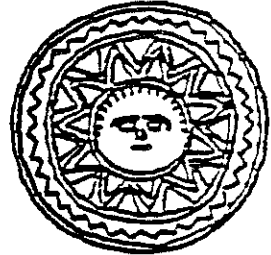


THE DIGEST



A Newsletter for —
The Interdisciplinary Study of Food



VOLUME III No.3

Fall 1981

Volume III of the Digest has finally come to a close and we appreciate our readers bearing with us over the last few months. Unfortunate delays have occurred due to changes in editorship and implementing new production procedures. Nevertheless, the staff would like to welcome on board Sue Samuelson and Susan Foshay as the new Digest editors. Once again we have a fairly large issue including two more course syllabi, notes on the foodways papers given at the American Folklore Society meetings, and a beginning directory of food films. For future issues we plan an update of the Directory and are requesting our readers to fill out the questionnaire at the end of this issue and send it back to us. In addition it is time to renew subscriptions' for the next year. Towards that end we have included a form for your convenience. We thank our readers for their perserverence and hope no major inconvenience has been caused. The staff looks forward to continuing the expansion of the newsletter in all facets of foodways study and welcomes reader contributions of any kind.

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Course Outlines

FOODWAYS AND EATING HABITS

by Michael Owen Jones
UCLA

Nature and Purpose of the Course

The course is a "proseminar" intended to examine a selected topic in folklore and mythology studies. Students will become familiar with some of the kinds of behavior and research questions dealt with by people in a variety of disciplines who are concerned with human subsistence behavior.

Principal among the interests of researchers have been the questions of how and why similarities in behavior originate and are perpetuated, what people eat and why, and how and why changes in eating behavior occur (or can be made to occur). In trying to answer these questions, researchers have examined the sensory domain and social dimension of preparing, serving, and consuming food, noting morals and manners, symbolic associations, and uses and functions of food and food-related activities. Studies of foodways and eating habits have had important implications and ramifications for generating hypotheses about historical, sociocultural, and behavioral processes, marketing, and health and nutrition.

The text for the course is a special issue of Western Folklore entitled "Foodways and Eating Habits: Directions for Research," ed. Michael Owen Jones, Bruce Giuliano, and Roberta Krell (vol. 40, no. 1; January 1981).

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10. IMPLICATIONS AND RAMIFICATIONS: CHANGING FOOD HABITS

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11. IMPLICATIONS AND RAMIFICATIONS: MARKETING

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12. IMPLICATIONS AND RAMIFICATIONS: HEALTH AND NUTRITION

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Hufford, David. "Organic Food People: Nutrition, Health,
and World View," Keystone Folklore Quarterly 16,
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25:8, 677-680.

Nutrition and Behavior, 1979

by Joan Gussow
Teachers College, Columbia University
Program in Nutrition

The course will be devoted to an investigation of some of the physiological, psychological and socio-cultural factors which affect eating behaviors and the development of individual and cultural food patterns. The topics to be addressed through reading, field investigation, writing and discussion include:

Taste--how does it work? Do we learn to like things or are we born liking them?

Hunger--how do we know when to start eating--and when to stop?

Food selection--can the body regulate nutrient intake "instinctively"? Clare Davis unmasked.

Early feeding experiences--physiological and psychological effects.

Effect of nutrition and malnutrition on mental development and behavior.

Learning to eat in America--has the food supply changed for the better?

"Faddism"--misplaced enthusiasm, prescience, or paranoia?

Learning to waste in America--macaroni necklaces and Morris the Cat.

READINGS AND ASSIGNMENTS

Class 1: Introductions.

Class 2: Taste: the sense and its disorders.

Readings:

Brillat-Savarin, Jean Anthelme. "Meditation II. of Taste." In: The Physiology of Taste, New York: Liveright, 1970.

Guyton, A. C. "The Chemical Senses: Taste & Smell." In: Textbook of Medical Physiology. Philadelphia: W. B. Saunders, 1976.

Rouache, Berton. "Annals of Medicine: All I could do was stand in the woods." The New Yorker. September 12, 1977, pp. 97 - et seq.

Catalanotto, Frank A. "The trace metal zinc and taste." American Journal of Clinical Nutrition 31: 1098-1103, June, 1978.

Bernstein, Ilene. "Learned taste aversions in children receiving chemotherapy." Science 200: 1302-1303, June 16, 1976.

Assignment:

Taste something you have always disliked after you have done the readings and write a paragraph about why it tastes bad as the basis for a class discussion.

Class 3: The sweet tooth and the salty tongue--born or bred.

Readings:

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Desor, J. A., O. Miller, and L. S. Greene. "Preference for sweet in humans: infants, children, and adults." In: Weiffenbach, J. M., Taste and Development: The Genesis of the Sweet Preference. National Institute of Dental Research, DHEW Pub. No. (NIH) 7-1068. USDHEW, NIH, Maryland, 1977.

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Rollins, Mark. "Taste as Perception." An Occasional Paper of the Institute of Nutrition of UNC, 1974.

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Class 4: Regulating calorie intake--how do we know when to stop?

Readings:

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Guyton, A. C. "Dietary balances, regulation of feeding, obesity and starvation." In: Textbook of Medical Physiology. Philadelphia: W. B. Saunders, 1976.

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Deutsch, J. A., et al. "The stomach signals satiety," Science 201: 165-167, July 14, 1978.

Class 5: "Instinctive" selection of a nutritious diet--

Clara Davis revisited.

Readings:

Davis, C. "Self-selection of diet by newly weaned infants," American Journal of Diseases of Childhood 36: 651-679, 1928.

Davis, C. "Results of the self-selection of diets by young children." Reprinted from Canadian Medical Assn. J. 41: 257-261, 1939.

Brothers, Dr. Joyce. Transcript of WNEW-TV News, January 21, 1977.

Rozin, Paul. "The selection of foods by rats, humans and other animals." In: J. S. Rosenblatt, R. A. Hinds, E. Shaw, and C. Beer (Eds.), Advances in the Study of Behavior. New York: Academic Press, 1976.

"Regulation of food intake." Nutrition Newsletter XIV: 1: 9, Spring, 1978.

Class 6: Breast or Bottle--good for whom? for what?

Guest lecturer--Dr. Roy Brown, Mt. Sinai School of Medicine.

Readings:

Newton, Niles. "Psychologic Differences Between Breast and Bottle Feeding." American Journal of Clinical Nutrition 24: 993-1004, August, 1971.

Brazelton, R. B. "Does the Neonate Shape His Environment?" Birth Defects 10: 2: 121-141, 1974.

Hall, Barbara. "Changing Composition of Human Milk and Early Development of Appetite Control." The Lancet, April 5, 1975.

Galef, Bennett, G., and D. F. Sherry. "Mother's Milk: A Medium for Transmission of Cues Reflecting the Flavor of Mother's Diet." Journal of Comparative and Physiological Psychology 83: 374-378 (3), 1973.

Hall, Warren G. "Weaning and Growth of Artificially-reared Rats." Science 190: 1313-1314, December 26, 1975.

Ackroyd, Wallace R. "Is Breast Feeding Best for All Infants Everywhere?" Nutrition Today, January/February, 1977.

Letters to the editor re: "Is Breast Feeding Best . . ." from Michael Latham, et al., W. R. Aykroyd, H. R. Miller, and G. A. Fookes. Nutrition Today, July/August, 1977.

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Brown, Roy. "Relactation: An Overview." Pediatrics 60:116-120, July, 1977.

Class 7: Effects of the caretaker(s)--dependency, food, and the "family romance" (?)

Readings:

Ainsworth, M. D. S., and S. M. Bell. "Some Contemporary Patterns of Mother-Infant Interaction in the Feeding Situation." In: Stimulation in Early Infancy. A. Ambrose (Ed.), New York: Academic Press, 1969.

Henry, Jules. "Mrs. Keen Feeding Her Children." In: Pathways to Madness. New York: Random House, 1971.

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Class 8: External control of eating behavior--why are we so fat?

Readings:

Schacter, Stanley. "Some Extraordinary Facts About Obese Humans and Rats." American Psychologist 26: 129-144, 1971.

Stockton, William. "Conspiracy Against Fatness." Psychology Today, October 1978, p. 97.

Herman, C. Peter and Deborah Mack. "Restrained and Unrestrained Eating." Journal of Personality 43: 647-660, 1975.

Cabanac, M., and R. Declaux. "Obesity: Absence of Satiety Aversion to Sucrose." Science 168: 496-497, April 24, 1970.

Kanarek, R. B. and E. Hirsch. "Dietary-induced Overeating in Experimental Animals." Federation Proceedings 36: 154-158, February, 1977.

Bremer, M. K. "Body Composition Differences in Animals Fed Two American Diets." Ecology of Food and Nutrition 6: 63-68, 1977.

Class 9: From Needs to Wants: Changing the Availability of Food.

Readings:

Yudkin, John. "Introduction" and "Physiological Determinants of Food Choice." In: J. Yudkin (Ed.) The Diet of Man--Needs and Wants. London: Applied Science Publishers, Ltd., London, 1977.

Boorstein, Daniel. "How We Democratized the American Diet from Salt Fish to Frozen Berries." Adapted from The Americans: The Democratic Experience, 1973.

Hess, John L. and Karen Hess. "Onward and Downward" and "Colonial Eden." In: The Taste of America. New York: Grossman/Viking, 1977.

Harris, Marvin and Eric B. Ross. "How Beef became King." Psychology Today, October 1978, p. 88+.

Excerpts from the National Farmers Union Newsletter, June, 1978.

"The Lettuce Story" by the Mel Finerman Co., Inc.

Class 10: What does it cost? How much is it worth?--Price vs. value in food.

Readings: (pp. 88-136)

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Cromwell, Cynthia and Richard Kerr. "How Food Dollars Were Divided, 1965 and 1975." Family Economics Review, Summer, 1977, pp. 12-16.

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Dullea, Georgia. "Iceberg: It May be Common, but It's Not Cheap." New York Times, May, 1978.

King, Seth. "Beef, Fruits and Vegetables Key Price-Rise Factors." New York Times, February 24, 1979.

Harrison, G. G., W. L. Rathje, and W. W. Hughes. "Food Waste Behavior in an Urban Population." Journal of Nutrition Education 7: 1: 12-16, January/March, 1975.

Baker, Russell. "Tax Revolters Spare the Waste." New York Times, July 1, 1978.

Clippings on price, wealth and value in America.

Solzhenitsyn, Alexander. Excerpts from One Day in the Life of Ivan Denisovich. New York: Praeger, 1973.

Pyke, Magnus. "Food Technology and Society." Nutrition Review 28: 31-34, February, 1970.

Lantis, Margaret. "The Child Consumer." Journal of Home Economics 54: 370-375, May, 1962.

Clippings on vending machines, and values.

Class 11: Feasting, fasting, faith, fact, and faddism--Who eats for health?

Readings: (pp. 137-182)

Mead, Margaret. "Cultural Patterning of Socially Relevant Behavior." Journal of the American Dietetics Association 25: 8: 677-680, August, 1949.

Shack, D. N., et al. Excerpt from a discussion on "faddism" in: Yudkin, J. The Diet of Man.

"Worshipping at McDonald's and William Zinsser's 'Letter from Home.'" CNI Weekly Report, December 2, 1976 and New York Times, June 16, 1977.

Langway, Lynn, et al. "America: Out to Eat." Newsweek, October 3, 1977.

Schell, Orville. "What This Country Needs is a Stronger White Rat." Mother Jones, February/March, 1979.

Ostrander, J., et al. "Egg Substitutes: Use and Preference--with and without Nutritional Information." Journal of American Dietetic Association 70: 267-269, March, 1977.

"Zen Diet Condemned." Journal of American Dietetics Association, January, 1972.

Wells, Patricia. "Macrobiotics: A Principle, Not a Diet." New York Times, July 19, 1978.

Schutz, Howard G and Oscar A. Lorenz. "Consumer Preferences for Vegetables Grown Under 'Commercial' and 'Organic' Conditions." Journal of Food Science 41: 70-73, 1976.

Wolff, Robert J. "Who Eats for Health." American Journal of Clinical Nutrition 26: 438-445, April, 1973.

Class 12: Nutrition and mental development and functioning.

Readings: (pp. 183-230)

Gussow, J. D. "Nutrition and Mental Development," ERIC/ERCD Urban Disadvantaged Series 36, February, 1974.

Dobbing, John. "The Developing Brain, a Plan for More Critical Interspecies Extrapolation." Nutrition Reports International 7: 5: 401-406, May, 1973.

Levitsky, David A. "Malnutrition and the Undernourished Curiosity." Human Ecology Forum 6: 12-14, Spring, 1976.

Winick, M., K. Meyer, and R. C. Harris. "Malnutrition and Environmental Enrichment by Early Adoption." Science 190: 1173-1175, December 19, 1975.

Letters to Science by Victor Denenberg and Myron Winick re "Malnutrition and Environmental Enrichment." Science 197: 1133, 1135, September 16, 1977.

Liberman, H. M., et al. "Evaluation of a Ghetto School Breakfast Program." Journal of the American Dietetics Association 68: 132-138, February, 1976.

Strodtbeck, Fred L. "The Latent Intellectualive Factor in the Food Cycle." In N. S. Scrimshaw and E. Gordon (Eds.), Malnutrition, Learning and Behavior. Cambridge: MIT Press, 1968. Pp. 363-374.

Class 13: Final exam.

Class 14: This is the session where we eat together--everyone brings something to share with the class--about enough to serve 8 people (otherwise there is too much food left over). Over dinner we can discuss the final readings.

Readings: (book +pp. 231-234)

Brewster, Letitia and Michael F. Jacobson. The Changing American Diet. Washington, D.C.: Center for Science in the Public Interest, June, 1978.

Shapiro, Leo J. and Dwight Bohmbach. "Eating Habits Force Changes in Marketing." Advertising Age 10/30/78.

Mead, Margaret. "Agriculture: Men's Work, Women's Work?" R. F. Illustrated, August, 1975, p. 12.

Film Directory

The following list of food films, filmstrips, and videotapes has been culled from the American Folklore Films and Videotapes and the 1978 Union Catalog by Digest member Kathy Sisson. Updates to this list will appear in subsequent issues.

1978 Union Catalog

- "Basic Beef Cookery" (filmstrip), Beef Industry Council, National Live Stock & Meat Board, Chicago: The Council 1977 basic cooking methods for beef and beef cuts for each choice.
- "Eggheads to Chiliheads: or From the Hill Top to Terlingua," Dallas: Cast of One Production, 1977. Documents the origins of the World Championship Chili Cookoff held annually in the ghost town of Terlingua.
- "Ethnic Foods: French Cooking" (filmstrip), New York: Guidance Associates, 1978. Contrasts the elaborate preparation of classical French cuisine with the provincial family style.
- "Ethnic Foods: Italian Cooking" (filmstrip), New York: Guidance Associates, 1978. Ingredients, methods and influences of geography, history and climate on Italian cuisine.
- "Fast Foods Hospital for Sick Children" Foundation, made by University of Toronto, Division of Instructional Media Services, 1976. Healthy food choices in a fast food cafeteria.
- "Food Follies" Consumers Union of United States, Wilmette, Ill.: Films, Inc., 1977. 23 min., Color. Products, packaging, labeling, nutrition and safety.
- "Food for the World" (filmstrip), National Geographic Society, 1976. The production and consumption of food around the world showing both the customs and problems of food supply with increasing population

growth.

- "Goosey Goosey Gander," BBC-TV, New York: Time Life Multimedia 1978. The cooking of the Perigord region of southwest France, focusing on their use of geese.
- "History of Canning" (slide), Department of Food Science, Nutrition and Food Systems Administration, College of Home Economics, University of Tennessee, Knoxville: Center for Extended Learning, University of Tennessee, 1976. Gives the history of canning containers, canning process and dispels misinformation on canning.
- "Italian Cooking: Chicken Cacciatore, Escarole Sauce and Garlic Bread" (filmstrip), Encore Visual Education Inc., Burbank, California, 1977. Documents the preparation of a typical family dinner in Southern Italy including information on ingredients, purchasing hints and seasoning.
- "Junk Food," Filmation Studio, New York: McGraw-Hill Films, 1976. 14 min., Color. Fat Albert & the Cosby Kids on junk food and why not to eat it.
- "The Junk Food Man," Charles Cahill & Associates, Glendale, California: AIMS Instructional Media, 1977. Animated film on why junk food is harmful.
- "Kitchen with a Mission: Nutrition" (filmstrip), Encore Visual Education, Inc., Burbank, 1977. Demonstrates a nutritional meal and emphasizes intake of organic foods high in vitamins, minerals and protein.
- "Look and Cook--Fruits and Vegetables" (filmstrip), Butterick Publications, made by Chrome Yellow Films, New York, 1976. Freshness, nutritional value, cleaning, cooking methods and physical characteristics of several different fruits and vegetables.
- "Look Before You Eat," Los Angeles: Churchill Films, 1978. 22 min., Color. The relation of eating habits and health demonstrated by several students trying to reduce their consumption of sugar, salt and fat and the results. Also talks about the role of the food industry.
- "Mexican Menu," Encore Visual Education Inc., Burbank, 1978. Preparation of a typical Mexican dinner and history of the country as seen through the development of food and cookery.

'The Natural Way," Mellenco Films, Peter Mellen Production, Toronto: Representative Films, 1976. How to prepare a variety of natural foods including fresh butter and several whole grain breads.

"Part of Your Loving," Tony de Nonno, Brooklyn, New York, 1977. 9 min., Color. Brooklyn baker Ben Togati is seen at his early morning task of preparing bread for his bakery.

Food Films and Videotapes: Indexed from American Folklore Films and Videotapes and 1978 Union Catalog

by Kathy Sisson

Note: Distributors' addresses are listed at the end of this index.

"Adventures in Eating." 6 min., color, 1961. Dist.: Maine Dept. of Agriculture. Contrasts the world's largest chicken barbeque Belfast, Maine, with an old-fashioned Maine clam and lobster bake on an island in Boothbay Harbor.

"Acorns: The Staple Food of California Indians." 28 min., color, 1962. Dist.: Univ. of California Extension Media Center, Order #5804. Pomo tribe members are shown harvesting, storing, grinding, cooking including leaching of tannic acid, acorns, once used by 3/4 of the California Indian population.

"Apples Away." 13 min., color, 1971. Dist.: Maine Dept. of Agriculture. Methods of colonial and modern New England preservation.

"Before the Industrial Revolution." 17 min., color, 1974. Dist.: Vedo Films. Rural life in 17th and 18th century America. Reenactments of horse-drawn farming, soap making, bread baking, cider making.

"Bread." 11 min., color, 1960. Dist.: Brigham Young University, Order #10405. Bread from farm to table. Also, using flour at home, harvesting wheat, milling flour, and making bread in a bakery.

"Bread." 8 min., black and white, 1972. Dist.: Eccentric Circle Cinema Workshop and Viewfinder, Inc. Celebration of life in a simple situation--a woman making bread in her own home.

- "Cattle Drive: A Day on a Western Range." 11 min., color, 1950. Dist.: University of Michigan. Movement of cattle from range to shipping point, work of cowboy during drive, noonday meal preparation.
- "Cheese and Cheesemaking." 11 min., color, 1956. Dist.: International Film Bureau. Modern processes of making cheddar, Italian, Swiss cheeses, including coagulation, separation of whey, curd forming, curing, and aging.
- "Chicken Soup." 14 min., black and white, 1970. Dist.: Carousel Films. Demonstration of elderly Jewish woman making Kosher chicken soup. Follows chicken from barnyard to kettle, accompanied by half-Yiddish, half-English commentary and bursts of song.
- "Christmas in the Village." 15 min., color, 1974. Dist.: Coronet Instructional Media, Order #3657. Christmas seen through the eyes of a child in the 1840s, includes a taffy pull, decorating the tree, and worship service.
- "Christmas on Grandfather's Farm." 22 min., color, 1959. Dist.: University of Michigan. The Bradford family travels to grandfather's farm in a sleigh. Includes family reunion, decorating tree, sharing gifts, Christmas dinner. Set in the 1890s.
- "Cider Maker." 18 min., color, 1975. Dist.: ACI Media Inc. Documentary of family owned cider mill in New Jersey, owned for 40 years. Covers all technological and ecological aspects of making cider and reminiscences of older, friendlier times.
- "Colonial Living." 15 min., color, 1957. Dist.: International Film Bureau Inc. and Boise State University, Order #20628. Life before the Industrial Revolution in an 18th century Virginia town. Household activities such as churning butter, candle-making, carding, spinning and weaving are detailed.
- "Community Bakery." 11 min., color or black and white, 1967. Dist.: Encyclopedia Britannica Educational Corp.; Boise State University Order #20825; and University of Michigan. How baker Otto contributes to the daily life of his community by baking cakes and breads. Follows step-by-step process including weighing ingredients, rising of bread, baking and removing fresh hot bread from oven; displaying, slicing, wrapping, and selling.

- "Eskimo Children." 11 min., black and white, 1941. Dist.: Encyclopedia Britannica Educational Corp., Order #101; Boise State University, Order #10151; University of Iowa Order #20998; University of Michigan and University of Minnesota. Eskimo life on an island off of Alaskan coast. Focuses on children's activities in describing how Eskimos solve problems of food, shelter and clothing. Many activities, including drying fish.
- "Eskimo Family." 17 min., 1959. Dist.: Encyclopedia Britannica Educational Corp., Order #1776; Brigham Young University, Order #11011; Univ. of Iowa; Univ. of Michigan; Univ. of Minnesota; Penn State Univ., Order #20320. Follow Anakudluk and his family on arduous annual trek from winter camp to spring hunting grounds. Shows day to day life including thrill of hunt for seal and fox, visit to trading post and to town to visit relatives.
- "Eskimo Family Meal." 4 min., color, 1966. Dist.: Doubleday Multimedia. An Eskimo family is shown getting food from the built-in icebox and preparing blueberry "ice cream." Simple utensils are used, most of them handmade.
- "The Eskimo: Fight for Life." 51 min., color, 1970. Dist.: Educational Development Center. Record of last winter spent by Netsilik on the sea-ice of Pelly Bay. Six families trek across the ice, setup camp near a good hunting area. When enough seals are caught, the people relax, build a communal igloo on top of four existing igloos and then the entire group joins for conversation, games and ritual sharing of food.
- "Eskimos Hunting and Gathering Food." 4 min., color, 1969. Dist.: Doubleday Multimedia. Eskimo techniques of hunting, fishing, and food-gathering demonstrated on location films.
- "Eskimos in Western Alaska." 11 min., color, 1950. Dist: Univ. of Michigan; University of Minnesota. Presents typical activities during long winter on Bering Straits. Shows dependence on fish as a food supply and techniques of ice-fishing. Portrays food, clothing, household activities, methods of keeping warm, dangers of seal hunt and an authentic Eskimo dance.
- "Fair." 5 min., color, 1972. Dist: Film-Makers Cooperative. Cumberland County Fair, Maryland: a superimposed collage of people, food, sights, animals, amusements, workers, etc.

- "Festival Time in Texas." 14-1/2 min., color, 1975. Dist: Texas Dept. of Highways and Public Transportation. Texans are fun-loving people who celebrate almost everything--black-eyed peas, German sausage, "crawdads," and the sun. Visits a variety of festivals in the Lone Star state.
- "Fishmarket." 14 min., black and white, 1955. Dist.: Audio Brandon Films. In New York City's Fulton Fish Market a candid camera and microphone reveal the way fish are really brought to us.
- "The Flavor of Vermont." 14 min., color, 1971. Dist: Campbell Films. Shows the seasons of Vermont and specifically how maple sap is gathered, boiled, and made into maple syrup.
- "41° North, 67° West." 13-1/2 min., Color. Dist: Association-Sterling Films. A documentary about commercial fishing. Includes blessing of the fleet by Cardinal Cushing, auctioning of the first catch and classic New England seafood recipes.
- "French Lunch." 15 min., color, 1971. Dist: Pyramid Films. A look at the preparation of the midday meal in New York's famous La Caravelle Restaurant. Professionalism and complexity of a seemingly prosaic subject are captured.
- "Gino's Pizza." 18 min., black and white, 1972. Dist: Audio Brandon films. A slice of the American success myth, served with pepperoni, cheese and tomato sauce. Gino of "Gino's Pizza," demonstrates his special method of making pizzas, and talks about his life and dreams.
- "Gran Mamou." 8 min., color, 1974. Dist: Ronald Judkins. The "old style" Mardi Gras celebration at Mamou, Louisiana. Includes Captain's speech at beginning of the day, the "Courrir du Mardi Gras (Running of Mardi Gras) and the gumbo at the end of the day.
- "Gravel Springs Fife & Drum." 10 min., color, 1971. Dist: Center for Southern Folklore. Focuses on northwest Mississippi community of Gravel Spring and Othar Turner, leader of a musical group, who works on his farm, makes a cane fife and travels to a rural picnic where he makes music for his friends.
- "Grist Miller." 15 min., color, 1975. Dist: ACI Media, Inc. Documents the process of flour being stone ground in a mill built over a century ago. Shows technical aspects of the mill; reveals feelings of a man who kept up this traditional occupation during a time of technological advancement.

- "Hancock Shaker Village." 17 min., color, 1974-5. Dist: Hancock Shaker Village. Film to show to visitors, includes buildings, articles of food and medicine produced by Shakers at the village during 19th and early 20th centuries and statements of Shaker belief.
- "Hawaiian Native State." 11 min., black and white, 1940. Dist: Encyclopedia Britannica Educational Corp., Order #165, University of Michigan. Portrays home life, work and customs of polyglot Hawaiian population. Reviews geological origins of islands and factors that stimulated immigrations from the Orient.
- "Hopewell Village." 28 min., color, 1971. Dist: Harpers Valley Historical Association. 5 short films on one reel explicating crafts and skills in use in 1800s in towns such as Hopewell, a typical iron-making community. Includes operation of company store-office, making a sand mold for casting of molten iron, steps required in making a horseshoe, preparation of a typical meal over an open fireplace and dipping of candles.
- "How to Make Sorghum Molasses." 29 min., color, 1971. Dist: Univ. of California Extension Media Cent. A group of central West Virginia farmers make sorghum molasses with a horse powered cane mill, cooking over a wood fire. Describes the event visually, with only natural sound, no narration. Accompanied by a booklet.
- "It Could Use More Salt." 19 min., black and white, 1974. Dist: Robert Benedetto. Portrait of an unusual personality, an 87 year old antique dealer, Morris Thiel. Includes a Christmas party, 87th birthday celebration and scenes from his shop where he deals with an equally unusual clientele.
- "Jaraslawa." 11 min., color, 1975. Dist: Deedee Halleck/Maple Shade Movies. An old Ukrainian woman discusses her life and cooking--making bread, piroshkie and babka.
- "Jerry's." 15 min., color, 1975. Dist: Tom Palazzolo. Jerry runs a deli in Chicago and shouts at all his customers--who love him just the same.
- "Living History Farms--Grain Festival 1970." 9 min., color, 1970. Dist: Iowa State Univ. Order #28260. At Iowa's Living History Farm a grain harvest festival is held in the tradition and with the methods of harvest of about the 1840s.
- "Maine Barbecue." 9 min., color, 1957. Dist: Maine Dept. of Agriculture. A chicken barbecue with Gilbert and

and Sullivan trimmings featuring Sally Knapp with Dorothy Readler's American Savoyards. A "how-to-do-it" film for outdoor cookery experts, staged on the shore of a beautiful Maine lake.

- "Maine Summer Festival." 12 min., color, 1979. Dist: Maine Dept. of Agriculture. Maine, long known for its summer festivals, is also famous for its agricultural products. Shows how these commodities contribute to the vacationland festivities.
- "Maple Sugar Farmer." 29 min., color, 1972. Dist: ACI Media Inc. & Boise State Univ., Order #30298; Univ. of Michigan and Viewfinders Inc. Sherman Graff, in his early 70s, continues the tradition of 6 generations of southern Illinois maple sugar farmers in his family. While he works with spiles, buckets and an old iron kettle-tapping trees, boiling maple water to syrup and sugar he reminisces about his past on the farm, his family, neighbors, and one-room school days.
- "Miller Grinds Wheat." 11 min., color, 1959. Dist: Univ. of Michigan. A grandmother tells children about wheat and takes them on a visit to a nearby mill which produces stone ground flour. The history of wheat, how it was ground in early days, modern milling process, how wheat is stored, ground, sifted, put into sacks and delivered to bakeries.
- "Mission Life." 20 min., color, 1964. Dist: Barr Films. A Spanish padre records the progress of his mission in the year 1776 describing adobe brick making, candle pouring, wheat and corn harvesting and food preparation.
- "North, South, East, West." 28 min., color. Dist: Association Sterling Films Order #G-546. Travelogue with focus on regional and ethnic cooking of New Orleans, Atlanta, New York City, New England and West. Recipe booklets available.
- "Old Fashioned Bread Baking in Rural Pennsylvania." 13 min., black and white, 1965. Dist: Penn State Univ. Order #10254 (Silent). Mrs. Yoder, of Mifflin County, PA, demonstrates essential steps and equipment for bread baking.
- "Old-Fashioned Deer Camp." 11 min., color, 1954. Dist: Univ. of Michigan. Typical fall in old-fashioned deer camp in northern Michigan. Camp activities and a successful hunt including stalking, shooting, hanging and later hauling back to camp.

- "Pine Nuts--A Food of the Paiute and Washo Indians." 14 min., color, 1961. Dist: Univ. of California Extension Media Center Order # 5768; Psychological Cinema Register #21194; Univ. of Iowa Order #30325. Members of Pavioso and Paiute tribes demonstrate how pine nuts were harvested from the pinon tree and prepared as using techniques from pre-Columbian times.
- "Pioneer Living: Preparing Foods." 9-1/2 min., color., 1971. Dist: Coronet Instructional Media Order #3131; Brigham Young Univ. Order #12752; & Univ. of Michigan. How settlers of the early 1900s lived comfortably in the summer off of farm and forest. In autumn preparations fo winter included smoking meat, peeling and preserving apples, making maple sugar and baking bread.
- "Pioneer Living: The Home." 10-1/2 min., color, 1971. Dist: Coronet Instructional Media Order #3129; Brigham Young Univ. Order #11493; Univ. of Iowa Order #22674; Univ. of Michigan. Follows family as they build a log cabin and move in with few necissities. Shows cooking over open fireplace, candle and soap making and other household chores.
- "Pioneer Mill." 12 min., color, 1972. Dist: Indiana Univ. Order #CSC-2210. Cornmeal was an important food to early settlers. Shows operations of water-powered mill used by early settlers in Midwest. Farmers bring sacks of corn to the miller whose function is explained as he goes through the grinding process.
- "Popcorn Lady." 11 min., color, 1973. Dist: Prentice-Hall Media Inc. To keep her father's tradition alive, middle-aged Dorothy Rich continues to operate one-of-a-kind model-T steam popcorn machine in the town of Cambridge, NY. Reminiscences of the past when she accompanied her father to fairs and carnivals.
- "Potatoland." 9 min., color, 1957. Dist: Maine Dept. of Agriculture. Potato farming in Maine--planting, spraying, harvesting and packing.
- "Real Italian Pizza." 10 min., color, Dist: Serious Business Co. The colorful life in and around New York pizza parlor photographed by a fixed camera across the street over a period of 6 months. A celebration of street life.
- "Settlers: Early Pioneer Farmers of the Great Lakes Region." 28-1/2 min., color, 1973. Dist: Coronet Instructional Media Order #1934. Will McLeod and wife Maggie settle in Great Lakes Region in 1835 to become farmers. They daily farm tasks such as planting, spinning wool, churning butter, and pressing cider.

- Shrimp Tips From New Orleans." 14 min., color, 1956. Dist: Motion Picture Service, Dept. of Commerce. Several New Orleans shrimp recipes are prepared showing the influence of foreign countries on New Orleans' eating habits. Booklet available from Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.
- "Spend It All." 41 min. (or 31 min.), color, 1970. Dist: Flower Films & Boise State Univ., Order #40054; Grove Press Film Division. Reveals ways of Cajun Life in bayou country of Louisiana including cooking of matelots, building an accordion, killing and roasting a pig for a picnic (edited out in shorter version) and one man pulling his tooth.
- "Spider." 1 min., color, 1974. Dist: Films Inc. Order #331-0001. Character sketch of a small wiry short-order cook in a New Hampshire diner. Spider creates a floor show out of the ordinary process of diner cooking; documents his amazing speed and agility at his job as he talks about work and his life.
- "Spring Harvest." 13-1/2 min., color, 1975. Dist: Green Mountain Cine Works Inc. Documentary about the Bert Ladd family and maple sugar operation in Ira, Vermont.
- "Tradition." 20 min., color 1974. Dist: Appalshop. Moonshining is one of the strongest traditions in the mountains and although the tradition is decreasing it still exists. A moonshiner tells of being "sent up" 4 times for making liquor while IRS agents relate tales of tracking down stills and arresting moonshiners.
- "Unclouded Day: A Mostly Remembered Likeness of Other Times." 28 min., color, 1969. Dist: Georgia Dept. of Archives and History. Documents Georgia mountaineers and hillfolks' technology to survive their rugged environment. Stresses fold crafts and architecture including instrumental music, ballad and Sacred Harp singing, farming practices, soap making, food preservation, bee-keeping, milling, moonshining, herb medicine and butter churning.
- "Woodrow Cornett: Letcher County Butcher." 10 min., black and white, 1970, Dist: Appalshop. Demonstrates the intricate process of butchering a hog. Portrait of a man and his work and a look at the mountain custom of hog butchering.
- "Fireside Kitchen." 6 half-hour videotapes, color. Dist: New Jersey Public TV. Demonstrates aspects of colonial

cooking, techniques of open fire cooking and meal preparation.

"Sausage Stuffing with a Cow Horn." Slide/tape, 8 min.
Dist: Madison County Historical Society. Near Jamestown, NY, Mrs. Carlson makes korv, a special Swedish sausage and stuffs the casing with a horn the way her grandmother did.

Distributor's Addresses

ACI Media, Inc./35 W. 45th St/New York, NY 10036
(212) 582-6100.

Appalshop/Box 743/Whitesburg, Kentucky 41858/(606) 633-5708

Association-Sterling Films/866 Third Avenue/New York, NY 10022/(212) 935-4210

Audio Brandon Films/34 MacQuesten Parkway S/Mount Vernon, NY/(914) 664-5051.

Barr Films/3490 E. Foothill Boulevard/PO Box 5667/Pasadena CA 91107/(213) 793-6153.

Robert Benedetto/375 Alden Avenue/New Haven, CT 06515/(203) 387-0619.

Boise State University/Educational Media Services/1910 College Boulevard/Boise, ID 83725/(208) 385-6062.

Brigham Young University Educational Media Services/290 HRCB/Provo, UT 84602/(801) 374-1211.

Campbell Films/Saxton Fiver, VT 05154/(802) 869-2547.

Carousel Films Inc/1501 Broadway/New York, NY 10036/(212) LA4-4126.

Center for Southern Folklore/1216 Peabody Ave/PO Box 4081/Memphis TN 38104/(901) 726-4205.

Coronet Instructional Media/65 E. South Water St/Chicago IL 60601/(312) 332-7676.

Motion Picture Service, Department of Commerce--NOAA/12231 Wilkins Ave/Rockville MD 20852/(301) 783-9200.

Doubleday Multimedia/PO Box C-19518/1 Ave/Irvine, CA 92713/(714) 540-5550

Eccentric Circle Workshop/Mrs. Esme Dick/PO Box 4085/
Greenwich CT 06830/(203) 661-2278.

Educational Development Center/28 Fisher Ave/Boston MA
02120/(617) 440-7603

Encyclopedia Britannica Educational Corporation/425 N.
Michigan Ave/Chicago, IL 60611/(312) 321-6800.

Film-Makers' Cooperative/175 Lexington Ave/New York, NY
10016/(212) 889-3820.

Flower Films/c/o Les Blank/Box 9195/Berkeley, CA 94709/
(415) 525-1494.

Georgia Department of Archives and History/330 Capital
Ave., S.E./Atlanta GA 30334/(404) 656-2393.

Green Mountain Cine Works, Inc./53 Hamilton Ave/Staten
Island, NY 10301/(212) 981-0120.

Deedee Halleck/Maple Shade Movies/Stony Point, NY 10980/
(14) 947-3098.

Hancock Shaker Village/Albany Road, Route 49/Pittsfield,
MA 01201/(413) 443-0188.

Harpers Ferry Historical Association, Inc./PO Box 147/
Harleysville, WV 25425/(304) 535-6881.

Indiana University/Audio-Visual Center/Bloomington, IN
47401/(812) 332-0211.

International Film Bureau Inc./332 S. Michigan Ave/Chicago
IL 60604/(312) 427-4545.

Iowa State University/Media Resources Center/121 Pearson
Hall/Ames, IA 50010/(515) 294-4111.

Ronald Judkins/5910 Palo Pinto/Dallas, TX 75206/(214)
826-2706.

Maine Department of Agriculture/Motion Picture Service/
State Office Building/Augusta, ME 04330/(207) 289-2835.

Madison County Historical Society/435 Main Street/Oneida, NY
13421/(315) 363-4136.

New Jersey Public Television/1573 Parkside Avenue/Trenton,
NJ 08638

Tom Palazzolo/808 N. Elmwood/Oak Park, IL 60302/(312) 524-1156.

The Pennsylvania State University/Audio-Visual Services/
17 Willard Building/University Park PA 16802/(814) 865-6315.

Prentice Hall Media Inc./150 White Plains Rd/Tarrytown, NY
10591/(914) 631-8300.

Psychological Cinema Register/The Pennsylvania State
University/17 Willard Building/University Park, PA 16802/
(814) 865-6315.

Pyramid Films/PO Box 1048/Santa Monica, CA 90406/
(213) 828-7577.

Serious Business Company/1609 Jaynes St/Berkeley, CA 94703/
(415) 527-1928.

Texas State Department of Highways and Public Transportation/
PO Box 5064/Austin, TX 78712/(512) 471-1525.

University of California Extension Media Center/2223 Fulton
St./Berkeley, CA 94720/(415) 642-6000.

The University of Iowa/Audiovisual Center Media Library/
C-5 East Hall/Iowa City, IA 52242/(319) 353-2121.

The University of Michigan/Audio-Visual Education Center/
416 4th St/Ann Arbor, MI 48109/(313) 764-1817.

University of Minnesota/Audio Visual Library Serviv/3300
University Ave S.E./Minneapolis, MN 55414/(612) 373-2851.

Vedo Films/85 Longview Road/Port Washington, NY 11050/
(516) 883-7460.

Viewfinders, Inc./PO Box 1665/Evanston, IL 60204/
(312) 869-8602.

Book Notes

YOU EAT WHAT YOU ARE: A Study of Ethnic Food Traditions.
By Thelma Barer-Stein. From McClelland & Stewart Ltd., 25
Hollinger Rd. Toronto M4B 3G2 Canada. 624 pp. Bibliography
and Index. \$8.95 paperbound.

You Eat What You Are is a fascinating compendium of information on the food traditions of over 100 ethnic groups currently living in Canada. The author focuses on the eating habits of diverse groups in their countries of origin from Africa to Yugoslavia. The book is an excellent resource/reference for such service oriented professionals as nutritionists, social workers, and food service workers. To this end, Barer-Stein has developed a standardized format for presenting the food traditions of the different ethnic groups. In each of the 52 chapters, she first gives historical and cultural information about the specific community. Her next heading describes the group's Home Life and Kitchen Facilities. This is followed by Their Foods Commonly Used, printed in bold type, for quick reference. The author then provides more detailed information about this subject. Her section on Meal Patterns and Eating Customs includes the time of day when meals are eaten as well as indicating what foods are used at the different times. The final section in each chapter talks about the use of food on special occasions. In addition, some chapters include a discussion of cooking methods and regional specialties.

Barer-Stein has tackled an important and monumental task. Her extensive bibliography clearly shows the thorough research she has done in the study of food customs. Her book covers an enormous amount of material in an extremely methodological fashion. The only criticism of You Eat What You Are is that, in attempting to present such a comprehensive book, Barer-Stein covers some ethnic groups in less depth than others. She devotes 18 pages to France while allowing five for Denmark. In addition, the focus of her book is unclear. While she purports to talk about the eating habits of Canadian ethnic groups, she is really presenting food traditions as they existed in the mother country. As a result, her chapters on the United States and Canada are extremely superficial. The complexity

of food traditions in both countries would require additional volumes. However, these two criticisms do not diminish the value of You Eat What You Are as a resource. The book should be an important reference tool for professionals and academics working in food related areas.

Nancy G. Klavans
University of Pennsylvania
Dept. of Folklore & Folklife

Bell, Ed. Wheat Was My Life. Bozeman, Montana: Ed Bell, 1981. 225 pp. \$11.95. This is an autobiography of Mr. Bell's life with an emphasis on his work with wheat since wheat and wheat farmers played a dominant part in his working years. It is his personal recollections describing farm life, marketing problems, cooperatives, price supports, acreage control, farm credit, export promotion and foreign policy. The author pioneered in marketing research, farm programs and wheat market development in Montana, the Pacific Northwest, Washington, D.C. and abroad from 1925 through 1966. To order, enclose check or money order payable to Wheat Was My Life, P.O. Box 1165, Great Falls, Montana 59403 or E. J. Bell, Jr., P.O. Box 1034, Bozeman, Montana 59715.

Conferences

FOODWAYS ACTIVITIES AT THE 1981 AMERICAN FOLKLORE SOCIETY MEETING

The Foodways Section of the American Folklore Society met on Friday, October 23, 1981, as a part of the annual AFS meeting held this year in San Antonio, Texas. Michael Owen Jones was the convener. Among those attending were: Nancy Klavans, Sue Samuelson, Simon Bronner, Keith Cunningham, John Marshall, Nana Farris, Sandy Rikoon, Betty Belanus, Harry Gammerdinger, Sue Eleuterio-Comer, Agnes Hostettler, Robert VanBurkleo, Merri Belland, Doris J. Dyen, Egle Zygas, Greta Swenson, Thomas Adler, and Amy Shuman.

The participants discussed their various interests, from cookies as gifts at rites of passage (Hostettler), to mountain oysters and lamb fries (Adler) to food at family reunions (Swenson). More practical matters included The Digest's status as the section's semi-official "mouth-piece," the possibility of a special foodways section dinner at the 1982 AFS meetings, and possible paper sessions at the 1982 meetings (one on bread, one on herbs and spices). Calls for papers for these sessions and other possible section topics will be made in the forthcoming issues of The Digest.

Below is a list of foodways papers presented at the meetings. Readers wishing a copy of the papers should request them directly from the presenter in care of their affiliated school or organization.

Drozd, Jocelyn (University of Texas, Austin). "An Investigation of the Repast Component in American Funeral Ritual."

Ferguson, Leland and Stacy Gibbons (University of South Carolina, Columbia). "Ingredients for the Study of Folk Foodways of the 18th-Century South."

Fox, William S. and Mae G. Banner (Skidmore College). "The Sociopolitical Context of Folklore Variants: A Case

Study of Potato Chip Legends."

Gonzalez, Alicia Maria (University of Southern California)
and Jose Limon (University of Texas, Austin). "The
Panadero or Mexican Baker as an Itinerant Artist."

Jamzadeh, Laal (Harvard University). "Sofreh I: Ceremonial
Use of Food in Zoroastrianism."

Japp, Phyllis and Kerry Loney (University of Nebraska).
"Food as Cultural Identification: Afghan Refugees in
Omaha."

Krieger, Laurie (University of North Carolina, Chapel Hill).
"Food, Emotion and Relationship in Baladi Cairo."

Marshall, John (Western Kentucky University). "Barbeque
Cookery: From the Traditional to the Commercial."

Mills, Margaret (no affiliation). "Sofreh II: The Iranian
Votive Meal and Traditional Food-Sharing Ideology."

Raspa, Richard (Wayne State University). "The Italian-
American Food Merchant as Cultural Performer."

Singer, Eliot A. (University of Pennsylvania). "Folklore
and Food in Postcontemporary Literature."

Swing, Pamela (University of Texas). "Salt, Sex, and Rain:
A Hopi Quest."

Webber, Sabra J. (University of Texas, Austin). "Symbolic
Strategy in Tunisian Foodways Stories."

Zygas, Egle Victoria (Indiana Arts Commission). "Changing
Culinary Codes: Ethnic Adaptation of a Ritual Meal."

Announcements

Biological Agriculture and Horticulture
An International Journal

Editor: Dr. R. D. Hodges

Biological Agriculture and Horticulture is the first scientific journal to focus on the development of biological husbandry as a viable form of agriculture. During the past 40 years agriculture and horticulture in the developed countries have become more intensive, mechanised and energy-consuming. Although these developments have resulted in very large increases in productivity they have been shown in some instances to have been accompanied by detrimental side-effects of an environmental and social nature and by an excessive use of world resources. More recently, since the energy crisis, this system of agriculture has become subject to the constraints of rapidly increasing energy prices. Problems associated with modern, conventional agriculture may become intensified when the system is applied to the developing countries--indeed this type of agriculture is frequently not applicable to the economic and social conditions to be found in these countries.

Alternative systems, based upon biological principles, have been devised with the intention of minimising these problems. Such systems of biological agriculture and horticulture, otherwise known by the overall term biological husbandry attempt to provide a balanced environment in which the maintenance of soil fertility and the control of pests and diseases are achieved by the enhancement of natural processes and cycles, with only moderate inputs of energy and resources--but without any significant loss of productivity.

The areas covered by the journal include (but are not limited to) soil fertility and management; biological control methods; energy utilization studies; agricultural systems and environmental management; agricultural technology; and

biological agriculture and horticulture (including nutrition).

Papers should be sent in duplicate to the Editor at Wye College, University of London, Ashford, Kent TN25 5AH, England together with an abstract of about 200 words. For detailed 'Notes for Contributors' please contact the Publishers.

Subscription information is available from: A.B. Academic Publishers, P.X. Box 97, Berkhamsted, Herts HP4 2PX England.

NUTRITION AND HEALTH

a New International Journal

Edited by Kenneth Barlow and Peter Bunyard

People are increasingly afflicted by degenerative disease; the high cost of drugs and care in treating such disease now amounts to a significant proportion of the gross national product in many countries. Yet, far from improving, the general health of the population appears to be deteriorating. Ever since the discovery of vitamins and other food factors, doctors and nutritionists have realised the link between food and certain deficiency diseases; in the past they have in general tended to overlook the effect of diet on the development of degenerative disease, concentrating their efforts on alleviating symptoms, but there is now increasing awareness of the important role of nutrition in preventive medicine. This timely journal, Nutrition and Health, will contribute to the spread of knowledge of the vital relationship between nutrition and health.

The journal will feature the following:

Biology and Health, Biological Diversity, Nutrition for Growth, Narrowing the Range of Nutrients by Food Technology, Diets of Diverse Nations.

The first issue is entitled Soil, Food and Health in a Changing World, featuring topics such as food, fatness and fitness; food processing and the nutritional value of food; blinding malnutrition; and community dietetics. The issue is based on a 1980 conference with contributions by scientists, doctors, and farmers.

Nutrition and Health is published in association with the McCarrison Society founded by a group of doctors and dentists convinced the supreme importance of nutrition in promoting health and preventing disease; the society is named after Robert McCarrison, whose work was unique and

remains as in inspiration. Papers for consideration should be sent in duplicate to Peter Bunyard at Lawellen Farm, Withiel, Bodnin, Cornwell, England. All orders and subscriptions correspondence should be sent to the publisher: AB Academic Publishers, P.O. Box 97, Berkhamsted, Herts, HP4 2PX, England.

The National Association of Anorexia Nervosa and Associated Disorders (ANAD) is an organization designed to provide a number of important services valuable to bingers and self-starvers. Designed to help not only those people with eating disorders the organization strives to help their family and friends as well. ANAD receives no grant money or endowments, and relies heavily on the work of volunteers. Membership in the organization is solicited to support current research programs, to undertake new projects and to publish a newsletter. More information and bibliographies on eating disorders relating to self-starvation, binge eating and purging can be received by sending 35¢ to ANAD, Box 271, Highland Park, Illinois 60035.

Renewals

Dear Digest Subscriber:

This is the last issue of Vol. III. Therefore subscriptions for renewals are due. Current domestic rates are \$6.00 per year (1981-82) and \$7.50 for international subscriptions. We regret the increase which is due to rising postage rates. Please send your check or money order payable to The Digest to:

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Due to the increased cost of publication and in order to simplify record keeping, we are revising our subscription rates and policy. Subscriptions will cover one publication year.

Thus: \$6.00 entitles you to Volume I (1977-1978), issues 1, 2, 3

\$6.00 entitles you to Volume II (1978-1979), issues 1, 2, 3

Foreign subscriptions will cost an additional \$3.00 for postage or \$2.00 at printed meter rates.

Bibliographic supplement: The size and cost of printing the bibliographic supplement unfortunately precludes our offering it as part of the regular issue. However, it will be available to subscribers at a reduced cost of \$2.50 and to non-subscribers at a cost of \$4.00.

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HELP !

Due to the increase in membership, the Digest has decided to re-do and update the Directory. This supplemental issue gives the names and addresses of our membership and includes brief descriptions of their research in progress plus areas of interest. To accomplish our goal we ask our subscribers to fill out the following form as completely as possible and return it with their subscriptions to our office. If there are any questions, comments, or otherwise, please contact us. Thank you for your cooperation

Date _____

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(Last) (First)

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State _____ Zip Code _____ Telephone _____

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Areas of Current Research Related to Food:

Publications Related to the Study of Food:

Areas of Interest in Food:

Courses concerning food and food related behavior which you have taken or taught. Please indicate where, when, and by whom the course was taught. Please enclose course descriptions, syllabi and bibliographies.

Courses concerning food and food-related behavior expected to be taught in the future; please give specific dates and indicate where, when, and by whom the course will be taught. Please enclose course descriptions, syllabi and bibliographies, if possible.

Organizations related to or involved in the study of any aspect of food:

Please provide names and addresses of others who might be interested in receiving this newsletter.

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