

my father (in 1906) as well as America's most famous labor leader, John Llewellyn Lewis (in 1880). She does a great service by revivifying these lost mining towns that were havens for Welsh miners and their families. Their communities are gone now, identified only by their extant graveyards.

My gratitude and appreciation for this detailed and precise treatise on the Welsh migrants to Iowa is shaded by the recognition that Walley's work was obviously a doctoral dissertation. As such it is a project she can be proud of. For the average reader, however, the demographic material that constitutes the skeleton of the book may be somewhat overwhelming. The dissertation's demographic methodology might have been cushioned by more examples from the actual lives of individual Welsh men and women. For example, members of the Iowa Welsh Society have done oral histories of Welsh settlers in the agricultural community of Old Man's Creek, and I have done oral histories of second-generation Welsh people in Lucas and Monroe counties. Moreover, a fascinating diary kept by Evan G. Morgan gives an account of his mine work in Lucas as well as his dreams at the turn of the century. He also describes his two trips back to Wales in the early twentieth century to do missionary work. Furthermore, a number of newspapers of the 1880s give accounts of Welshmen as leaders in the coal strikes in Lucas and Monroe counties. Interestingly enough, *The National Labor Tribune* in Pittsburgh followed the story of Welsh union men on strike and conflict over African American strikebreakers in Lucas in 1880.

Assiduous readers will appreciate the scope and methodological clarity of Walley's work. One hopes that a second edition of the book will add more of the hymns, curses, diet, celebrations, and quotidian realities of early Welsh life in Iowa.

Norwegian Handknits: Heirloom Designs from Vesterheim Museum, by Sue Flanders and Janine Kosel. Minneapolis: Voyageur Press, 2009. 144 pp. Illustrations (mostly color), diagrams, references, index. \$30.00 cloth.

Reviewer Linda McShannock is costume and textile curator at the Minnesota Historical Society. She has written about eighteenth-century Norwegian quilts in America and curated quilt exhibits at the Minnesota Historical Society.

In *Norwegian Handknits*, designers Sue Flanders and Janine Kosel selected knitted items from the Vesterheim's textile collection to recreate in both traditional form and modern interpretation. Vesterheim is a well-known museum in Decorah, Iowa, that preserves Norwegian

American heritage of particular interest to the many descendants of Norwegian immigrants in the Midwest.

A variety of books have been published that relate the history of knitting, but this volume is specific to the traditions and artifacts from Norwegian immigrants. The authors introduce 30 patterns using traditional stitches or colorful embellishments and integrate their knitting patterns with historic narratives, photographs, recipes, and family stories. The entire book is infused with the authors' sense of the fun of discovery as they tell their own stories about their inspiration from the Vesterheim collection.

These knitting patterns preserve tradition and inspire innovation. Knitters and historians alike will enjoy seeing gems from the Vesterheim collection illustrated in this book along with the patterns and contemporary knitwear inspired by them. The selections made by the authors, who also have midwestern roots, are for an audience that will not only appreciate the complexities of Norwegian knitting, but the historical context of the material.

The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State, by Harva Hachten and Terese Allen. Madison: State Historical Society of Wisconsin, 2009. xxii, 391 pp. 460 recipes, illustrations, sidebars, notes, bibliography, indexes. \$29.95 cloth.

Reviewer Jill M. Nussel is a lecturer at Indiana University–Purdue University Fort Wayne. Her research and writing's focus on using cookbooks to shed light on immigrants and their communities will be reflected in her forthcoming book, *From Stewpot to Melting Pot: Charity Cookbooks in America's Heartland*.

I am echoing what people in the Badger State already know: There's more to Wisconsin than cheese! In 1973 the late Harva Hachten produced an authoritative book on Wisconsin foodways; 25 years later, Wisconsin culinary commentator Terese Allen has updated *The Flavor of Wisconsin*, making this once again a culinary classic of regional foodways. Part history, part cookbook, this compilation celebrates the kitchens and hearths from Wisconsin's earliest days to the present, serving as a community autobiography of the values and culture that have become a part of the heartland narrative.

The book begins in Wisconsin's earliest days with interactions among Native Americans and fur traders, but the most impressive chapters demonstrate the culinary skills of immigrants and pioneers and the foodways of workers in the early industrial age. By the latter part of the nineteenth century, Wisconsin was populated by Cornish miners, Germans, Belgians, Dutch, Swiss, Finns, Irish, and Poles, with