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
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
Chinese Fish Peddler
Cat’s in the Kettle
Americanization Through Homemaking

BY

PEARL IDELIA ELLIS
Department of Americanization and Homemaking, Corona City Elementary Schools

WETZEL PUBLISHING CO., INC.
336 SOUTH BROADWAY
LOS ANGELES, CALIF.
1929
Nutrition and Crime

AMERICANIZATION THROUGH HOMEMAKING

1. French Dressing
3 tablespoonfuls oil
1 tablespoonful vinegar or lemon juice
Place in glass jar and shake well.

2. Mayonnaise Dressing
1 egg yolk
2 tablespoonfuls vinegar or lemon juice
1 cup oil (added gradually)

3. Cooked Dressing
3/4 cup sugar
2 tablespoonfuls butter
2 teaspoonfuls mustard
1 teaspoonful salt
1 1/2 tablespoonfuls flour
Dash paprika
1 cup water
1/2 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-

[ 30 ]
Chili Queens
Minuteman Salsa
“Aunt Caroline” and “Miss Minerva”
Aunt Jemima
Racist Images

THE COON'S TRADE-MARK
A WATERMELON, RAZOR, CHICKEN AND COON.
WORDS AND MUSIC BY TOM LOGAN
Does Ah Like

CHICKEN?

Well, Ah Should

Smile!

THE

CHICKEN THIEF

Photograph Copyright, 1904, by American Mutoscope & Biograph Co.

Dramatic Composition Copyright, 1904, by American Mutoscope & Biograph Co.
Racist Food Images and President Obama
To Grandmother’s House We Go