Missouri River history is essentially the story of the economic growth and development of a nation emerging as the new leader in a global economy. With the pounding of the golden spike in 1869, our nation changed forever as the transcontinental railroad all but obliterated the old notion of the American frontier. With the sudden ease of transmitting information, goods, and services across a vast continent, the American economy — and steamboating history on the Missouri River — were forever changed.

In chapters seven, "The War Years," and eight, "Ho! For the Mountains," Lass chronicles the disruption of the Missouri River economy during the Civil War, the discovery of gold in the mountains of what is now Montana, and the increased U.S. military presence on the High Plains. Chapter nine, "New Railheads on the Upper Missouri," follows the resulting progression of railheads moving further upriver and the impact on the communities along the way that depended on steamboating. Chapter ten, "The Upper River Boom, 1873–1879," brings those of us who are passionate about river history one last gasp at a revival of steamboat supremacy on the upper river. Chapters eleven, "End of Long Hauls on the Upper River, 1880–1887," and twelve, "The Last Years," wind down the story of steamboating on the Missouri.

Those intimately familiar with Lass's copious body of scholarly work will recognize much of the material gathered for this volume. In the past, those dedicated to seeking out the smallest detail of Missouri River history would search often obscure local and regional history journals to find a Lass steamboating article. With *Navigating the Missouri,* much of the previously published and often hard-to-get material has been beautifully reassembled into a seamless story. The volume has good maps, although more are always welcome in this type of volume. At times the density of the detail can overwhelm the story. Those minor criticisms aside, anyone living along the Missouri River can glean much from this volume. Aimed at scholars and lay people alike, the latest installment from Lass will not disappoint.

Feast or Famine: Food and Drink in American Westward Expansion, by Reginald Horsman. Columbia: University of Missouri Press, 2008. viii, 356 pp. Illustrations, notes, index. $39.95 cloth.

Reviewer Lori Ann Lahlum is associate professor of history at Minnesota State University, Mankato. She has written about the relationship between food and identity in a German Lutheran community.

Feast or Famine, by Reginald Horsman, a scholar of frontier America and westward expansion, is a culinary history of America's westward

migration. Focusing on the "broad differences in eating patterns at the different stages of the advance westward," Horsman found that although the United States generally possessed an abundance of food, famine punctuated that cornucopia (6). The Lewis and Clark Expedition exemplified that "feast or famine." Initially, the men gorged themselves on buffalo and a variety of other meats. By the time members of the Corps of Discovery had made their way deep into the Rocky Mountains, however, their fortunes had changed, and they experienced periods of extreme food scarcity. That general pattern often followed migrants on their westward journey. That said, Horsman reminds readers that "for most [in the United States] temporary [food] shortages were soon succeeded by a rich abundance" (343). Horsman also repeatedly notes that the American diet relied much more on meat than in Europe. Whether buffalo, salt pork, or mutton, meat became the staple of the American diet.

Horsman uses a wide variety of diaries, journals, and memoirs to survey foodways on the frontier and in the American West. The voices of men and women of different ethnic, social, and religious groups provide a rich and varied look at food and drink in the nineteenth century, from the forest lands west of the Alleghenies to the American Southwest. There is an inherent Turnerian trajectory as Horsman addresses key groups and their diets on their westward migration. That diversity is one of the strengths of the book. From the corn- and pork-based diet of American settlers in Kentucky and Iowa to the mutton and pepper cuisine of the American Southwest to the prevalence of wild game consumed by Native Americans and fur traders, Horsman illuminates this food history effectively by highlighting regional foodways, nutritional changes resulting from migration, and nutritional problems with some of the diets. In addition, intercultural contacts among peoples of diverse food backgrounds engendered dietary changes for individuals and regions. Thus, as Norwegian immigrants moved into Iowa, their diet changed to reflect the corn-hog orientation of the region. As Elisabeth Koren encountered a pork-based diet in Iowa, she sought to preserve the dairy food traditions of Norway, but found those food traditions challenging to maintain. Using Koren's diary, Horsman describes how traditional Norwegian foodways became Americanized, and, implicitly, so too did the Norwegian immigrants (45-49). Unfortunately, Horsman describes *fløde*grød as a "Norwegian dish made by cooking thick sour cream with flour and milk," but that is *rømme*grøt; *fløde*grød (today *fløte*grøt) is made with sweet cream (46).

Horsman richly describes specific foodways and dietary changes in the West, but he provides no framework for using food to look at broader social and cultural meanings. It is clear in the narrative that food brought people of many social, cultural, ethnic, racial, and economic backgrounds together. Horsman does a good job describing those interactions, but some readers might appreciate an interpretive approach to the topic. In addition, the treatment of women overlooks the voluminous literature on the centrality of women in the production of food. Horsman repeatedly recognizes the importance of butter and cheese as valued commodities, typically produced by women, but, for example, he indicates that the sale of butter created "pocket money" for women (13). For more than 30 years now, scholars of frontier and rural women's history have recognized the importance of butter production for bringing cash into the household. Horsman gives voice to women's perspectives and notes that they could differ from men's perspectives. The section on Susan Magoffin's experience traveling on the Santa Fe Trail is one such example (118–22). Still, in many ways, in spite of the large number of women's sources consulted, *Feast and Famine* is a masculine rendition of foodways on the frontier and in the West. This is partly because major sections of the book are devoted to exploration, the fur trade, the Gold Rush, the military, and ranching. The food history of the frontier and American West would seem to be an ideal place for addressing gender and challenges to gender ideals, but Horsman misses that opportunity.

Although the narrative is a bit repetitious at times, especially when discussing hunting in the West, overall *Feast and Famine* tells an engaging and important story, one that is highly readable. The volume includes a wonderful selection of primary source material, especially diaries, journals, and memoirs available in print, and the use of footnotes should be applauded. The choice of images greatly enhances the text. Indeed, the role of women in food production is in many ways more forcefully articulated in the images than in the text. For people interested in westward migration, women's history, foodways, and food history on the frontier and in the American West, *Feast and Famine* is a book general readers and scholars alike will enjoy.

On the Hunt: The History of Deer Hunting in Wisconsin, by Robert C. Willging. Madison: Wisconsin Historical Society Press, 2008. xxv, 292 pp. Illustrations, notes, maps, sidebars, appendix, index. $26.95 cloth.