## Contents

_Acknowledgments_ ix

Introduction: Eating Bodies in the 19th Century 1

1 Kitchen Insurrections 15

2 “She Made the Table a Snare to Them”: Sylvester Graham’s Imperial Dietetics 53

3 “Everything ’Cept Eat Us”: The Mouth as Political Organ in the Antebellum Novel 89

4 A Wholesome Girl: Addiction, Grahamite Dietetics, and Louisa May Alcott’s Rose Campbell Novels 123

5 “What’s De Use Talking ’Bout Dem ’Mendments?”: Trade Cards and Consumer Citizenship at the End of the Nineteenth Century 145

Conclusion: Racial Indigestion 183

*Notes* 189

_Bibliography_ 241

_Index_ 259

_About the Author_ 276

_An illustrated insert follows page 130._