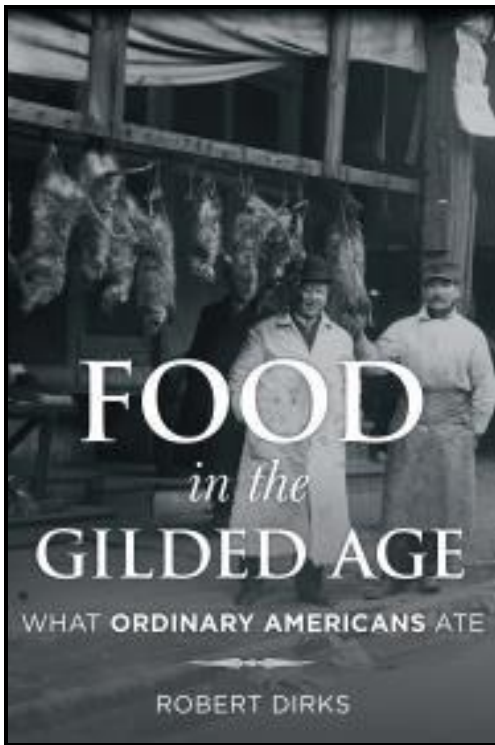


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The Gilded Age is renowned for the excesses of the robber barons and tycoons. The lavishness of their tables impressed contemporaries and historians alike. But what about the eating habits of ordinary Americans at the time? Robert Dirks answers that question by peering through the lens of what then was a newly emerging science of nutrition.

About the Author

Robert Dirks is Emeritus Professor of Anthropology at Illinois State University. He has conducted research in areas of both food habits and nutrition worldwide. His publications include papers in the *Journal of the Royal Anthropological Institute*, *Current Anthropology*, *American Anthropologist*, *World Cultures*, *Journal of Nutrition*, and *Annual Review of Nutrition*. His book, *Come & Get It! McDonaldisation and the Disappearance of Local Food from a Central Illinois Community*, traces a changing food culture from frontier days to the beginning of the twenty-first century.

Praise for the Book

“Food in the Gilded Age is an important contribution to what has until recently been a severely understudied area of history. The author’s impressive attention to regional diversity, along with his knowledge of food science, provides a much-needed addition to our knowledge of the material life of the period.” — **Robert D. Johnston**, **University of Illinois at Chicago, co-editor, Journal of the Gilded Age and Progressive Era**

“Food in the Gilded Age should be at hand to be consulted and deeply considered by anyone interested in America’s food history—including professional food historians. This very well researched, engagingly written study of what foods people of all social levels ate and what that means in real food values at a critical time, a turning point, in American history is the best book of its kind in recent years.” — **Bruce Kraig**, **co-editor, Food City: The Encyclopedia of Chicago Food and Man Bites Dog: Hot Dog Culture in America**

“In this fascinating and very readable book, Robert Dirks mines nutritional field studies and surveys for accounts of eating habits in the latter part of the 1800s, then places those details within larger historical and social contexts, giving a rare glimpse into the foods consumed on an everyday basis by Americans across the country.” — **Lucy M. Long PhD, Director, Center for Food and Culture, Bowling Green, OH**

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