

limited farmland and Amish population growth. To what extent is cottage industry and small business enterprise (as in the Lancaster, Pennsylvania, settlement and its sister communities in Indiana) and/or factory work (as in northern Indiana) common among Iowa Amish? Is their *Ordnung* high or low (accepting of a greater or lesser degree of interaction with the outside world)? In their final chapter Nolt and Meyers attempt to map some of these variations of an Amish worldview along their axis of communal versus individual orientation (examples given relate to use of the ban and visits to town) and traditional versus rational authority (examples given include use of telephones and modern medicine).

To their credit, Nolt and Meyers do a good job of gendering the Amish, specifying Amish men when speaking of Amish employment in Indiana trailer factories (as well as noting that occasionally young Amish women are employed in office work in such factories), and using “the Amish” only when speaking about beliefs presumably shared by men and women in the community. However, as in much modern scholarship on the Amish, gender and women’s voices are largely obscured.

Readers of this journal will want to take note of the new edition of *A Peculiar People: Iowa’s Old Order Amish*, by Elmer Schwieder and Dorothy Schwieder, newly available from the University of Iowa Press in spring 2009, which addresses the Amish in Iowa more specifically.

Pot Roast, Politics, and Ants in the Pantry: Missouri’s Cookbook Heritage, by Carol Fisher and John Fisher. Columbia: University of Missouri Press, 2008. x, 234 pp. Illustrations, notes, appendix (recipes), bibliography, index. \$19.95 paper.

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Most self-appointed “foodies” might say that the most important culinary advancement from Missouri was Irma Rombauer’s influential treatise *The Joy of Cooking*, but many may be surprised to know that this beloved cookbook was originally self-published in 1931. That is just one of the many surprises in Carol Fisher and John Fisher’s examination of Missouri’s rich culinary history. The study of American foodways is a growing avenue of inquiry in the academy; for everyone else, there’s a love of food. In this case the Fishers have made their case that Missouri cookbooks play a vital role in understanding the rich and varied textures of the state.

As the Fishers demonstrate, cookbooks are more than just a jumble of recipes. On closer inspection, they provide a barometer into a community based on race, religion, class, or gender. The Fishers invite readers to enter the kitchens of compilers and authors to discover how housewives actually cooked, found remedies for ailments of all kinds, and rid their homes of ants in the pantry. These cookbooks reflect the solid values of Missouri and the Midwest — recipes that are often billed as economical, practical, tried and true, and the very best.

The Fishers have organized *Pot Roast, Politics, and Ants in the Pantry* effectively, dividing the chapters by type of cookbook examined in that chapter: early cookbooks, nineteenth-century publications, and community, ethnic, historical, individually authored, festival, product-sponsored, restaurant, and political cookbooks. The book ends with a discussion of useful advice, selected recipes, and the Fishers' final perspective. To say that this book examines a representative sampling of culinary works is an understatement. In fact, the 16-page bibliography alone is worth the price of the book. In addition to *The Joy of Cooking*, the Fishers have examined nearly 200 cookbooks, 44 Web sites, more than two dozen newspapers and cookbook bibliographies, as well as several academic libraries and historical societies. Readers are taken to kitchens, restaurants, and church suppers of America's heartland.

One cannot help but feel sorry for the young Julia Hancock, newly married to Captain William Clark, governor of the Missouri Territory. In 1808 the young bride came from a Virginia planter family and was thrust into life on the frontier. Readers find that many of the handwritten "receipts" in her journal may have actually been written by Captain Clark himself. Why did Clark take such an interest in his wife's domestic activity? We may never be sure of the answer, but interspersed with the receipts is an account of the foodstuffs and spices and even fashions available to St. Louis cooks of the early nineteenth century, adding to our understanding of the domestic life of the period.

Midwestern readers will appreciate the Fishers' folksy descriptions of immigrant life on the frontier, including tales of farming, hog butchering, and life on the railroads. Many immigrant groups are discussed, but the German influence on Missouri is particularly notable. If I have one criticism of this book, it is the short shrift given to Missouri's African American heritage, which is limited to a few paragraphs in the historical section. At the very least, there should have been a discussion of why there are so few cookbooks representing the black community. That small criticism aside, the Fishers provide a valuable starting point for continued analysis into the historical narrative of the Midwest at one of its most fundamental levels — the cookbook.