

A SQUARE MEAL A CULINARY HISTORY OF THE GREAT DEPRESSION 1ST EDITION Free Download



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I would recommend that this book be read along with "The Forgotten Man" by Amity Shlaes for insight into life during the Depression. I wasn't aware that even FDR feared that providing welfare assistance would destroy one's motivation to be independent. The topics discussed resonate into today's arguments re welfare. The origin of some common words and phrases in my speech like "kitchenette," "the greatest thing since sliced bread," and "school lunches" are explained. There are ample quotes from pertinent articles when the events were unfolding. Also, now I know why my father liked his time in the CCC.

Just when the despair of unemployed and starving people gets gets painful to read, the authors insert a recipe from the government's home economists. The authors deftly weave back and forth from political history to government nutrition planning. There are good lessons to be learned here. If anybody wants a preview of the debate in Washington and Raleigh as they slice and dice the Safety Net for retirees and the less fortunate you should read this book which is an excellent history of food policy and programs from World War I to the end of the depression.

Hoovers people kept saying the churches and volunteer agencies can feed the hungry as jobless families literally starved. Only when Roosevelt came in and they started the federal food assistance and crop support programs did it provide some minimal basic nutrition to millions. Great stories about Eleanor trying to get Franklin to eat the subsistence meals at the White House to show solidarity and he would slip out to gourmet restaurants. As crop prices collapsed farmers burned crops because they couldn't even recover the transportation costs to move crops to the markets. At the same time millions were going hungry and children were woefully undernourished. I heard a local leader the other day on the radio talking about it isn't the government's role to help people. Volunteer agencies have to step up.

A fascinating account of American food from WWI to the end of the Depression. As background to examining the hunger and devastation of the Depression years, *A Square Meal* recounts the history of food relief and breadlines in turn-of-the-century New York City, the effect of the agricultural depression of the s on the previously self-sufficient American farm household, and the ascendancy of convenience foods in the lives of young urbanites in the post-WWI period.

Ziegelman and Coe trace the influence of New England Puritanism on the distinction between the "deserving" and "undeserving" poor that contributed to failures in relief policy on the part of local governments, the Hoover Administration, and even to some extent the Roosevelt Administration's Federal Emergency Relief Administration FERA. Of special interest to baby boomers as well as to any American who has ever eaten a hot school lunch , *A Square Meal* documents the rise of home economics and nutrition as sciences during the s and '30s, a period which dovetailed with the marketing of canned foods as "scientifically engineered" convenience foods. Combine all that with Eleanor Roosevelt's influence on the nation as a devotee of the New England Puritan food ethos her son, James, asserted that "Victuals to her are something to inject into the body" , and it becomes pretty clear why so much midcentury American food was so very, very bad.

The story of those intervening years is fascinating and the polit From the poor health of military conscripts in WWI, America embarked on a plan to literally beef up its citizens and assure that for whatever happened next, the nation would be healthy and ready. Food was actually withheld because local charity managers didn't believe non-working adults should receive charity, even though there were no jobs. In Washington DC, arguments about balanced budgets vs. These were really just arguments about the nature of charity. In that time and place, Americans were not actually a charitable people, as a whole. But food was allowed to rot while Americans starved. This is the story of social safety nets and farm subsidies. I thought I would read a book heavy with recipes and dollar-stretching ideas from magazines of the Depression era. Jul 14, Bookworm rated it it was ok. Absolutely not does not match the marketing or book flap. When I first heard about this book it sounded like a good read.

How have our eating habits changed? How did we go from eating foods that were grown locally and seasonally to processed convenience items? Where and when did this change? Was there a catalyst? How the economics changed, how people had to adjust Absolutely not does not match the marketing or book flap. I had been especially interested in how the US got our food guidelines and how the eating habits shifted to items that are pre-packaged and aimed towards convenience. Sadly, that is not what this book is about at all. Initially it starts really well in discussing the eating habits of people. How labor intensive it could be for women who typically did the food preparation.

The rise and tracing of the path of food charities. How the sandwich used to be an item limited to picnics, saloons and afternoon tea but became a menu item of convenience and easier preparation. Then, as other reviewers note, the book suddenly can't decide what it wants to be. We get less about the food habits or about food in general and instead look at the Great Depression. Some of it was very interesting: the psychological effect of the breadlines and the message it sent. But unfortunately it took away from what the book was supposed to be about I had expected we'd be looking more at the eating habits themselves and the nutritional guidelines as mentioned above , plus the really awful writing.

I've read another book by Coe's before that looked at Chinese food in the US. The writing there was just excruciating and sometimes the text here is not that much better. My interest in the subject kept me going for awhile, but the interesting parts were few and far in between. As others said, it's not really a "culinary history" of sorts, at least not in the way the book flap and marketing make it out out to be. I was sad to find that I eagerly awaited this book but it really didn't match my expectations. Borrow from the library unless it's a resource you need. Jul 30, Beth Cato rated it liked it Shelves: history , , nonfiction. The subject matter of this book is intriguing--the culinary history of the Great Depression--though in the end, it wasn't quite what I hoped it would be. The book starts out strong, detailing how World War I changed American's outlooks on food, and how that continued to evolve through the s with major shifts to delis and cafeterias and corporation-driven food trends.

Unfortunately, I found that where the food faltered was on the Depression itself. It became much more of a social history, emp The subject matter of this book is intriguing--the culinary history of the Great Depression--though in the end, it wasn't quite what I hoped it would be. It became much more of a social history, emphasizing the growth of public school lunches to keep children alive and focused, and how Hoover and Roosevelt handled and didn't handle the crisis. I wanted to see more examples of foods and recipes of the period, and how different regions adapted in specific ways. Major emphases is on the starvation and malnutrition of people who were without work, but I wanted to see more of how employed people adapted to these tough times.

This feels like a time and subject that still has a wealth of material to be explored. Mar 04, Megan rated it it was ok Shelves: nonfiction. This was good but not great. Other reviewers have noted that the emphasis is on history, which is true, and I was looking forward to that. Still, even as a history it falls a little short; it lacks specificity, seems to cover the same ground multiple times vitamins! I learned a few interesting tidbits the Bonus March but do not feel as though my overall understanding has changed.

Oct 25, Jane rated it liked it Shelves: history , book-club , food , nonfiction , science. Hoo boy yes this is "an in-depth exploration of the greatest food crisis the nation has ever faced". Very very in depth. Exhaustively in depth. It seemed very well researched, but since I am not fascinated by

the food of the Great Depression to the degree presented in this book, I found it somewhat dull. Also there seemed to be too much of a focus on New York. Mar 03, Peter Goodman rated it it was amazing Shelves: science , history. It is more than that. Because the authors need to create the context in which to understand the Depression, they have to describe the history of food in the US, at least from the Civil War era onward. Most of the US was rural and farmland, and the great majority of people ate what they produced. Farm meals tended to be huge, because farmers needed huge amounts of energy to do their backbreaking work. From summer through fall and early winter, people ate and lived well and were well-fed.

By the end of winter, though, when the stored foods were almost gone, not to mention the complete absence of fresh vegetables, people tended to become frail and sickly. In addition, food was not well distributed. Every city had breadlines, as a matter of course, where food was distributed after midnight; it was shameful to be hungry.

Almost a third of draftees in World War I turned out to be underweight, malnourished and otherwise unhealthy, because of their bad diets. Over the years scientists and home economists began to devise what they thought would be healthy diets; they offered recipes, and classes, and magazine stories to women about how to cook and what to eat. Ziegelman and Coe provide lots of recipes, and they almost all sound awful. Even the Red Cross would not provide food aid, because that would make people lazy and unwilling to work.

It took riots and rebellion in towns and cities before the governments realized they had to do something much more substantial to help feed the country. Even FDR was unwilling to provide too much support. Once again, malnourishment and sickness were widespread—right until the start of WWII. Again, the nation was shocked at how malnourished the draftees were. But the war brought true prosperity and plenty of food. Jan 29, Corinne Edwards rated it liked it Shelves: audiobook , great-depression , social-history , food , non-fiction18 , , audiobook18 , history , non-fiction.

Turns out, it affected it a lot. This book is really two major things: the progression and preparation of the food itself, what it consisted of, how people made do with very limited ingredient choices, how was food preserved and sold? But is also ve 3. But is also very political - how did the government handle so many of its citizens being hungry? And in some cases, not just hungry but actually starving? Is it the government's job to solve this problem? And if so, how? Do you give the employable jobs and pay them wages so they can work and earn their own money? It's easy to think about the scarcity of food when you're removed from it. When you're watching your children actually starve - all of a sudden it is the ONLY thing. These are seriously tricky questions and the two presidents, Hoover and Roosevelt, handled it differently at different times.

This was as fascinating as I'd hoped it would be. I didn't particularly love the writing and sometimes it felt frustratingly non-chronological in terms of the political happenings, or maybe it was just that there were so very many acronyms, the organization felt choppy and the political stuff wasn't why I was reading, but the rest of it was so intriguing. The dishes and recipes some of them are SO nasty , the interacting of women with the world around them with new appliances and gadgets and ways of preparing foods. The advertising to women, the propaganda, the anecdotes of real families trying to survive. The way that world events impacted American families and food habits.

I loved learning about the school lunch programs and the CCC and tried to imagine my own Great-Grandma, raising her twins during this time period - HOW did she do it?? I think you'd have to be pretty interested in the subject to not mind all the political stuff and the disorganization but for someone who IS interested, I was always interested in listening. Jul 26, Scott rated it it was ok. I bailed on this history halfway through, a real rarity for me, but since I wasn't getting through more than two or three pages a day I wasn't even really reading it anymore anyway.

Not that it's bad, per se--Ziegelman and Coe are intelligent, able writers--it's just that the subject, The Culinary History of the Great Depression, as the subtitle states, turns out to be far less revelatory, or even interesting, than I imagined. Mostly though I lost patience with the endless use of primary sources I bailed on this history halfway through, a real rarity for me, but since I wasn't getting through more than two or three pages a day I wasn't even really reading it anymore anyway. Mostly though I lost patience with the endless use of primary sources, quoted at length and mostly tedious, repetitive lists of "foods we eat", all of which are pretty ordinary.

Some of the macro stuff was good, like how America's hypocritical, heartless attitude toward helping other people in need was pretty much the same back then late s, pre-FDR s as it is today. Not enough meat for me to chew on though. Dec 30, Sheela Lal rated it liked it Shelves: america-non-fiction. What I liked about the book: all of the information required immense research, and I deeply appreciate that. The pieces that went into detail about the reality at the time challenged my understanding of the time period and was an active reflection catalyst.

Table of Contents. Loading Table Of Contents Loading Excerpt Author Notes. Loading Author Notes More Details. Coe, Andrewco-author. Coe, Andrewauthor. Similar Series From NoveList. Similar Titles From NoveList. Similar Authors From NoveList. Borrower Reviews. Editorial Reviews. Published Reviews. Reviews from GoodReads. Loading GoodReads Reviews.

Now, with the deep, thoughtful research and lively writing for which they they're both known, Andrew Coe and Jane Ziegelman at last open up this era. Intriguing recipes of that period's most popular dishes help tell the story. Show More Show Less. Any Condition Any Condition. See all 11 - All listings for this product. Ratings and Reviews Write a review.

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