



# **Perfection Salad: Women and Cooking at the Turn of the Century (California Studies in Food and Culture) (Paperback) - Common**

*By (author) Laura Shapiro*

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Features the story of America's transformation from a nation of honest appetites into an obedient market for instant mashed potatoes. This work investigates a band of reformers at the turn of the twentieth century who were determined to modernize the American diet through a 'scientific' approach to cooking.

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