CONTENTS

Preface, ix
Acknowledgments, xiii
Introduction, 1

PART 1. THE CULTURE OF MILK
1. Great Mothers and Cows of Plenty, 13
2. Virtuous White Liquor in the Middle Ages, 34
   3. The Renaissance of Milk, 58

PART 2. FEEDING PEOPLE
4. Cash Cows and Dutch Diligence, 83
5. A Taste for Milk and How It Grew, 100
   6. Milk Comes of Age as Cheese, 118
   7. An Interlude of Livestock History, 138

PART 3. INDUSTRY, SCIENCE, AND MEDICINE
8. Milk in the Nursery, Chemistry in the Kitchen, 153
   10. Milk in an Age of Indigestion, 199
    11. Milk Gone Bad, 210
CONTENTS

PART 4. MILK AS MODERN
12. The ABC's of Milk, 235
13. Good for Everybody in the Twentieth Century, 253
14. Milk Today, 279

Notes, 293
Bibliography, 323
Index, 337