the threads are not cut close to the satin stitch blocks, the little “nubs” left can be very distracting to the overall beauty of the piece. It is important to insert the tip of your embroidery scissors in at one end of the four fabric threads you are cutting and bring the tip of the scissors out after the fourth thread along the satin stitch blocks. Be sure you can see the tip of the scissors as it comes out of the fabric. Before you snip, gently push the stitches back and turn the blade of your scissors toward the stitches so you can get to the base of the fabric weave. Use your thumbnail to pull the fabric away from the blade. When you can clearly see the four threads you are cutting and that it is close to the stitches but not cutting them, then you can snip. If you still have little nubs, use the very point of your sharp and fine embroidery scissors to snip off each little nub. Some fabrics are more difficult to get a clean cut with, such as congress cloth. Linens are easier because the weave is looser and it is easier to move the stitches back to get a closer cut.”

DID YOU KNOW?

Hardanger should always be capitalized, for example “The Hardanger embroidery pattern was very easy to understand.”

PART 3: CREATING AN HEIRLOOM

In Part 3, you are going to stitch your own heirloom Hardanger embroidery piece. This piece must be larger in size than previous projects and demonstrate advanced skill. You can use any of the stitches learned in the previous parts in addition to new ones you may have tried. You may use a published pattern or create your own. The color choice will be up to you. Each item must have some cutwork in the design, otherwise it is not considered to be Hardanger embroidery.

Write a couple of paragraphs about why you chose your project, including who will get the piece and why. Two pictures of the project need to be included with your pin application form: one showing the project in process and one showing the completed project. A copy of the pattern used also needs to be included with your application.

Part 3 Activities

Activity 1. Create an heirloom Hardanger embroidery piece of your choice.

The item can be a table cloth, Christmas tree skirt, altar cloth, baptismal gown, 4-piece placemat and napkins/napkin rings, vest, doll dress, lodge banner, or bunad blouse or apron. Take at least two pictures of the item, one in process and one completed, and include these with your final report form. Also, be sure to include the pattern you used.

Activity 2. Write a couple paragraphs about your heirloom piece.

Who would you like to pass your piece on to? Why? Why did you choose that particular design?

Activity 3. Complete one elective activity. Any of the electives are suitable for Part 3. See page 13.

Submitting your work

Complete the Hardanger Embroidery Application Form, including all of the following items:

- Two photos of the Hardanger project, 1 in-process, 1 completed
- Copy of the pattern used
- Heirloom project summary
- Elective activity requirements
- Unit evaluation form

★ *Remember, if an alternate pattern is used for this project, a copy of the pattern must be included with the pin application. Failure to include the required items will delay the awarding of your well-deserved pin or bar! To make this unit even better, please take time to fill out the evaluation form provided at the end of this unit.*

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Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408

If you use traditional mail channels, please make and retain copies of all materials

- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.
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Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - **HARDANGER EMBROIDERY PART 3**

CONTACT INFORMATION:

Name: _____

Mailing address: _____

City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

All required:

1. Heirloom Project
 - Two project photos, 1 in-process, 1 completed
 - Copy of the pattern
 - Written summary about chosen project
2. Elective activity # _____
 - Summary about your elective, if required
 - Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, ect.)
3. Evaluation Form

Have you received Cultural Skills Program pin awards previously? Yes No

If yes, please list: _____

Signature (Cultural Skills Applicant)** Date

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

(Name of Lodge Cultural Skills Admin/Officer) Date

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E- Mail address: _____ Daytime Tel:(____) _____



UNIT EVALUATION - HARDANGER EMBROIDERY PART 3

I am providing this evaluation form after completing Hardanger Embroidery - Part 3

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- Helped me gain a better appreciation of Norwegian heritage & culture.
- Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- Increased the interest of my lodge in the Norwegian Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.
- Helped prepare me to participate in the district and/or International Folk Art Exhibit & Competition.

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

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Cultural Skills Program
Sons of Norway
1455 West Lake Street
Minneapolis, MN 55408





ELECTIVE ACTIVITIES

WHAT'S A SUMMARY OR A REPORT?

The writing required by an elective activity is used to explain what you've experienced or learned. Focus on what you learned and not on spelling or grammar; your report is not graded. And, if it makes writing easier, just imagine writing a letter to a friend! Please write a minimum of 2 or 3 paragraphs unless otherwise stated in the elective. However, if you wish to write more and would like to enclose additional photos, articles, etc. please feel free to do so.

Select one elective activity for each part. Because of local resources, geographic location and other factors, not every activity is available to every member. All the activities are appropriate for all three levels of this unit. However, if the elective involves a stitched item, the project chosen should be appropriate for the level (or above) you are working on and should demonstrate advancement beyond prior work.

- 1 Research some aspect of Hardanger embroidery. Possible topics are the history of Hardanger, how early stitchers made their fabric and threads, information about the region of Norway it is named after or how it is used in a bunad. Write a one-page report to be submitted with your pin application form. Consider submitting your report to your lodge newsletter.
- 2 Participate in a Hardanger class or crafts club in your lodge or community. Attend at least four meetings. Provide the dates, locations(s), and summarize the activities for each meeting in a short report of less than 250 - 275 words. Suggestions for forming groups may also be added.
- 3 Create a sampler of stitches. To serve as a future resource, create a sampler with the stitches appropriate for the part of this unit you are working on. Include two photographs of the sampler: one showing the work in-process and one showing the completed sampler. Submit a copy of the pattern on an 8½" x 11" page, if one was used.
- 4 Create your own piece of Hardanger embroidery. New designs are being created everyday. Perhaps you have a design you would like to try. Chart it out on graph paper or with a software program such as Stitch Wiz, then stitch the piece. If you wish to repeat this elective, the piece designed should be appropriate for the level (or above) you are working on. Submit a photocopy of your graphed design on an 8½" x 11" page along with two pictures of your piece: one showing the project in-process and another picture showing the finished piece.
- 5 Share what you have learned. Select a design to teach basic Hardanger embroidery to a family member (child, grandchild, niece, nephew, etc.), lodge member and/or a friend. Provide a summary of the experience including:
 - Who you are sharing the stitching experience with.
 - Challenges experienced teaching the technique.
 - The pattern you chose to use.
 - A photo of your student and project.
- 6 Form a crafts club in your lodge or community. Consider working together to fulfill the requirements for the Hardanger embroidery unit or another Norwegian Cultural Skill unit. Conduct a minimum of four meetings. As the coordinator/founder, call the meetings, insure the meeting dates are published in the lodge newsletter or publicized in the community and attend at least 4 meetings. You do not need to make a presentation. Provide the dates, locations(s), and summarize the activities for each meeting in a short report of less than 250 - 275 words. Suggestions for forming groups may also be added.
- 7 Establish a Hardanger embroidery class or group in your lodge or community. If a teacher is unavailable, check for self-study materials you could use with a group of motivated participants. Consider working together to fulfill the requirements for the Hardanger embroidery unit. Conduct a minimum of four meetings. As the coordinator/founder, call the meetings, insure the meeting dates are published in the lodge newsletter and attend at least 4 meetings. You do not need to make a presentation. Provide the dates, locations(s), and summarize the activities for each meeting in a short report of less than 250 - 275 words. Suggestions for forming groups may also be added.
- 8 Set up a Help Night in your lodge or community. Invite teachers of Norwegian cultural skills — Hardanger, Rosemaling, woodcarving, and/or others — to assist members who require advice and/or assistance in completing Parts 1, 2 or 3 of Norwegian Cultural Skills units. As the coordinator, insure the meeting date is published in the lodge newsletter or local newspaper. Include a photograph(s) taken at the help session(s), a copy of the dated and sourced announcement and tell us a little about how the experience.

(Continued on page 14)

- 9 Demonstrate Hardanger at a community event. Local organizations are always looking for people who are willing to demonstrate their talents and answer questions. Check with your historical society, fair board, museums and other local organizations. It is another good way to get people interested in Hardanger embroidery AND Sons of Norway! Include a summary of your thoughts about the presentation and a picture of you doing the demonstration and/or a copy of the program or an article talking about you and the demonstration.
- 10 Organize an exhibit in your lodge or community. Invite local practitioners of Hardanger embroidery and other Norwegian crafts to show their creations and demonstrate their craft techniques. Strive to show a minimum of 25 items. See if other lodge members or community members might wish to co-sponsor the exhibit. As the coordinator, insure the exhibit date is published in the lodge newsletter or publicized in the community. Include a summary of your thoughts about the exhibit experience and at least one picture of the exhibitors along with the announcement from the newsletter and/or newspaper.
- 11 Enter your work in a community competition. Many people are inspired to try a new technique when they see something at a local fair or event. Enter one of your pieces in a competition. The piece entered should be appropriate for the level (or above) you are working on. Include a photo of your project, preferably one showing it on display. You do not need to include a copy of the pattern. Include a copy of your registration form on an 8½" x 11" page when it is returned showing how you placed.
- 12 Enter your work in the Sons of Norway Folk Art Competition & Exhibition. Enter one of your pieces at your district convention and/or at the International Convention. The piece entered should be appropriate for the level (or above) you are working on. Include a photo of your project, preferably one showing it on display. You do not need to include a copy of the pattern. Include a copy of your registration form when it is returned showing how you placed.
- 13 Create your own elective activity. Don't see the elective activity that you wish to do? Make a suggestion by emailing culturalskills@sofn.com or calling (800) 945-8851. You must get prior approval for your elective activity.

PARTIAL LIST OF RESOURCES

This list was compiled August 2010 and is subject to change without notice.

Looking for books on Hardanger embroidery? While dozens of books exist, you may want to consider one or more of the titles listed below. You also can look for Hardanger books in your lodge library, your local library in bookstores or on the Internet.

Beginning Resources

- "Beginner's Charted Hardanger Embroidery" published by Nordic Needle
- "Beginner's Guide to Hardanger" by Jill Carter
- "Hardanger Basics and Beyond" by Janice Love
- "Take the Hard out of Hardanger" – book and/or DVD by Julie Norton
- "The Big Book of Small Doilies" published by Nordic Needle
- "Elegant Hardanger Embroidery" by Yvette Stanton
- "Hardanger Tips, Tricks, and Fix-Its" by Carol Pedersen

Web Resources

- <http://www.needlework-tips-and-techniques.com/hardanger-embroidery.html>. Site provides Hardanger lessons & projects.
- <http://www.nordicneedle.net> Site provides additional stitch resources, free projects and newsletters filled with tips & tricks.

Intermediate & Advanced Resources

- "Advanced Charted Hardanger Embroidery" published by Nordic Needle
- "Hardanger Fundamentals Made Fancy" by Janice Love
- "Hardanger Liturgical Stoles for the 21st Century" published by Nordic Needle
- "Classy Clothing in Hardanger Embroidery" published by Nordic Needle
- "Norwegian Heritage in Hardanger Embroidery" by Nordic Needle
- "Classic Hardanger" by Gina Marion
- "Hardangersøm of Vesterheim, Vol. 1" by C. Gustafson
- "Hardangersøm of Vesterheim, Vol. 2" by C. Gustafson
- "Heritage Hardanger for Christmas" by Beverly A. Merritt (The Dove's Eye)
- "Tomorrow's Heirlooms in Hardanger Embroidery" by Dobberpuhl
- "The Folk Arts of Norway" by Janice Stewart (Dover Publications)

Finding Patterns

There are many patterns available to choose from.

These reference books are a great place to start. Many of them contain detailed pictures that can be used to recreate a piece.

There are several magazines published today that have patterns including Burda, Lea, Special Lena, and Diana Hardanger. Some magazines are written in German; however the charts and photographs allow you to be able to stitch the pieces.

The wealth of Hardanger embroidery patterns continue to grow due to contemporary designers such as:

- A Stitch in Time Designs
- Carol Pedersen Designs
- Carolyn Mitchell Designs
- Cindy Valentine Designs
- Cross 'N Patch – Emie Bishop
- DebBee's Designs – Debbie Rowley
- Designs by Rose Marie Schneider
- Hanky Panky Designs – Ruth Hanke
- J. Designs – Julie Norton
- Janice Love
- Lacey Thread Designs
- Pure Heart Designs – Beth Evans
- Roz Watnemo - Nordic Needle
- Satin Stitches – Donna Olson
- The Victoria Sampler

Please check with your local needlework stores to see what they have available. If you are unable to find your supplies locally, then Nordic Needle would be able to assist you by phone (800-433-4321) or on-line www.nordicneedle.com. You can request a free catalog by phone or on-line also. Nordic Needle is a leading publisher of Hardanger pattern books and chartpacks, patterns, kits and supplies.

Nordic Needle

This unit was revised with the assistance of Nordic Needle.

Roz Watnemo is a co-owner of Nordic Needle and continues to design Hardanger embroidery patterns and publish compilations of designs by other designers, such as the annual Award Winning Hardanger Design book. Debi Feyh writes a bi-weekly email newsletter covering information and tips for a variety of techniques including Hardanger embroidery.



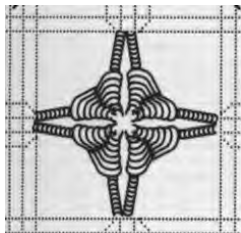
Thank you for participating in the Hardanger embroidery unit. Nordic Needle was founded because of the owners' love of Hardanger embroidery. The company continues to provide quality books, patterns, and supplies to keep this Norwegian needle art thriving. To help you get started and keep stitching, please take advantage of this coupon, good through August 31, 2012.

SONS OF NORWAY Cultural Skills Unit #8: Hardanger Embroidery

Take \$5 off any order of \$40 or more
Good for in-store, on-line or phone in orders.
Coupon Code SON-HE
Expires August 31, 2012

HARDANGER STITCH DICTIONARY

The stitches mentioned in this unit are included here. By no means does this cover all the stitches and possible variations! As you progress through this unit, you should strive to increase your knowledge by perhaps keeping a stitch dictionary of your own.



Adjoining Wrap, connected wrapped bar, Greek Cross

There are several variations of the adjoining wrap with the Greek Cross being one of the most recognized.

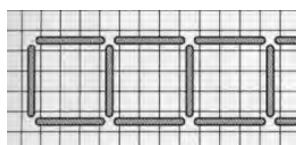


Algerian Eyelet Stitch, Split eyelet, star stitch, offset eyelet

This is worked as a surface stitch and can be used without the support of the kloster block or satin stitch. The Algerian is worked over a 5 thread satin block, but only has three stitches per side (corners and middle fabric holes.) Use the lighter weight thread. Here is an example of Algerian Eyelets. See how they are pulled to create that open space.

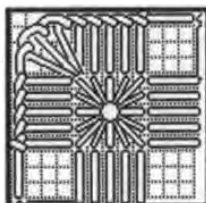
Blanket Stitch

The blanket stitch can be used to finish the edge of a Hardanger piece instead of the Buttonhole Stitch. The difference is that the blanket stitch takes an extra wrap around the needle before tightening the stitch. This creates a knot at the edge which gives the stitch a little more holding power. Work the blanket stitch with the heavier weight thread.



Box stitch, four sided stitch, square open work stitch (Not the Nun's Stitch)

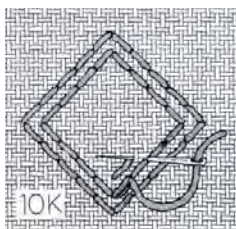
This stitch is worked to create a box on the front of the fabric. It can be worked with a regular tension or pulled tight to create an open work look. This can be confused with the Nun's stitch which also creates a four-sided box, but has two stitches on each side.



Buttonhole Stitch Edging (Tungesting)

The buttonhole edge is a very traditional and attractive way to finish the edge of a piece of Hardanger embroidery. It is usually worked around a border of satin stitch blocks, but can also be used alone. It is worked similar to the satin stitch blocks, using the heavier thread with

each stitch covering four threads of the fabric. The difference is the finished stitch will produce a ridge along the edge of the design. When the entire buttonhole edge is complete, secure the stitches with a sewing machine. Using short stitches and matching thread, sew around the border just inside the ridge. Then trim as close to the buttonhole edge as possible without clipping the thread. This example shows the buttonhole edging including turning a corner with an eyelet in the center.



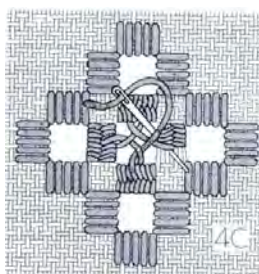
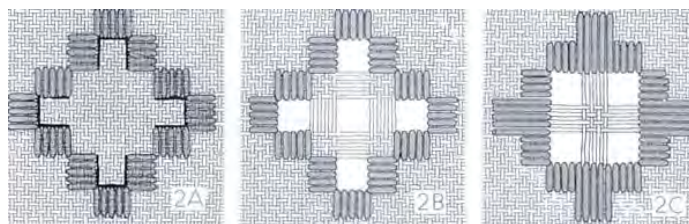
Cable Stitch (Vestmannarenning), double cable stitch, also known as Faggot stitch

This stitch is a pulled thread stitch which is usually worked on the diagonal. A double cable stitch is two cable stitches worked side by side, sharing the center line. Work this stitch is usually worked in your smaller thread.

Some older books refer to this as the Sheaf Filling stitch. This diagram shows a diamond worked in cable stitch, beginning a the double cable stitch at the lower corner, sharing the center stitch.

Cutting and Withdrawal of Threads (Utksarsom)

The cutting and withdrawal of threads is critical to a Hardanger embroidery design. Before you cut any threads you want to do all other stitching!! You only cut along the edge of a satin stitch. Without the satin stitch holding the fabric, the area would unravel. This shows a finished kloster block ready to be cut, as shown by the dark lines (2A). Once cut the resulting threads (2B) can be woven or wrapped. This is a variation of a kloster block with a different thread grid (2C).



Dove's Eye (spinel)

This is a filling stitch worked in the cut area at the same time you do your needle weaving. Use the lighter weight thread for this stitch. 4C shows a Dove's eye being added while doing needleweaving. The Dove's eye can also be done from the corners once the wrapping is complete rather than included when the bars are wrapped.

Needleweaving (Stoppesingsstver)

This technique is done with the fabric threads remaining in the open mesh after cutwork. There are many different combinations from basic to very elaborate.

Nun's Stitch (Not the Box stitch)

This stitch is worked to create a box on the front of the fabric. Each side of the box has two stitches. This stitch can be used instead of a hem stitch. Do not confuse this with the box-stitch which only has one stitch per side.



Picots (Knuter)

These very traditional additions are worked at the same time as the weaving is being accomplished. Picots create a little bump on the side of the woven spoke. The picots can be knotted (closed) or looped (open.) Some stitchers use beads instead of picots. Here is an example of picots used for an angel's wing.



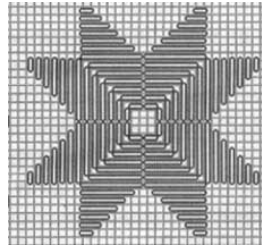
Satin Stitch

This stitch is done in groups to create kloster blocks or motifs like the star and ship. The length of the stitch and width of the block or motif will depend upon design element. This stitch is done with the heavier of your two threads. Here is an example showing the satin stitch worked as a kloster block and as a stair-step design.



Ship Motif or Tulip Motif using the Satin Stitch

The ship motif is another variation of the basic satin stitch, using your heavier thread. Each half is worked separately.



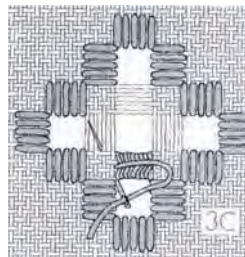
Star Motif (Attebladsrose) using the Satin Stitch

The star motif is a variation of the basic satin stitch. Each petal is worked separately and from the center to the outside. This basic motif can be expanded by increasing each petal to the desired size. Most completed stars will have an un-

worked area in the center which is four threads square in size. The star motif is done with the heavier of your two threads.

Web filling stitches

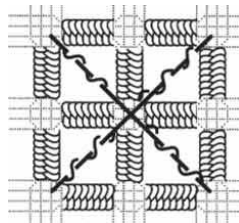
Webs are center filling stitches that can be worked in any open space that has four corners. There are many variations known by many names with the Spider web being one of the most popular. The webs are worked in the lighter weight thread.



Woven bars

Woven bars weave between the fabric bars that remain after cutwork. Woven bars are more stable than wrapped bars and decorative additions such as picots can be added as you weave the bars. Use the lighter thread for needleweaving. This diagram (3C) show the progression of needleweaving from the first group of threads to the

next set. All four sets of threads will be stitched in the same manner. Picots and Dove's eyes are inserted as the needleweaving is done.



Woven spokes or just Spokes

This lacy filler adds a decorative touch to the openwork. There are many variations to choose from with a majority of them working diagonally from corner to corner. Use the lighter weight thread for woven spokes.

Wrapped or Overcast Bars (Overkasting av staver)

This technique is done on the threads left after you cut your kloster block. It differs from weaving bars because you are wrapping all the bars together as one unit.

Square Eyelet (Droggingsting) or just Eyelet

The eyelet stitch is often added between the buttonhole edge and the satin stitch blocks. It can also be used in the center of a star motif or in the middle of four satin stitch blocks. This is a pulled thread stitched usually worked over blocks of 4 threads with a stitch worked in every fabric hole around the satin block. When done properly a hole will appear in the center of the eyelet. This stitch should not be confused with the Algerian eyelet stitch. See the eyelet in the buttonhole stitch diagram.