

Contents

I	<i>Independence Refused</i>	9
II	<i>The Seafarers</i>	12
III	<i>The Not-So-Poor Indian</i>	15
IV	<i>Indian Farming</i>	25
V	<i>Indian Cooking</i>	29
VI	<i>Behold the White Man Cometh</i>	42
VII	<i>A Land of Plenty</i>	51
VIII	<i>New World—New Foods</i>	60
IX	<i>Game</i>	68
X	<i>The Food of the Colonies</i>	74
XI	<i>The American Revolution</i>	89
XII	<i>Between Two Wars</i>	104
XIII	<i>As Others See Us</i>	119
XIV	<i>The Dangers of Eating</i>	127
XV	<i>What Do the Cookbooks Say?</i>	134
XVI	<i>Refrigeration</i>	146
XVII	<i>Transportation</i>	150
XVIII	<i>The Birth of Food Processing</i>	156
XIX	<i>Harbingers of Health</i>	161

XX	<i>Westward the Course of Empire</i>	165
XXI	<i>Lands of Fable</i>	172
XXII	<i>War and Food</i>	182
XXIII	<i>Beef and Buffalo</i>	189
XXIV	<i>Toward the Machine Age</i>	213
XXV	<i>The United States Fills Up</i>	247
XXVI	<i>The Tepid Melting Pot</i>	276
XXVII	<i>American Restaurants</i>	313
XXVIII	<i>Drinking in America</i>	356
XXIX	<i>The Great American Sweet Tooth</i>	417
XXX	<i>Where We Are Now</i>	443
XXXI	<i>Where Do We Go From Here?</i>	458
	<i>Bibliography</i>	483
	<i>Index</i>	489