

Viking

to you

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American Embassy
Oslo, Norway
ATTN: Air Force Section

VIKING TO YOUR LIKING

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ALVIN KARPIS

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On the 10th day of June, 1934, at New York, New York, I, the undersigned, Clerk of the Court, do hereby certify that the within and foregoing is a true and correct copy of the original as the same appears in the files of the Court.

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VELKOMMEN TIL OSLO

So you're going to live in Oslo. Congratulations! This booklet is to help you get settled quickly, so you'll be able to enjoy this city from the time you arrive.

Located at the inmost point of the Oslofjord, Norway's capital is surrounded by hilly, wooded country which, even quite near town, is wild and fairy-like. There are acres of land within the city limits for skiers, hikers and campers. By tram you can reach this tract (it's called Nordmarka) within half an hour from the center of town, or you can walk to it if you live in the northwest suburbs.

THE CLIMATE: What's the weather like? as you will see in the following table, the temperature is about the same as that in Chicago, but minus Chicago's wind and dampness. And minus also sudden and extreme changes in temperature. Norwegians complain bitterly if the thermometer goes below zero F. The second northernmost capital, in the same latitude as Alaska and Labrador, Oslo has a climate tempered by the Gulf Stream, and its hills and inland position protect it from the North Atlantic storms. Hence the lack of wind in winter.

Comparison of Average Mean Temperatures in Oslo, Chicago and Seattle.

(Degrees in Fahrenheit)

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Oslo	25	26	32	40	50	58	63	59	51	41	32	26
Chicago	25	27	36	47	58	68	73	72	65	54	40	29
Seattle	40	42	46	50	56	60	64	64	60	53	46	42

September and October are usually fine, not too cold, with fall colors especially in the country north of Oslo. November and December are usually the damp and dreary months when the sun, on good days, rises feebly at 9 or 9:30, hovers near the horizon until 2 or 2:30 and then disappears leaving Oslo in darkness. The snow usually begins before Christmas, and you can count on snow and a brighter, whiter world from January through March.

Spring is lovely with everything bursting into bloom toward the end of April or beginning of May. The long days and strong ultra-violet rays in the northern sun cause the striking suddenness of growth. This is the land of the Midnight Sun, and though you must travel far to the north to see this phenomenon, daylight and night are sometimes barely distinguishable during the months of May, June and July.

"The unusual" has been known here too. In 1947 the summer was excessively hot, and until 1955 subsequent summers have been cool and rainy, comparable to Seattle's climate. In that year there was a repetition of "the unusual" and the sun shone hot and clear almost without interruption. The Norwegians suffered from what they considered a heat wave, but to one from a hot, humid climate, such as Washington's, the glorious, dry warmth was heavenly, and summer clothes were definitely in order for several months. It is suggested that prospective comers should never divest themselves of old summer clothes as some unsuspecting persons have done in the past.

Norwegians repeatedly warn you to dress for the weather. A chapter on clothing requirements will guide you, but they are not startling to anyone who has wintered, say in Pennsylvania or Massachusetts. It's a healthy and invigorating climate.

Velkommen til Oslo!

MAKING THE MOST OF YOUR STAY

An inveterate traveller once told us that he never entered a country without acquiring some previous knowledge of the land, its people and its tongue. Without such a background he felt ill-equipped to appreciate, in its proper perspective, what he saw or heard. So, if you have the time before you arrive to "study up" on Norway, so much the better for you. The State Department, one of the Armed Service offices, or the Norwegian Embassy in Washington, D.C., may have books or pamphlets available to you. If you don't have the time for this, here are a few suggestions on how to learn about Norway after you arrive.

LEARNING ABOUT NORWAY

SUMMER LECTURES: The lectures given at the Oslo University Summer School for American students at Blindern are informative and interesting. This six-weeks program is from the end of June to the first week of August, and anyone is welcome to attend for a small fee, if there is classroom space. In the basic course on Norwegian culture (9 to 10 a.m.), which covers everything from literature to public health, you'll hear Norwegian specialists in various fields -- from a Polar explorer to the Minister of Commerce. There are also elective courses in history, art, music, government, etc. The USIS (41-02-00) will give you detailed information.

WINTER LECTURES: As part of the orientation program for Fulbrighters, Dr. Philip Boardman of Oslo University chairs a weekly round-table on various aspects of Norwegian life. These discussions are held on Thursdays at 2 p.m. in the Clock Building of the University on Karl Johansgt.

For information on evening seminars, held free of charge, and other lectures in English, call Dr. Boardman at the University (33-25-56).

LEARNING NORWEGIAN

Norwegians themselves will repeatedly tell you that it isn't necessary for you to learn Norwegian, but it really is if you want to make the most of your stay in Norway. True, many Norwegians speak excellent English. It's frustrating, too, when you first try to speak the language to be answered in English. Nevertheless, a rudimentary knowledge of Norwegian will help you in shopping, in managing your home, in answering the telephone, in travelling and in finding your way around Oslo. And in your social contacts you'll find that competence in Norwegian makes all the difference in your enjoyment and understanding of Norway.

OSLO UNIVERSITY in conjunction with the Fulbright program, offers lessons in Norwegian (kr.15 per semester). Classes, held during the regular school year, are for beginners as well as advanced students. The hours, the teachers and the classrooms change from year to year. For current information, ring the Foreign Students Office in the Clock Building at the University (33-25-56).

The beginner's class studies spoken Norwegian and has been using Spoken Norwegian, the U.S. Armed Services Manual by Einar Haugen. The advanced class learns to read Norwegian newspapers and Norwegian literature in the original.

THE SUMMER SCHOOL AT BLINDERN also has courses in Norwegian language for beginning and advanced students. The latter must have had at least one year's study of Norwegian. For details, telephone the Foreign Students or the USIS office.

PRIVATE TUTORs may be obtained by advertising in the local papers or by calling the University for recommendations. Many believe they can make more rapid progress with individual attention. Charges are generally kr.7 an hour for one person, or kr.11 to kr.12 for two. The Poulsens at Vestheim Privat Skole, Løvenskioldsgate 1 (44-04-68); Mrs. Sissener, Sandakerveien 67 (no tel.); Professor Berulfsen of Oslo University; and Mrs. Benterud, Vækerøveien 7 (55-83-37), are known to be excellent.

Private tutors may prefer their own textbooks, but the U.S. Armed Forces Manual is an excellent guide for beginners. You can buy this at any of the larger bookstores in Oslo or through the USIS.

EMBASSY LANGUAGE TRAINING PROGRAM: The Embassy gives free lessons in Norwegian to Embassy, MAAG, and USIS personnel and their dependents.

STUDENTS' UNION'S FREE EDUCATION, OR STUDENTERSAMFUNDET'S FRJUNDERVISNING, holds Norwegian language classes in several sections of the city. Pupils meet once a week from 7 to 9:30 p.m. for three months. Instructors teach according to the needs of the students. The course costs kr.12.

In addition to the Manual, there is another textbook, Teach Yourself Norwegian, by I.Marm and Alf Sommerfelt (Hodder & Stoughton Ltd., London, 1943, revised ed. 1947), which includes grammar, exercises and a good choice of literature for translation. It also gives a history of the language, a description of its development and the causes for its present instability.

POCKET LANGUAGE GUIDES: All You Want in Norway, published by Hugo's Language Institute, 2 Southampton Place, London, is an excellent little book, which has all the necessary phrases for customs, travelling, ordering food in restaurants, etc. Norwegian Language Guide, published by the U.S. War Department in 1943 for military personnel,

is not half so complete as the above pocketbook.

KNOW THE NORWEGIANS

This may take effort on your part. Compared to Americans, Norwegians may seem reserved -- a quality sometimes mistaken for indifference. After you become acquainted, you'll find they enjoy foreigners and are very hospitable. Learning the language, as we implied above, is the greatest single help in getting to know Norwegians.

THE OUTDOOR LIFE: Norwegians love their beautiful countryside. You'll find magnificent forests of evergreens, mirror-like lakes and inland fjords, impressive mountains, isolated valleys -- dramatic landscapes everywhere. Many Oslo dwellers have a cabin somewhere out of the city. It may be on a fjord, on the seashore, or far away in the wilds of the wildest mountains. These cabins, called hytter, are well-built and charming log cabins generally lighted by candle. There's always a corner fireplace to encourage good companionship in the evenings, and sometimes you'll find a hytte carved and painted in the manner of old Norwegian art. Those who have a hytte go there every possible chance for a back-to-nature holiday and for the sports which the season provides -- fishing, skiing, hunting, bathing or hiking.

You can rent a hytte yourself very reasonably through the Hytteforbundet, Karl Johansgate 8 (41-52-01), by advertising in the papers, or through a travel agency. Or if you prefer hotel rooms for holidays, see the travel agencies, but be sure to have reservations ahead of time. Mountain resorts at any seasonal time, and especially from the middle of February until the end of March, are apt to be booked. Norwegians make reservations for Easter a year in advance.

THE HOLIDAYS: Holmenkollen Day, though not exactly a holiday since it always falls on the first Sunday in March, is a great day in Oslo for you (and 100,000 others) to see international jumpers, from the best in Norway to an occasional daring Dane, fly through the air on the Holmenkollen ski jump.

May First, Labor Day, has been a national holiday in Norway only since the war and is marked here as elsewhere by workers' parades.

The Seventeenth of May when the Norwegians celebrate the adoption of their constitution, is THE DAY for Norwegians in Norway, or wherever in the world they happen to be. Beginning early in the morning, the outgoing Artium students (equivalent to about two years of college) drive around town in beribboned and paint-splashed cars making as much racket as possible, arousing their professors at 5 a.m. to carry them off to class breakfasts.

This is the childrens' day too, and by 10 a.m. the populace is converging on the downtown area to see the school children of Oslo, dressed in their best, march with bands up Karl Johansgate past the palace for review by the Royal Family. At 2 p.m. the student parade starts from Bygdøy allé down Drammensveien, and all night there are fireworks and dancing in front of the Raadhus (the town hall). This is the day, too, when the traditional eggedosis (eggnog), cakes, and wine or brus (soda pop to Americans) are served.

Easter (Thursday through Monday -- but many take ten days) is perhaps the most popular of the holidays. Everyone goes off for the last skiing of the season to get a chocolate brown suntan and a "pickup" after the dark winter. Oslo is a deserted city -- even the shops close -- so stock up on food -- bread, milk, everything -- if you plan to be in the city over the holiday.

Ascension Day and Whitsuntide are peaceful spring holidays when the children have a vacation from school and the family can get out into the woods to pick the endless variety of spring flowers.

Sanct Hans Aften (Midsummer Night), June 23, is the climax of spring when the sun sets at 9:30 p.m. and rises again at 2:30 a.m. This is the most unusual of the holidays, for all around the fjord huge bonfires are lighted at midnight, a relic of the pagan worship of the sun. Currently it is also the occasion for all-night parties.

Summer Holidays are usually taken in July. Every worker is entitled by law to three weeks' vacation, and usually chooses this time. You can never plan on getting all your friends together for a summer party. Some are always away on vacation -- to that hytte we told you about or to a summer bathing resort -- but September finds most of them back in town.

Christmas starts early and preparations are intense. Everything is turned upside down for the last speck of dirt and every larder is full of every sort of delicacy. This custom dates from earlier days when people lived far apart and joined together at Christmas for long family reunions. It's a gay holiday in the midst of the dark season.

The Advent Calendar (fun for the children) appears the first Sunday in December as a reminder of when to bake the eight or ten kinds of cookies, when to make the head cheese or tree decorations, when to put the marsipan into molds in the form of a pig -- pork is to Norway what turkey is to the USA -- when to bake the Kransekaker, ring upon ring of almond cake, and so on.

On Christmas Eve at 4 p.m. there's a service in the church for the children. The dinner which follows is traditionally either lutefisk and ribbe (pork), or torsk (cod), surkaal (sauerkraut

with caraway seeds), boiled potatoes, aquavit (the water of life) and for dessert either riskrem (whipped cream and rice with an almond in it -- finder gets a prize) or multer (cloudberries).

This is the night, too, when the tree is lighted -- with real candles or white lights -- and the family joins hands, circling the tree and singing carols. Julenisse, the Christmas elf, rings the front doorbell, greets the children and gives them the presents from his sack. Hans Andersen introduced him to Danish readers in 1853 as the red-capped pixie with a long white beard, eating Julegrøt or rice pudding. The Julenisse is often pictured now as a kind of bearded dwarf feeding animals or driving a pig-drawn sleigh full of gifts.

On Christmas Eve, too, the masts of ships are topped with lighted trees, and in the cemeteries candles are placed beside wreaths of spruce or crosses of reindeer moss. (so you don't use wreaths on your door in Norway. They are intended for graves).

Even the birds are not forgotten, as the bunches of grain sold alongside the Christmas trees are attached to balcony railings or posts.

Officially there are two "Christmas" days, just as there are two Easters, so when you hear Norwegians speaking of the First and Second Christmas Day, they mean December 25 and 26, but family celebrations may go on until Twelfth Night. Christmas Day breakfast includes fish, pork and aquavit -- the only breakfast of the year at which one skaals!

Don't expect to call a taxi on Christmas Eve -- not even the busses or trikks are running!

NORWEGIAN SOCIAL MANNERS AND CUSTOMS

The other day I heard a Norwegian hostess speaking seriously to her nine-year-old American guest. "We are now going to teach you Norwegian manners, Mandy, and I hope when my girls come to America, you will see that they learn your American manners". Norwegians won't expect you either to know or to observe customs which they have been taught to respect since childhood. On the other hand, you may unwittingly appear rather ill-mannered if you don't remember to thank as they do. They thank for everything and are accustomed to being thanked. Takk for naa (thanks for now, usually used upon leaving), takk for i dag (today), takk for i gaar (yesterday), takk for sist (the last time -- in the sense of the last time we were together), tusen takk (a thousand thanks), etc.etc.

When you realize the effort the Norwegian hostess puts into what she calls a simple party, it will be easy for you to give the heartfelt thanks which are good Norwegian manners. Entertaining a guest always calls for the best the house has to offer, and because of the difficulty in getting help and the cost of food and liquor, Norwegians don't entertain as often as they might like to. Taxes on

liquor are as much as 100 per cent, making, for example, a bottle of whisky cost about kr.70.

Misunderstandings often happen because of the difference in office hours and habits of the Norwegians and Americans in Oslo. Both work about the same number of hours per week, but the Norwegians close their offices early and work Saturday. On this day offices and stores close in the early afternoon. Thus they can have dinner (middag it is called) at 4 or 5 in the afternoon, (excepting on Sundays when it is earlier). After middag the man of the house has a nice nap, and you will be very unpopular if you call or telephone at this time. He is already then for a good, long evening. The American comes home from the office about 6 o'clock and eats his evening meal at 6 to 8.

You will seldom be asked to "take pot luck" in Norway. The hospitable Norwegian hostess wants to serve her friends only the best food and lots of it, with plenty of time to prepare it, and she might be quite embarrassed if you drop in while she is preparing the family dinner, and she does not feel she can ask you to stay. The safest thing is not to make a habit of dropping in unexpectedly, especially in the mountains, where the Norwegian hytte is the family's kingdom of privacy.

When a Norwegian friend suggests that you come drink a cup of tea with her on Thursday about noon, put on your best suit, a pretty hat, and arrive promptly. Norwegians are always on time and expect you to be, too. Don't be surprised to find yourself sharing a delicious lunch with several well-dressed ladies.

Then some day a friend will ask you to drop in one evening about 8 o'clock. "Is that dinner?" you ask. "Oh no, not dinner", your Norwegian friend assures you. So you eat a large meal at home and rush to get to your friend's house on time. You are ushered to a delightfully decorated dining table where you will probably have soup, perhaps scrambled eggs, and ham with vegetables and salad, wine and one or two desserts, and you are expected to eat two helpings. Can be very embarrassing.

If you are asked for coffee and cake in the evening, the chances are you will get exactly that. But it is best to double check. It's disheartening for a hostess to prepare a meal for guests who are not hungry. It's a good idea to let your Norwegian guests know what to expect at your home too.

Inevitably the day will come when you will ask some Norwegian acquaintances to drop in for a cocktail about 6 o'clock. As the Norwegians are unused to being invited out at that hour except for dinner, it would be helpful to explain or write on the invitation the time they are invited to stay, as: 6 - 8.

Our cocktail hour -- 6 to 8 or thereabouts -- is really inconvenient for Norwegians, who have probably just finished their dinner. Norwegians don't much care for cocktail parties anyway. They like smaller parties, where they can sit down with a friendly group and talk -- good talk, covering a wide range of subjects. On the other hand, standing up for two hours or so, balancing a drink and cigarette in one hand and a sardine in the other, screaming inanities into a series of unhearing ears, is not the Norwegian's idea of a good time. If, however you still wish to include Norwegians in a cocktail party, a choice of coffee, brandy, liqueur and scotch and soda might be welcomed by the Norwegians. Try to keep the number small enough so that congenial groups may sit as well as stand.

So in Oslo you'll be able to cut down on your cocktail parties and ask your friends in for the evening. The Norwegian aftens (usually around 8 p.m.) is a pleasant way to entertain. This doesn't have to be a three-course meal. In fact, something very simple is usually much more appropriate. Smørbrød and tea will do nicely, or a simple casserole dish with rolls. Norwegians often serve lapskaus, a kind of stew.

Now it is time for you to start out to your first dinner party in a Norwegian home. You are going to arrive exactly at the appointed hour carrying a bunch of flowers for your hostess. Or perhaps you sent the flowers this morning (in time for the party). On the other hand, you may prefer to send them after the party with a thank-you note. Anyway, your first meal in any home calls for flowers.

Velkommen, will be your host's greeting on your first visit. As you shake hands heartily with all the guests, you will probably hear an odd, little mumble from each one. He is giving you his name. You can find out later what the names are. The guests usually stand for a glass of sherry or a cocktail.

Dinner will be announced promptly 20 minutes after all the guests are assembled. If you are the guest of honor, you will be seated at the left of your hostess. Your eyes will hardly stray to the handsome table decoration, for they will be bulging at the battery of glasses in front of your place, while you wonder if your training has equipped you to cope with so many different liquors. If you are in any doubt, do take it easy.

Don't touch any of the glasses until the proper moment -- that would be very bad manners, indeed. After everyone has been served the first course and taken a bite or two of it, the host will ring his fork against his glass until he gets everyone's attention. He will then welcome everyone to the table, with special emphasis on those who are guests for the first time. At the end of his velkommen til bords, (welcome to the table) speech, the host will say just that, followed by skaal, raising his glass in a toast. All the guests raise their glasses, look into the eyes of the host and hostess and of all the other guests at the same time -- neatest trick of the week -- and skaal. This round-the-table skaal (rundskaal) will be suggested every now and then during the meal, perhaps whenever the host thinks things are a bit slow.

You may begin to eat now, skaaling from time to time with the other guests. The host will skaal the ladies and then the gentlemen. The hostess skaals with the guest of honor and the ladies. The gentlemen skaal the ladies. This adds warmth and companionship to a table, but the Norwegians, who really aren't very formal, will forgive you if you occasionally take a sip without skaaling. They do too.

At the end of the meal the guest of honor will ring on his glass and give a takk for maten speech. It may be short or long, amusing or serious, but it always mentions the delicious food. That is the point of the speech, after all. The hostess leaves the room first and places herself in a strategic position where all the guests file past her, shake her hand and say again takk for maten. She will reply velbekomme.

Enter into the spirit of the party and don't worry about the mistakes you make. Not long ago a newly-arrived American diplomat made a fine takk for maten speech. He thanked the hosts for everything, admired the food, and ended, "Now I will close with the famous old Norwegian words Velkommen til bords". Again, an American guest of honor finished his takk for maten speech and the hostess said "Oh but there are two more courses"! The witty and sympathetic host put the confused guest of honor at ease by starting all over again with another "Velkommen til bords" which was followed by a final "takk for maten" at the proper time.

It is always acceptable to ask the hostess if there is any doubt, as to who should make the "takk for maten" speech as well as the proper time to do it.

If you should meet your hosts, or any of the guests, the day after the party, don't forget to say takk for i gaar (thanks for yesterday) or takk for sist (thanks for the last time).

You may think all this sounds like a terrific amount of trouble and even a bit forced. It isn't. After you have lived in Norway, you begin to wonder how on earth other people begin and end their meals, and a party seems quite flat without all the skaals and such that make a Norwegian dinner party a gay occasion. Americans, in fact, sometimes adopt the customs with such gusto that they rather overdo it, so the Norwegians say.

Hints on Entertaining and Being Entertained in Norway:

1. Be on time.
2. Maid or host, not hostess, meets you at the door.
3. Stand up when you are being introduced to anyone, regardless of sex.
4. Offer fruit juice and sherry along with cocktails. They are often preferred.

5. Hostess, here as elsewhere, enters the dining room last. Host arranges the guests.
6. Although the guest of honor is on the hostess's left, his wife is not necessarily on the host's right. Norwegians think to give both the place of honor is overdoing it.
7. In official entertainment (i.e. certain guests being ranking members of government, diplomatic or military status), seating is always by rank. Check your party list with an expert, whether or not you are in doubt. You could make a mistake.
8. In informal entertainment, the guest of honor is frequently a foreigner or the person who has never been invited to the house before, regardless of age or position, or the oldest person present, if there is a significant difference in age.
9. If there are more than ten at table, guests are not supposed to skaal the hostess -- she might be forced to drink more than she wants.
10. If skaaled, acknowledge by lifting the same wine, meeting the eyes of him who skaals, lowering the eyes while drinking, and lifting the eyes again to finish with a short bow.
11. Ladies never skaal men, excepting as hostess, she may skaal the guest of honor and her dinner partner. At official dinners, the hostess may skaal the ranking lady guest who may return the skaal during the evening. At small informal dinners, the hostess usually skaals the women guests. She does not return the skaals of men.
12. Every course but the soup is usually offered twice. Don't overdo it the first time. You can show your appreciation of the food by taking seconds and by eating everything on your plate. Norwegians don't waste food.
13. In Norwegian homes coffee and liquers are served in the living room. The sexes usually enjoy this together. However, Americans entertaining in their homes may do as they like in this matter. If you are giving a dinner with a purpose, sometimes it can be useful to have the men alone for a while, especially with a small group. It also gives the ladies a chance to become acquainted in an informal way. However, as Norwegians are unused to this custom, they are sometimes unreceptive to the idea.
14. At official dinners, the guest of honor should not leave before eleven, and the hosts will feel complimented if they stay longer. However, since other guests may not leave before the ranking guest, consideration for others should determine the hour of leaving. At informal parties, depending on the age of the hosts, the guests often stay well past midnight and you can offend by leaving too soon. Around midnight to one o'clock, fruit and wine are sometimes served, or soup and sandwiches -- especially if there has been dancing. Norwegians usually entertain foreigners at the European hour for dinner, but in case you are complimented by being invited to Norwegian middag around four or five o'clock, leaving is of course earlier.

15. Shake hands goodbye with hostess and host before leaving the living room.
16. Unless the party is quite large, shake hands also with the other guests and thank them for a lovely evening (hyggelig aften).
17. Dancing after dinner is popular; so is good conversation. You can't miss.
18. In our own entertaining it is normal for American customs including our seating pattern to be followed even though this sometimes confuses the Norwegian guests. You can try to make it clear whom you intend to be the guest of honor by skaaling with him first and by other devices.
19. Personal relationships are somewhat more formal in Norway. Don't start calling people by their first names right after you meet them. The women should first make the suggestion, excepting when the second person is much older or of high rank.
20. A phone call or a thank-you note to your hostess is a "must" after any party.
21. It is good manners for Norwegian children to takk for maten too. They shake hands with mother and father after a meal and thank them for the food, and do likewise with the cook, if there is one. She's the one who deserves it most, after all. It's customary for you too, to say takk for maten to your cook after each meal.

KEEPING HOUSE IN OSLO

HOUSING

THE GENERAL SITUATION: Other than the Ambassador's and the Deputy Chief of Mission's residences, there are no government-owned quarters in Oslo and all other personnel lease privately-owned houses or apartments. As you may have been forewarned, housing in Oslo is not readily available. In spite of a high building rate, population in Oslo has grown at a greater rate than new construction -- a situation not unlike that in many American cities immediately after World War II. However, you should not become alarmed over the housing shortage for there are several factors which generally make it possible for Americans to find adequate quarters within two to eight weeks after their arrival. Persistence and patience are necessary virtues when house hunting in Oslo. The number and variety of places to rent admittedly does not permit one to be very choosy, still, the Embassy knows of no cases where individuals have failed to find relatively suitable housing within a reasonable length of time.

SOME GENERAL OBSERVATIONS: Due to the rent control imposed on unfurnished domiciles, Norwegians rarely rent their homes on an unfurnished basis. Norwegians justify the higher rents charged Americans and other foreigners as compensation for the use of their furnishings. Therefore, in order for you to obtain a place, you will have to pay a much higher rent than the average Norwegian. However, your housing allowance, based on your rank, will usually be enough to enable you to pay for furnished quarters. Not infrequently, new arrivals are discouraged when they inspect houses which are for rent that have been furnished according to someone else's taste. By putting some of the landlord's furniture in the attic or basement, by judicious rearranging, and the use of imagination on your part, it is not difficult to make a home which will suit your needs and reflect your personal taste. 1

While there are very few places in Oslo for rent that could be classified as completely furnished by American standards, the average house or apartment here certainly contains the essentials necessary for you to set up housekeeping immediately upon occupancy. Experience has shown that it is wise to wait until after you are settled before you decide just what furniture you want shipped to you at Government expense from your previous post or from the United States. (See Section on Furnishings). 2

HOW TO FIND A PLACE TO LIVE: The most painless and generally satisfactory way to get accommodations is to take over the apartment or house of the person you are replacing -- that is, if the landlord wants to lease again and if someone hasn't already spoken for it.

In the event you have to start from scratch, the Embassy maintains a list of quarters which are for rent. In recent months, more and more apartments and houses have been listed with the Embassy by owners or their agents and newcomers have had several places from which to choose. Should the places on the Embassy's list not fit your particular requirements, there are other methods of finding quarters, through advertising, by word of mouth from friends, and the services of lawyers.

Lawyers in Norway often act as real estate brokers. Should a lawyer find a place for you, he will bill you at the legal rate of three percent of the first year's rent. If you locate a house on your own and the landlord insists on engaging a lawyer to draw up the lease, you should reach a definite understanding beforehand as to which of you is going to pay the legal fee, otherwise, you will receive the bill.

HEATING: Heating is one of the main things to consider. The ideal, which is certainly not always available, is to find a home with central heating which can be controlled by you. Many places are heated with electric panels, and, while electricity in Norway is cheaper than in the United States, it is expensive to keep a house warm by American standards. Some people, even with the panels operating at maximum capacity, find the heat output insufficient and are forced to supplement them with fireplaces and other methods of heating.

Oil heating is quite common in the newer houses. However, strikes or a frozen fjord can cause shortages. It is advisable to stock up on fuel, whatever kind you use, well before the beginning of the heating season.

LEASES: Another local problem is that many Norwegian landlords will not sign a lease for a period in excess of a year, sometimes the period is even shorter. While the situation is improving, it is not uncommon to have to move during a tour of duty in Oslo. This is an additional reason for not bringing all of your furniture with you until you know just where you will be living and for how long. If you could persuade your landlord to sign a long-term lease (two or three years) this would be to your advantage provided it contained a clause that stipulated that the lease could be cancelled in the event you are transferred.

FURNISHINGS

THE GENERAL SITUATION: As mentioned in the section on Housing, the vast majority of places for rent in Oslo are "Furnished" -- a term as flexible in Oslo as anywhere else in the world. Furnished can mean anything from the essentials to the complete works. Due to the degree of uncertainty as to just what you will find in the way of furnishings

in the place you lease, it is advisable to bring with you only the kinds of effects that make a home out of a house. After you have actually moved into a place you will be in a much better position to decide just what you want shipped.

A HOME OUT OF A HOUSE: If you already have them, you will want to bring your china, crystal, silverware, linen, towels, blankets, and decorative objects in any event. Most Americans find that Norwegian lamps, beds, kitchen utensils, and refrigerators while useable, leave something to be desired. Here again, if you are already well supplied with these items you would be well advised to include them in your initial shipment. However, if you do not have any of the foregoing, do not feel that it is necessary to rush out and buy them. Some Americans have found even china, silver, and linen furnished with their places. If your place lacks these items, they are procurable locally or you can order them from home. The General Services Office has a large selection of catalogs from such firms as George Jensen, Reed & Barton, Gorham, Rosenthal, and Wedgewood which generally offer discounts to Embassy personnel.

The above comments about assessing your requirements on the spot also apply to electrical appliances. Oslo current is 220 volts, 50 cycles, versus 110 volts, 60 cycles, for the United States. All of the basic electrical appliances can be purchased locally, and of course, do not have to have transformers as is the case with most American equipment. Norwegian refrigerators are usually much smaller than American models and do not contain freezing compartments.

Most American women feel that if you have a good chest of drawers you should bring it too since furnished houses often lack these.

NORWEGIAN FURNITURE: Furniture of "modern Scandinavian design" is readily available in birch, oak, or pine at prices generally below what you pay for this type of decor in the United States. However, Norwegian beds are narrower, thinner, and harder than American ones and American-size bed linen doesn't look very neat on them.

If you like to paint, unpainted pine is of good quality and is excellent for children's rooms. Nests of tables and coffee tables, some inlaid with tile, can be made up to suit you. Mirrors are also a good buy in Oslo.

LAMPS: Do not hesitate to bring lamps with you. Norwegian lamps and lampshades are expensive.

SILVER: Silver, mostly of modern Scandinavian design, is readily available here. The silver content is usually 830 against 925 for U.S. sterling, therefore Norwegian silver is more durable.

CHINA AND GLASS: You'll find a good selection of well-designed glass and porcelain in Oslo. Ceramics here have attracted young and original talent and a wide variety of excellent quality is available all over town.

BLANKETS AND COMFORTERS: If you don't have enough of your own, you may want to try the Norwegian dyne -- a thick feather or down comforter with a washable covering which substitutes for a top sheet. Dyner resemble huge pillow cases and will certainly keep you nice and warm even in the coldest winter. Their major drawback is that they will keep you too warm in early fall and late spring.

CURTAINS, DRAPERIES AND UPHOLSTERING: Excellent quality hand-woven woollens and hand-blocked cottons are available here. Hand-blocked English, Swedish and Danish fabrics are also on the market. Be sure to pre-test the material for shrinkage before you have it made up. Curtains and draperies which are made to order here are rather expensive due to the cost of labor. Upholstering, on the other hand, seems to be quite reasonable and of first-rate quality.

KITCHEN UTENSILS: Bring what you have, especially: pie and muffin pans; measuring cups and spoons; Fahrenheit cooking thermometers. Heavy quality aluminium ware is an excellent buy in Oslo and the Norwegian flat-bottomed pans are better suited to the local stoves.

THE ELECTRICAL SITUATION

Oslo has 220 volt, 50 cycle current as compared with U.S. current, which is 110 volt, 60 cycle. Here each dwelling has an electric meter, which has marked on it the fixed allowance of watts that can be used at one time. For example, a dwelling that heats with electricity may have a 9,000 watt allowance overall for heating, cooking, lighting and all other electrical uses, while other dwellings that use other types of heating methods may have a very meager allowance of 1,400 watts. This fixed allowance of watts also has a fixed quarterly charge or price rate, which is very small when compared to U.S. electrical bills. However, when the fixed allowance of watt usage is exceeded, the price of electricity is increased, but it is still not too expensive. One point to remember is that the use of Oslo electricity is not quite as convenient as in the U.S. For example, a dwelling with a 1,400 watt allowance may permit you to use 3,000 watts at one time without blowing fuses and on the other hand it may not, so remember when you occupy a dwelling, have a good supply of fuses near your meter box.

Many dwellings in Oslo seldom have sufficient current to use all electrical appliances simultaneously. For instance, you may not be able to use four burners on your stove at the same time. It's embarrassing to have guests arrive for dinner and find the house in darkness, the meal uncooked, but it has often happened simply because the cook turned on an extra burner when the house was cheerfully illuminated.

If the fuses frequently blow out, you can buy a circuit breaker; this does not increase the amount of your current, but it is more

convenient. All it means is that you simply press a button instead of renewing the burned-out fuse. If there is a short circuit in the house, the circuit breaker will repeatedly disconnect the power.

During an electricity rationing period, your part of Oslo may be without current for as long as 2 hours at a time, outside the city limits for as long as four hours at a time, usually during the night. (Electric blanket users note).

Don't let these warnings alarm you. You soon learn how to stagger the use of your appliances.

TRANSFORMERS: A transformer is a gadget that will change the 220 volt Norwegian current to 110 volts such as we have in the U.S. It will not change the cycles, so that if you put your electric clock on a transformer, it will run 50 seconds on the Norwegian current instead of one minute as it would have done in the States.

Transformers come in different sizes. A 100 watt one will easily handle your radio, but it will burn out immediately if you plug your iron into it. Here is a list of electrical appliances and the approximate wattage they require:

Broiler and grills	1,350
Blankets, single	150
Blankets, double	190
Coffee percolators	500
Deep freeze 4x8 ft.	350
Deep freeze 8x15 ft.	500
Floor polisher	500
Hair dryer	350
Heaters, space	1,000
Heaters with fan	1,350
Heating pad	60
Hot plate, 1 burner	1,000
Hot plate, 2 burner	1,650
Iron	1,000
Ironers	1,650
Mixer	150
Projector	650
Slide projector w/fan	150-250
Radio, 6 tube	40
Radio and phonograph	135
Refrigerator 4x6 cu.ft.	350
Refrigerator 8x13 cu.ft.	500
Roaster	1,650
Sun Lamp	250
Sewing machine	150
Toasters, pop-up	1,250
Toasters, turnover	450

Vacuum cleaner, tank or upright	750
Clothes drier 110 V	2,000
220 V	500 to run motor
Washing machine	750

You don't have to have a transformer for each appliance. On the other hand, you ought to have enough of them, so you won't have to carry one, say, from the mixer in the kitchen up to the radio in the bedroom.

Transformers are available in Oslo to fit your needs, or the person you are replacing may have some you can buy, or you can order them from Germany. It is not recommended that you buy transformers in the States to bring here. They are more expensive in the States than in Oslo.

BUYING ELECTRICAL EQUIPMENT: If you have to buy electrical equipment remember that:

1. It is sometimes difficult to have American equipment repaired in Oslo.
2. It is better to get 220 volt 50 cycle and plan to sell when you leave (the continued carrying of transformers is pretty much of a nuisance).
3. You can buy an increasing number of electrical appliances in Oslo, but usually at twice the U.S. price.

APPLIANCES: Bring all your appliances with you -- all resistance types work satisfactorily. Light motors run a little slower, so your freezer and refrigerator may take a little longer to cool down, but operate efficiently. You can easily sell your major appliances when you leave.

PLUG ADAPTORS: American electric plugs will not fit into Norwegian sockets. You can buy adaptor inserts in the U.S. for approximately 10 cents, or here for approximately 25 cents. Floor and table lamps are very necessary. U.S. type 110 volt light bulbs cannot be used.

WASHING MACHINES: Some difficulty has been experienced in the operation of fully automatic washing machines. The hot water comes from small capacity tanks and the pressure is very low and not sufficient for American machines. Some people who have the Westinghouse Laundromat or a Bendix, even on 220/50 cycle, have to fill them with buckets. This is further agitated by the fact that the timer runs 16% slower due to the 50 cycle current, which upsets filling, washing and rinsing cycles.

Experts in the Foreign Department of the Westinghouse Corporation do not advise their 110/60 cycle washer with a transformer because of the 50 cycle Norwegian current. This loads a 60 cycle motor very heavily, and may ruin it. To rewind a washing machine motor to 50 cycles costs between kr.250 and kr.400. A new motor of comparable size, 220 volt 50 cycle costs about the same as a rewind job.

This problem with regard to cycles applies to all large 60 cycle motors. Equipment with small 60 cycle motors, such as refrigerators, vacuums, deep freezers, phonographs, etc. are not seriously affected. Bring all your Christmas tree lights and electrical decorations, they work fine with a transformer.

STOVES: Practically every home in Oslo has a three burner electric stove with a too-small oven and no broiler. Recommend bringing a ROASTER-BROILER.

W.E.
Good
buy

Before you bring an electric stove to Oslo, however, remember these points:

1. Most houses have a limited amount of current and it is very difficult to get this amount increased.
2. The 50 cycle current in Oslo makes it almost impossible to use the automatic devices with any accuracy on an American stove built for 60 cycles.
3. It is against the law in Norway to have exposed wiring in a broiler or oven, therefore, electricians may refuse to hook up your stove if the heating elements are exposed.

Consequently, don't buy a large electric stove or a complicated automatic one to bring here.

DEEP FREEZERS: VERY IMPORTANT! BRING ONE IF YOU HAVE ONE!

11 yes

DRYERS: As for the electric dryer, again it's the large families who have found them useful, especially during the long winter months when clothes must be hung indoors. But remember, dryers take so much electricity that some have found they could not even have the lights on when their dryer was in use.

*

REFRIGERATORS: Bring a modern refrigerator, preferably with a 50-60 cycle motor, though your 60 cycle will operate satisfactorily.

GAS APPLIANCES: Recommend they be converted to use of propane gas before you leave the States. Bottled propane is available here and is inexpensive.

Some gas conversions have been made, but it takes a long time to get the parts from the States unless your gas clothes dryer, stove or refrigerator is built to operate on either propane or butane.

*you can buy damn good ones
in Norway!*

RADIO: Radio-reception on the broadcast band (approximately 550 to 1,600 kilocycles) is poor in the summer, but during the winter after dark you can pick up stations from almost all of Europe. Radio Oslo broadcasts are best on the long-wave band, a frequency which few American-made radios have. Stations in Sweden, Denmark, Moscow, East Berlin and France also have reasonably good reception on this band. Although there are numerous stations in the short-wave band, the broadcast-band (AFN and BBC) programs are usually more entertaining. For kr.350 and up you can buy excellent Norwegian radios in all-wave models, banded for European wave lengths.

RADIO-PHONOGRAPHS are an asset. You can buy a transformer here for the American type radio and have the phonograph turntable adjusted for the correct r.p.m., or you can buy console type radio-phonographs with three speed record players here for approximately 200 dollars.

TAPE RECORDERS are difficult and expensive to convert from 60 to 50 cycles here, suggest you have your recorder converted in the U.S. if possible.

DOMESTIC HELP

THE SUPPLY: You'll probably wish you had at least one servant here, but finding one can be difficult. There has been a constant drain away from domestic employment to more attractive work in the post-war years. There is no unemployment, and if it weren't for the fact that there is a shortage of housing in Oslo, there would be even fewer women looking for housework jobs. The fact that the demand exceeds the supply also means that some persons seeking employment will be incompetent, eccentric or both. But a good Norwegian maid, if you are lucky enough to find one, has very high standards, and a professional attitude toward the job which is encouraged by a protective law.

HOW TO FIND: Leave no stone unturned on this one. Try all the angles, and even then your luck will depend on the season of the year as much as anything. September, October and the first half of November, when the country girls are no longer needed on the farms, are the most fertile months to try. But beware of the country girl who only wants a place to stay for a short time in the city! Let your friends know your plight, of course; advertise, in Norwegian, in the daily and rural papers, emphasizing that you have a washing machine, that you observe the domestic employment law and that you have an attractive room to offer, preferably with radio; watch the ads, and call the Arbeidskontor, Akersgaten 55 (41-56-90). This is the Oslo Employment Exchange, and it investigates the applicants for reliability and honesty. Check references before you hire, and you can also ask to see the medical record, including a TB check, of anyone who applies.

THE LAW FOR DOMESTICS: Since 1949 there has been a law establishing the conditions for domestics or hushjelp, and since it is relatively new,

maids are quite self-conscious about it and usually quick to advise you of their rights. If this irks you from time to time, remember that you, as an employer, also have some protection under the law; for example, the term of notice is the same for both -- 14 days.

You can get a copy of the law in English from the Government's Social Department, or call Stedlige Arbeidstilsyn (41-56-90, Ext.241) and they will answer your questions.

Here is a brief summary of the main points of the law:

Employment contract: Either party can insist on one. Forms are available at Sem and Stenersen A/S, Grubbegt. 2/4, or the Arbeidskontor. You pay for them.

Termination notice: by either party, 14 days during which time the employee has a right to free time each day to visit the employment office during office hours. If either the maid or the employer becomes pregnant or ill, and either one wishes to terminate the contract, notice of one month is necessary,

Payment of wages: at least twice a month unless otherwise agreed.

Lodging: a room properly furnished which can be locked.

Hours of work: not more than 10 hours a day between the hours of 7 a.m. and 7:30 p.m, including time for meals. It is the custom and not considered overtime, for a maid to baby sit outside the normal hours of work, if it is not more than 10 times in any 4 consecutive weeks.

Overtime: paid for by free time or payment of full wages, both increased by 25 percent. Working time is 200 hours a month.

Free days: every other Sunday and every other holiday, plus one fixed afternoon every week, beginning not later than 2 p.m.

SPECIAL PROBLEMS FOR AMERICANS: We have a special problem vis-a-vis help because of the differences in Norwegian and American working schedules. Maids working for Norwegian families serve dinner (middag) between 4 and 5 p.m. and are through in the kitchen by 6, if not before. You can compensate for later hours by giving the maid more free time during the day and a longer weekend on her free Sundays.

Chief job attraction, which sometimes offsets the disadvantages, is that many younger women are anxious to improve their English, or rather their "American", as it is called here.

WHAT TO PAY: There is no fixed rate and, despite widespread opinion to the contrary, Americans are paying the local rates, and not more. Maids for general housework, who help with the children, the

9* washing, cooking and serving, make 200 to 300 kroner per month. Cooks usually get more, from 350 to 400 kroner. Help by the day for cleaning or laundry work usually charge kr.3 to kr.3.50 per hour plus one meal and carfare. Experience determines the level.

Pay for a nursemaid is even more dependent on the amount of experience she has had. The range is anywhere from kr.175 (but very, very difficult to find) for a young girl with no former training, called a barnepike, to kr.300 to kr.375 for a trained and experienced nursemaid called a barnepleierske.

DUTIES: If there is a cook and a barnepike in the house, the latter will take care of the bedrooms, the children's meals and their laundry, and will also help with the serving. A barnepleierske will take full charge of the children, but probably will not help with the serving. A cook will also clean and do the family laundry.

HEALTH INSURANCE: You are required to report a new employee to the Oslo Trygdekasse (Oslo Health and Unemployment Insurance Bureau), Tordenskioldsgt. 12, within 5 days after employment, and to pay a minimum of 4% of the cost of her health insurance. It is the local custom, though, for you to pay all of it. The Trygdekasse has all the proper forms and your maid can telephone for them.

VACATIONS: Like everyone else in Norway, your maid is entitled to 1 3/4 days paid vacation per month (3 weeks for a year's work). It's the law. She is also entitled to kost-penger for board while on vacation. This amount, now kr.5 a day, fluctuates with the cost of living. Call the Stedlige Arbeidstilsyn if in doubt. You can buy a feriebok (vacation stamp book) which the maid can redeem the subsequent year in the post office, or you can pay vacation time in cash. In any case, make your intentions clear, preferably in writing, to protect yourself against later claims.

HOW TO KEEP: From what our own experience is worth we suggest that you spell out the job in detail before you hire -- her duties, the dinner hour, number of parties per month, number of nights you are normally out, extra help you will hire regularly, etc. And then, of course, live up to the agreement. If she accepts the job on the basis of, say, one party a week, she will not expect extra pay for that late night. She can take time off later to compensate.

It is also our experience that if you insist on doing it your way, you will probably end up by doing it yourself. For example, Norwegian cleanliness calls for washing the floors every day. Now you can insist on using the vacuum cleaner instead of "washing up", but the chances are your maid will think you don't have very high standards, and that is usually the beginning of the end. In this, as in many other instances, just as we Americans think we know just how it should be done, so will your Norwegian maid believe just as firmly that the only right way is the Norwegian way. You can work out compromises, but when you clash over housekeeping techniques she may think you are implying a criticism

of Norway as well as of her, and national pride is a sensitive spot with all of us.

And finally, if your maid wants to entertain guests (including boy friends) in her room, remember it is her only home, and she expects that privilege in Oslo. In the case of boy friends, however, it is well to be warned that you may run into objectionable situations and that "entertaining in the room" is construed to mean having overnight guests! It has happened more than once. Hence, to avoid such contingencies, it is well to specify that such will not be permitted and that any breach of the point ends the contract immediately.

TERMINATION: We covered the main features above, but there is a joker in this one which bears noting. Regardless of how long the maid has worked for you, or whether or not you chose to give equivalent pay rather than 14-days' notice, she still has the right to live in your house up to 14 days. A fresh arrival in Oslo may just be looking for a place to live while she surveys the local scene. As we said before, check references, if you can, before you hire.

BABY NURSES: Call Sykepleieformidlinge Kontoret at the Arbeidskontor. If they can't find a trained baby nurse for you, they can probably send you at least a student nurse. You can reach them on the Arbeidskontor number, or on a direct line (33-45-20) between 3 p.m. and 10 p.m.

BABY SITTERS: Barnevaktformidlingen in the Arbeidskontor, a formidable title, is a good source for baby sitters. Call them on 41-56-90 before 3:45 p.m. or on 33-45-20 after 3:45 p.m. They will send the girl out with an identity card and a copy of their special rules. You can be sure that she has had a medical examination, a certificate of good character and has also promised (in writing) not to go out if she has a bad cold or any contagious disease. The pay is generally kr.1.50 per hour (minimum kr.5) until 11:30 p.m. and kr.2 per hour after that, plus fare if she lives more than a half-hour's distance away. This is not a law, however, and you can make your own arrangements. If she misses the last bus, it is up to you to take her home -- or pay the taxi. You may also find a baby sitter through your friends in the neighbourhood.

IMPORTING SERVANTS: Many do it, but it is risky, unless you have known the person beforehand. Foreigners working for diplomats do not have to have work permits, but they will need one as soon as they stop such employment. So if you are in this category, be sure to notify the Embassy of the arrival -- and departure -- of any imported servant. They in turn will tell the Foreign Ministry. You pay the transportation costs to Norway, and if you are wise you will also spell out the terms of employment and/or trial period, specifying that return fare will be paid only after a certain term of satisfactory employment.

FOOD

Shopping for food in Oslo takes a little know-how! The information below will help you to find your way around in the markets and to make the most of Norwegian specialities.

THE NORWEGIAN DIET: Norway has a good standard of living. The Norwegians (and the Dutch) are the longest-lived people in the world, and one of the healthiest. They know best how to live, how to dress and how to eat in their special climate. Fish and boiled potatoes, boiled potatoes and fish. The Norwegians certainly eat a lot of f. and b.p. They are very high in the vitamins one needs in Norway. and a fresh Norwegian fish, lightly boiled with plenty of salt, served swimming in good Norwegian butter and parsley, accompanied by the delicious, little pink potatoes from Ringerike is a dish fit for any gourmet.

Morring is eaten for breakfast as well as dinner. Boiled halibut (hellefisk) is a great favorite and so is flounder (flyndre), but every Norwegian looks forward to the cod (torsk) season. Then the men have stag dinners with fresh boiled cod and claret, the lucky man getting the head of the fish and eating his prize with great gusto. Smoked salmon (røkelaks) is excellent though expensive. Delicious small fresh shrimps (reker) are available in season and frozen shrimps may be had the year round. Norwegian frozen fish is far superior to the U.S. variety and is now available in the prepared form -- ready to heat and serve. The canned Russian crabmeat available on the local market is excellent.

NORWEGIAN BREAKFAST (frokost): This can be a feast in itself. The groaning breakfast table in hotels, for example, displays sliced cucumbers and tomatoes, cooked vegetables with mayonnaise, fish and vegetables with mayonnaise, sardines and herring with sliced raw onions, cold meats, various cheeses, breads and crackers, toast (cold) with jam and the wonderful little wild cranberries called tyttebaer, cereals with milk and, of course, coffee. After "the breakfast table" a boiled egg is supplied on request. There is always a pitcher of milk and nearly all Norwegians drink at least a glass of it as soon as they sit the breakfast table.

But that the average Norwegian goes in for such breakfasts every day. Hotel fare is holiday fare. The usual family breakfast is the same as yours with the one exception of cheese -- always a brown goat cheese, gjetost and usually gaurda as well.

SMØRBRØD: As the cities enlarged so that a man could no longer go home for lunch, it became the practice for him to take a couple of smørbrød with him to the office and to skip the lunch hour. Smør is butter and brød is bread and smørbrød is an open-faced sandwich -- usually quite pretty and good. You will get smørbrød often in Oslo at any time of the day or evening.

FRISHTAKES: Norwegians, in general, are not very interested in vegetables -- except potatoes. You'll usually find cauliflower, cabbage, tomatoes and delicious carrots the year round. The latter are served raw to the children in the morning at school at the nutritious breakfast served free by the Government to all Norwegian elementary public school children. After the summer season, however, there are few green

vegetables in the market, but you can find frozen peas, beans and cucumbers and frozen mixed vegetables. Canned vegetables are frequently superior to ours (except tomatoes) but are more expensive. There are always fresh or canned mushrooms, and such root vegetables as turnips and kolrabi. Celery root and puree (leek), which may be new to you, can be used for vegetables and salads, and grønkaal (kale) for soups. Onions are sometimes scarce. The Spanish type comes on the market in the fall only, and you can put a couple of kilos in the "left" for an emergency.

SALADS the Norwegians are very fond of, even for breakfast. You can usually buy endive or lettuce, if you are willing to pay the price. Otherwise you can substitute shredded carrots or cole slaw. Tomatoes and parsley are always plentiful.

FRUITS are wonderful in season; scarce the rest of the year because of the limited foreign exchange available for such imports. There are usually apples, however, and oranges and lemons. Grapefruit and bananas are available most of the time. Strawberries, raspberries, blueberries, currants, rhubarb and gooseberries in season are beautiful and flavorsome. Freeze them yourself for the winter months, or you can buy them already frozen. Dried fruits, such as prunes, apricots and raisins are available in plentiful quantities. Canned fruits are pears, plums, apples, tyttebaer, cherries and recently a Norwegian fruit salad. American brand canned fruits are now on the market. Norwegians consider their great fruit delicacy multer, known to us as cloudberry. You can buy this canned also.

If you like apple juice and have an orchard in your garden (not uncommon), you can have the fruit pressed at Akershus and Oslo Fruktpresse S/L, 9 Alnabru (68-36-37).

DAIRY PRODUCTS, subsidized by the government, are very cheap. Pasteurized milk, homogenized if you wish, costs 60 øre a quart; butter about kr.4.30 a pound and fine margarine about kr.1.25.

BREADS are good and cheap. Order rolls, cakes and ice cream a day ahead. The minute rolls, new on the market, are also very good. American form hot-dog and hamburger rolls must be ordered in advance. Try Ritz for sandwich bread.

SOUPS available are limited to canned tomato, vegetable and beef; but you can buy a variety of excellent packed soups.

MEATS are cheaper than in the States but cut differently. You can probably get your local store to cut it the way you want it if you can explain it. Try the Norwegian beef filet, the rolled beef roast and the hot dogs (varmepølser) or (wiener pølser). The Canadian bacon is very tasty. Smoked pork chops and frankfurters are recommended, as are individual frozen beef and vegetable dinners, made up American "pot pie" style. Most of the meat is slaughtered in the fall and by spring the supply is often low. You may want to

buy a few legs of lamb in September-November and freeze them too. Norwegian bouillon cubes are excellent.

FOWL: Specialties are ryper (ptarmagen), tiur (similar to pheasant) and aarfugl (similar to grouse). Chickens are cheapest and best in the summer and many buy these to freeze. Frozen chickens are available throughout the year. Personal inspection is recommended when making purchases.

WHAT TO BRING WITH YOU: Local shopping conditions have improved to the extent that only a few items would be missed. Bring your spices -- few are available locally.

DEEP FREEZING: If you don't have your own freezer, you can rent box space relatively inexpensively. Look in your neighborhood for a fryseri. If you have your own freezer, it is recommended that you bring it with you. It improves the diet to freeze food for the months when the variety is limited, and in the summer you can gather your own berries in the woods and mountains.

THE STORES AND WHAT'S IN THEM: Most of the retail trade in food is divided among specialized shops. In the suburbs you'll find several new self-service grocery stores. Sometimes also you can telephone an order (if you can speak Norwegian) and arrange deliveries for a small charge. If you have a car, shopping in the big market place, Nytorget (spring through fall) is worth the effort. You can get fresh farm products, including eggs, at somewhat less than store prices.

BAKERY SHOPS: BAKERI; a KONDITORI includes an ice cream parlor.

CANDY STORES: Sjokolade og Konfekt Forretninger: Candies and novelties; sometimes fruit and cigarettes.

DELICATESSENS: Delikatesseforretninger: Cheeses and butter; some canned goods, paalegg -- things to put on sandwiches.

FISH STORES: Fisk og Vilt Forretninger: Fish and game, chickens, geese, etc., fresh and frozen vegetables, also sometimes a few canned ones; ready-made foods for dinner, like fish pudding.

FRUIT, BERRY AND VEGETABLE STORES: Frukt, Baer og Grønsaker.

GROCERY STORES: Kolonial: Groceries and packaged goods, ordinary cheeses, butter, bread, milk and sometimes fruit and vegetables.

HARDWARE STORES: Isenkram.

FLOWERS: Blomster: Flowers are priced by the piece. You can go directly to the hot houses for a wholesale price, though you'll miss there the charming and individual arrangements the flower shops will give you.

MEAT MARKETS: Kjøttforretninger: Meat and probably vegetables; sometimes fruit but no fowl.

MILK STORES: Melkeforretninger og Meierier: Milk, butter, bread, cheese, some delicatessen and a few packaged goods.

PAINT STORES: Fargehandler: Food coloring as well as paints.

BABY FOODS - *Availability in R.X. Germany 10*

Mothers with small babies living in Oslo strongly recommend bringing at least two months' supply of the strained meats and fruits. Some baby foods are available but they are not so concentrated as the American foods.

There is an increasing variety of canned baby food on the market, for the most part for older infants. Apple sauce and plums are the fruits, and there are some meat broth and vegetable combinations. There are no strained meats, but there is an excellent fish pudding (Hjelmelund Canning Barne Fiskeboller) which you can strain for infants. A small pressure cooker and a liquidizer for mixing and grinding baby food are an asset, if your baby is just beginning solid foods.

Malum, dextro-maltose and Karo are not available, but you can buy evaporated milk and there is a new pre-cooked baby cereal (for babies 3 months or older) on the market known by the name Prikken, to which only milk or water need be added. Semolina, the first cereal given to babies, has to be cooked. So does havremel, a finely ground oatmeal. The Norwegians often substitute for cereal finely ground breadcrumbs called barne kavringer vitaminisert. This does not have to be cooked. Nestle's Barnemat is a barley flour given to children. Farina is called semulegrun.

HOUSEHOLD SERVICES

MISCELLANEOUS SERVICES AND SHOPS: The best advice we can give you on services is to try your luck through the telephone directory. Wage rates are set by the trade unions and are sometimes surprisingly high compared to other costs in Norway. You pay the employee for his time, plus materials, plus transportation.

BOTTLE REMOVERS: For free removal of all used bottles call Flaskecentralen (37-09-75).

CARPENTERS: Snekkere.

CATERERS: Selskapskokke. Call the hotels for recommendations.

CHIMNEY SWEEPS: A city service. They come without being called. They may leave a note in your mail box "Feier kommer i morgen" (tomorrow).

CLEANERS:

Renseri.

COAL, OIL & WOOD:

Call Brenselsentralen. The main office is at Storgaten 36 (41-03-00) but you would do better to call the branch office nearest your home.

COKE:

Still rationed. The U.S. Embassy has requisition forms.

COSTUME RENTAL:

Diva Utleiesalong, Bogstadveien 7 (entrance around corner next to Rosenborg Theater (46-01-89).

ELECTRICIANS:

Elektriske forretninger.

FURNITURE REPAIR:

Møbelsnekkere.

FURNITURE UPHOLSTERY:

Møbeltapetserere.

GARDENER:

Gartner. Call the Arbeidskontor or the King's Palace Guards Barracks (69-69-80). The guards are free for extra work after 3 p.m.

HAIRDRESSING:

Damefrisører or Herrefrisører (barbers). Good permanents cost kr.35.

LAUNDRIES:

Vaskeri.

LEATHER GOODS REPAIR:

Franz Schulz, Lille Grensegt. 5.

PAINTERS:

Malermestere.

PLUMBERS:

Rørleggere.

SANDERS AND FLOOR POLISHERS:

Byggtapetserere and Parkettsliperiere.

SHOE REPAIR:

Skomakere.

TOY AND DOLL REPAIR:

Toy repairs are handled by the firemen in their leisure time. Two doll repair shops are Dukkeklivnikken, Nedre Slottsgt.25, and Dukkedoctoren, Pilestredet 45.

SILVER AND JEWELRY

REPAIR:

David-Andersen, Karl Johansgate 20, and J. Tostrup, Karl Johansgate 25, are the great names in jewelry and silver. Prices for new silver, etc., are the same everywhere; prices for repairs are often less in the smaller shops.

SNOW REMOVER:

Snemaaker. Call the Arbeidskontor, or for driveways make special arrangements with the Oslo Kommune.

WINDOW WASHER:

Vinduspusser.

ZIPPER REPAIR:

Einar Aagensen, Thv.Meyersgate 77.

LAUNDRIES: Laundries are listed under Vaskerier og Strykerier in the telephone book. We quote the services offered by the largest, Vel-Vask, Fr.Nansensveien 12 (46-19-10).

They will pick up your laundry at no extra charge usually on the day after you telephone them, or on regular days if you ask them to. If you bring it in and take it home yourself, it's four percent cheaper. They estimate it takes 10-12 days for finished laundry, but it may be less than that in winter and more in summer or holiday seasons. In case you are desperate, there is a one-day service, for which you will pay 50 percent extra, or a three-day service for 25 percent extra. They boil the white laundry.

For laundry requiring special handling try Anna Dahls, Stortingsgate 30.

Automatic Laundries are a new and growing business in Oslo. They are listed under Vaskerier og Strykerier in the telephone book, with usually an "auto" in the name. The wet laundry can be collected the same day, but a week is usually required if you wish it returned dry.

DRY CLEANERS are listed under Rensing in the telephone book, and you'll probably find one in your neighborhood. The U.S. Element maintains a dry cleaning service which is good and slightly less expensive. Business hours are every day except Saturday from 10 a.m. to 3 p.m. and Wednesday from noon to 7 p.m.

SPECIAL CLEANING JOBS go to special firms: Rugs to Nor Kjemisk Renseri, Bogstadveien 12 (69-49-07) or Ekspress Renseriet, Kolstadgt.12 (68-40-06). Fur shops do the fur cleaning and usually have cold storage plants as well. Pels-Backer; Kongensgate 31 (42-08-28) is recommended. Glove shops do the glove cleaning (very well and inexpensively, too), for example, Brødrene Hallen, Egertorvet (33-48-07). And for hats try Oslo American Hattpress, Dronningens gate 24 (41-12-49). The only place in town which cleans dyner is Lynge Dampfjaerrenseri, Akersgate 47 (33-44-78).

SHOPPING IN OSLO

Shopping conditions in Oslo become better and better as the months go by, and one can find nearly everything. The stores usually do not carry large stocks of merchandise, but prices are the same the city over. With a little know-how and experience you can find what you need in normal sizes, but if you are very small you may have difficulty. Your clothing needs, of course, depend on your husband's job. If you are included in the diplomatic functions, you will need an assortment of cocktail and evening dresses. Conservative cocktail dresses are the most appropriate.

The one item everyone must bring for the duration of their stay is shoes. Norwegian shoes never seem to fit American feet. Occasionally it is possible to buy English or Swiss shoes at approximately the same price as state side, but the selection and variations in styles and sizes are quite limited.

WOMEN'S CLOTHING: Your wardrobe for Oslo is much like a wardrobe for a New England city. You will wear warm and sensible clothes in the winter. Along this line we might mention suits, warm top coats (fur or otherwise), woollen dresses, sweaters and skirts, etc. Slacks are ideal for indoor wear and in some instances you may want woollen underwear, which is procurable here.

Flat or low-heeled shoes are best for Oslo streets, and in snowy cold weather stadium boots are a must. Stadium boots can be purchased in Oslo at moderate prices. You will need hats and scarves for everyday use, as well as warm interlined gloves. All of these items are rather good buys in Oslo. Skiing is the major winter sport in Norway. One can find all types of smart ski wear here for kr.250 or kr.300 on up, so if you don't already have yours you may prefer to buy it here.

Evening wear is necessary. For a formal dinner or dance either a long or ballerina-length dress is suitable. At present the ballerina-length dress seems more popular, yet occasionally a long dress is essential. Purely from a standpoint of comfort it is suggested that evening and cocktail dresses for the cool season be of a heavy material and have some sleeve or a jacket. Stoles of all types are not only fashionable but extremely practical for Oslo.

Rainwear is a must. You can buy it here. Sportswear needs are varied, depending on what you like to do best. Hiking, bicycling, sailing, playing tennis and swimming are some of the leading sports in the summer. You will want blue jeans, shorts, bathing suit, beachrobe, etc. Summer dresses are extremely expensive here, so bring a supply of them, but remember sleeveless ones are not too practical for this climate. You won't need a large variety of summer shoes. Maid's uniforms can be

purchased here. Possibly the prices are a little higher, but it seems more practical to buy them here, or order them after you have hired a maid. Opinion differs about buying furs in Oslo. Fox furs are an outstanding buy.

MEN'S CLOTHING: First, a conservatively cut navy blue suit is needed. It is acceptable for all informal evening functions. You can wear medium to heavy-weight, suits almost the year round. As for coats, you will need one winter-weight, as well as a waterproofed gabardine or whipcord. For evening you will need a tuxedo and several evening shirts. White-tie dress is not necessary unless you are near the top of the diplomatic list. Bring tails if you have them. Otherwise you can rent them here in an emergency. You will need woollen underwear, warm gloves, scarves, woollen socks and flannel pajamas, but all of these items can well be purchased here if you should not have a supply. In fact, a recent survey of the men's clothing field showed that practically everything can be bought here. Many of the items are imported and of very good quality. Generally, prices are equivalent to state-side prices.

CHILDREN'S CLOTHING: You can buy complete outfits for children in Oslo, and our experience along this line is that your children will be happy and comfortable in the local clothes. They are well made, very serviceable and just the thing for the climate here. In any event you can always order from the States. Dressy clothes, however, are quite a different story. They are for the most part expensive and there is very little selection. Shoes and boots are very sturdy and rather reasonable in price, but if your child has any major foot problems or needs narrow shoes, bring them with you. In buying them, remember that they will need heavy-soled shoes for warmth and durability, and that they will be wearing woollen socks with them. Tennis shoes, and fur-lined gummed-soled boots and ski boots are excellent buys here.

BABY NEEDS: Norwegian babies are dressed somewhat differently from ours, so you may prefer the type of clothing to which you are accustomed. Bring a basic layette, particularly diapers and cotton knits, and Even-Flo bottles, if you use them. Bottle warmers both for car and house are good to have, too. Don't bother with summer clothing.

You can buy excellent woollen knits here which you'll probably find more suitable for this climate, and there is a wonderful sheepskin-lined bag for babies for around kr.100 which is an improvement over snow suits for this age. There is an excellent and inexpensive paper diaper, Baby Rullen, which Norwegian women use almost exclusively. It works best inside a nylon mesh holder (Playtex Diaper), so bring a supply of those with you. Some women, however, prefer the American disposable diapers. They say they are more absorbent. Sterilan baby

soap, Nivea cream, and Schioldborg Barnepudder (baby powder) are high-grade products obtainable here. Baby carriages that are sturdy, warm and wind-proofed sell for around kr.220 to kr.320. Norwegian cribs are narrow and have low sides, but extend to the length of a junior bed. American type high chairs are not on the market here, but there is a low table with attached chair for about kr.30 which converts later into a chair for dining room table height.

TEEN AGERS: Clothes for teen-age girls, according to American taste, are difficult to find, both in style and material. Consequently, it is strongly suggested that you bring a good supply. Skirts worn with blouse and cardigan or with short-sleeved sweater and matching cardigan are fine for school. Several each of summer and winter simple informal dresses and at least one ballerina-length evening dress will be useful for social occasions.

MISCELLANEOUS SHOPPING: Silverware, silver and gold filigree jewelry, enameled decorative accessories and jewelry, ceramics, pewter (called tinn), wooden goods of all kinds, from kitchen utensils to furniture, wrought-iron work, and hand-knit woollens in sweaters, socks, mittens and scarfs are the best buys in Norway. You will find these all over town, but some of the more interesting shops are: Husfliden, Youngsgt. 13; Glasmagasinet, Torgt.10; Tinboden, Tordenskioldsgt. 7; William Schmidt & Co. Karl Johansgt.41. The two largest jewelry stores are David-Andersen, Karl Johansgt.20; and Tostrup, Karl Johansgt.25. There are many others. The Artist's Association, Kjeld Stubsigt.3, has a new exhibit every two weeks or so of fine or applied arts on sale.

ANTIQUES: Collectors in Oslo concentrate on old furniture, brass and copper. Here is a list of some of the shops: Borghild Bergstrom, Enga 5; J.Ormseth, Holmensgt.5; Kaare Berntsen, Universitetsgt. 12; Bohave, Pilestredet 16; Gammelt og Nyt, Kr.Augustsgt.7A; God Kunst, Universitetsgt.18; Harald Groseth, Høvik Skolev; Torolv Groseth, Rosenkrantzgt. 3; Interieur, Universitetsgt. 20; Rococo A/S. St.Halvardsgt. 31; Samlern, Pilestredet 18; Fru. Kittlesen-Treider, Huitfeldsgt. 4-II.

SOAPS: All types are available but some are expensive. The liquid detergents are Zalo and Rivitt, which are like Glim. The kitchen cleansers known as Tonteskur and Ata are inexpensive and good. Henko is the name of the bleaching agent used here, but if you want chlorox you must go to a Farvenandel and ask for Selton. There are several choices of starch. Roland is one well-known one. Blenda, which is like Rinso, Persil and Lux are the names of some of the laundry soaps obtainable on the local market. Ask for Flekk-vann in any apotek or farvenandel if you are in need of a cleaning fluid.

COSMETICS: English-manufactured Ponds and Elizabeth Arden, as well as other French, English and Norwegian lines are available, but

prices are high because of luxury taxes. Bring what you can along this line. Shampoos can be purchased here. We should mention that French perfumes are a good buy in Norway. Men's shaving cream is available at prices comparable to the States, but schick injector blades are non-existent here.

INVITATION FORMS: Have them printed here after you see the entertainment pattern. You can have calling cards printed at Richard Andvord, Torgt.3; Rolf Bordweich Jensen, Kirkegt.20, or at any number of other stationery shops. They also engrave, but do not make dies. Electro-plating, similar to engraving, can be obtained at Bokhjórnet, Lille Grensen 7.

TOYS: Norwegian children play out of doors most of the time and it is a good guess that yours will too if you provide them with the right outdoor toys. You will find crayons, paints, paint books, paper dolls and a good selection of wooden toys for the 1-5 year olds for use on rainy days. Naturally, the books are written in Norwegian, so stock up on these.

An Oslo store, Riktige Leker, Akerbergveien 50, is fine for educational toys. Husfliden, Glasmagasinet and Dukkestuen, Karl Johansgt.21, also have good selections.

The most popular outside toys are sleds with steering wheels and brakes, and sparks, a seat mounted on long steel runners and operated like a scooter. (Norwegian women use the sparks for their shopping. They keep you from slipping on the ice). There is also a steel pan, known as a sliding pan, with leather thongs for sliding down hills. Wagons are hard to find and tricycles are light weight. Bicycles for older children are excellent and cheaper than in the States. Finally, of course, they will have to have skis. Most sports stores will give you a trade-in value on outgrown skis, skates, etc., when you buy a new pair.

SCHOOLS

Education is always a controversial subject. Your experience in Oslo, as elsewhere, will depend on your child, your teacher and your luck. Oslo, however, offers an unusual variety of good school opportunities, especially for younger children.

FOR THE 2 TO 4 YEAR OLDS: Oslo has hundreds of play groups under the direction of parktanter (park aunts). A tante must be registered to take a group and usually has from 15 to 30, including some in the baby carriage stage, under her tutelage from 10 until 2. The children take sandwiches and milk with them in miniature rucksacks. You will see them all over Oslo trudging off to the park around 10 o'clock, hanging onto a rope while the tante shepherds them across the street. Sometimes there is a small shelter in the park as a refuge from the rain; usually little if any play equipment. Many American children join these neighborhood groups. Charges per month are kr.23 for one child or kr.35 for two children from the same family.

FOR THE 4 TO 7 YEAR OLDS: Oslo's barnehager (kindergartens), separate from the schools themselves, have houses planned exclusively for kindergarten use, good equipment and well-trained teachers. The barnehager are in very short supply, but you may find one in your neighborhood. Charges are about kr.30 per month.

There are special barnehager for the 4 1/2 to 7 year olds which emphasize musical training. Barratt Dues Musikkinstitutt, Lyder Sagens gate 2 (46-64-43), is the largest of these schools. Classes are 2 hours long twice a week. Apply well in advance, for they seldom take a child in the middle of a term. Charges are about kr.120 for the school year. The Rudolph Steiner School, Smestadleiren 25 (55-60-46) also has interesting teaching methods in music and other subjects.

SKI SCHOOLS: in various sections of Oslo are operated by the Ski Foreningen (Ski Association) (33-11-73). Tom Murstad (69-97-11) also has several ski and summer schools. Children in the Murstad school at Frognerseteren take a special trikk (electric train) up the mountain along with the other children and teachers. They carry lunches and play outdoors from 10 until 3. Those who have tried these schools think they are fine for the children's health. Apply long in advance for these, too. Charges are about kr.45 per month per child.

THE AMERICAN SCHOOL IN OSLO, Smestadleiren 13, Smestad (55-79-94), is run by the U.S. Air Force. It was established to provide some continuity in the education of children whose families are in Oslo on short assignments. It takes children from kindergarten (age 5 prior to 30 November) through the eighth grade. The school is staffed mainly by teachers trained in the States, and the curriculum and textbooks are those of highest standard elementary schools in the U.S. In addition to basic studies, physical education, art and music are also given. There is a fine new building and playground. Playground equipment is being

acquired gradually. There is free bus service for all. Call the school regarding this. Milk is available for all for a small fee. Soup is served to the kindergarten and first-grade children only. Classes are Monday through Friday from 9:30 until 3. The school board is elected by the parents, and there is an active Parent-Teachers Organization which meets monthly.

AMERICAN HIGH SCHOOLS IN GERMANY: There are two high schools for boarding students in Germany, one at Frankfurt run by the Army, and one at Wiesbaden run by the Air Force. If room permits dependents of State Department personnel are admitted. The cost of tuition changes slightly from year to year. There are additional charges for room, laundry and meals.

NORWEGIAN ELEMENTARY SCHOOLS (ages 7 to 14) give a rounded course of study. Faculty staffs are well trained and the physical equipment is adequate, often excellent. At present, however, many schools are overcrowded.

Most of the teachers speak English, and American families have found them generous in giving extra help to foreign students until they have mastered the language. The majority say this period, with a little conscientious work, lasts about two months, after which the children get along satisfactorily in class with a minimum of outside help.

The basic curriculum is arithmetic, Norwegian, writing, singing, civics, drawing, gymnastics, history, geography, handicrafts and religious instruction. Since you are not a member of the Norwegian State Church, your child may be excused from religious classes if you request it.

Norwegian children begin school at the age of seven, so your child may be assigned to a class a grade lower than in the American system. To enter his regular class at home later, he may have difficulty in English composition, but otherwise he should be up with his group. The program is more rigorous here once the child begins school, and there is more homework.

Historically, boys and girls are given separate class instruction, but this system seems to be breaking down, particularly in the suburban schools.

Classes are six days a week, and, because of the crowded situation in the schools, the hours may be staggered. See the headmaster of the school for daily schedules.

There are no charges. The State pays for the school, books and materials, and provides free medical and dental care. Even the internationally famous Oslo breakfast is given free to all children every day. You must arrange for your child's transportation.

FOR THE 14 to 19 YEAR OLDS: If your children are older, education abroad is more of a problem. A special difficulty for American children is that there seem to be few of them this age in Oslo, and they are sometimes lonely for companions who speak their language. It is safe to say that the majority of the young people in this age group are either sent to one of the schools run by the military in Germany or to schools in the States.

As for the schools, at 14 children enter the Gymnasium or Realskole. They graduate five years later (age 19) with an artium degree. This degree would enable a student to enter his sophomore or frequently his junior year in an American college. In Norway he is prepared to enter a Norwegian university.

The first two years of the Gymnasium are the same for all students. The curriculum includes:

Religion	History	Physics	Manual Arts
Norwegian	Social Studies	Mathematics	Physical Arts
German	Geography	Drawing	Singing
English	Biology		

In the third year of the Gymnasium, students are divided into those who are working toward an artium degree and those who will leave the Gymnasium after the third year with a lower degree, called realskoleeksamen. The latter group is given a more practical education in this third year.

Those working toward an artium degree choose a major in their third year from one of five sequences or courses:

- (1) Science or mathematics
- (2) English or modern languages
- (3) Latin or classical languages
- (4) Biology or natural science or
- (5) The Norwegian sequence.

Subjects added in the last three years of the Gymnasium are: French, Chemistry, Physiology and Descriptive Geometry.

The school year is 40 weeks with six days of instruction per week and six periods of 45 minutes per day.

As in many European schools, the training is rigorous by American standards, and grades are very important. Competition for higher education, in medicine and engineering in particular, is keen since facilities are limited, and school records appear more important for one's future opportunities than they are in the States. All the instruction is, of course, in Norwegian, though probably all the teachers speak English as well. American students will work hard but will get a good basic education in return.

CHURCHES



THE NORWEGIAN CHURCH: Church and State have been united in Norway since the King St. Olav christianized the country ca.1000 AD. All Norwegians are members of the State Church (Lutheran Evangelical) unless they have taken the trouble to withdraw. In addition to Catholics, those who have withdrawn are largely members of sects introduced from America (Pentecostal, Methodist, Baptist, Mormon and others) in a revival period after 1930, and they number less than four percent. Only five percent, on the other hand, actually attend the State Church. For the rest, the church is a place of baptism, confirmation (both followed by important and expensive celebrations in the home), weddings, Christmas Eve and funerals. Within the church-state structure, however, are lay movements including schools and missions supported by voluntary contributions, in which the church-going five percent participate most actively.

Western Norway is more church-going and more fundamentalist than Oslo. From this section comes the Christian Party, one of the conservative opposition parties in the Government. Outside Oslo, also, the church plays a more important role in community life.

Some Americans attend Norwegian churches regularly, and there are occasionally special musical services to be enjoyed. The Dom Kirke (worth seeing for itself), Trinity, Frogner and Dominican churches have good organists. Notices are in the newspaper.

The Stavkirke is, next to the ski, a symbol of Norway, and a more picturesque one. There are 24 left in the country, two of which have been moved to the outdoor museums at Bygdøy and Lillehammer. Nearly all maintain regular Sunday services. Even the Bygdøy one, right at hand, is used in summer. They are popular for weddings.

There is only speculation about the origin of this structure, as the arrival of Christianity seems to have come upon the completely developed form. The curiously oriental appearance is held by some to be accidental, for the scales and dragons were used in decoration long before the crusaders or vikings made contact with the east.

SERVICES IN ENGLISH:

St.Olav's Catholic Church, Akersgaten 1, holds Mass and a sermon in English every Sunday at 9:45 a.m. An English-speaking priest, Father Messel, can be reached by telephone (41-41-61 or 42-32-87). Catholic children attending the American School receive religious instruction at the school after classes, once or twice a week.

St.Edmund's Church (Church of England) would be Møllergaten 31, if it had a number. The trick is to come into Møllergaten at the right place (about three blocks beyond Youngs Torvet, for it is a one-way street). The Vicar, Mr.Isherwood, is Chaplain to the

British Embassy, but since the church serves the entire English-speaking population, including summer transients, its membership is elastic. Regular services every Sunday are Holy Communion, 8:45 a.m., Morning Prayer, 11 a.m. followed by Holy Communion at 12.

Non-Sectarian Protestant Services are also available. Services are held every Sunday at Daaesgate 17 (the parish house of Uranienborg Church) at 11 a.m., preceded by Church School for all children from 3 to 15 years. An American military chaplain has charge of both services and special notices are given in The Oracle, the Embassy news sheet.

Thanksgiving and Christmas Services are held by Americans each year at special churches loaned for the occasion. Those interested form a choir which sings at the service and carols at holiday times in Oslo hospitals. There is also a Memorial Day Service.

The Jewish Synagogue is at Bjergstien gt. 13, near St.Hans Haugen Park. Services are held Friday evenings and Saturday mornings from 8:30 to 10:30 a.m. Rabbi Zalman Aronzon understands English, and can be reached at Geitmyrsveien 1B, or by telephone (69-20-89).

Chief, MAAG(NOR)
American Embassy
Oslo, Norway
ATTN: Air Force Section

WELFARE ORGANIZATIONS

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The Norwegian government provides well for the health and financial security of its people, so that private welfare organizations play a decidedly secondary role. There are, however, a few important private organizations, and you have the rare feeling when giving to charity in Norway that it is a "stitch in time". If you are asked for a contribution, you may be sure it is for an authorized cause.

RED CROSS WEEK in early September is one opportunity to help. The American Colony has for many years contributed, and was very successful in 1954, 1955 and 1956 in putting on large-scale outdoor bazaars on the Embassy grounds in colorful atmospheres of different sections of the U.S. -- selling handwork, food, chances on fine prizes, a floor show, bingo, etc.

PATIENT VISITOR, a Red Cross group similar to our Gray Ladies, is adding a group to visit English-speaking patients. It gives a three-day intensive course of instruction for this. If interested in working with either of these Red Cross projects, apply to the secretary at the Røde Kors Kontor, Oslo Krets, Gabelsgt. 38 (44-37-97). This is also an opportunity to meet Norwegian women.

THE SALVATION ARMY, in Norway since 1891, has a home for unmarried mothers, thirteen children's homes, two homes for difficult adolescent girls, a receiving home for women, eight homes for the aged, and three summer camps for children from poorer districts in the cities. On the streets at Christmas you will see the familiar pots for donations to needy families. Call the Secretary for Women's Social Work, Lt. Col. Ingrid Powell, Pilestredet 22 (42-32-29) if you wish to help in any of these activities. They are particularly interested in receiving toys for their children's homes.

DET NORSKE FLYKTINGERÅD (NORWEGIAN REFUGEE AID) at Tomtegate 8IV (42-51-68) was founded by the Red Cross and the Norsk Folkehjelp and joined by other social organizations set up by the women, church and National TB Society. It is efficiently run, generously supported and, besides its work with refugees in Norway, it has varied and extensive projects for assisting refugees throughout the world. There are also four Welfare Centers in Oslo where lonely people meet for games, coffee and dinners. Americans can support this effort by sending old clothes, magazines or Christmas gift packages to the refugee committee by way of the chairman of the Embassy welfare committee.

KOFØRDSKOLEN is a new charity in Norway. Sprouting from the Danish home which trained delinquent girls in housework and so led them

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to self-respect and self-support, it is a haven for youth already in trouble with the police or recently released from prison. They learn a trade and are helped in every ramification of self-respect under the auspices of Kofodskolen. If anything can, it puts them on the road to useful citizenship.

THE INDREMIJSJON (Home Mission), which considers itself a "latter arm of the church" runs a home for the destitute, a day-time warm room for the homeless (500 unemployed, largely alcoholics), a home for wayward girls, summer camps for children and young mothers and three old people's homes. Its staff of workers also help the 1,000 or so old people who are not in homes. Being more mobile than the church, it reaches fast-growing communities around Oslo, many of which have no meeting house. It has established five or six churches as well as youth clubs in the city.

OUTINGS FOR THE AGED: The aged are now Oslo's chief welfare worry. Of the 440,000 people in Oslo, 18,300 over 70 are dependent upon some form of assistance -- national old-age pensions (dating from 1937), Oslo's old-age grants (1919), free medical service, homes for the aged, etc. Nevertheless, as in many American communities now, the increase in the number of old people is ahead of the welfare facilities to help them.

The welfare organizations mentioned above have told us that the greatest sadness for the aged is that they are no longer able to get out into their beloved countryside. As soon as you see how the Norwegians from cradle to grave spend their spare hours, you will understand their frustration. If you are blessed with a car, and good will, you can help by taking some of the older people for a ride in the country. Contact the chairman of the welfare committee who is arranging with the assistance of Mr. Grasmac at the Indremisjon, Maridalsveien 33 (33-13-80), to take the old ladies on outings. The foreign community also has an opportunity to help by raising money for a "sunshine bus" for this purpose.

NORSKE KVINNERES SANITETSPØRNING (The Norwegian Women's Public Health Association) is the largest women's organization for humanitarian purposes in Norway. It comprises 1,250 branches with a membership of 250,000, and is supported by state and municipal authorities, as well as by voluntary public efforts and contributions. The organization has an extensive program for the prevention of sickness and care of the sick and handicapped. Besides its training schools for nurses and its many hospitals, it includes 72 health centers and 550 welfare clinics for infants and mothers.

HEALTH AND MEDICAL FACILITIES



The public health facilities in Oslo are excellent, with a minimum of red tape involved in making use of them. There's good emergency treatment, high standards in the medical profession, and all medical care is very inexpensive (see health insurance). That doesn't mean, of course, that you'll be immune from the human frailties of doctors any more than you are in the States.

Scandinavia is noted for its cleanliness, and Oslo has helped give it its reputation. The water supply is tested weekly, and milk must be pasteurized to be sold in the cities (it will be unpasteurized if bought directly from the farmer). Mosquitoes and other pests are happily almost non-existent in Oslo, and the beaches, if not too near the harbor, are clean.

VITAMINS: The Norwegian diet is adequate, as you can tell from one look at the plump and pink-cheeked children. There's more about diet in the section on food. Because of the lack of sunsine in the winter, however, a tablespoon of Tran (cod liver oil) is considered a must for adults and children alike from September to May. The least objectionable, Medicin Tran, comes in pint and quart bottles at the apotek (drug store) for about kr.4 a quart. If you can't get it down, there's a good assortment of vitamin pills and liquids, such as Vite, Vitapan or Simpsons' Appelsin Saft (orange juice), which the children like. The Norwegian equivalent of Vi-Syneral, which has all the vitamins, is called Alvimin.

DISEASES: Oslo health statistics for the first half of 1956 showed 27 cases of meningitis, 33 cases of paralytic polio, 7 cases of non-paralytic polio, and 12 cases of paratyphoid. Tuberculosis, formerly a great health problem here, is now 10th for women and 9th for men on the list of fatal diseases. To combat TB free tests are given annually to all school children, including those in the American School; to the 14-year-olds, a vaccination. You can have a free test too, if you want it, at Helseaaadet (the Health Center), St. Olav's plass 5 (33-70-90).

As for children's diseases, mumps, measles and whooping cough are the most common as in the States; scarlet fever and diphtheria are rare. Children with these diseases, with the exception of diphtheria, are not quarantined on the theory that, after the age of two, the sooner they have them the better.

HEALTH INSURANCE, introduced in Norway in 1911, is compulsory for all employed Norwegians between the ages of 15 and 70 earning less than kr.15,000 a year. All others, including foreigners in temporary residence, can join, and it is highly recommended that you do so. It will save you 67 to 75 percent on doctor bills, the entire hospital bill (unless you have a private room in a private hospital), and you will receive the same care, with or without insurance, from any doctor you select. In Oslo 205,000 families are compulsory members, another 60,000 voluntary. This is about 90 percent of the population, an indication of the plan's acceptance.

Oslo Trygdekasse (Health insurance) can be obtained at Tordenskioldsgt.12. Be certain, though that you take it out in the name of the head of the family. This will insure the wife, children under 16 and dependent parents living with you. The insurance, depending on income, costs around kr.19 for three months for each adult, and around kr.6 for each child, both payable every three months. It covers hospitalization plus drugs, X-rays, tests, examinations and complete care. There's a six-weeks waiting period before you can receive benefits, but no health examination is required. If you are insured the Trygdekasse pays the doctor a certain amount; the patient pays the difference.

DOCTORS: The medical profession is greatly respected in Norway. To study medicine one must have been in the top tenth of the class, and the training itself is comprehensive and long. Examination and treatment are usually thorough, business-like and matter-of-fact.

As in the States, there are general practitioners and specialists. As a member of Trygdekasse, you must go to a general practitioner first and have him send you to a specialist, if need be, in order to benefit fully from your insurance. Of course you can go to the duty doctor, Legevakt, of the Oslo Kommune at Storgaten 40, who will send you to a specialist if required.

Hospitals are headed by a direktør who may be a doctor or an administrator. The chief of each department, overlege, is a specialist. He visits his patients at least once daily, accompanied by his staff, and prescribes treatment. He has the responsibility and to him are referred all problems regarding the patient.

In the Rikshospital, the State Hospital, the department chiefs are professors in the Medical School. A professor of medicine in Norway has the training required for a specialist in the U.S., often with study in such clinics as Mayo, Rockefeller Institute, Bellevue, etc. In addition he must present an original piece of research to an international board of five medical men, and if this is accepted, pass a doctoral type examination.

There are two American medical officers stationed in Oslo available, within the limits of the military services, to all Americans temporarily assigned here. The U.S. dispensary is at Drammensveien 49 (44-10-91). The dispensary or the Embassy can give you a list of Norwegian doctors and dentists who speak English.

Bring with you any X-rays, test reports and inoculation records which can familiarize a doctor with your case.

HOSPITALS are excellent but overcrowded, and you will share a room in public hospitals. Only in the most serious illness is a patient placed in a single room, so it's the doctor who decides whether you are eligible for one. You can usually get a single or double room in a private hospital if you plan far enough in advance.

The public hospitals are Ullevaal, Aker and Rikshospitalet. The best known private hospitals are the Red Cross and Diakonhjemmet. Foreign Service personnel as well as the military may use U.S. Government hospitals in Germany, subject to approval.

MEDICAL CHARGES: Den Norske Legeforening (The Norwegian Medical Association) controls the fees of all physicians. This is located at Incegnitogaten 26 (56-25-95). If in doubt about a bill, consult them. Specialists' fees for a house call are 20 to 30 kroner; for office calls 15 to 25 kroner. General practitioners charge 12 to 20 kroner for a house call; 8 to 10 kroner for an office call. If you have had unusual services and lengthy treatment, a doctor can charge you considerably more than this. You also pay extra for blood tests and the like.

PREGNANCY: There are free pre-natal clinics, widely used by all income levels, where you can have monthly examinations from Oslo's top obstetricians. Midwives attend the birth and call the doctor only in case of complications, unless previous arrangements have been made. The midwives must be licensed, have three and one-half years of nurse and midwifery training, and according to those who have had children here, are more a comfort than the average doctor.

In 1954, the death rate caused by pregnancy and birth was 0.6 per 1,000 women and the infant mortality was 21.4 per 1,000 living babies. Both rates are remarkably low in comparison with any other country.

FOR EMERGENCY ILLNESSES OR AN AMBULANCE call the Oslo Kommunale Legevakt, Storgaten 40 (41-00-41). If you can't reach your own physician quickly, this is much better than struggling to find another private doctor. The Legevakt doctors are high caliber. Go directly to this center for treatment if you can. Otherwise, they will send a doctor to diagnose the trouble, give emergency treatment, and arrange for an ambulance, hospital space, nurses and anything else required. If you are a member of the Trygdekasse, this service including the ambulance, costs nothing. Otherwise, you will be billed later. There is also an emergency taxi service -- see the telephone book.

DENTAL SERVICE, which is exceptionally good in Oslo, is free for all children in Norwegian schools. Thereafter only dental surgery is covered by insurance with one exception: an adult up to the age of 32 who is a student in a college and has been treated for a year by a Norwegian dentist. Dental charges are similar to or less than those in the States. The tannlegevakt, or dental service office, is at Møllergaten 24 (33-31-97).

DRUGSTORES (APOTEK), unlike the American variety, sell only drugs and a few additional items, such as soap, toothbrushes, baby powder, hand creams, cream deoderants, etc. You can buy a centigrade thermometer

cheaply, but rubbing alcohol requires a prescription and tampons are unobtainable. There are some 45 apotek in Oslo open from 9 to 5 weekdays, eight of which are open nights and Sundays. Look on the front door of any apotek for the addresses and telephone numbers of the eight which are open or ask any taxi driver. He will have the list. You will need a prescription for most drugs, but aspirin (globoid), cough medicines, nose drops, etc., can be had without one. The quality and price of domestic and imported drugs are strictly controlled through a State Control Laboratory. State subsidies lower prices of necessary drugs.

11 American doctor available

RECREATION IN OSLO

SPORTS

Sports are important in Oslo. This country offers excellent opportunities, and Norwegians make the most of them. They ski over the mountains in winter, hike them in summer. They fish the trout stream and sail the fjord from spring to fall. Every child is taught at an early age to participate in the outdoor life.

Everyone can afford a bicycle or a pair of skis, and it takes little more for a holiday. There is almost no professionalism in sports, and, compared to the States, little interest in group competitions. It's every man for himself, according to his ability, for the joy of it.

SKIING: Skiing is the sport in Scandinavia (the Danes included because of their enthusiasm!). Children begin skiing by the age of three, and boys start practicing for the Holmenkollen ski jump before they start school. Ski jumps are to Norway what baseball diamonds are to America. They are everywhere, for every age and level of skill. (One at Tryvannskleiva is lighted for night jumping).

You can ski anywhere in Oslo, except in the center of town. Take your skis with you on the trikk, or if you live in the outskirts, put them on at your front door. The hills are beautiful with the bright sun on the fir trees and the fresh new snow. Ski trails, within minutes of town, are broken and marked by a ski association. There is one lighted trail from Frognersteteren to Tryvannskleiva for night skiing. For practicing on your own, the golf course is a popular spot.

Equipment of all sorts -- skis, bindings, poles, boots, etc. -- is inexpensive and the best in the world.

Skiforeningen (The Society for the Promotion of Skiing), Prinsensgt.26 (33-11-73), marks and breaks trails around Oslo and arranges ski schools and instructors for children. It is more like an association than a club. You can get trail maps from them, and members can rent a bunk in one of their huts for a weekend. Dues are kr.10 a year.

Ski instruction: Tomma Murstad, Voksenkollen (69-97-11).
For all ages. Class and private lessons.

Skis for rent: Bergendahl's Ski Service, Voksenkollen trikk stop. Waxing and minor repairs. (69-92-33).

Slalom runs and ski tows: Tryvannskleiva and Rødkleiva.
(Latter was the Olympic slalom run).

Ski hotels: See Priser Ved Vintersportssteder i Norge at any travel bureau.

ICE SKATING: You'll have plenty of opportunity to ice skate in Oslo. There are public rinks open for skating after work or on the weekends. You can rent skates, or if you prefer to buy them, good ones are available.

Places to skate are listed below. The first three are clubs; the others are public rinks. For the information on skating hours at public rinks, call (69-58-60), Idrettsvesenet, Bislettgt.1, Oslo.

Oslo Skøyteklubb (Oslo Skating Club), Schwensensgt.1, Oslo (60-02-61)
Oslo Idrettslag, St. Olavsgt.23, Oslo (33-07-19)
Arbeidernes Skøyteklubb, Aakebergveien 56, Oslo (68-49-28)
Frogner Park, Kirkeveien, skates for rent, night skating
Tryvann Stadion, Voksenkollen
Jerdal Idrettsplass, Jordalstgt., skates for rent
Bislett Stadion, Bislettgt.1 (69-58-60)
Daelenenga Idrettsplass, Seilduksgt.30, mostly for bandy and hockey (37-07-31)
Bygdø-Hus, Huk Aveny 45, Bygdø, next to the Tennis Hall.

TOBAGGANING: The main toboggan run in Oslo is at Frognersteteren with sledding every day and evening during the season. The run begins at Heftye House, just below the Frognersteteren Restaurant, and ends at Midtstuen (Korketrekker'n). You must have your own sled. Anyone can use the run free of charge. Akeforeningen is the only toboggan club, and if you are interested, we suggest you get in touch with one of the following:

Mr. Einar Hellum, Chairman, Karl Kjelsensvei 45, Sogn (69-62-36)
Mr. Southan (Englishman interested in the sport), Shell Co. (42-59-50)
Mr. Finn Didriksen, Skovveien 27, (56-48-48).

HIKING: One of the "sights" in Oslo is the hundreds of people out walking or hiking on a Sunday. Den Norske Turistforening, Stortingsgt.28 (33-42-90), publishes a small pamphlet in English about the club, huts, trails, equipment, expenses, maps, etc. You can also get some useful and amusing information from Philip Boardman's How to Feel at Home in Norway.

If mountain climbing is your speciality, write to the Norsk Tindeklub, Postboks 4670, Karl Johansgt.8 (Chairman: Per Kvernberg Jr.).

Excellent clothes for hiking and climbing are available here.

CYCLING: Light-weight bicycles, a good buy in Oslo, are best suited to the terrain. Cyclists can get information from Norges Ungdomsherberger, Filipstadvei 9 (42-36-95) and (42-50-36), the Norwegian Youth Hostels Association.

GOLF: The golf course in Oslo, operated by the Oslo Golf Club, is located in Røa. To become a member, you must write a letter of application. Personnel of foreign legations and missions are excused

from the initiation fee of kr.400. Membership fees for men are kr.300; for women kr.230. You can play the course by paying green fees even if you are not a member.

Oslo Golf Club, Mr. Kloed, Secretary (69-87-07 or 69-64-94). 15th. Hr.

Office for off season, Dronningensgt.23 (42-45-13).

FISHING: There is a good fishing area around Oslo called Oslomarka. You can get an inexpensive fishing license for this area from any sports shop in Oslo. Many hotels have their own fishing rights and areas.

Salmon fishing in the larger rivers is fine sport. Fishing rights, however, are owned by the farmers along the river and let to sportsmen only after extensive negotiation and payment of high fees. Last fall a party of sportsmen who came here finally managed a weekend of angling, but it took them sixty telephone calls. Trout fishing, sea and lake, is cheaper and easier.

Norges Jeger og Fisker-Forbund, Grønlandsleret 39 (68-55-34) can answer questions about fishing. From the middle of May to the middle of September it may be best to contact Egil Aamodt, Karl Johansgt.45 (41-55-29).

There are two clubs in Oslo:

Oslo Sportsfiskere, o.r. sakf. Per Edeler, Secretary,
Kr.Augusts gt.19 (33-21-22)

Oslo Jeger og Fiskerforening, Mr.Ole Bøhn, Secretary,
Fr.Nansens plass 9 (42-01-25)

Regarding grouse contact, Knut Nystuen, Nystuen
Høyfjellshotell, Filefjell (1,000 meters above sea level).

HUNTING: As in the United States, you must have a permit to carry a gun (Den Sivile Vaapenkontroll, Akersgt.44, oppg.D) and a license to hunt (Skogkontoret, Victoria Terrasse 3). A hunting license for Crown Land costs kr.800 -- 1,000; for the rest of the country, kr.200. The limit in Crown Land is one reindeer. If you hunt with a Norwegian who has shooting rights in Crown Land, the cost is approximately kr.50. Game is still scarce because much of it was shot for food during the war.

Rules and regulations as to types of guns and bullets for hunting are numerous. An automatic shotgun is forbidden for more than two shots; a soft-nosed bullet must be used for shooting reindeer, etc.

Two good informants about reindeer hunting are:

Major Knut Haukelid, Haukelidseter
Mr. Per Holaker, Kongsvoll Fjellstue, Kongsvoll.

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Open seasons:

Deer..... Sept.15 - Oct.14
Grouse..... Sept.20 - Dec.23
Capercarlzie, black grouse, woodcock..... Sept.20 - Dec.23
Hare..... Oct. 1 - Dec.23
Elk, Moose..... Oct. 1 - Oct.10

HORSEBACK RIDING: Two places to get horses are listed below. You can ride on Bygdøy and through Holmenkollen using ski trails, roads and riding paths. Bring riding clothes with you. :

Oslo Riding House, Drammensveien 131 (55-72-66)
Indoor ring and riding schools. Adults, kr.7 per hour;
children kr.6.
Oslo Rideklubb (Oslo Riding Club), Ths.Heftyesgt.42 (44-85-65).

HORSE RACING: There are two race tracks, both with betting, about thirty minutes from Oslo.

Øvrevoll, Røa, gallop racing.
May 10 - July 31; Thursdays, beginning at 6 p.m.
Aug. 5 - Oct. 21; Sundays, beginning at 1 p.m.
Tickets for win and place or three winners (no show).

Bjerke Travbane, Trondheimsveien, trotting.
Feb. 5 - Nov. 20; Sundays beginning at 1 p.m.
May, June, Aug., Sept.; Wednesdays, beginning at 6 p.m.

TABLE TENNIS: Equipment for table tennis is available in Oslo. Two places to play are:

Vestheim Private School, corner of Frognervn. and Løvenskioldsvn. Open Thursday and Fridays, 5 p.m. to 11 p.m. kr.1.50 for 45 minutes. Call Mr.Paulsen manager at school or Mr. Noel at 44-04-68.

Oslo Table Tennis Club, Jon Smestads vei 9, Mr. Lungaard (69-92-75).

INDOOR TENNIS: Indoor courts are difficult to get. Inquire in summer about courts for winter. Courts are rented by the hour but must be contracted for by the season. Kr.12 per hour during the day; Kr.15 in the evening. Skøyen Tennis Hall has two courts; Bygdøy Hus, one.

Skøyen Tennis Hall, Drammensveien 147, Mr.Pedersen (55-84-84).
Bygdøy Hus Tennis Hall, Bygdøy, Mr.Melgaard (55-95-89).

OUTDOOR TENNIS: Arrange your tennis games ahead of time. You can seldom drop into a club, and find a partner and court. The first two listed are the largest and the ones most used by the Diplomatic Corps. (Open May 1 - October 1).

Oslo Tennisklub, Madserud trikk stop (55-81-41)
Einar W. Rød, Secretary, Ekebergsgt. 19 (44-95-15).

Age group:	Adult	18-21	Under 18
Entrance fee (kr.):	100	70	40
Yearly fee (kr.):	125	80	50

Readys Tennisbaner, Skøyen trikk stop (55-96-58 or 33-48-90)
Mr. Bjørn Gustav Nielsen.

Age group:	Adult	Women	18-21	Under 18
Entrance fee (kr.):	130	120	70	45
Yearly fee (kr.):				

Bygdø Idrettslag Tennis Avdeling, Huk Aveny 45, Bygdøy (55-95-89).

Vestre Holmen Tennisbaner, Holmenkollveien 57, Vestre Holmen
(69-94-44).

BADMINTON:

Oslo Badminton Klubb, Skøyen Tennis Hall, Drammensveien 147
(55-84-84).

8 courts; season: September 1 to May 1.

Tuesdays and Fridays. Adults: 8-1 p.m.; juniors: 7 p.m. - 8 p.m.

Fees: entrance, kr.10; membership, kr.10.

Two nights a week, kr.105; one night a week, kr.65.

Inquire about membership on nights of play.

Bygdøy Idrettsklubbs Badminton Avdeling, Bygdøy Hus (55-95-89)

5 courts, season: September 1 to May 1

Adults: Tuesdays and Fridays 8 p.m. - 10 p.m.

Juniors: Tuesdays 6 p.m. - 8 p.m.; Thursdays 6 p.m. - 8 p.m.

Fees: Adults: kr.60 nights, kr.25 Sundays (after 4 p.m. kr.40).

Smert Klubb, Skøyen Tennis Hall, Drammensveien 147 (55-84-84)

Adults only. Nights of play: Mondays and Thursdays 8 p.m. - 11 p.m.

SQUASH:

Bygdøy Hus, 4 courts; Adults: Mondays and Thursdays,
8 p.m. - 10 p.m.

Membership fee: kr.130 for 2 nights a week.

OUTDOOR SWIMMING: You can swim anywhere on the fjord. Bring your own towel and don't be surprised to see people undress on the beach. Besides the fjord, there are three lakes: one at the foot of the Holmenkollen jump, one on Holmenveien, and one just above the Gulleraasen trikk stop. The "sandy" beaches on the fjord are:

Ingierstrand - eastern side of the fjord (half hour by car)

Hvalstrand - toward Vollen (half hour by car)

Paradisbukta - Bygdøy

Bygdøy Sjøbad - Bygdøy.

BADSTUER AND INDOOR SWIMMING POOLS: Although there are many variations in badstuer (Finnish steam bath), the usual ingredients are a small enclosed room with heat (dry temperature around 150 degrees Fahrenheit) and some means of pouring water over hot stones to make steam. Afterwards one swims, showers, or rolls in the snow.

Indoor pools and badstuer are listed together because they are usually in the same establishment. Bring your own towel. The hours listed below refer to the time the establishment opens and the time the last ticket is sold. Call the Oslo Kommune, Torggata Bad (42-65-65) for more information.

Torggata Bad, Torggata 16 (42-65-65)
Badstuer, medicinal baths (mostly the latter), 8 a.m. to 6 p.m.
Men: Tuesdays and Saturdays; Women: Mondays and Fridays.
Swimming, 8 a.m. to 8 p.m. Men and women: Wednesdays and Thursdays.

Bislet Bad, Pilestredet 60 (46-41-76)
Badstuer and massage. Men and women every week day.
Hours: 8 a.m. to 8 p.m.
Swimming, 8 a.m. to 6 p.m.
Men: Mondays, Wednesday and Fridays; Women: Tuesdays, Thursdays and Saturdays.

Vestkantbadet, Sommerogt. 1 (44-07-26) Oslo Lysverker Building
Badstuer, swimming pool and Turkish bath 8 a.m. to 8 p.m.
Men: Mondays, Wednesday and Fridays; Women: Tuesday, Thursday and Saturdays.

Sagene Bad, Sandakerveien 1-3 (37-15-92)
Badstuer, 9 a.m. to 8 p.m. men and women every week day.
Swimming pool: 2 p.m. to 6 p.m.
Men: Mondays, Wednesdays, Fridays and Saturdays;
Women: Tuesdays and Thursdays.

Enerhaugens Bad, Eimerhaugs plass 5 (68-13-22)
Badstuer, 12 noon to 7 p.m.; men and women every week day.

SAILING: Sailing is one of the most popular summer sports. By four o'clock on summer afternoons when the Norwegian offices have closed, the harbor is white with sailboats off for a run down the fjord.

To rent a boat is often both expensive and difficult. The best way is to put an advertisement in the paper. Yacht agencies listed in the next section may be able to help.

The racing season in Oslo begins around May 20. The main regatta, usually at Hanko, 70 miles southeast of Oslo, is held about the first week of July. There are international participants in this race.

The most popular racing class is the 5.5 meter, I.O.D. (international one design). There are also dragon class and smaller national classes down to the dingy and snipe.

The Kongelig Norsk Seilforening is an association to which all local sailing clubs belong. It has club accommodations at Dronningen for members and guests. During the summer it sponsors races which club members may enter. Membership in KNS, however, does not entitle one to compete in other local club races. During the winter members of KNS usually have monthly meetings with a lecture, snacks and drinks. Listed below after KNS are four local sailing clubs.

Kongelig Norsk Seilforening, Fr.Nansens plass 9 (42-51-67)
Rolf Maalstad, Secretary, Vei 3672 No.10, Nordstrand (68-71-88)
Membership: sponsorship by two members;
Fees: kr.25 entrance; kr.40 annual fee.

Oslo Seilforening, L.Herbern, Bygdøy (55-71-76)

Vestfjordens Seilforening, Vassholmen, Snarøyen (53-77-53)

Ulabrand Seilforening (KNS office, 42-51-67)

Bundefjordens Seilforening (KNS office, 42-51-67).

MOTOR BOATS AND YACHTS: The first club listed below has motor boats; the others, yachts.

Kongelig Norsk Motorbaatforening, information at KNS (42-51-67)

Baatservice, Tordenskioldsgt. 1 (41-74-32)

Oscar Wergeland, Majorstueveien 25 (46-48-71)

Victor Thorn, N.Slotsgt.4 (42-60-44)

ROWING AND KAYAK CLUBS:

Christiania Roklubb, Kongen Restaurant og Baathus, Frognerstranda 1 (44-49-35)

Studentenes Roklubb, near Dronningen

Oslo Kvinnelige Roklubb, Drammensveien 164, Bestun (55-96-12)

Kajakklubb, Drammensveien 210, Bestun.

GYMNASTICS: There are a number of places to take exercises, listed in the telephone directory under Mensendieckgymanastikk. All of them are good. You might try the following:

Vesla Cleve, Industrigt. 15 (44-11-39)

Erna Juul Møller, Thms. Heftyesgt. 27 (44-36-29).

CARDS AND TABLES: We're adding cards and tables because card playing is a popular pastime though not strictly speaking a sport. Bring bridge cards, Canasta sets, and poker chips from the States. They are expensive and the markings on the cards are different. You can buy excellent (but heavy) card tables here.

PHOTOGRAPHY

If you have never been a camera fan before, you may become one in Oslo. Stores have many types of cameras, but not U.S. brands and only rarely those manufactured in Germany. Black and white film is reasonable, and developing for the 620 or 120 size is about four kroner per film. The quality is about the same as mass photo-finishing in the States.

Anscocolor is available but expensive. It can be processed in Germany, Sweden, Denmark, Paris and the States. You can buy colored movie film in popular sizes, as well as photographic equipment, chemicals etc.

Kodachrome film is available but must be sent to London or Paris for processing. The service is good, however, and you will have the slides back in about two weeks. Kodacolor film is available.

THEATER, MUSIC, THE "SIGHTS" AND THE NIGHT LIFE

In addition to sports there is a considerable variety of other entertainment in Oslo.

MOVIES: There are nine so-called first-run movie houses, nine second-run houses and two houses showing news reels, short documentary features and cultural films. The majority of the films are American, but there are also English, French, Italian, Swedish and Norwegian films, and occasionally a Russian one. The American, English and other foreign films (including Swedish) are shown with the original language sound track plus Norwegian sub-titles. These may disturb you at first, but soon you either ignore them, or if you are the conscientious type, you'll follow them to improve your Norwegian.

In all the first-run and some of the second-run houses seats are reserved. Buy your tickets in advance, and you may get the row your eyesight favors or your pocketbook dictates. If a movie has been running for some time, you can gamble on obtaining tickets just before the show begins, but you run a risk.

There are usually three showings, beginning at 5 p.m., 7 p.m., and 9 p.m. with slight variations in time if the feature is unusually long.

The newspaper ads specify the time. If you are not inside the movie house when the showing starts you are out of luck. They close the doors promptly, and late comers with tickets may neither get in nor get a refund. When you become used to it, you'll probably like the system -- you see the show from the beginning with no one climbing over you to block the view.

Norwegian law authorizes a board of censors to specify which films children may see. If the ads state Barn adgang or Barn adg. you may take your child along, if 7 or over. No child under this age is admitted. Children (legally those up to 16 years) must be accompanied by an adult for the 7 and 9 p.m. showings.

The price of movie tickets ranges from kr.1.80 to kr.4.60 with half-price for children for the first show.

THEATERS: Oslo has five theaters and two so-called revue theaters, the latter featuring cabaret-vaudeville type entertainment.

The National Teatret (National Theater), in the Studenterlund features the classics, especially Norwegian plays by authors like Ibsen and Bjørnson, as well as modern drama, including some lighter fare. Opera, which are produced in Oslo only occasionally, are also given here.

Det Norske Teatret (The Norwegian Theater), Stortingsgaten 16, specializes in "New Norwegian" dramas and modern foreign plays. It's a small and intimate playhouse. In the summer there's a non-stop, cabaret-type show.

Det Nye Teatret (The New Theater), Rosenkrantzgt. 10, is new and concentrates on modern drama and comedy.

Centralteatret (Central Theater), Akersgt. 38, an old and popular house, features comedies and operettas.

Folketeatret (Folk Theater), Storgt. 21, entrance Youngstorget, is a large, modern theater, seating 1,200, and is dedicated primarily to providing workers with theater at a reasonable price. It plans to offer a mixture of classical and modern, heavy and light fare.

If you don't know Norwegian or another Scandinavian tongue, you probably won't enjoy the theater in Oslo as much as your linguistically talented fellow Americans. But don't skip it because of that. Read an English version of the play in advance, and you will get your money's worth out of the performance, even if you can't follow the dialogue in Norwegian. The special productions for children given after Christmas are fun with or without a knowledge of the language.

Buy your tickets in advance at the theater. Prices range from kr.3 to kr.12. Programs usually begin at 8 p.m.

The Chat Noir, Klingsberggt.5, generally offers good revues, featuring Norwegian and, in the summer, foreign talent. The fare runs from local comics and German jugglers to Italian trapeze artists and Gypsy Rose Lee. What more do you want? For most shows, knowledge of Norwegian is not vital, though without it you may miss some of the good political satire.

Edderkoppen (The Spider), St. Olav's plass 1, is the capital's newest cabaret-revue locale, with programs ranging from the seriously artistic to slapstick.

MUSIC: From September through May, the music lover can attend several musical events a week, ranging from philharmonic concerts and piano recitals to folk choruses and musical saw artists, though not every week will produce a great event. In addition to some good Norwegian talent a surprisingly large number of world-renowned artists are booked.

For season tickets to the Philharmonic Concerts, go to the Society's office in Tollbugaten 24 (42-35-44). For other musical events, follow the newspaper ads. The Oracle, the Embassy weekly newssheet, tries to announce choice events in advance, but often they are announced in the papers so close to the date of the performance that they are too late to make the Oracle.

MUSEUMS, ART GALLERIES AND OTHER "SIGHTS": The pamphlet, Visiting Oslo, published monthly in English and yours for the asking at any travel bureau or hotel, lists 31 "Museums and Sights". Even if we delete the University Library, you must admit that 30 "see-worthy" establishments, natural and man-made, represents a good number for a city of 440,000.

There's no point in listing the 30 sights for you. This is done most adequately in any number of publications in English. But time will not hang heavy on your hands if you treat yourself to inspecting the Raadhus (Town Hall), the Viking ships, the Kon-Tiki, the Folk Museum, the Kunstindustrimuseet, the Vigeland statues in Frogner Park, etc. And whether or not painting is one of your main interests, have a look at the National Gallery too. For Norwegians are extremely art conscious, and after the weather and skiing, painting seems to be the third most important topic of conversation.

SIGHTSEEING WITH CHILDREN: There are a few excursions you can take which are both interesting and not too tiring for the children. The Norwegian Technical Museum has mechanical exhibits of water power, transportation, old-fashioned music boxes, etc., which the children can operate. This is open the year around from 12 to 3. Take the Bygdøy bus to the Viking ship stop, a 20 minute ride from the city. The Viking ship museum is open from 11 to 3 in winter, longer hours in summer.

Other sight-seeing-with-children recommendations are summer-only offerings. The open-air theater at the Folk Museum has interesting weekend programs of folk songs, dances and ballet. There's also a fine collection of antique toys, doll houses, etc., in the large building on the left of the court yard, 3rd floor. You can buy a season ticket for the whole family for the Folk Museum for kr.5. The Fram and Kon-Tiki Museums are interesting for older children; the younger ones will like the play equipment and the boat ride in Frogner Park. Finally, there are tourist boat rides from May 1 to September 15 which will give you a good view of the harbor and the children a 2 1/2 hour boat ride. Call Baatservice, Stortingsgt. 14 (42-20-21) for information.

RESTAURANTS: Restaurants are described in some detail in the tourist pamphlets, such as the Oslo Guide. We'll mention, therefore, only a few of the more popular, and you can decide which you prefer and to what extent you can afford them. La Belle Sole, Drammensveien 42, entrance Observatoriesgt., and Georges Restaurant, Kristian 4's gt.9, are in the "luxury" class and serve spirits as well as food. The grill in the Hotel Bristol is also recommended. The big, first-class hotel restaurants are the Grand, Bristol and Continental downtown and the Holmenkollen Turisthotel in the suburbs.

Others we've tried and think you might enjoy are: Frascati, Stortingsgt 20; Telle, Fr.Nansens plass 4; Bagatelle, Bygdøy Alle 3; Blom, Karl Johansgt.41; Frognerseteren and Ekeberg. The last two have fine views of Oslo and the fjord. In summer try Dronningen, Huk Aveny, Bygdøy. There's music there as well as a good view.

NIGHT LIFE: Up until now, the less serious reader (and probably others, too) may say that "entertainment" in Oslo verges on the serious. So what about the night life? The closest thing to a night club is the Regnbuen (The Rainbow), Klingenberggt. 4. It's Oslo's largest, accommodating about 700 people. It boasts a ten-piece orchestra, Hammond organ during the pauses, and a floor show. Food, liquor, wines and beers are served. You can also dance, see a floor show and have a drink at the Rosekjelleren, Klingenberggt. 5.

If you are the congenial type, which you surely are, we think you'll probably arrange your night life chez vous and chez vos amis, as most Norwegians do.

LIQUOR REGULATIONS: The temperance movement has considerable influence in Norway. In fact the country (though not Oslo) is largely prohibitionist. Of the 746 municipalities in Norway, only 20 permit the sale of liquor and still fewer, six, allow liquor to be served.

This is the will of the people who express themselves in each locality by "The Spirit Vote" (the same as "local option" in the States). This vote decides whether or not the municipal council will give the

Vinmonopolet, a State-owned and managed organization, a license for the sale and serving of spirits. The State may over-ride the local judgement when it comes to serving alcohol in tourist hotels.

In Oslo only certain restaurants have licenses to sell hard liquor, and no hard liquors are sold anywhere in Norway on Saturdays after 3 p.m., on Sundays or on days before holidays. On these days, however, you can buy beer and wine, including sherry and port. Your pocketbook will be the better for the law, for drinks in night clubs and restaurants are very expensive.

Finally, as stated in the section on driving, we reiterate that there is a rigidly enforced and highly respected law which states that anyone found in a car who appears to have the intention of driving it while under the influence of liquor (0.5 per mil. in the blood stream or one-half bottle of beer) shall spend 21 days in jail to meditate on his sins.

CLASSES IN ARTS AND HANDICRAFTS

If you have yearned for the day when you could pursue a hobby, Oslo may be your answer. Have a look at the Norske-Folkemuseum at Bygdøy for examples of old Norwegian artistry, and then drop into some of the handicraft stores, such as Vakre Hjem, Tordenskioldsgate 6, or Sette Bo, Stortingsgt. 28, to see what modern Norwegian artists are doing. You will know better than what lines you would prefer to follow.

ART SCHOOLS: Although it's a rare housewife who has enough time to attend a regular art school, we pass this information on, just in case. The two main schools of applied arts in Oslo are both financed by the State. One called Statens handverks og kunstindustriskole, Ullevaalsveien 5, (42-03-45), opens September 15 and closes May 15. Tuition is kr.80 a year. Hours are from 9 to 5 on week days and from 9 until 2:30 on Saturdays. The regular study period is three years, but it isn't necessary to attend for this long. If you have had some art training, it's not too difficult to get in. Enrollment ends in mid-May. The beginner's school, in a one-year course, emphasizes drawing, after which you may specialize in architecture, costume design, furniture and textile design, shop decoration, commercial art, sculpturing, ceramics and metal work. Most of the teachers can speak English.

The second school, Statens Kvinnelige Industriskole, Cort Adlersgt. 33 (44-55-41), is a handicrafts school with emphasis on weaving, rugmaking, embroidering, etc. It is mainly a teacher's training school, but also has beginner's classes. Courses range from 6 months to 4 and 5 years, and classes are from 9 to 3 every day.

It is possible to find interesting courses on various subjects by looking in the phone book under:

Rissescole - designing school, fashions, patterns, etc.

Syskole - sewing school

Kunstveving - weaving

Musikk og sangundervisning - music and singing

COOKING: If you would like to study Norwegian food and cooking techniques, Lolly Raestad, Briskebyveien 68 (44-60-64), gives a short course on the more amusing side of Norwegian cookery.

PAINTING is the most enthusiastically appreciated art in Norway and painters abound. Statens handverks og kunstindustriskole gave us the name of Olav Engebrigtson, Gange Rolfsgt. 6 (55-18-35), who has a painting school. Call him any morning after 10:30 for information. Also recommended were three other painters: Johan Fredrik Michelet, Gunnar Wefring and Tor Refsun.

If you are already an accomplished artist, Kunstneres Hus on Wergelandsveien invites you to sketch there whenever the spirit moves you. Price: 50 øre.

SCULPTURE: Private lessons are given in studios of Fru. Sigrí Welhaven, Frognersteteren 22, Slemdal (69-76-54), who also has an oven for ceramics; and Fru. Ellen Christensen, Karl Johansgt. 23 (35-51-52).

WEAVING a la Dorothy Liebes, is another interesting vocation. You'll find weaving teachers in the telephone directory under Kunstveving. Husflid recommends Anna Margarete Elster's School, Pilestredet 99 (46-23-75). She offers a five months course from mid-January to mid-June every day from 10 until 2 for kr.80. Her full course, which begins on September 1, is a 3 1/2 months course for the same price. You can learn everything there from weaving woollens to making your own suiting material or table cloths.

The Norske Folkemuseum recommends Sunni Mundal (33-32-50), who will begin her classes in the fall. She has a three months course, twice a week from 6 until 8:30 for kr.50. In that time you will have mastered the basic weaving techniques.

The Sisters Bengtson, Nordahl Brungst. 5 (42-05-49) can start you off any time. They give a 10 weeks course two nights a week from 6 until 8, and will teach you whatever you wish to learn in the weaving line.

Astrid Albrekksen at Grini Moll (69-83-16) also gives lessons.

MUSIC: Chances are you will find a large grand piano in the house you rent. Take advantage of it. John Marcussen in the Fulbright Office,

Stortingsgt. 30 (42-13-45), is your best source of information on piano and voice teachers. The Barratt Dues Musikkinstitut, Lyder Sagens gt.2 (46-64-43), has taken several Americans. You might also try the Musikk-akademiet on Karl Johansgt. 45 (33-56-09), or the Musikk-konservatoriet, Nordahl Brungst. 8 (42-01-37), for a list of recommended teachers.

FOLK DANCING AND DRAMATICS

FOLK DANCING: An international folk dancing group has been organized recently which meets once every three weeks. Those in the group enjoy American square dancing, Scottish reels, English country dances and Norwegian folk dancing. No one is a professional. The point is to have fun, good exercise and to learn something about each other's dancing art. Call Erling Dahl (33-70-70) for information.

DRAMATICS: There's an "Oslo Amateur Actors" group, open to English speaking people of all nationalities, which aims to present a minimum of two public performances each year in English, and to meet in the interim to read plays, study the art of the theater, and to foster friendship and cultural relations between the English speaking colony and the Norwegian people.

Meetings are held fortnightly on alternate Tuesday evenings at the U.S. Information Service Library, Stortingsgt. 30, 7 to 11 p.m. Fees: kr.10 for a six months period. Whether you are interested in acting, any of the allied crafts attached to the theater such as lighting, costumes, decor, etc., or merely want to help, you are welcome. Call Mrs. Edith Ellingsen (69-69-02) for information.

AMERICAN WOMEN'S CLUB OF OSLO

The American Women's Club of Oslo, founded in 1935, meets from September to June at Handelstanden, Karl Johansgate 37, on the second Tuesday of each month. You can have luncheon there, listen to a program of lectures, music, films, etc., and above all meet a varied group of American women, many of whom are married to Norwegians and have lived in Oslo for years. The club also has a circulating library of current books.

As an American citizen you are cordially invited to become an active member. There's an associate membership also available to (1) foreign born, English-speaking women married to native born Americans who have lived at least five years in the U.S.A., (2) women born in the U.S. who are not American citizens but who have lived in the U.S. until 16 years of age, and (3) daughters of Americans married to foreigners. Associate members are entitled to all of the privileges of the club except to hold office and vote.

Dues for all members are kr.40 a year. Apply to Mrs. Mary Bugge, Gamle Drammensveien 164, Blommenholm (53-88-98), who is currently head of the membership committee.

The Club is a member of the Federation of American Women's Clubs Overseas and of the General Federation of Women's Clubs.

NEWSPAPERS, MAGAZINES, LIBRARIES AND BOOKSTORES

NEWSPAPERS: The European edition of the New York Herald Tribune and the international air edition of the New York Times arrive in Oslo a day or two after publication. The Stars and Stripes is also a day late.

As for Norwegian papers, there are ten daily papers in Oslo, a considerable number for a city of 440,000. The majority are closely associated with political parties and further these interests in their presentation of the news as well as their editorials. It is not easy to master the language in the newspapers, but if you manage it, you will have a better understanding of attitudes toward local politics and world events. And reading the classified ad section is the only way you'll ever be au courant with what is going on in the theater, music, etc., in Oslo.

Following is a list of the newspapers in Oslo with the points of view they usually present:

Arbeiderbladet	Labor
Aftenposten	Conservative
Dagbladet	Left Wing Liberal
Verdens Gang	Independent
Morgenbladet	Conservative
Friheten	Communist
Morgenposten	Independent
Nationen	Agrarian
Norges Handels og	
Sjøfarts Tidende	Commercial (Conservative)
Vært Land	Christian People's Party

MAGAZINES: Subscribe to all the magazines you normally read, and maybe a few more. Most Norwegians you meet are very well informed on American events and are interested in discussing them.

You can buy the most popular U.S. magazines here (European editions of Reader's Digest, Life, Time, Newsweek, etc.). Narvesens, Stortingsgt.2, has the largest selection. It's cheaper, however, to subscribe at the U.S. rate.

Book club notices often arrive too late to stop the clubs from sending books you don't want.

LIBRARIES: The U.S. Information Service Library, 3rd floor, Stortingsgt. 50, is an excellent source of current American books and publications. There is a large selection of U.S. periodicals which may be borrowed when not the latest issue. You'll also find there a good choice of childrens books, particularly for the 7 to 14 year olds.

The U.S. Support Element also maintains a library at Josefinegate 18.

The other libraries in Oslo are of more interest to students. The University Library, Drammensveien 42 B, is the National Library of Norway, and, as such, the depository for all Norwegian books. It has no open shelves and restricted circulation. It serves as a central study and research library and has files of important periodicals in all languages.

The Deichman Library, Henrik Ibsensgt.1, the public library of Oslo, is one of the largest and most modern public libraries in Scandinavia. Another library with open shelves is the Nobel Library, Drammensveien 19, which emphasizes the fields of international law, political history and economics.

The Norwegian Nobel Institute, Dramaensveien 19, is noted for its substantial collection of works in the fields of international law, political history and economics. There is easy access to the stacks and you may borrow books for a four weeks period.

BOOKSTORES: There are no less than 64 bookstores in Oslo, many of which have a good selection of books in English for both adults and children. The choice is limited for 7 to 14 year olds but ample for younger children. There are pocket books of all types (about one million were sold here last year) as well as technical books in English, Cappelen, Narvesen, Tanum, Damm, Cammermeyer and Trier (see Bokhandler in the telephone book) are a few of the better stocked stores, although almost any bookdealer will help you find what you want. There are no rental bookstores.

TRANSPORTATION

Roads in and around Oslo are cobblestoned or asphalt. Outside the cities they are often narrow and unpaved. Roads are well-kept, and the Norwegians do an excellent job of clearing the snow. You can always drive to a weekend resort hotel, but you may regret a trip in early spring when the frost is coming out of the ground. The road across country to Bergen is a magnificent feat of engineering. Don't miss this trip in summer.

DRIVING IN OSLO can be harrowing in summer because of the bicycles and the children who play in the street; in winter because of the icy roads, the skiers, sparks and sleds. The two most important facts to know when driving in Oslo are these: 1) vehicles entering a road from the right have unlimited right of way. After an accident if the dents in your car are on the right-hand side, you are wrong -- even if they were put there by a bicyclist! Free advice: hesitate at every road coming in from the right until you've learned the blind corners and adjusted to the rules of the road. 2) You must go to jail for at least 21 days if a blood test administered by the police shows that you were driving with 0.05 alcohol in your system. You are safe after one small beer, but nothing more. This is no joke! You may be stopped by the police at any time even without an accident and a blood test taken in a routine checkup of drivers. The Norwegians take this very seriously. There is a chauffeur service (Promille-Service, Pilestredet 31, 33-50-20) one can call after a party. Its members will get you and your car safely home if you feel you might be running a risk by driving yourself. Traffic is right hand, as in the United States. Smoking while driving is against the law. If you splash a pedestrian, you are liable for his cleaning bill.

GASOLINE is not rationed, but is expensive.

SPEED LIMITS vary: in cities and suburbs it is 40 km per hour (25 mph); in open country it is 70 km per hour (44 mph). This is the maximum allowable speed.

CAR ACCESSORIES: If you bring a new car with you from the States, order standard headlights (with bulbs) rather than sealed-beam headlights. The latter are illegal and it will cost you around kr.100 to have the lights changed in Oslo. U.S. car radios are not recommended for Oslo; heaters and defrosters are "musts".

Winter tires are an enormous help and cost around kr.500 a pair in Oslo. The Norwegian tires are very good. Clamp-on chains, an asset under certain conditions, can be dangerous on icy roads. Pegged chains, very good on ice, cost about kr.50 a set at any service station. The Norwegian substitute for snow tires and chains is to cut the tread of a regular tire. They say this reduces the tire's life expectancy by only 2 percent and is a good preventive against sliding on both icy and wet roads.

You can buy permanent anti-freeze at any gasoline station (Bensin stasjon) in Oslo and American Prestone is also available.

You will be able to find spare parts in Oslo, though if you have a model fresh off the assembly line, you may have some delay. The Esso stations take care of battery problems, or you can call Dahl and Dahl (41-11-66). Garages are listed under Garasjer in the telephone book, automobile repair shops under Bil reparasjons verksteder.

INSURANCE in Norway is about equal to the highest coverage in Washington, D.C. For full, maximum coverage for everything -- fire, theft, property damage, 100-kroner deductible collision and third party liability (compulsory) the price is about \$100 a year for a new car of the Ford-Chevrolet class with a 10 percent deduction for no accidents for each ensuing year up to three successive years. Liability claims are paid in full, but collision, fire and theft are deductible by kr.100. Insurance companies are listed under Assurance in the telephone book.

There is also an excellent emergency service available here through A/S Falcken Redningskorps (33-72-86) which, for kr.60 a year, will handle towing and repairs for you any place in Norway, Sweden and Denmark. You, of course, pay for any new parts involved.

CAR REGISTRATION is required and all cars are inspected. License plates cost about kr.22 a pair (kr.6 a piece extra for "CD" and "N" plates). Licenses are valid for an entire CD tour of duty in Oslo but must be renewed each year for non-diplomatic personnel. Arnold Andreassen (33-11-62), the Royal Norwegian Automobile Club (KNA) representative, Grensen 3, will help you with registration.

DRIVERS' PERMITS are issued automatically and without charge if you can show a valid permit from some other country. See the Politikammer at Raadhusgt.7 for these. If you do not have a license but have driven before, it is easier if you hire an instructor from the driving school to accompany you while you take your tests. These consist of the usual road test and an oral examination on traffic rules and a few questions on the working parts of a car. (You can buy a booklet here to help you with this one). If you have never driven before, your husband may teach you (providing the hand-brake is in the middle of the car), or you may take from 4 to 10 hours (kr.15 per hour) of driving lessons.

13X
CARS DELIVERED TO BREMERHAVEN are a special problem for military personnel. It may take as long as three days to unload and process the car. There is a dependents' hotel where you can sit it out at your own expense, and the transportation office there can advise you on routes and insurance requirements. Allow another three days for the trip to Oslo, and if you are travelling in the tourist season, make your lodging and auto ferry reservations in advance. The Danish Embassy in Washington can give you information on the Frederikshavn-Larvik ferry

which runs four days a week starting in May. There is also a ferry from Frederikshavn to Oslo which runs three days a week in winter and six days a week in summer.

Carnet de Passage is a document which guarantees the payment of customs duties in the event of an unauthorized sale of the car. Without one you will run into difficulty crossing borders and may be required to put up a cash bond before being allowed to enter. This bond can be recovered only after considerable inconvenience. We strongly recommend that you have the office to which you are reporting in Oslo mail a carnet to you. Send the following information: make of car, color, engine number, serial number, license number, weight, cylinders, body type, radio, heater, horsepower, upholstery, number of spare tires, and value. If this isn't possible, try to obtain one in Bremerhaven or the first border you cross. The Danish Automobile Club has a representative on the southern Danish border who can help you. You won't need a carnet if your car is brought directly from the United States to Norway. Carnets are much less expensive in Europe than in the United States.

INTERNATIONAL DRIVERS' LICENSES, good in all European countries except those under Russian control, can be bought through the Royal Norwegian Automobile Club, KNA Hotellet for kr.10, if you have a valid U.S. or Norwegian license and three passport-size photos of yourself. This license is valid for one year only.

IMPORTING AND SELLING CARS: Norwegians must pay a high duty on automobiles. Americans living officially in Norway have certain privileges in connection with the importation and sale of cars. In order that these privileges should not be overworked, the following rules are currently in effect in regard to the importation and sale of personal automobiles of American personnel assigned to the Embassy. Approval of free entries and sales is not automatic, and each case is examined individually. American employees assigned to NATO in Norway are governed by regulations almost identical to those applicable to Embassy employees. However, the sale and importation of automobiles by American NATO personnel is controlled by the station commandant at Kolsaas. These are the rules:

1. Approval will not be granted for an employee to sell more than two vehicles during his entire tour of duty in Norway. (A tour is defined as up to four years' period of service in the country).
2. Before an employee may request permission to sell an automobile, the car must have been registered in Norway for a minimum of two full years or the employee must have received orders transferring him or her permanently to another post and the vehicle must have been registered in Norway for at least six full months prior to the request.
3. The Embassy will not request free entry for more than one vehicle every two years for bachelor personnel with diplomatic privileges.

Personnel in this category who wish to sell an automobile at the expiration of two years will be granted permission to import another automobile provided their tour of duty is expected to last six months or more.

4. In the case of diplomatic personnel with family, the Embassy will approve the free entry of one car for each member of the family with a driver's license. However, if more than two cars are imported under this provision, permission to sell will be granted for two cars only and the others must be exported upon the completion of the employee's tour of duty.
5. In the case of non-diplomatic bachelor personnel who have imported one car duty free at the time of their original assignment, approval will not be granted for them to purchase a second car (on which customs duties must be paid at the time the car is entered) until the car which was imported originally duty free is sold after the expiration of two years.
6. In the case of non-diplomatic personnel with family who have imported one car duty free at the time of their original assignment, approval will be granted for the purchase of subsequent cars -- one for each member of the family with a driver's permit, provided that customs duties are paid on the subsequent vehicles at the time they are entered and provided further, that upon transfer, no more than two vehicles are sold.
7. All personally-owned motor vehicles must be imported and registered in the name of the U.S. Government employee (head of family).

THE TRIKK AND BANE (similar to our street cars) are excellent and inexpensive. Both are called "trikks", but properly speaking the trikk operates only within the city limits while the bane goes further out.

The fare within the city is 35 øre. Outside the amount increases with the distance, the maximum being about kr.1.50. The purchase of a commutation ticket (rabattkort) reduces the fare a bit.

You don't pay at a turnstile as you enter a trikk. The fare is collected after you sit down. Keep the little slip they give you; a check is sometimes made to see if you have paid.

For trikk information call 42-14-12. For information about Holmenkollbanen, call 46-61-36 and for Baerumsbanen, call 53-69-06.

A remarkable sight for Americans is the dozens of pairs of skis attached by leather straps to the outside of the trikk during the skiing season.

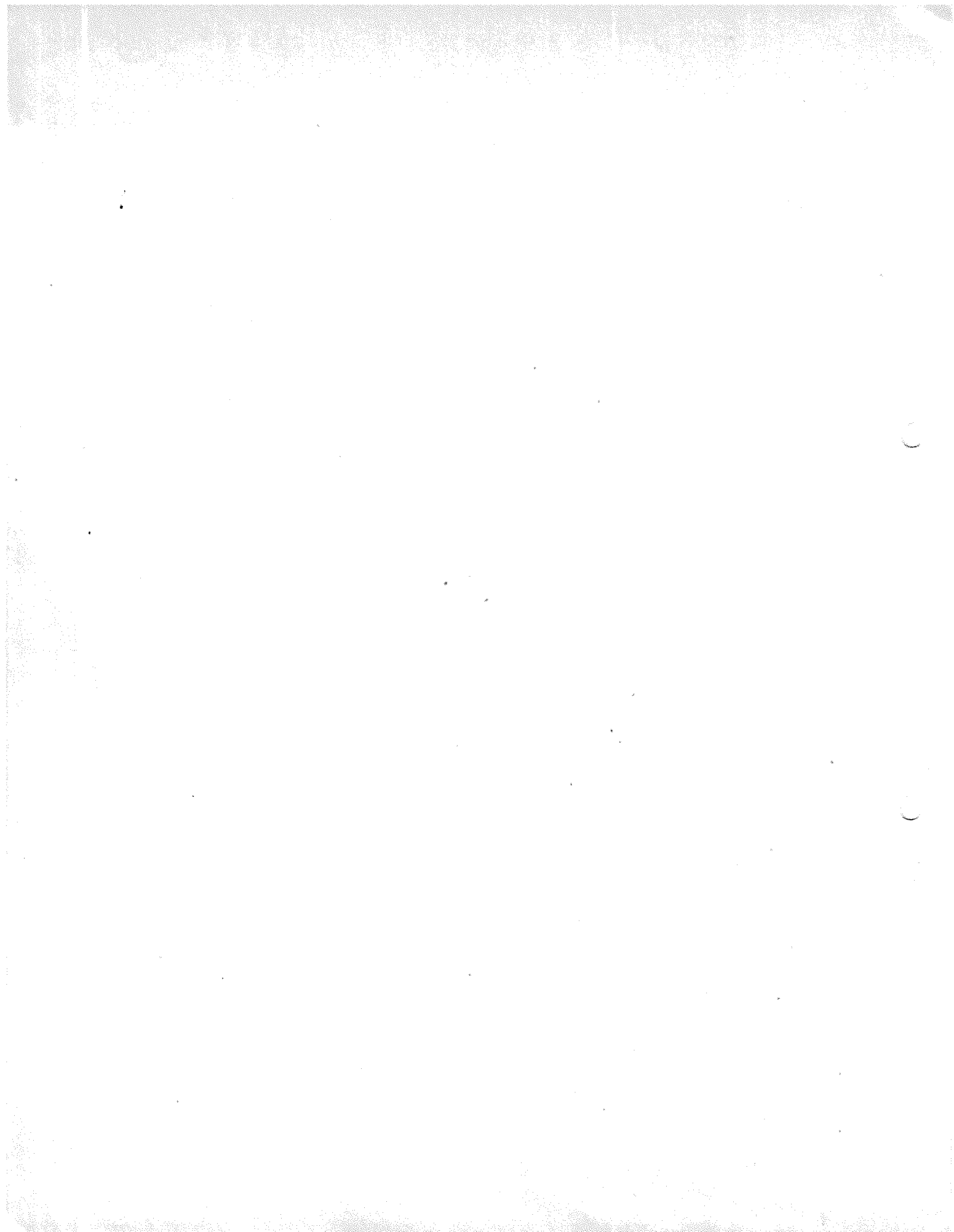
TAXI SERVICE is good in summer, fair in winter. Look under Drosjer in the telephone book for your nearest cab stand, or dial 025, and they will send the nearest available cab. Charges are generally lower than those in the United States. When sending for a taxi, you are charged for the distance it must come to reach you. The difference between the meter reading and what you pay is an additional 65 percent allowed for increased cost of living, taxes, etc.

AIR TRAVEL: Most of the major airlines come into Oslo, and you will find them listed under Flyselskaper in the yellow section of the telephone book. For flight information call Fornebu Airport (44-78-90). There are buses to and from the airport for all flights.

There are two airports: Fornebu and Gardermoen. Fornebu, a 15 - 20 minute drive from Oslo, is used for all flights unless fog forces planes to land at Gardermoen. Gardermoen, a little over an hour from Oslo, is for military planes except when weather conditions force others to land there.

TRAINS: Østbanen is the main station, Vestbanen being used only for trains to the west and southwest. Call (41-72-10) for information about trains from both stations.

BUSES: For information on buses within the city, call (42-14-12). For suburban bus information call (41-50-00).



COMMUNICATIONS



MAIL:

Airmail: Airmail letters to the United States take three to five days. The cheapest airmail is an aerogram, a letter and envelope combination. Any letter under five grams will automatically go airmail for regular postage if you write "5 gr." in the lower left hand corner. Don't send it in an envelope marked airmail. The price of regular airmail increases rapidly with the weight.

Surface Mail: An ordinary letter to the United States averages two to three weeks in transit. Packages may be sent by international parcel post.

Post Offices: The main post office, Dronningens gt.15, is open from 8 to 6:30. Hours for branch offices are from 8 to 6.

Postal Information: Call 41-40-81, the Post Office Information Service.

Mail Boxes: You'll find mail boxes (red with a horn and crown in gold) on the outer walls of buildings, and letters with an Oslo destination deposited before 10:15 a.m. will be distributed the same day.

Customs Regulations: All parcels over one kilo leaving Norway must have customs declaration attached. For those exceeding kr.100 in value you must obtain an export license. This costs you nothing, but the person receiving the gift will pay an import duty if the item is subject to U.S. customs.

TELEPHONES: Telephone service has expanded enormously since the war, but when renting a house or apartment you must make sure the phone in it is yours to keep. Otherwise, it may be removed before or after you move in.

Long Distance (rikstelefon): Dial 01. Outside Norway, but in Scandinavia, rates are cheaper after 6 o'clock; rates to other foreign countries, including the United States, are cheaper on Sundays. Within Norway, rates are the same before or after 6 p.m.

Telephone Information: Dial 08.

Telephone Book: The Norwegian alphabet has three additional letters: Æ, ø, Å. They occur in that order after Z in the directory. ø can also be written Ö and Å, AA. You'll also find a U mixed in with Y's and A in with Æ's. These aren't in the Norsk alphabet, but we've included them in case you need to find a name spelled with one of them.

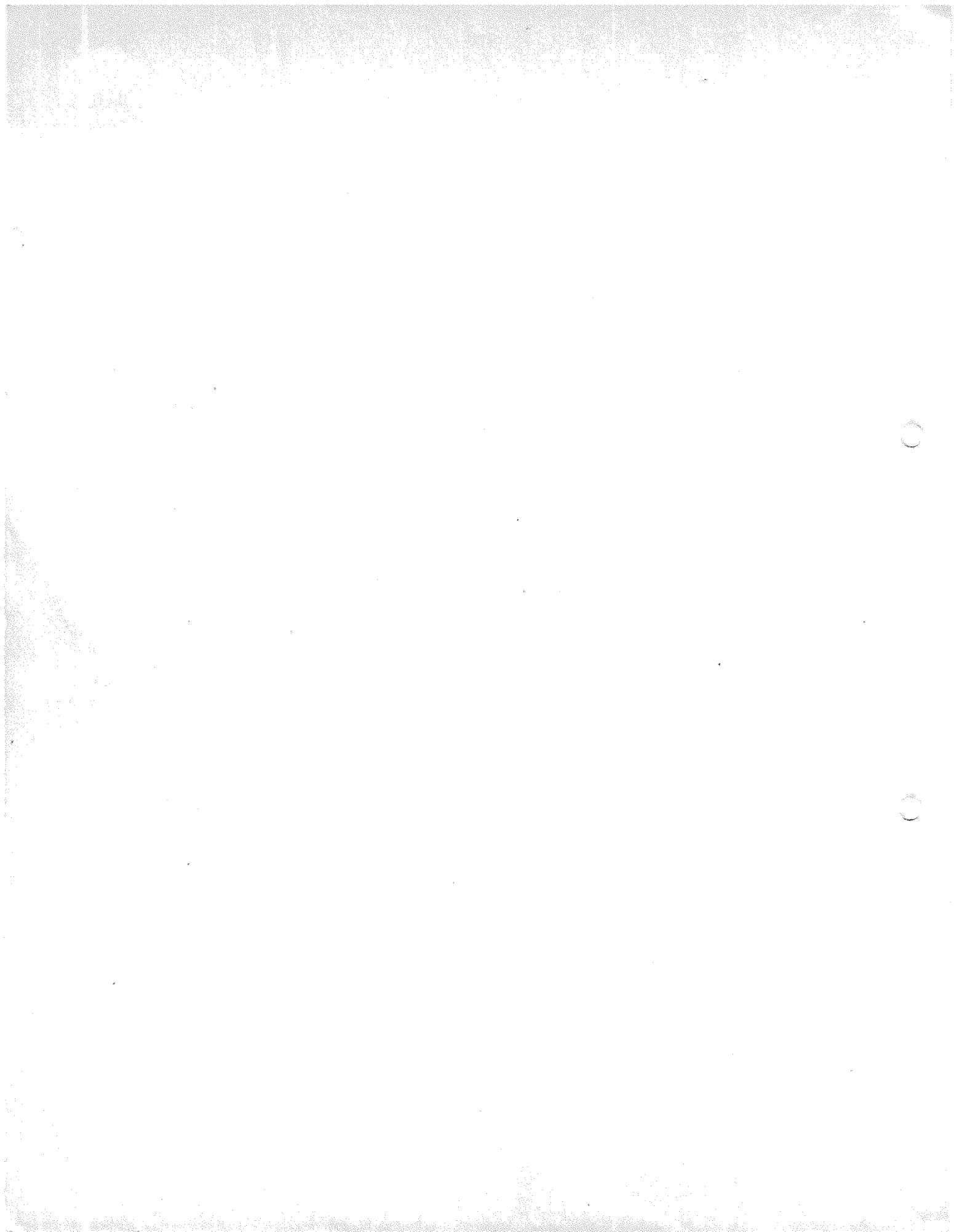
If the person you want to call works for the Norwegian Government look under Departementene, then under the name of the department for his name. Home telephones are often listed here too. The name of a business firm is often catalogued under Den or Det (the) rather than under the first significant word.

Time information: Dial 07, if you understand Norwegian.

Telephone Alarm Clock Service: If your alarm clock is out of order, you can arrange with Telefonvakt (Telephone watch) to wake you up in the mornings. Dial 08 for this disagreeable service.

TELEGRAMS AND CABLES: Dial 03 and charge to your telephone.

BRINGING DOGS TO OSLO



The Norwegian Government has never had a case of rabies reported and does not believe rabies inoculations are 100 percent effective. You can see, therefore, why it is not too enthusiastic about admitting your pets. If you follow the correct procedure for admission and obey the rules set forth by the Government, however, you will find that the officials cooperate very cheerfully. They seem to genuinely love dogs -- even the noisy variety.

Application for admission of dogs should be made well in advance of your arrival so that any difficulties which might arise may be straightened out in advance. Also, because all mail coming your way is sent by surface transportation and takes a long time to reach you. The application should be addressed to Veterinaerdirektoratet, Kronprinsensgate 2, Oslo, and the following information should be included: (1) Your reason for coming to Norway (2) the dog's breed (3) sex (4) age (5) locality where the dog has spent the past 12 months (6) whether or not it is a house dog, and (7) data on rabies and distemper inoculations. Also ask in your letter that a reservation at one of the quarantine kennels be made for your dog and give the approximate date of his arrival.

While waiting for your import admission paper, take your dog to a registered veterinarian for a health examination and get any necessary rabies inoculations. Have the veterinarian then fill out a statement of health form and get the inoculation certificate.

When the import admission paper finally arrives, fill it out and take it, along with the statement of health and inoculation certificates, to the Norwegian Embassy (or Consulate if you are nearer to one of them). The person in the Norwegian Embassy with whom you have made your appointment will then call your veterinarian and check details. After that, he stamps the Norwegian seal on your papers and everything is fine.

Unless you are coming straight to Oslo by ship, it is better to fly your dog over as you may run into quarantine difficulties in other countries if you try bringing him through any part of Europe. Also, even if you have your car and your dog is travelling right with you, remember there are no Motels along the way and most hotels do not admit pets.

When your dog arrives in Oslo -- by whatever means of transportation -- gather up your papers (health and inoculation certificates and import admission) and call the Police Veterinarian. Arrange with him to meet you at Customs where he will inspect the dog and take your papers.

QUARANTINE: The quarantine period is now seven months and is in a place designated by the Police Veterinarian. The quarantine kennel fees are quite reasonable. Under certain circumstances you may be allowed to keep your dog in quarantine at home, subject to inspection of the dog and your grounds at intervals by the Police Veterinarian. However this must be arranged with the Police Veterinarian after your arrival in Oslo.

VETERINARIAN HOSPITALS: The Norges Veterinaerhøyskole Kirurgisk Klinik, Ullevaalsveien 72 (69-36-90), is the state-supported veterinarian college as well as a veterinarian hospital. The Cheval Dyrehospital, Holmengaten 6 (41-40-62) is a private veterinarian service.

TAKING DOGS BACK TO THE USA: Thanks to the "No Rabies" record of dogs in Norway, dogs returning from that country to the United States are not quarantined there. Before your dog leaves Norway, however, you must take him to the Police Veterinarian for a certificate of health, and the dog must be shipped out within 10 days after the certificate is issued.

FLYING: SAS and Pan American have much the same regulations for flying your dog. You must give at least 8 days' notice to the company and arrange for them to either pick him up or plan to take him out to the airport yourself. All payment, including passage and rental of crate, must be paid in advance and you must provide enough canned dog food for the trip. This food must be in cans with an attached key and may be purchased in downtown Oslo.

SHIPS: There is a flat charge of fifty dollars to take your dog back by ship. This also is paid in advance and you provide enough canned dog food for the voyage. The "Bergensfjord" has kennels aboard but the other ships do not and arrangements must be made with an officer of the company for quarters aboard for your dog.

Since some companies do not transport pets at certain times of the year, it is advisable to get permission and make reservations as far in advance as possible.

AIDS TO THE NEWCOMER



EMERGENCY TELEPHONE NUMBERS:

Fire	42-99-00	<u>Brann</u>
Police	33-12-90	<u>Politi</u>
Doctor and Ambulance	41-00-41	<u>Legevakt</u>
Dental Emergency	33-31-95	<u>Tannlegevakt</u>

WEIGHTS AND MEASURES:

1 Kilogram	2.204 lbs.
1 pound	0.453 kilograms
1 litre	1.057 liquid quarts 0.908 dry quarts
1 pint	0.473 liters
1 gallon	3.785 liters
1 kilometer	3.280 feet or 5/8 of a mile
1 Norwegian mile	10 kilometers
1 English mile	1.61 kilometers
1 meter	1.094 yards 39.37 inches

MONEY:

1 krone	14 ¢ (approx.)
7.12 kroner	1 dollar
100 øre	1 krone

BANKING: A few differences exist between Norwegian and American banking customs which are minor in importance but can be confusing to a newcomer. For example, you will not receive a monthly statement from your bank. Your account is kept in duplicate on a big yellow sheet and when that sheet is filled, you will get a copy of it -- not before -- although you may go into the bank and check it at any time.

You will not receive your cancelled checks either unless you specifically ask for them. All stores in Oslo will give you a written receipt even if you pay by check so the cancelled checks are not necessary for that purpose. However, if any question should come up and you need your cancelled check, you may see it at the bank or they will make a photostatic copy of it for you. The banks do their accounting by means of the cancelled checks and hold all of them in file for ten years.

There is no service charge for checkbooks unless they are mailed to you and then you only pay the required postage.

You are not tossed into jail if you overdraw your account but you are charged interest on the amount overdrawn from the time the check "bounces" until it is made good. The amount of interest charged depends upon the size of the check and the length of time you take in covering it. If the interest amounts to one krone or more you must pay it, if less than one krone, it is dropped.

SHORT TRIPS TO NEIGHBORING COUNTRIES: If you plan a trip to any of the other European countries, you will certainly take either travellers checks or some of that country's money with you, having made the exchange at one of the Oslo banks. But if you should take a spur-of-the-moment trip across the border into Sweden, for example, and it's a holiday and the banks are closed or you just don't have time to get Swedish currency, then be sure the kr.100 of Norwegian money you are allowed to take with you is in small bills. Five or ten kroner bills are best as no one will cash a 100 kroner bill and you may have trouble getting a fifty cashed -- or you may end up washing dishes to pay for whatever you owe.

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Chief, MAAG(NOR)
American Embassy
Oslo, Norway
ATTN: Air Force Section

