

THE AMERICAN AND HIS FOOD

A History of Food Habits in the United States

By

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APPENDIX D—Continued

Article	Period	1895-96	1865-66	1892-93	1895-96	1865-66	1892-93	1895-96	1865-66	1892-93	1895-96	1865-66	1892-93	1895-96	1865-66	1892-93	1895-96	1865-66	1892-93	
Vegetables	Spinach.....	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	Sweet corn...	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	Tomatoes...	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	String beans	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	Apr.	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	May	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	June	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	July	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	Aug.	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
	Sept.	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□

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APPENDIX E
WEEKLY FOOD BUDGET FOR A FAMILY
OF THREE, PHILADELPHIA, 1833*

Bread.....	\$0.62½
Meat.....	.20
Butter.....	.15
Potatoes.....	.15
Sugar.....	.12
Milk.....	.07
Tea.....	.10
Salt, pepper, vinegar.....	0.07
Amount for food.....	\$1.48½
For shelter, clothing, and other expenses.....	1.71
Total expenditures.....	\$3.19½

* Matthew Carey, *Appeal to the Wealthy of the Land, Ladies as Well as Gentlemen, on the Character, Conduct, Situation and Prospects of Those Who Sell Dependence for Subsistence to on the Labor of Their Hands* (Philadelphia, 1833), p. 9.

APPENDIX F

WEEKLY FOOD BUDGET FOR A FAMILY
OF FIVE, PHILADELPHIA, 1851*

Butcher's meat, 2 lb. per day @ 10¢ per lb.	\$ 1.40
Barrel of flour, \$5.00, will last eight weeks	0.62½
Butter, 2 lb. @ 31½¢ per pound.	0.63
Potatoes, ½ bu.	0.50
Sugar, 4 lb. @ 8¢ per pound.	0.32
Coffee and tea.	0.25
Milk, two cents per day.	0.14
Salt, pepper, vinegar, starch, soap, soda, yeast, cheese, eggs	0.40
Amount for food.	\$ 4.26½
For shelter, clothing, and other expenses	6.11
Total expenditures.	\$10.37½

* *New York Tribune*, May 27, 1851.

APPENDIX G

WEEKLY FOOD BUDGET FOR A FAMILY
OF SIX, NEW YORK CITY, 1864*

Meats for the week (being a half ration supply)	\$ 3.50
One bag of flour.	1.80
Four pounds of butter.	1.60
Small measure of potatoes, daily, @ 17¢ per day (7 days).	1.19
Three and a half pounds of sugar.	1.05
One pound of coffee (mixed or adulterated —can't afford better)	0.35
One quarter of a pound of tea.	0.38
Milk.	0.56
Vegetables.	0.50
Dried apples—to promote the health of children.	0.25
Two pounds of lard.	0.38
Soap, starch, pepper, salt, vinegar, etc.	1.00
Amount for food.	\$12.56
For shelter and other expenses.	5.94
Total expenditures.	\$18.50

* *Printer*, V (August, 1864), 116.

APPENDIX H

PERCENTAGE OF WEEKLY WAGES NECESSARY FOR PURCHASING A SELECTED LIST OF FOODS AT RETAIL, 1830-1930*

Food	LABORERS IN MASSACHUSETTS		BRICKLAYERS IN UNITED STATES	
	1830	1860	1901	1930
Bacon (15 lb.)	\$1.29	\$1.50†	\$1.95†	\$ 6.38
Bread (20 lb.)	1.56	1.84†	1.09	1.72
Butter (2 lb.)	0.32	0.46§	0.53	0.93
Potatoes (3 bu.)	0.13	0.34§	0.50	1.08
Milk (5 qt.)	0.25	0.25	0.31	0.71
Sugar (2 lb.)	0.28	0.18§	0.12	0.12
Total cost	\$8.83†	\$4.57**	\$4.50††	\$10.94††
Weekly wage	4.41§§	6.00	9.71†††	70.76***
Approximate percentage of weekly wage	86.8	76.1	46.3	15.4

* This table is intended simply to show a relationship between wages and costs of a selected list of foods. No allowance is made for unemployment or other factors which may combine to make the worker's income far below the nominal figures.

† Salt pork.
 ‡ Adjusted 1865 price.
 § Low average.
 || 1859 price.
 ¶ Prices are from Carroll D. Wright, "Historical Review of Wages and Prices, 1762-1860," in *Annual Report of the Massachusetts Bureau of Labor Statistics, 1886*, pp. 260-61.
 ** Prices from *ibid.*, pp. 311-12.
 †† Prices from U.S. Bureau of Labor, *Bulletin 77* (1908), p. 209.
 ††† Prices from United States, *Statistical Abstract* (1936), p. 308.
 §§ Laborer's wages, six-day week assumed (Wright, *op. cit.*, p. 260).
 ||| Laborer's wage, six-day week assumed (*ibid.*, p. 311).
 ¶¶ Bricklayer's wages, union week (U.S. Commissioner of Labor, *Report* [1904], p. 46).
 *** Bricklayer's wage, union week (United States, *Statistical Abstract* [1936], p. 331). The average wage for common labor in 1930 was 45.1 cents an hour. Assuming a forty-hour week, the list of foods would have taken 63 per cent of the weekly wage (*ibid.*, p. 332).

APPENDIX I
 RETAIL COST OF CALORIES YIELDED BY TWO DIFFERENT GROUPS OF FOODS, 1930

FOODS HIGH IN CALORIE YIELD			FOODS LOW IN CALORIE YIELD		
Food (1 lb.)	Cost per Unit*	Calories Yielded per Unit†	Food	Cost per Unit*	Calories Yielded per Unit†
Bacon	\$0.425	2,957	Milk (qt.)	\$0.141	676
Bread	.086	1,174	Oranges (doz.)	.571	1,200
Butter	.464	3,488	Canned tomatoes (No. 2 can)	.121	128
Potatoes	0.086	804	Cabbage (lb.)	0.056	121
Average cost per 1,000 calories			Average cost per 1,000 calories		
					\$0.523

* United States, *Statistical Abstract* (1936), p. 308.
 † Mary S. Rose, *A Laboratory Handbook for Dietetics* (New York, 1932), pp. 131, 146, 148, 205.

APPENDIX J

PERCENTAGE OF THE LOW-PAID WAGE-EARNER'S EXPENDITURE GOING FOR FOOD AT VARIOUS PERIODS

Date	Description	Per Cent
1833*	Budget, laborer, Philadelphia	46.0
1851†	Budget, laborer, Philadelphia	41.0
1864‡	Budget, printer, New York	68.0
1874§	Survey of Massachusetts workers, annual income \$300-\$450	64.0
1890§	Survey of Massachusetts workers, annual income \$300-\$450	50.0
1901§	Survey of Massachusetts workers, annual income \$300-\$450	56.0
1901	Survey of Massachusetts workers, annual income \$450-\$600	54.8
1901	Survey of Massachusetts workers, annual income \$600-\$750	53.3
1901	Survey of Massachusetts workers, annual income \$750-\$1,200	53.1
1935-36¶	Survey of American families, annual income under \$500	43.6
1935-36¶	Survey of American families, annual income \$500-\$750	43.8
1935-36¶	Survey of American families, annual income \$750-\$1,000	41.5

* See Appen. E.

† See Appen. F.

‡ See Appen. G.

§ Report of the Massachusetts Committee on the Cost of Living, 1910, p. 583.

|| *Ibid.*, p. 582.

¶ National Resources Committee, *Consumer Expenditures in the United States, Estimates for 1935-36* (Washington, 1939), pp. 76-79. Data from urban and rural families and for single persons throughout country. For these families as a whole it was found that average total expenditure exceeded average income in this year. Thus the families with annual incomes under \$500 used 65 per cent of their income for food; those between \$500 and \$750, 49.5 per cent; and those between \$750 and \$1,000, 43.5 per cent.

APPENDIX K

FOOD EXPENDITURE OF A PROFESSIONAL FAMILY IN 1816-17 AND OF A SIMILAR FAMILY IN 1926-27*

Item	Food Expenditure, 1926-27			Food Expenditure, 1816-17		
	Amount	Percentage of Total	Percentage of Subtotal	Amount	Percentage of Total	Percentage of Subtotal
Milk	\$184.48	20.2	100.0	\$24.70	2.7	100.0
Cream	1.77	0.2				
Ice cream	18.79	2.0		3.75	0.4	
Butter	63.11	6.9		77.49	8.4	
Eggs	46.02	4.6		48.79	4.8	
Cheese	1.60	0.2		0.56	0.1	
All meat	99.91	10.9	100.0	249.94	27.3	100.0
Beef	47.86	5.2	47.9	85.30	9.3	34.1
Dried beef	1.85	0.2	1.8			
Pork	14.85	1.6	14.4	15.22	1.7	6.1
Sausage				4.18	0.4	1.7
Ham	14.68	1.6	14.6			
Bacon	10.31	1.1	10.3	69.29	7.6	27.7
Veal	1.95	0.2	2.0	36.48	4.0	14.6
Lamb	7.51	0.8	7.5	29.40	3.2	11.8
Mutton				10.07	1.1	4.0
Other meat	1.45	0.2	1.5			
Poultry	50.15	5.5		59.70	6.5	
Fish	11.68	1.3		12.42	1.35	
Oysters				11.08	1.2	
Lard	0.50	0.1		6.88	0.7	
Lard substitutes	10.66	1.2				
Oils	4.79	0.5				
All cereals	48.22	5.5	100.0	149.53	16.3	100.0
White flour	0.73	0.2	3.6	103.67	11.3	69.3
Other flour	3.27	0.4	6.8	1.56	0.2	1.1
Oatmeal	0.35	0.08	0.7			
Breakfast foods	7.03	0.8	14.6			
Rice	1.72	0.2	3.6			
Hominy				0.80	0.1	0.5
Corn meal	0.43	0.04	0.09	3.78	0.4	2.5
Tapioca	0.37	0.04	0.7	11.91	1.3	8.0
Macaroni	0.55	0.1	1.1			
Comstarch	1.00	0.2	2.1			
Crackers	5.68	0.6	11.8	2.75	0.3	1.9
Cookies and cakes	6.32	0.7	13.1	14.71	1.6	9.8
Bread	19.77	2.2	41.0	10.35	1.1	6.9

* Source: Chase Woodhouse, "The Standard of Living at a Professional Level, 1816-17 and 1926-27," *Journal of Political Economy*, XXXVII (October, 1929), 362-72.

APPENDIX K—Continued

Item	Food Expenditures, 1926-27			Food Expenditures, 1916-17		
	Amount	Percent- age of Total	Percent- age of Subtotal	Amount	Percent- age of Total	Percent- age of Subtotal
All sweets.....	\$ 40.59	4.4	\$ 61.03	6.7
Sugar.....	25.45	2.7	57.91	6.3
Syrup and molasses.....	1.06	0.1	2.88	0.3
Honey.....	1.60	0.2	0.75	0.1
Jams, jellies, etc.	12.48	1.4
All potatoes.....	24.76	2.7	100.0	19.68	2.2	100.0
Irish potatoes.....	20.08	2.2	81.1	14.94	1.6	75.9
Sweet potatoes.....	3.78	0.4	15.3	4.74	0.5	24.1
Potato chips.....	0.90	0.1	3.6
All vegetables.....	91.44	10.1	100.0	88.99	4.4	100.0
Root:						
Carrots.....	5.37	0.6	5.9	2.59	0.3	6.6
Turnips.....	1.00	0.2	1.1	2.48	0.3	6.4
Parsnips.....	0.15	0.2	1.00	0.1	2.6
Beets.....	0.70	0.1	0.8	1.78	0.2	4.6
Green onions.....	0.19	0.2
Dry onions.....	2.54	0.3	2.8	1.58	0.2	4.1
Legumes:						
Lima beans.....	0.65	0.1	0.7
Dried beans.....	0.24	0.3
Fresh peas.....	3.84	0.4	4.2	3.62	0.4	9.8
Corn.....	3.03	0.3	3.3	0.65	0.1	1.6
Leafy:						
Cabbage.....	1.98	0.2	2.2	5.91	0.6	15.2
Lettuce.....	13.28	1.5	14.5
Spinach.....	6.99	0.8	7.6	2.51	0.3	6.4
Greens.....	2.25	0.2	2.5	1.56	0.2	4.0
Cauliflower.....	3.12	0.34	3.4	0.31	0.8
Celery.....
Other:						
Tomatoes.....	10.91	1.2	11.9	2.55	0.3	6.5
Asparagus.....	0.65	0.1	0.7	2.66	0.3	6.8
Cucumbers.....	0.68	0.1	0.7	2.50	0.3	6.4
String beans.....	9.83	1.1	10.7	4.45	0.5	11.4
Squash.....	1.05	0.2	1.1	2.86	0.3	7.3
Pumpkin.....	0.45	0.5
Peppers.....	0.88	0.4
Other vegetables.....	0.80	0.1	0.9
Canned vegetables.....	21.36	2.3	23.4

APPENDIX K—Continued

Item	Food Expenditures, 1926-27			Food Expenditures, 1916-17		
	Amount	Percent- age of Total	Percent- age of Subtotal	Amount	Percent- age of Total	Percent- age of Subtotal
All fruit.....	\$ 96.20	10.5	100.0	\$ 23.22	2.6	100.0
Apples.....	12.42	1.4	12.9	5.31	0.6	22.9
Bananas.....	3.22	0.4	3.3
Berries.....	15.50	1.7	16.1	6.91	0.8	29.7
Cherries.....	5.25	0.6	5.6	1.32	0.1	5.7
Grapes.....	1.80	0.2	1.9
Lemons.....	0.33	0.3	3.00	0.3	12.9
Oranges.....	22.16	2.4	23.0	2.50	0.3	10.8
Peaches.....	5.85	0.6	6.1	2.23	0.2	9.6
Pears.....	0.25	0.2
Pineapple.....	0.30	0.3
Plums.....	1.80	0.2	1.9	1.44	0.2	6.2
Watermelon.....	1.55	0.2	1.6	0.51	0.1	2.2
Other fruit.....	23.59	2.6	24.5
Dates.....	1.20	0.1
Dried apples.....	0.63	0.1
Figs.....	1.58	0.2
Prunes.....	1.63	0.2
Currants.....	0.50
Raisins.....	0.56	0.1	10.19	1.1
Miscellaneous foods:						
Soup.....	0.59	0.1
Chocolate and cocoa.....	2.32	0.3	7.15	0.8
Nuts.....	7.31	0.8
Gelatin.....	0.79	0.1	18.00	2.0
Coffee.....	4.51	0.5	12.27	1.3
Tea.....	0.25	3.70	0.4
Spices.....	0.35	0.63	0.1
Pickles.....	0.45	1.44	0.1
Vinegar.....	0.83	0.1	2.29	0.2
Salt.....	0.48
Extracts.....	1.71	0.2
Popcorn.....	0.60	0.1
Alcoholic beverages.....	75.25	8.2
Soda, etc.....	6.70	0.5	0.50
Meals out.....	89.55	9.8
Total food.....	\$914.44	100.0	\$916.40	100.0

APPENDIX L

PERCENTAGE OF CALORIES DERIVED FROM VARIOUS FOOD GROUPS BY NORTH ATLANTIC WAGE-EARNERS

Families in—	Daily Calories per Adult Male	Bread and Cereals	Meat, Fish, Eggs	Vegetables and Fruits	Milk and Cheese	Butter and Fats	Sugar and Sweets
1914-15*	2,926	38	18	13	9	10	12
1928-29*	3,118	37	14	11	14	10	14
1934-36†	2,960	33	14	16	11	15	12

* New York families of various nationalities and size earning low incomes derived chiefly from unskilled labor (Lucy Gillett and Feloipe Rice, *Influence of Education on the Food Habits of Some New York City Families* [New York, 1931], pp. 16, 16, 19, 36).

† Families of wage-earners in North Atlantic cities (Hazel Stobeling and Esther Shipard, *Diet of Families of Employed Wage Earners and Clerical Workers in Cities* [U.S. Department of Agriculture Circ. 507 (1933)], p. 96).

APPENDIX M

VARIANCE IN USE OF FOODS AND ECONOMIC STATUS*

Food	RELATIVE PERCENTAGE PER CAPITA CONSUMPTION AMONG FAMILIES WHOSE ANNUAL EXPENDITURES FOR FOOD AMOUNTED TO—			
	Under \$200	\$200-\$399	\$400-\$499	\$500 and Over
Fruits, fresh, and juices.....	100	181	202	257
Leafy vegetables.....	100	116	195	189
Other fresh vegetables.....	100	124	185	249
Meats, poultry, fish.....	100	122	190	168
Eggs.....	100	134	145	168
Butter and substitutes.....	100	124	133	133
Milk, cream, and ice cream.....	100	130	128	125
Potatoes.....	100	110	117	117
Bread.....	100	88	90	82

* Families in New England cities (Faith Williams, "Food Consumption at Different Economic Levels," *Monthly Labor Review*, XLII (April, 1936), 392).

APPENDIX N
PERCENTAGE OF CALORIES DERIVED FROM VARIOUS FOOD GROUPS BY KENTUCKY FAMILIES*

FAMILIES' EXPENDITURES PER CAPITA DAILY FOR FOOD	PERCENTAGE OF CALORIES						
	Daily Calories per Adult Unit	Bread, Flour, Cereals	Fats	Fish, Lean Meat, Eggs	Milk and Cheese	Sugars	Fruits and Vegetables
8¢-16.9¢.....	2,406	43	25	3	12	6	11
17¢-25.9¢.....	3,053	36	30	2	14	8	10
26¢-34.9¢.....	3,911	32	38	2	11	7	10
35¢ and over.....	4,064	28	22	12	20	11	7

* Faith Williams et al., *Family Living in Knott County, Kentucky* (U.S. Department of Agriculture Technical Bull. 573 (1937)), p. 39.