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面塑

Dough Modeling

宫楚涵◎编著



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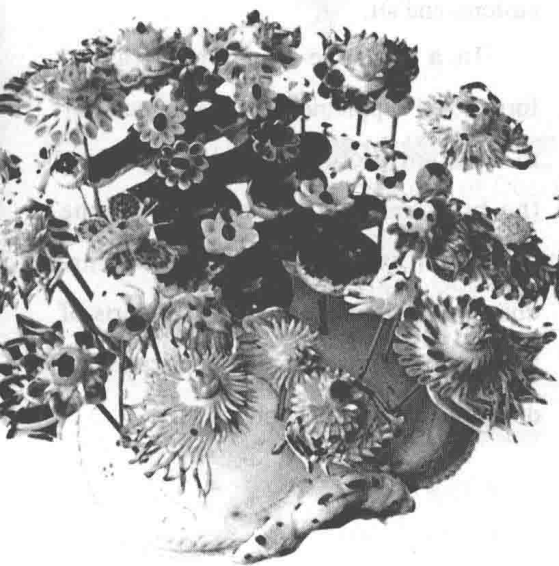
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面塑，俗称“面花”或者“捏面人”，是一种在中国流传很广的民间手工艺。它用面进行造型，以面粉、糯米粉为主要原料，加上颜料、石蜡、蜂蜜等辅料，经过防裂、防霉变等处理，再经手工捏、搓、揉、掀等工序制作而成。面塑取材容易、制作

Dough modeling, commonly known as “decorated dough models” or “dough figurines”, is a widely spread popular folk handicraft art. As a molding process, it uses wheat and glutinous rice flour as the main raw material. By adding other ingredients such as color pigments, wax, honey, etc., and going through crack and





简便、贴近生活，因而备受人们青睐。经过祖祖辈辈手工艺人的继承和发扬，面塑逐渐成为中国传统文化和民间艺术的一部分，为历史、考古、民俗、艺术等诸多研究领域提供了非常宝贵且独具特色的实物资料。

本书以汉英对照的形式，配以大量面塑相关图片，介绍了面塑的历史、捏塑工艺、各地面塑，以及面塑在人们生活中的应用等内容。

mildew proof treatments, the dough pasta is then manually pinched, twisted, kneaded or lifted to produce the desired shape. Dough modeling has attracted much attention of the people because of the easy access to raw material, convenient production process and intimate relationship with life. Through the inheritance and development by generations of craftsmen, dough modeling has become a component part of the traditional Chinese culture and folk art, offering valuable and unique in-kind data to researchers in many areas such as history, archaeology, folk customs and art.

In a Chinese-English bilingual format and supplement by a large quantity of relevant pictures and illustrations, the book introduces the history, the production process of dough modeling, dough models made in different parts of the country, as well as the application of dough modeling in people's life.



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面塑的历史

History of Dough Modeling

面塑源于传统的饮食文化。人类的面食风俗早在汉代就有文字记载，面塑就随其而产生，最初为随葬或祭祀用品，宋代时成为逢年过节时的必备之物，后来又逐渐发展成为街头的民间工艺品。经过几千年的传承和经营，面塑已经成为中国民间艺术的一部分。

Originated in the traditional food culture, dough modeling evolved from mankind's tradition of eating wheat-flour based food, a custom recorded in text form as early as in the Han Dynasty. Initially dough models served for burial or sacrificial rituals only. It evolved into a festival necessity by the Song Dynasty. Later it gradually developed into a form of street folk art. Through thousands of years of inheritance and development, dough modeling has become a member of the Chinese folk art family.





民以食为天，中国传统的饮食文化源远流长，尤其是谷物类农作物，其种植和生产已有几千年的历史。谷物中的水稻、小麦在中国的膳食中占有重要的地位，被当作传统的主食。湖北省江陵县凤凰山的汉代明器陶仓模型，出土时内盛黄稻穗4束，说明谷物不仅是人们生活中不可或缺的主食，也是祭奠亡者的重要祭品之一。

Food is the first necessity of man. Traditional Chinese food culture has a long history, especially in growing and producing cereal crops which goes back to several thousand years. Paddy rice and wheat among the cereal crops have always occupied an important position in Chinese diet, and have been regarded as the staple food. In an archaeological finding at Phoenix Peak, Jiangling County, Hubei Province, an unearthed



• 石磨盘、石磨棒（新石器时代）

石磨盘是供谷物脱壳的工具，一般与石磨棒配套使用。

A Stone Grinder and a Stone Grinding Bar (Neolithic Age, approx. 8,000 years ago)

The stone grinder is a tool for un-husking the cereals. It is usually used together with the grinding bar.

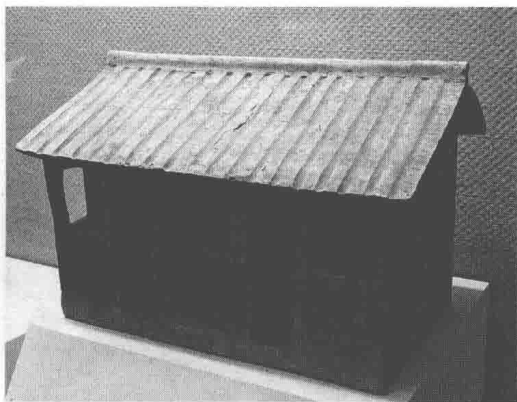


• 陶仓（西汉）

汉墓中常出土有模型明器，包括仓、灶、院落、楼阁等，反映了当时的日常生活。

A Pottery Barn (Western Han Dynasty, 206B.C.-25A.D.)

Among the burial objects unearthed in Han Dynasty tombs, models of grain barns, stoves, models of courtyards, pavilions have been found quite frequently, reflecting the daily life of the people at the time.

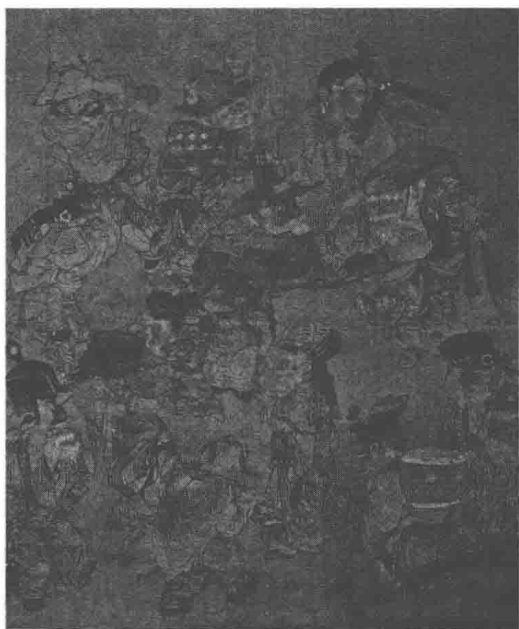


汉代（前206—公元220）以前少有面食，到魏晋时期（220—420）开始有发面馒头之说。宋代（960—1279）高承的《事物纪原》一书中有这样的记载：诸葛武侯征孟获时，有人说，蛮人多邪术，须用人头祭神，可借阴兵相助。诸葛武侯则用面粉包着牛、羊、猪肉做成人头形状，用以祭神，从此有馒头之说。《中国大百科全书·轻工卷》载，汉代迎神赛会上的傩舞便以面团塑成鬼怪头部形象。《论语·乡党》、《礼记·月令》、《吕氏春秋》均记载，古人驱疫除病的禳祭中，舞蹈者头顶面制的鬼怪头形，向神灵祈祷。

现存最早的面塑出土于新疆吐鲁番阿斯塔那地区的唐墓，有面制

Han Dynasty pottery barn model contained four bunches of yellow rice ears, proving that cereal grains were not only indispensable staple food in people's daily life, but also one of the important sacrificial items.

Wheaten food was very rare prior to the Han Dynasty (206 B.C.-220 A.D.). By the Wei and Jin dynasties (220-420), leavened and steamed buns emerged. As recorded in the Song Dynasty (960-1279) *Origin of Matters (Shi Wu Ji Yuan)* written by Gao Cheng: When Zhuge Liang fought Meng Huo, some people suggested that since the barbarians had many evil tricks, we use human heads to offer to the Gods, so that they lend us their troops to help us fight the barbarians. Zhuge Liang thus ordered beef, mutton and pork to be wrapped with



• 《大傩图》（宋）

A Nuo Dance (Song Dynasty, 960-1279)

wheat flour and made into the shape of human skulls and offered them to God. In *China Encyclopedia-Light Industry Volume* it states: During the idolatrous procession of the Han Dynasty the Nuo dance performers would use dough to make ghost head images. In other historical books such as *The Analects of Confucius*, *The Book of Rites*, *The Spring and Autumn Annals*, there were descriptions on how people carried out worshipping rituals to dispel epidemics and diseases. The dancers wore ghost head wear made of dough while praying to God.

The earliest extant ancient dough models were burial objects including female warrior heads, male busts and dough pigs and snacks unearthed in Astana region, Turpan in Xinjiang. Folk dough models first started as sacrificial offerings. Wang Dang of the Song Dynasty wrote in volume seven of his book *Notes on the Tang Dynasty* (*Tang Yulin*), "Cui Anqian of the Tang Dynasty believed in Buddhism and ate only

女俑头像、男俑上半身像和面猪以及糕点，距今已有一千多年的历史。民间面塑最初就是作为祭祀的祭品而产生的。宋代王谠在《唐语林》卷七载，唐代崔安潜信佛吃素，“镇西川三年唯多蔬食，宴诸司以面及茱萸之属类，染作颜色，用象豚肩、羊脯脍炙之属，皆逼真也。”卷八又载：“明皇朝（712—755），海内殷赡，送葬者或当街设祭，张施帷幕，有假花、假果、粉人、粉帐之属。”可见唐代（618—907）时民间制作的面塑已广泛地应

七擒孟获

三国时期，蜀汉开国皇帝刘备病死前后，居住在蜀汉西南边境的南中少数民族发动叛乱。孟获是当时南中地区的大姓豪强，在当地土著和汉人中威望高。诸葛亮出兵南方，将孟获捉住七次，又放了七次，使他心服口服。七擒孟获彻底消除了南中少数民族的反叛心理。之后，诸葛亮采取怀柔政策治理南方，重用地方势力，保障他们的利益，从此南中再没有发生大规模叛乱。

Meng Huo Captured Seven Times

During the three Kingdoms Period, around the time of the death of Liu Bei, founding Emperor of the Shuhan State, some ethnic minorities living in the southwestern border area Nanzhong rose in rebellion. As a powerful person from a prominent family, Meng Huo enjoyed high prestige among the local aboriginal communities as well as the Han community. Zhuge Liang sent troops to Nanzhong and captured Meng Huo seven times and released him after each capture. This gracious and accommodating action convinced the rebel leader of the sincerity of the Shuhan administration. Later, Zhuge Liang implemented a governance policy featuring inclusion and conciliation in the south. He also assigned local officials in important positions while protecting their interests. Since then no large-scale rebellions or riots had taken place in Nanzhong area.

• 诸葛亮

诸葛亮（181—234），字孔明，三国时期蜀汉丞相，杰出的政治家、军事家、发明家、文学家。他为匡扶蜀汉政权，呕心沥血，鞠躬尽瘁，死而后已，成为后世推崇的忠臣楷模，智慧化身。

Zhuge Liang

Zhuge Liang (181-234), style-named Kongming, chief minister of the State Shuhan during the Three Kingdoms Period, was an outstanding statesman, strategist, inventor and writer. His dedication and painstaking efforts in supporting the Shuhan regime until his last day became a model of loyalty and an embodiment of wisdom for later generations to emulate.

