

KOM HJÄRTANS FRÖJD!

FÖR

FLÖYTEN
OCH HARPAN

OG FÖRTELLER

Maj Söderstedt

14/10-82



1.

KOM HJÄRTANS FRÖJD!

Röig

①

FLÖJTA

3/4

HARPE

3/4

FL

5

3/4

H

3/4

gloss

FL

8

3/4

H

3/4

rit

FL

12

4/4

H

4/4

fortere

A

A A A

rit

Dette er vår urtegård.

16

FL Den er fylt av farger og dufter - mystikk og magisk overtro

21

FL Den er fylt av besvergelses - gamle myter og sagn.

25

FL Den er en kilde til helse og skjønnhet - og til mangel en

29

FL kulinarisk glede.

3.

FL 33

f

H

FL 37

mf

H

FL 40

H

FL 44

H

46

MYNTEN hørte egentlig hjemme i dødsriket - etter den greske

H.

47

mytologien - hvor Hades elsket nymfen MINTA .

H.

48

Men hans hustru PROSPERINA ble sjalu og drepte i raseri MINTHA.

H.

49

Da lot HADES MYNTEN vokse frem ur hennes grav - og siden dess har
MYNTEN blitt knyttet til dødsriket.

H.

MYNTE N

(50)

roling

Handwritten musical score for three instruments: Flute (Fl.), Harp (Harp), and Piano (P). The score is written on three staves. The Flute staff has a treble clef and a key signature of one flat (B-flat). The Harp and Piano staves have a treble clef and a key signature of one flat (B-flat). The Flute part begins with a whole rest, followed by a half note G4, a quarter note A4, and a quarter note B4. The Harp part begins with a whole rest, followed by a half note G4, a quarter note A4, and a quarter note B4. The Piano part begins with a whole rest, followed by a half note G4, a quarter note A4, and a quarter note B4. There are various musical notations and markings throughout the score, including dynamic markings like 'p' and 'f', and articulation markings like 'acc' and 'acc.'. The score is written in a clear, legible hand.

(53)

Handwritten musical score for three staves. The top staff is labeled 'FL' and contains a melody with a triplet of eighth notes and a slur. The middle staff is labeled 'H' and contains a rest followed by a slur with the handwritten text 'litt fontere' above it. The bottom staff contains a melody starting with a brace and a dynamic marking 'p'. A red 'right protected' watermark is visible at the bottom right.

56

Handwritten musical score for three staves. The top staff is marked 'FL' and contains a melodic line with various notes and rests. The middle staff is marked 'H' and contains a single note. The bottom staff contains a bass line with notes and rests. A watermark 'this music is' is visible across the score.

59

Handwritten musical score for three staves. The top staff is labeled 'FL' and contains whole rests. The middle staff is labeled 'H' and contains a melodic line with slurs and ties. The bottom staff contains a bass line with slurs. The music is in 7/8 time and features a key signature of one flat.

62

FL.

poco cresc

H.

66

FL.

f

mf

H.

f

mp

70

FL.

p

no lig

H.

p

no lig

dolce

73

FL.

rit

pp

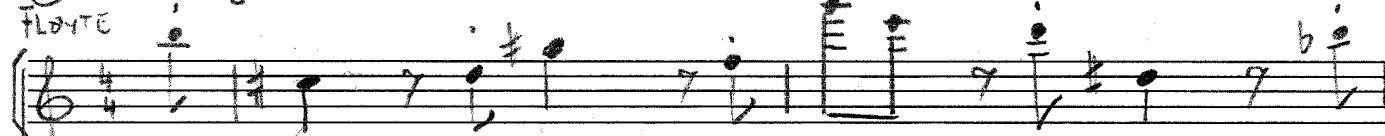
H.

p

rit

7 (15) *livlig*

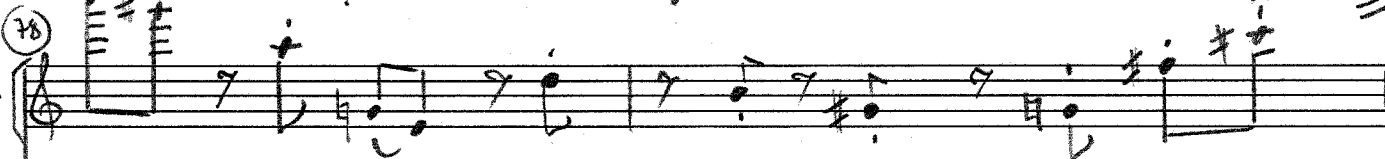
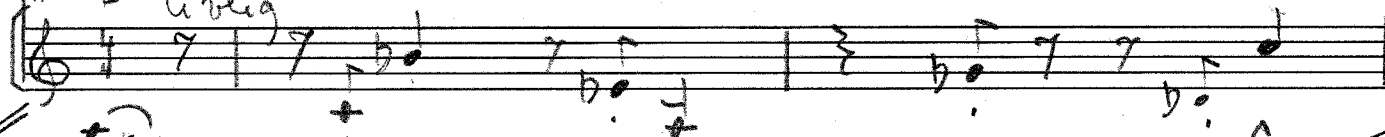
FLØYTE



mf

HARPE

livlig

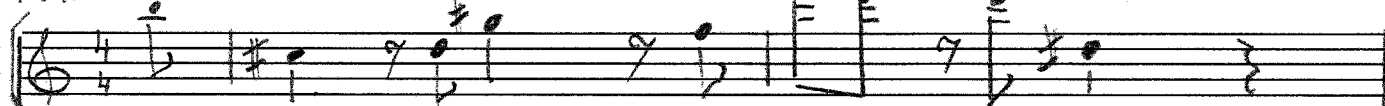


Har du noen gang smakt den
engelske mintesausen kan du
aldri glemme det.

Den kan gjøre får til lamm!
Ta I del eddik
en stor spisesked sukker
en spisesked fint hakket mynte

La det stå og trekke minst 4-5 timer før serveringen
Bland ørlite vann i om den er for sterk

82 FLØYTE



HARPE



HARPE

Og drikker du tee av mynten blir du bare vakrere og vakrere !

86

Fløyte

Harpe

Handwritten musical notation for Fløyte and Harpe. Measure 86: Fløyte has a whole note G4 with a flat, and Harpe has a whole note G4. Measure 87: Fløyte has a half note G4 and a half note A4, both with flats; Harpe has a half note G4 and a half note A4, both with flats. Measure 88: Fløyte has a quarter note G4, a quarter note A4, and a quarter note B4, all with flats; Harpe has a quarter note G4, a quarter note A4, and a quarter note B4, all with flats.

89

Handwritten musical notation for Fløyte and Harpe. Measure 89: Fløyte has a half note G4, a half note A4, and a half note B4, all with flats; Harpe has a half note G4, a half note A4, and a half note B4, all with flats. Measure 90: Fløyte has a half note G4, a half note A4, and a half note B4, all with flats; Harpe has a half note G4, a half note A4, and a half note B4, all with flats. The Fløyte part ends with a fermata over a whole note G4 with a flat. The Harpe part ends with a fermata over a whole note G4 with a flat.

91

Fl.

Hvorfor skal mennesket dø, når SALVIEN vokser i haven ?

Senza tempo

H.

Handwritten musical notation for Harpe, measure 91. The Harpe part consists of a whole note G4, a whole note A4, and a whole note B4, all with flats.

Fl.

Det spurte seg de gamle lærde i Mellomalderen - men samtidig fortsetter man:

H.

Handwritten musical notation for Harpe, measure 92. The Harpe part consists of a whole note G4, a whole note A4, and a whole note B4, all with flats.

Fl.

Imot dødens makt rår ingen av havens planter, men SALVIEN styrker nervene, fjerner rystingen i hendene og tar bort kraftig feber.

H.

Handwritten musical notation for Harpe, measure 93. The Harpe part consists of a whole note G4, a whole note A4, and a whole note B4, all with flats.

Fl.

I det antike Grekenland brukte man SALVIEN mot mange sykdomer men HIPPOCRATES fant også ut, att et avkok av SALVIEN farvet håret sort.

H.

Handwritten musical notation for Harpe, measure 94. The Harpe part consists of a whole note G4, a whole note A4, and a whole note B4, all with flats.

SALVIEN

9. Lett og graciøst

FL 95 *mp*

H *mf*

FL 100 *f* *p* CAPRICIØST - KOKETT

H *f*

FL 104

H *roelig*

FL 108

H

113

Fe

H.

118

Fl.

H.

tempo I

rit mp

tempo I

rit

mf

123

Fl.

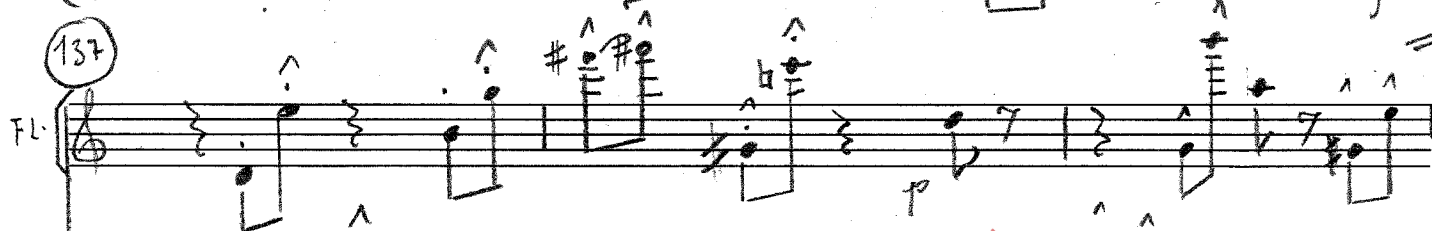
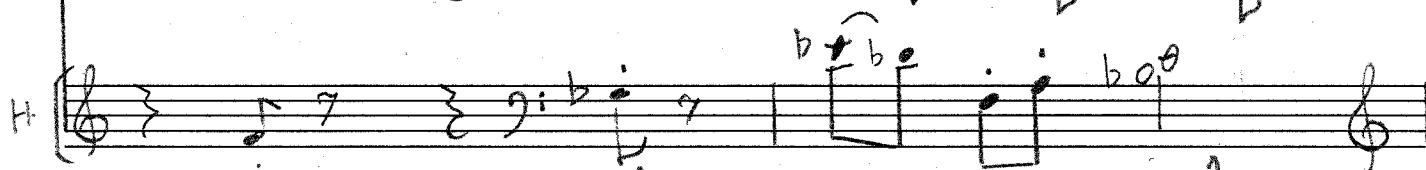
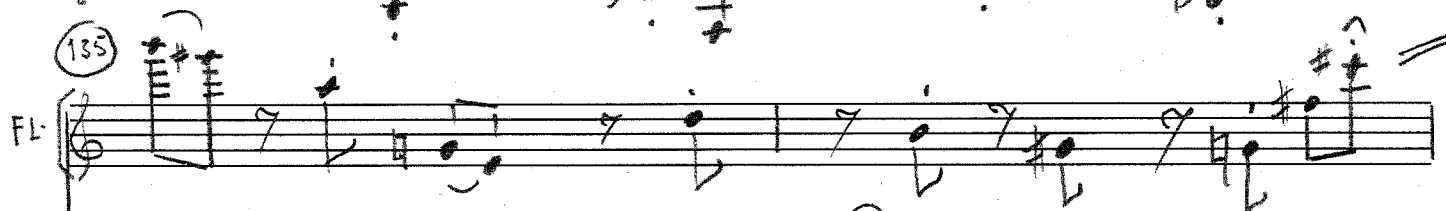
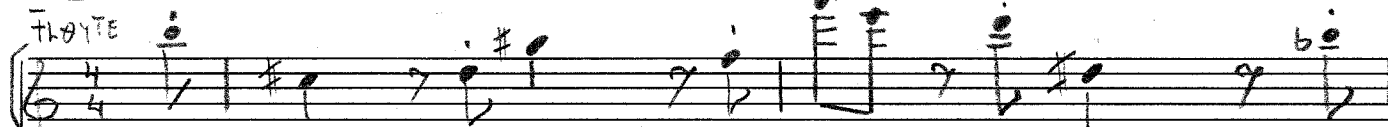
H.

128

Fl.

H.

11. (132) *lively*



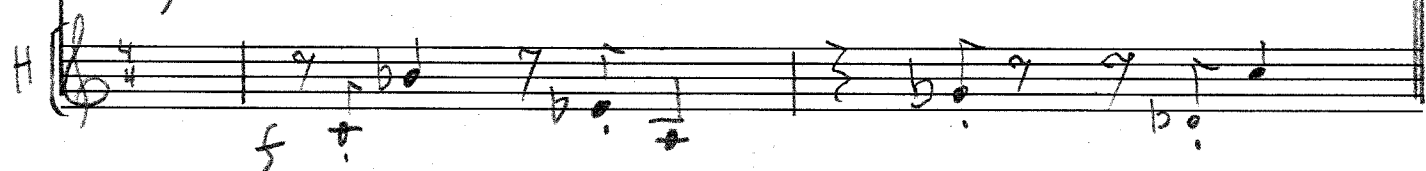
(140)

F Som middel mot forkjølelse
er SALVIEN helt vidunderlig.

H Og som krydder i maten
gir den en ubeskrivelig lekker smak.

Faktum er, att t.eks. transmaken i fet fisk helt forsvinner
hvis du gnir den inn med litt knust SALVIE.

Drikket man SALVIEN i vin - om morgenen - blir man frisk
til kropp og sjel !

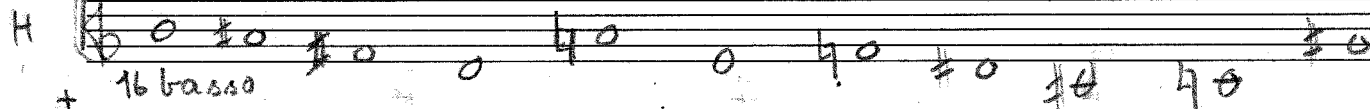


Og du blir bare vakrere og vakrere!

(144)

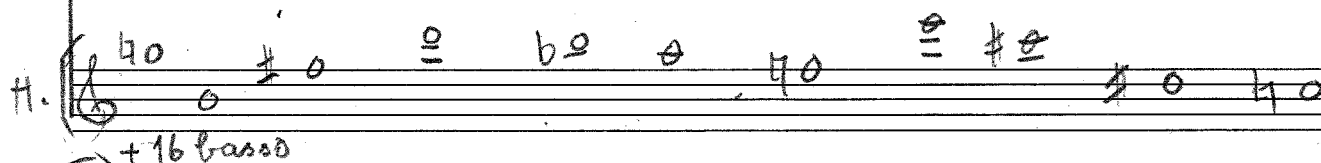
FL. TIMIAM fører oss helt tilbake til oldtidens Egypt
hvor planten ble brukt til balsamering

HARPE - Senza rytme



(145)

FL. TIMIAM ble ellers viet FREIA. Den ble ofte brukt ved barsel
fordi den beskyttet kvinnen mot onde onder.



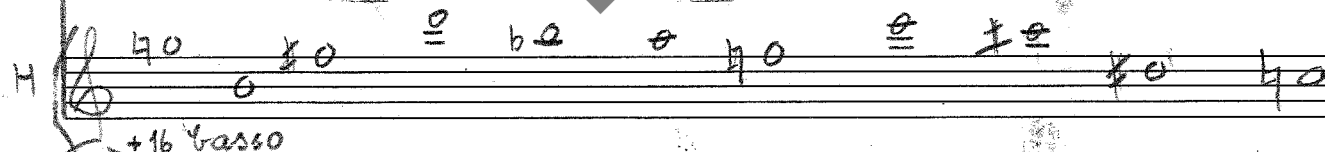
(146)

FL. I det hele tatt var den en spesielt helende urt for kvinner



(147)

FL. Helt til unytte for mannen var den dog ikke.
Hade han tatt seg en for stor tår over tørsten,
og led av "dagen -derpå"-hodepine -



(148)

FL. skulle intet være bedre enn et urteavkok på TIMIAM.



(149)

FL. HARPE:
H. (tenkepause) Men han ble nok ikke vakrere og vakrere - -)

13.

TIMIAM

FL (150) *rolig*

H *rolig* *mp*

f

FL (154) *p* *poco a poco accel.*

H

FL (156) *atempo I*

H *mp*

FL (159)

H

14.

(162)

livlig

FL

H

(165)

Du får en fin fransk fiskesuppe
når du bruker TIMIAM i kraften

for ikke å snakke om, hvor
spennende kjøtt supper, kylling-
og høns retter, fisk og kryddersild blir
med en liten dasj TIMIAM att på til !

FL

H

(166)

(169)

HARPE: (tenkepause) -Kanske han b l e vakrere og vakrere ? - -

(171)

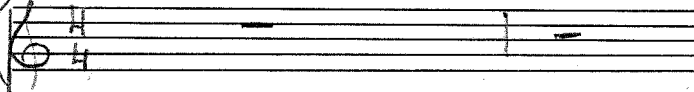
HARPE

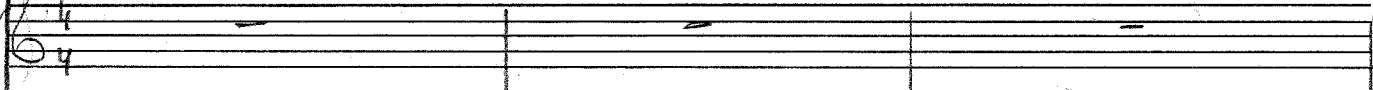
ROLIG

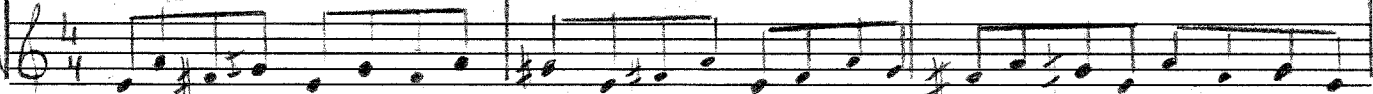
15.

LÖPSTIKKE

(172)

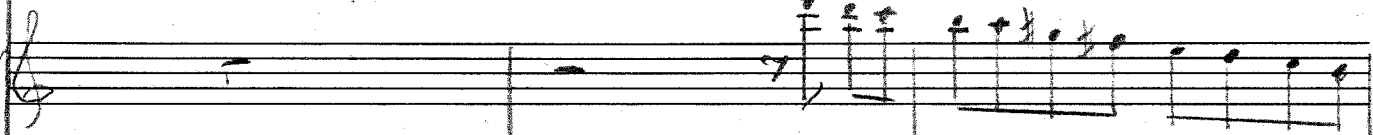
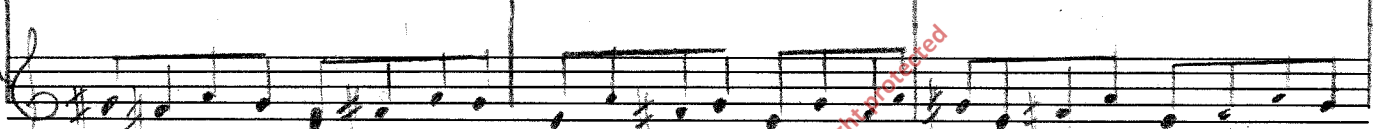
FL  LÖPESTIKKEN er en kjærlighetsurt.

H.  *h p*



(175)

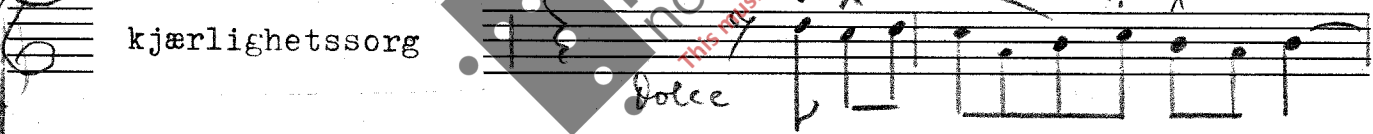
FL Gammel skikk er å ha den i badevannet til hjelp mot

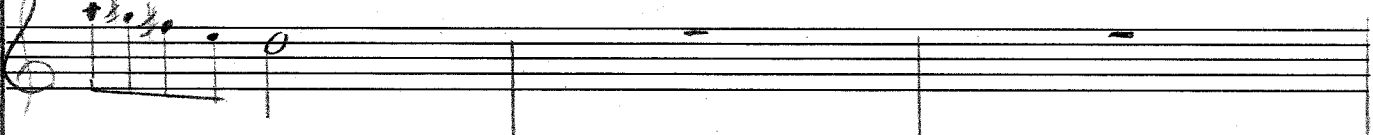
H.  



(178)

FL kjærlighetssorg

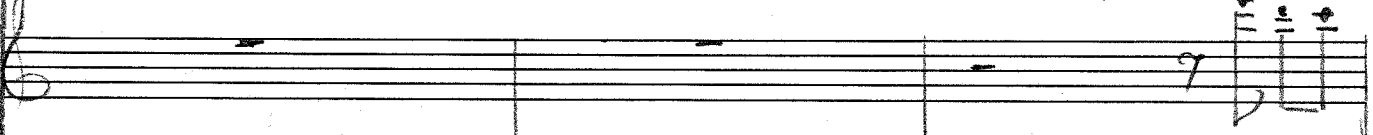
 *Dolce*

H. 



(181)

FL 

H. 



184

Fl.

8

16.

187

8

7

190

2/4

2/4

SNU

17. (193) *legato*

FL *pp*

H. *mf*

(196)

FL *p = p.*

H. *p = p.*

rit

(200) *allegro*

legato - dolce p p = p

a tempo

p = p

8

(203)

FL *rit*

H. *rit*

18. *livlig*

FL. *mf*

H. *livlig*

FL. *p*

H.

FL. *p*

H. *p*

Ja denne kjærlighetsurten er en hel verden for seg.
Den har smak av både selleri, persille, pepper og dill,
og den forvandler både supper, sauser, grønsakslappskaus
og makrell til uemotståelige fristelser !

Men tenk - ! I gamle dager ble man anbefalt å henge opp
LØPSTIKKEN over inngangsdøren som et middel mot pest !

FL. *p*

H. *p*

Harpe: Og som ansiktsvann er virkningen — helt enestående —
man blir bare vakrere og vakrere - !

H. *Rolig*

216 *Emo N* *rit*

19.

218

Jeg - BORAGO - bringer steds glede -

C# D^b E^b F G^b A^b H^b

SENSA TEMPO

(219)

Jeg er et godt middel mot melankoli, søvnløshet, hypokondri,

220

hjerte- og hjernelidelser.

87

3

221

Jeg - BORAGO - bringer stedse glede !

gliss

222

Simile gliss

glass

BORNO

20

223

lett og livlig

mf

lett og livlig

mf

227

231

234

NB
noter

This music is copyright protected

Handwritten musical score for measures 138-142. The system includes a Flute (FL) staff and a Horn (H) staff. Measure 138 is circled and labeled (238). The tempo marking *allegro I* is written above the FL staff. The dynamics *rit* and *mf* are indicated. The key signature changes from one sharp (F#) to two sharps (F# and C#).

Handwritten musical score for measures 143-146. The system includes a Flute (FL) staff and a Horn (H) staff. Measure 143 is circled and labeled (143). The tempo marking *allegro I* is written above the FL staff. The dynamics *rit* and *mf* are indicated. The key signature changes from two sharps (F# and C#) to one sharp (F#).

Handwritten musical score for measures 147-149. The system includes a Flute (FL) staff and a Horn (H) staff. Measure 147 is circled and labeled (147). The tempo marking *allegro I* is written above the FL staff. The dynamics *rit* and *mf* are indicated. The key signature changes from one sharp (F#) to no sharps or flats (C major).

Handwritten musical score for measures 150-152. The system includes a Flute (FL) staff and a Horn (H) staff. Measure 150 is circled and labeled (150). The tempo marking *allegro I* is written above the FL staff. The dynamics *rit* and *mf* are indicated. The key signature changes from no sharps or flats (C major) to one flat (Bb major).

Handwritten musical score for Flute (FL) and Harp (H). The score is divided into three systems, each starting with a circled measure number: 154, 157, and 160. The key signature is B-flat major (two flats). The time signature is 4/4. The first system (measures 154-156) features a long melodic line in the Harp and a shorter line in the Flute. The second system (measures 157-159) continues the Harp melody, with the Flute playing a more active role. The third system (measures 160-162) shows the Harp playing a series of chords and the Flute playing a melodic line. A large watermark 'NBNoter' is visible across the middle of the page, with the text 'this music is copyright protected' written diagonally across it.

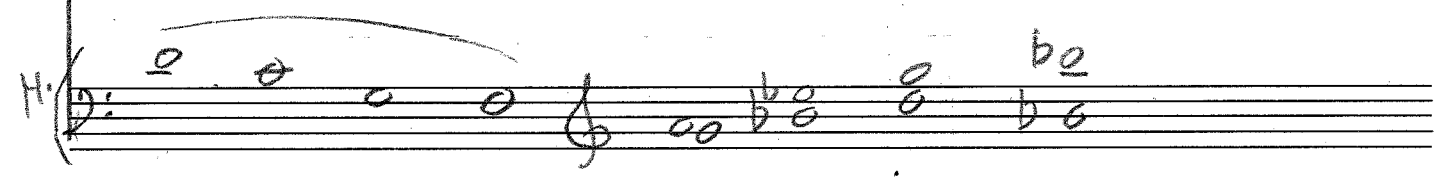
Den lille BORAGO-blomsten - strålende blå og stjerneformet -
puttes i vann, som fryses til små isbiter - en fryd for både
øye og smak i svale sommerdrykker.

Handwritten musical score for Harp (HARPE). The score is divided into two systems, each starting with a circled measure number: 162 and 163. The key signature is B-flat major (two flats). The time signature is 4/4. The first system (measures 162-163) features a melodic line in the Harp. The second system (measures 164-166) continues the Harp melody, with a 'rit' (ritardando) marking. A large watermark 'NBNoter' is visible across the middle of the page, with the text 'this music is copyright protected' written diagonally across it.

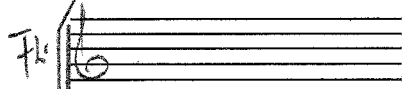
23
(166)



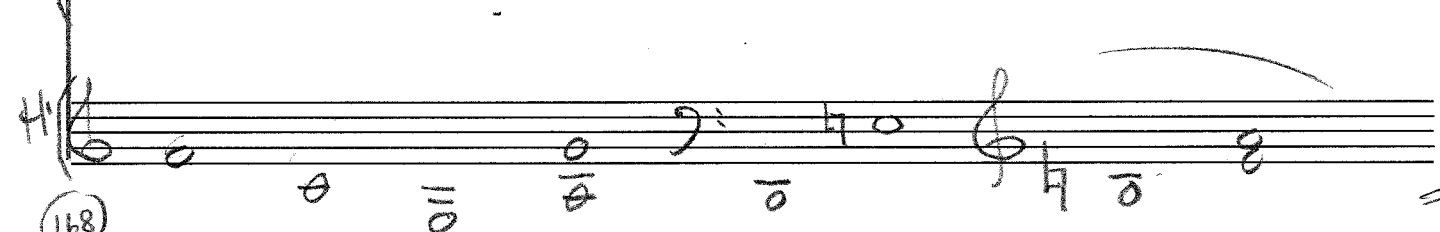
PERSILLEN hade sitt hjemland i Middelhavslendene og Himalaya,
og den var allerede i oldtiden en yndet urt.



(167)



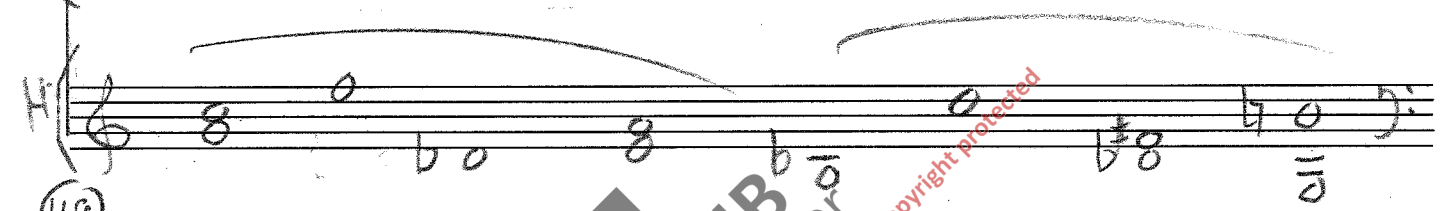
Den ble bl.a. brukt mot spedalskhet og gale hunder.



(168)



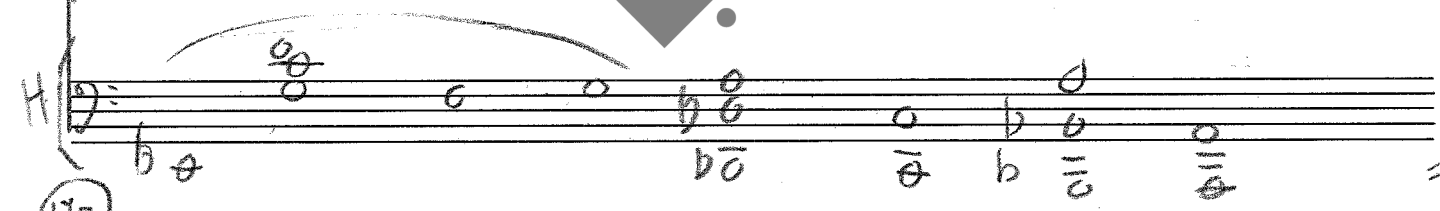
Overtroen har fulgt PERSILLEN - ved hjelp av den kunne feet beskyttes
mot hexeri.



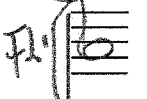
(169)



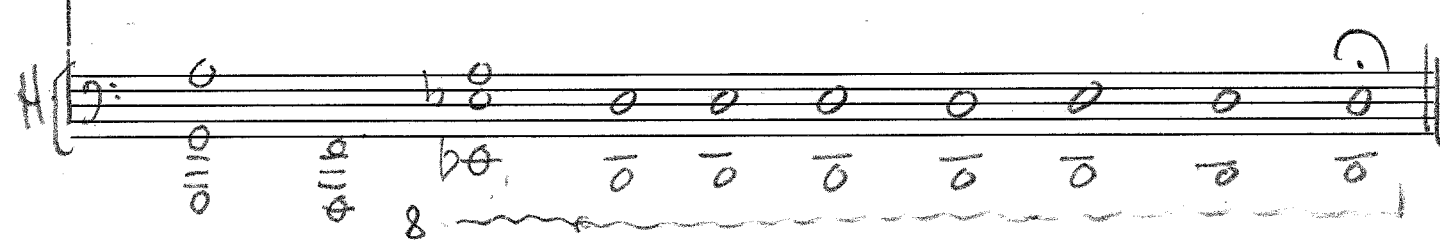
Og ble PERSILLEN plantet om, samtidig med att navnet på en
forhatt person ble nevnt, måtte han dø.



(170)



For å være sikker på å få persillefrøet å gro, måtte det først til
p-aven i Rom, eller så til Helvete 7 ganger.



poco a poco rit

Handwritten musical score for 'The Rose Tree' on three staves. The score includes treble, alto, and bass clefs, a key signature of one flat, and a 7/4 time signature. It features various musical notations such as notes, rests, triplets, and a 'p' (piano) dynamic marking. A large 'NB' watermark is visible across the center.

25

(175)

FL

Handwritten musical score for measures 175-177. The score is in 4/4 time. The first staff (FL) has a treble clef and a key signature of one flat. The second staff (H) has a bass clef and a key signature of one flat. The third staff (V) has a bass clef and a key signature of one flat. The music features various notes, rests, and triplets. A large slur covers measures 175 and 176. Measure 177 has a key signature change to two flats.

(177)

FL

Handwritten musical score for measures 177-180. The score is in 4/4 time. The first staff (FL) has a treble clef and a key signature of two flats. The second staff (H) has a bass clef and a key signature of two flats. The third staff (V) has a bass clef and a key signature of two flats. The music features various notes, rests, and triplets. A large slur covers measures 177 and 178. Measure 179 has a key signature change to one flat. Measure 180 has a key signature change to two flats. The word "atempo" is written above the first staff in measure 179.

(180)

FL

Handwritten musical score for measures 180-182. The score is in 4/4 time. The first staff (FL) has a treble clef and a key signature of two flats. The second staff (H) has a bass clef and a key signature of two flats. The third staff (V) has a bass clef and a key signature of two flats. The music features various notes, rests, and triplets. A large slur covers measures 180 and 181. Measure 182 has a key signature change to one flat. The word "poco" is written above the first staff in measure 180.

(182)

FL

Handwritten musical score for measures 182-184. The score is in 4/4 time. The first staff (FL) has a treble clef and a key signature of one flat. The second staff (H) has a bass clef and a key signature of one flat. The third staff (V) has a bass clef and a key signature of one flat. The music features various notes, rests, and triplets. A large slur covers measures 182 and 183. Measure 184 has a key signature change to two flats. The word "mf" is written below the first staff in measure 182.

183

[illegible]

27 livelig

FL (184)

H

FL (187)

H

FL (189)

H

FL (191)

H

FL (194)

H

FL (197)

H

(299)

Fl.

H.

(301)

Fl.

H.

Kok PERSILLEN sirka ett minutt i olje og server den
til frityrstekt fisk, fårestek, kylling eller ostekaker --
fantastiskt !

-- og når du pynter en rett med PERSILLE blir allting liksom bare --

(302)

Harpe

#

#

-- vakrere og vakrere -- !

29. Rolig

KOM HJÄRTANS FRÖJD!

303

FL.

H.

308

FL.

H.

gliss

311

FL.

H.

rit

315 FORTÈRE

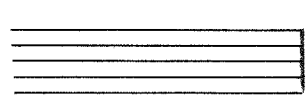
FL.

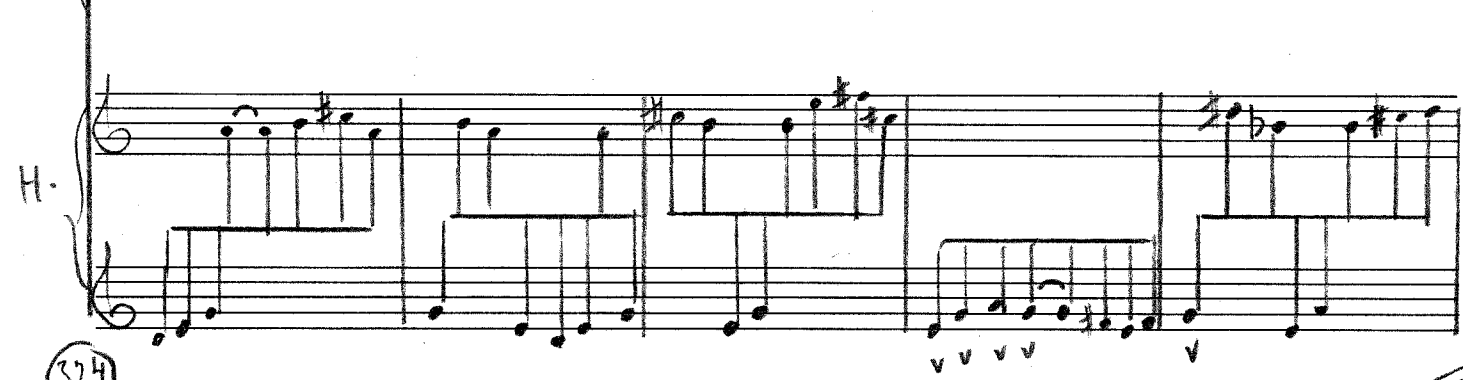
H.

Og her er min yndlingsurt :

FORTÈRE

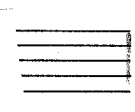
319

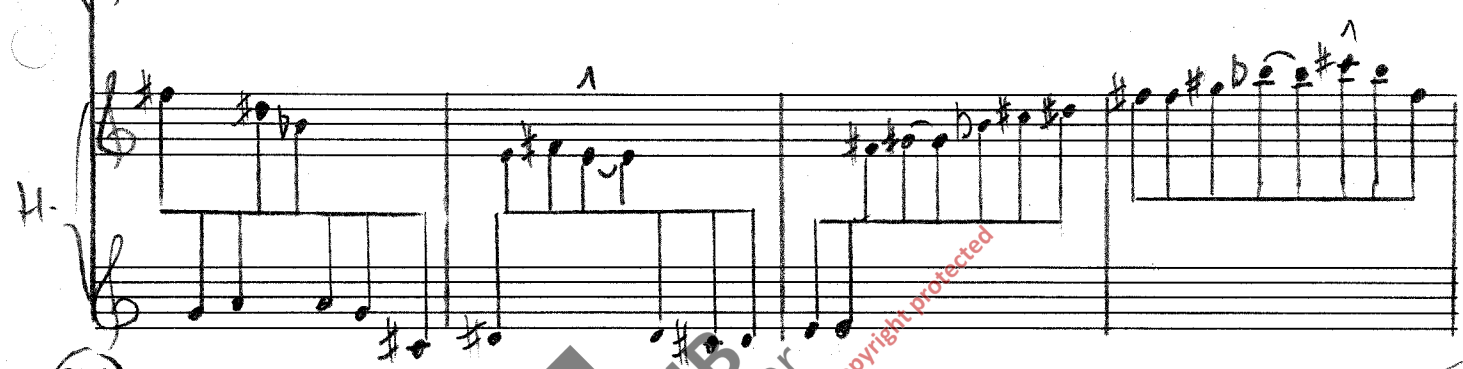
FL.  en liten HJERTENSFRYD. 

H. 

v v v v v

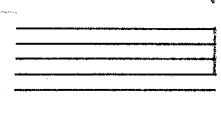
324

FL.  Den fordriver sorger - melankoli og bekymringer 

H. 

^

328

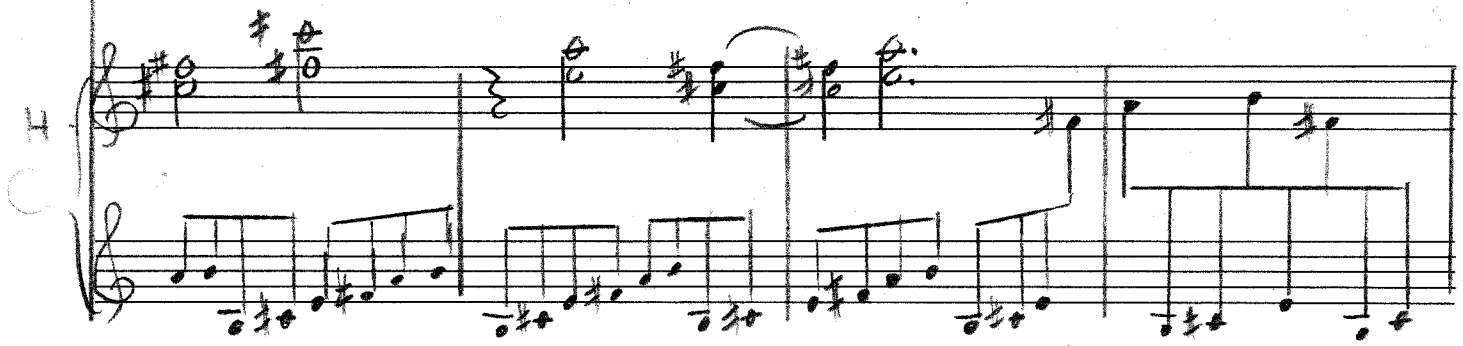
FL.  og er et botemiddel mot mangen en lidelse 

H. 

b

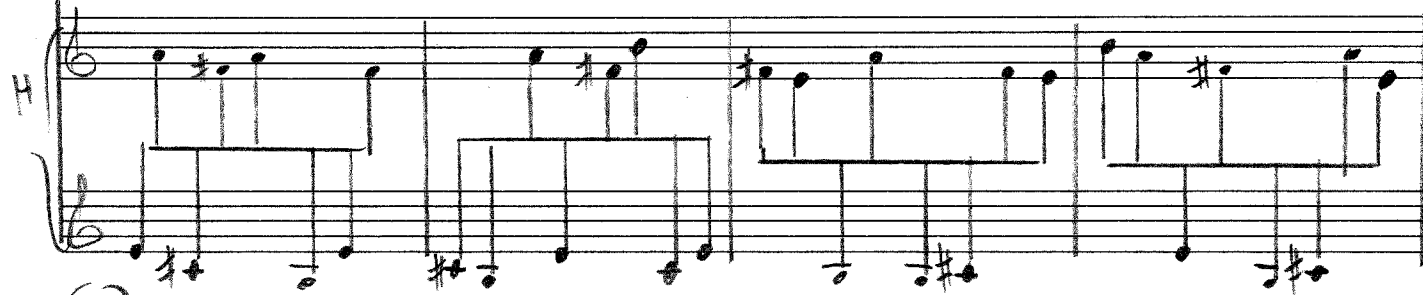
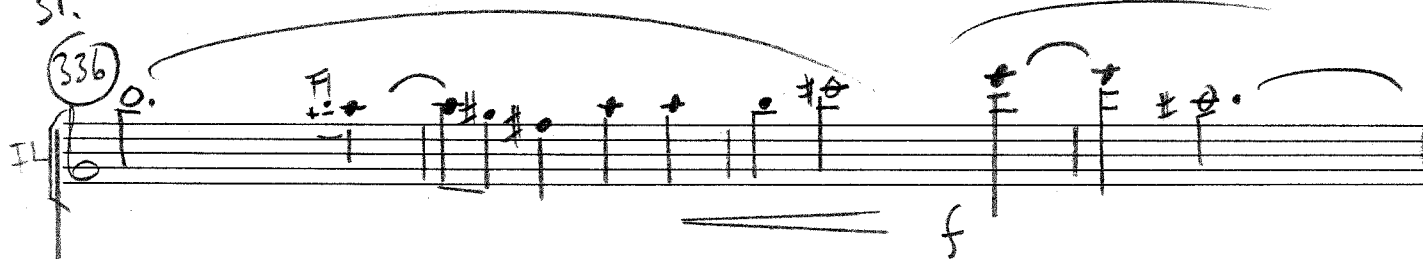
332

FL. 

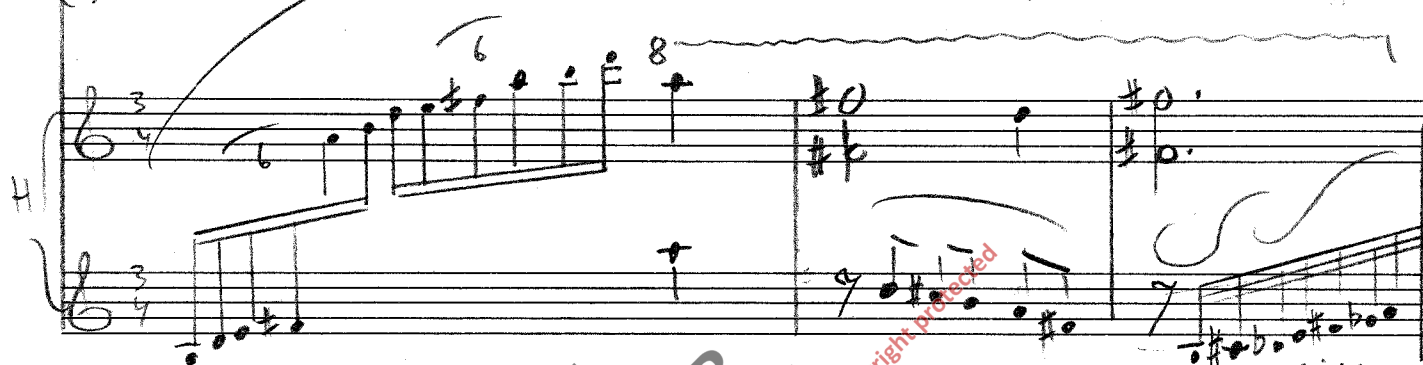
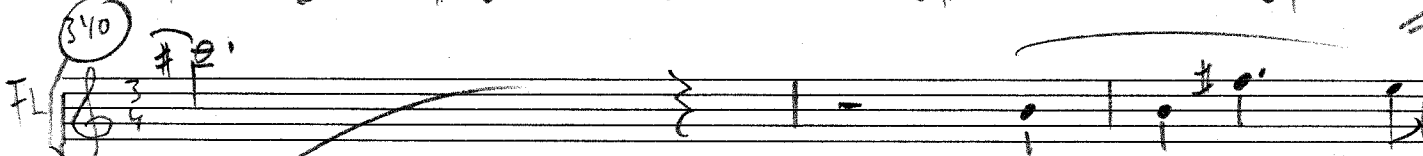
H. 

31.

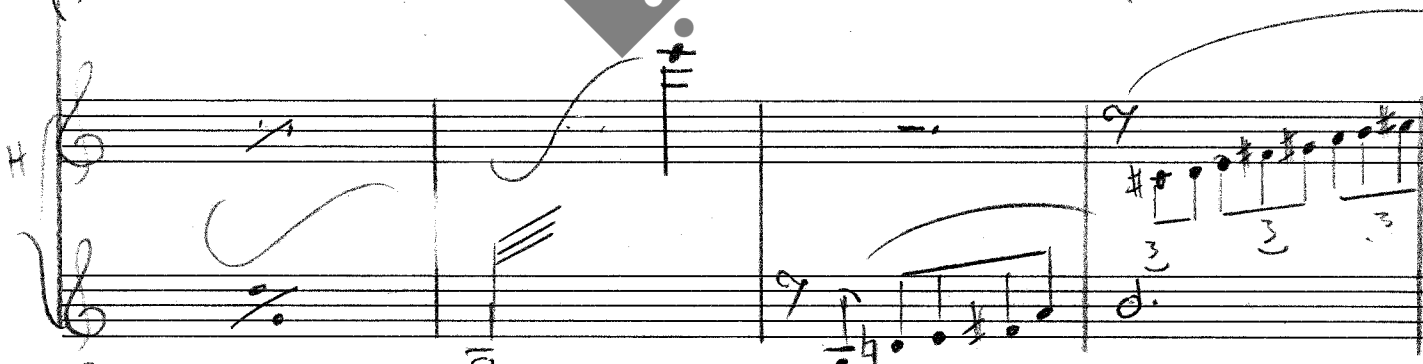
336



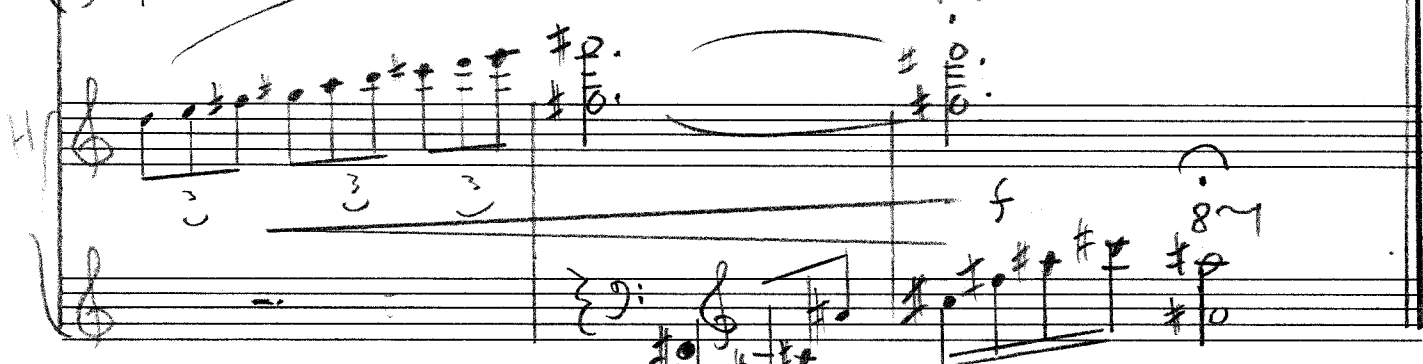
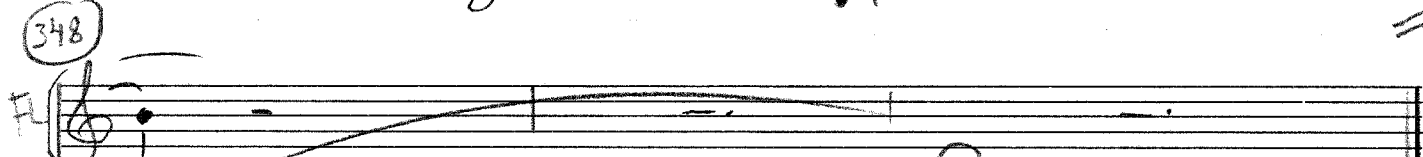
340



343

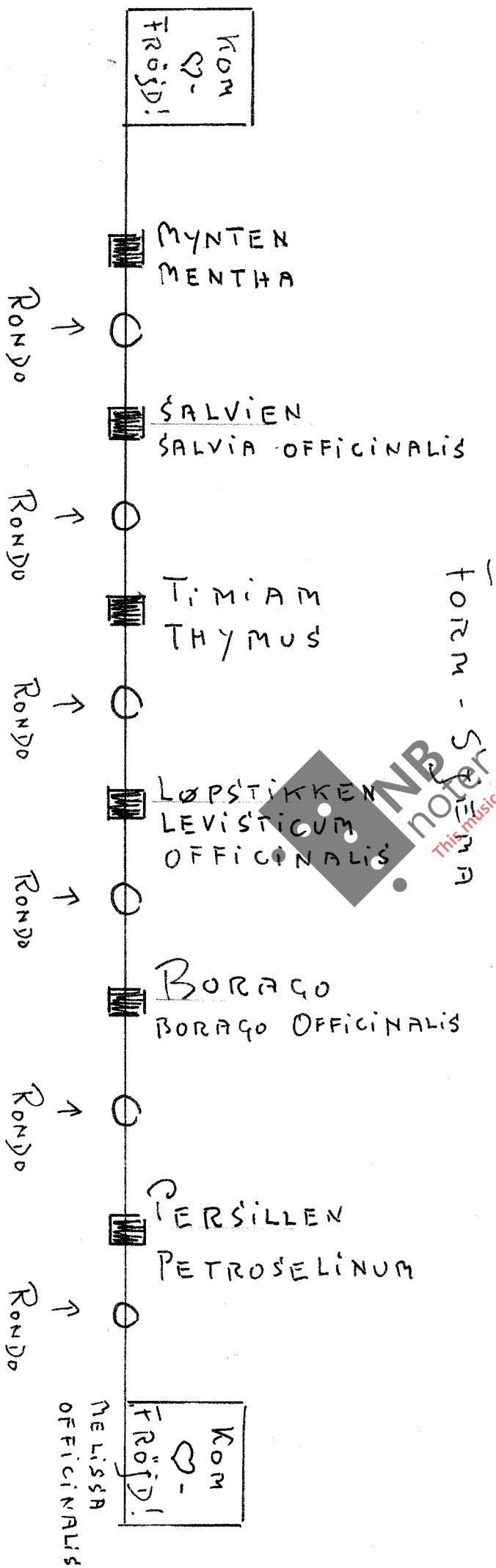


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En inopinion hi delle verhets form har varit den
 strenge form de gamle intågärdene till "Kronkonert" på
 Gränsat stingen och skene melem bedene i bon ofe
 utformets i rakra, geometriske mönster:

"Kom Hjörans Fröjd!"



Skulle du i Ronden på en påminnelse om Robert Schumanns "Den glada Lantmannen"
 en del i den hieledighet.

May Sönskered