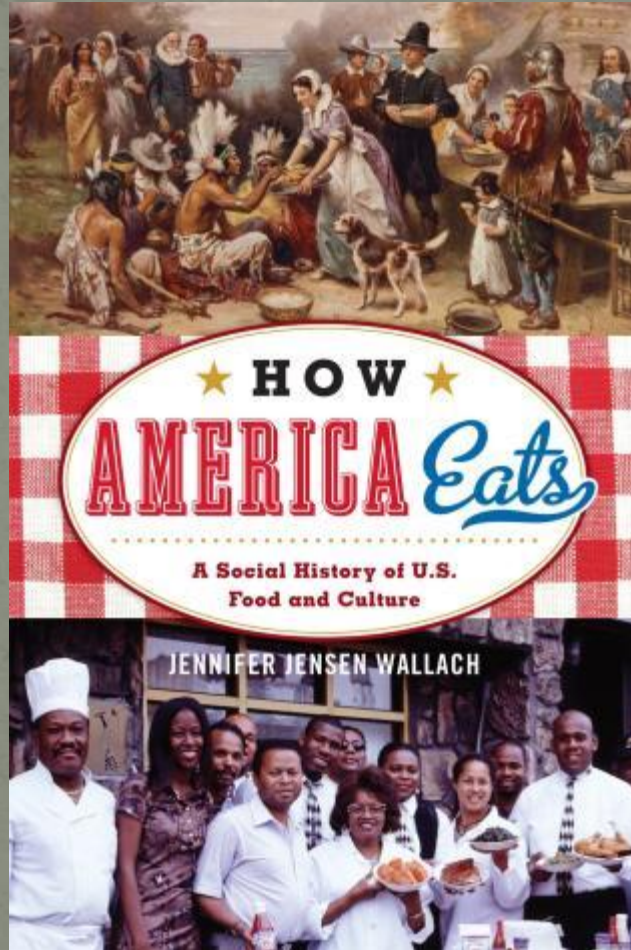


Food Habits and Racial Thinking

Jennifer Jensen Wallach
University of North Texas
Food Day, October 24, 2012

How America Eats: A Social History of U.S. Food and Culture



Meat vs. Rice

American Federation of Labor, 1902

SOME REASONS
FOR
CHINESE EXCLUSION

MEAT vs. RICE.

AMERICAN MANHOOD
AGAINST
ASIATIC COOLIEISM

WHICH SHALL SURVIVE?

PUBLISHED BY THE AMERICAN FEDERATION OF LABOR

Headquarters, A. F. OF L. BUILDING, WASHINGTON, D. C.

SAMUEL GOMPERS, *President*. FRANK MORRISON, *Secretary*.



San Francisco Chinatown Late 19th Century

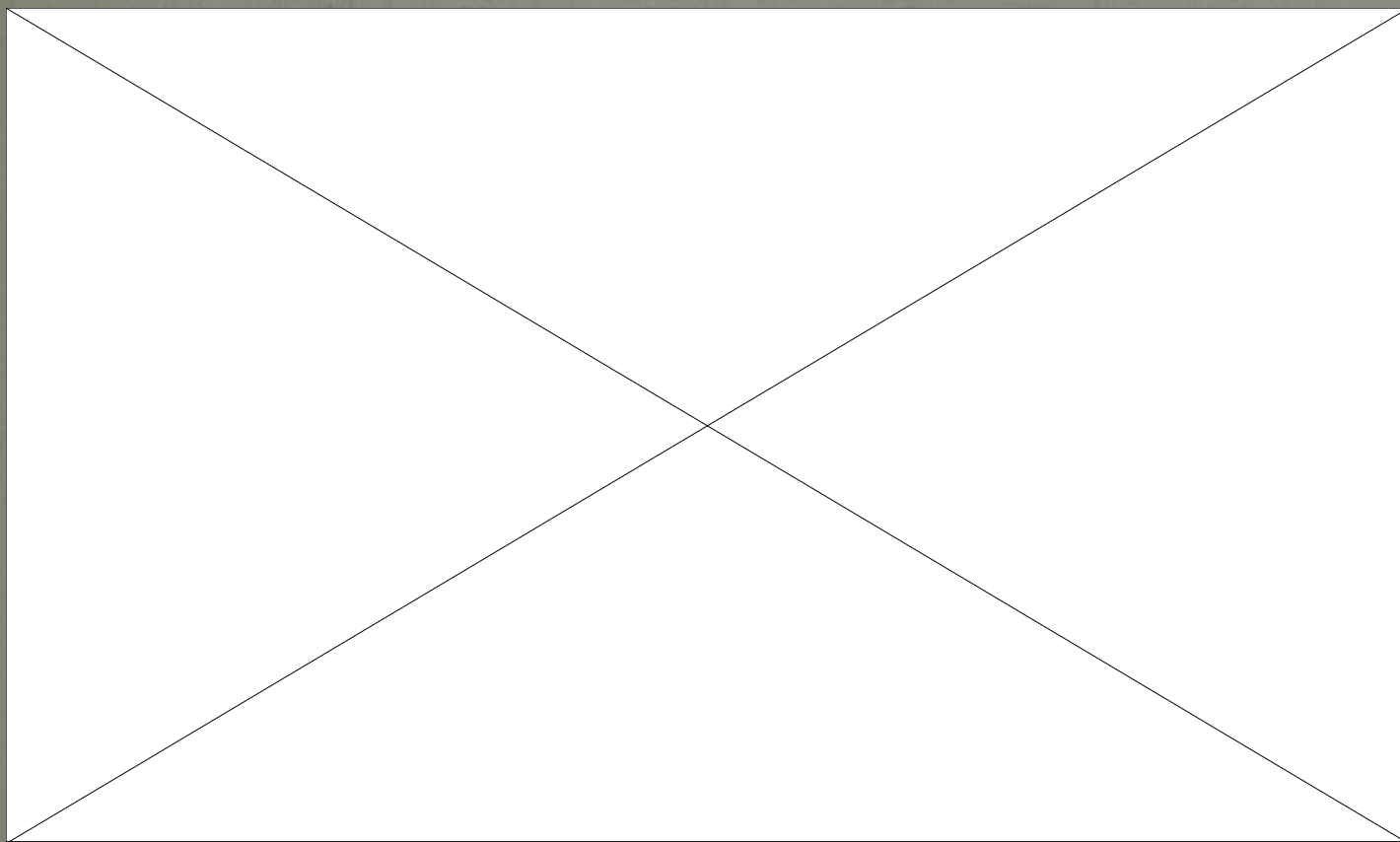


393. Chinese Market, Sacramento St., San Francisco.

Chinese Fish Peddler



Cat's in the Kettle



Americanization Through Homemaking

Americanization Through Homemaking

BY

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1929

Nutrition and Crime

AMERICANIZATION THROUGH HOMEMAKING

1. *French Dressing*

3 tablespoonfuls oil $\frac{1}{4}$ teaspoonful salt
1 tablespoonful vinegar or $\frac{1}{4}$ teaspoonful pepper
 lemon juice Dash paprika
Place in glass jar and shake well.

2. *Mayonnaise Dressing*

1 egg yolk $\frac{1}{4}$ teaspoonful mustard
2 tablespoonfuls vinegar or $\frac{1}{4}$ teaspoonful salt
 lemon juice $\frac{1}{2}$ teaspoonful sugar
1 cup oil (added gradually)

3. *Cooked Dressing*

$\frac{1}{4}$ cup sugar 2 tablespoonfuls butter
2 teaspoonfuls mustard Dash paprika
1 teaspoonful salt 1 cup water
 $1\frac{1}{2}$ tablespoonfuls flour $\frac{1}{4}$ cup vinegar

Tartar Sauce is made by adding finely chopped onions, cucumber pickles, parsley, and olives to mayonnaise dressing.

NUTRITION AND CRIME

Nutrition plays a very important part in our lives, and affects us for good or ill. The old adage, "As a man thinketh, so is he," might easily be translated to, "As a man eateth, so is he," for his thinking is controlled to a greater extent than we are wont to realize by his eating and digestive processes. Efficient brain power is not found in an undernourished people. Nowhere is this better illustrated than in a Mexican community in a year when the supply of cheap labor exceeds the demand. Men congregate in idle groups. The severe strain falls on the housewife, who deals out sustenance to each mem-

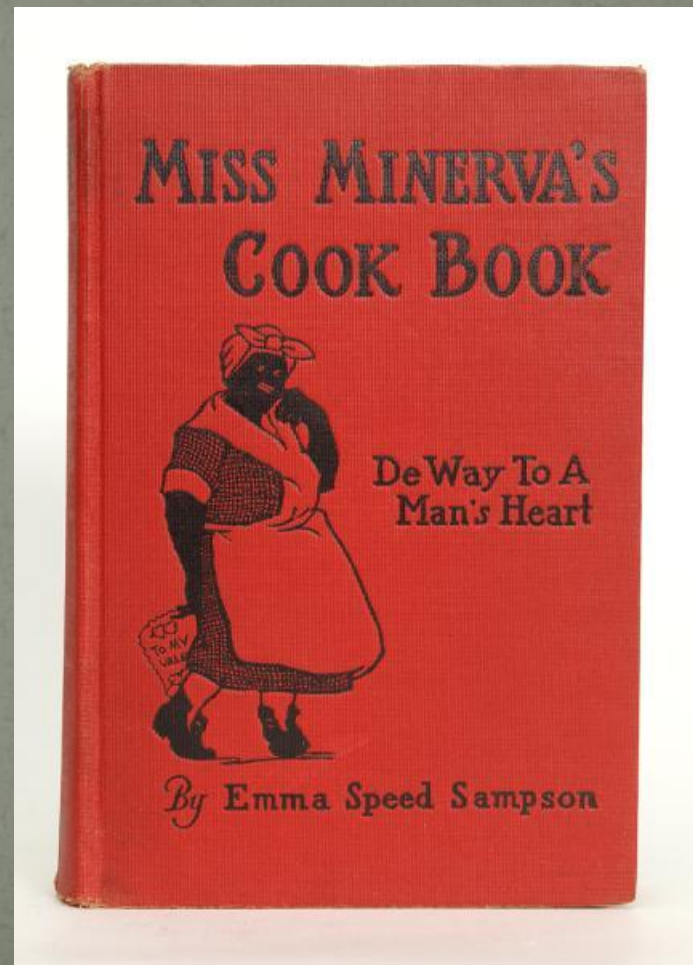
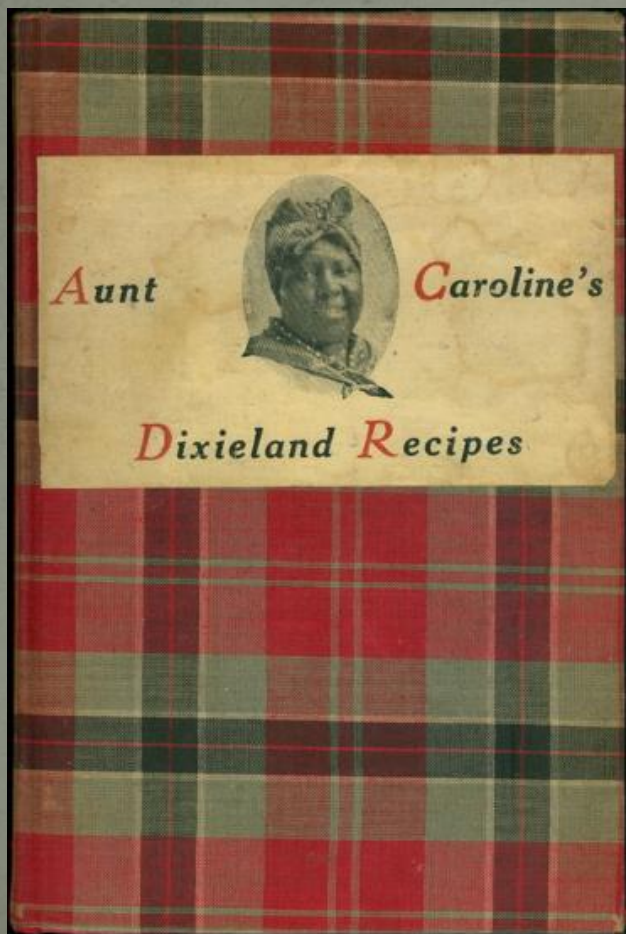
Chili Queens



Minuteman Salsa



“Aunt Caroline” and “Miss Minerva”



Aunt Jemima



Racist Images





Does Ah Like
CHICKEN?



Well, Ah Should

Smile!



THE CHICKEN THIEF

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Racist Food Images and President Obama



To Grandmother's House We Go

