



Food Will Win the War

Rae Eighmey

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Meatless Mondays, Wheatless Wednesdays, vegetable gardens and chickens in every empty lot. When the United States entered World War I, Minnesotans responded to appeals for personal sacrifice and changed the way they cooked and ate in order to conserve food for the boys "over there." Baking with corn and rye, eating simple meals based on locally grown food, consuming fewer calories, and wasting nothing in the kitchen became civic acts. High-energy foods and calories unconsumed on the American home front could help the food-starved, war-torn American Allies eat another day and fight another battle. Food historian Rae Katherine Eighmey engages readers with wide research and recipes drawn from rarely viewed letters, diaries, recipe books, newspaper accounts, government pamphlets, and public service fliers. She brings alive the unknown but unparalleled efforts to win the war made by ordinary "Citizen Soldiers"--farmers and city dwellers, lumberjacks and homemakers--who rolled up their sleeves to apply "can-do" ingenuity coupled with "must-do" drive. Their remarkable efforts transformed everyday life and set the stage for the United States' postwar economic and political ascendance.

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