

BEST QUOTES ON FAMILY AND CONSUMER SCIENCE

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GENERAL PROGRAM QUOTES

What is now recognized as family and consumer sciences had its beginnings 100 years ago. In 1899, Ellen H. Richards, the first female student, graduate, and faculty member at Massachusetts Institute of Technology (MIT), hosted a conference of educators to organize efforts to apply science in improving the quality of life in the home. Richards was the first American female chemist; her concern for clean air and water, safe food, the safety of children, the preservation of the environment, and women's rights led her to establish the first state water quality standards, the first air pollution studies, and the first home testing laboratory. Credited with coining the term *human ecology*, Richards founded the science of dietetics, the world's first science lab for women, the Wood's Hole biological laboratory, and the American Association of University Women (AAUW). In 1909, after 10 years of determined effort, Richards succeeded in establishing the first home economics association. Today, the study of family and consumer sciences continues to thrive in the United States, Japan, Great Britain, Canada, Australia, many African countries, Latin America, and throughout much of Europe.

—Ann Collins Chadwick

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life, and careers in Family and Consumer Sciences by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

- > Strengthening the well-being of individuals and families across the life span.
- > Becoming responsible citizens and leaders in family, community, and work settings.
- > Promoting optimal nutrition and wellness across the life span.
- > Managing resources to meet the material needs of individuals and families.
- > Balancing personal, home, family, and work lives.
- > Using critical and creative thinking skills to address problems in diverse family, community, and work environments.
- > Successful life management, employment, and careers development.
- > Functioning effectively as providers and consumers of goods and services.
- > Appreciating human worth and accepting responsibility for one's actions and success in family and work life.

—*National Association of
State
Administrators of
Family and
Consumer Sciences*

...an increasing number of boys...are signing up for classes in family and consumer sciences; boys now account for 40 percent of enrollment. In fact, the number of students enrolled in family and consumer sciences courses overall is growing. This strong interest may be symptomatic of the flip side of the changing family. For example, boys anticipate that they will be equal partners in raising a family and they want to be prepared....In addition, the erosion of family time has meant that many youngsters have missed out on learning some important life skills. Surveys indicate that middle school students are most interested in learning two skills: cooking, because a parents my not be home when they are hungry, and babysitting, their first opportunity for paid employment.

—Sally Lindfors

A K-12 student organization with 222,000 members, the *Family, Career, and Community Leaders of America* (FCCLA) enhances family and consumer sciences education through its cocurricular units of study and extracurricular activities, providing opportunities for service learning at its best....Students who examine the needs of senior citizens in class, for example, can participate in an FCCLA activity at a senior citizen center—reading aloud, leading exercises, or teaching a workshop on avoiding financial scams. Students of child development can apply their knowledge in FCCLA activities at a preschool or kindergarten—teaching about safety or healthy snacks, for example. At FCCLA conferences, organized by student leaders, participants think on their feet in creative competitions that include cooking in teams and presenting strategies to solve community problems.

—Sally Lindfors

Home economics should find its way into the curriculum of every school because the scientific study of a problem pertaining to food, shelter or clothing... raises manual labor that might be drudgery to the plane of intelligent effort that is always self-respecting...Home economics is not one department, in the sense in which dairying or entomology or soils is a department. It is not a single speciality... Many technical and educational departments will grow out of it as time goes on.

—Martha Van
Rensselaer

Change the food in the schools and we can influence how children think. Change the curriculum and teach them how to garden and how to cook and we can show that growing food and cooking and eating together give lasting richness, meaning, and beauty to our lives.

—Alice Waters

Vocational education programs have made a real difference in the lives of countless young people nationwide; they build self-confidence and leadership skills by allowing students to utilize their unique gifts and talents.

—Conrad Burns

I think one of the worst things schools have done is taken out all of the stuff like art, music, woodworking, sewing, cooking, welding, auto-shop. All these things you can turn into careers. How can you get interested in these careers if you don't try them on a little bit?

—Temple Grandin

Technology's impact on families, careers, and communities is changing the face of family and consumer sciences. Technology is about more than computers—it's about digital cameras, ceramic cooktops, and 'smart' house that greet you and turn on the lights as you approach the front door. It's also about home security, communication, transportation, and—most of all—information.

Family and consumer sciences teachers can tailor the information technology that is prevalent in schools to help students develop higher-order thinking skills and process information more effectively.

—Sharon Cunningham

The number of students enrolled in family and consumer sciences courses overall is growing. This strong interest may be symptomatic of the flip side of the changing family. For example, boys anticipate that they will be equal partners in raising a family and they want to be prepared. In addition, the erosion of family time has meant that many youngsters have missed out on learning some important life skills. Surveys indicate that middle school students are most interested in learning two skills: cooking, because a parent may not be home when they are hungry, and babysitting, their first opportunity for paid employment.

—Sally Lindfors

COOKING

Warm familiar scents drift softly from the oven,
And imprint forever upon our hearts
That this is home
and that we are loved.

—Arlene Stafford-Wilson

Because cooks love the social aspect of food, cooking for one is intrinsically interesting. A good meal is like a present, and it can feel goofy, at best, to give yourself a present. On the other hand, there is something life affirming in taking the trouble to feed yourself well, or even decently. Cooking for yourself allows you to be strange or decadent or both. The chances of liking what you make are high, but if it winds up being disgusting, you can always throw it away and order a pizza; no one else will know. In the end, the experimentation, the impulsiveness, and the invention that such conditions allow for will probably make you a better cook.

—Jenni Ferrari-Adler

Cooking gives you the opportunity to meet the things you eat. You can touch each carrot or olive and get to know its smell and texture. You can feel its weight and notice its color and form. If it is going to become part of you, it seems worthy, at least, of acknowledgment, respect, and thanks. It takes much time and care in order for things to grow, and many labors are needed to bring these ingredients to the kitchen. There is a lot to be grateful for that takes place between the wheat field and the dumpling.

—Gary Thorp

No matter our age, everyone in our household knows that cooking and eating together is where the fun is.

—Corky Pollan

Maybe your mind won't remember what I cooked last week, but your body will.

—Erica Bauermeister

Cooking is the great divide between good eating and bad. The gains are quantifiable. Cooking and eating at home—even with quality ingredients—costs pennies on the dollar compared with meals prepared by a restaurant or factory.

—Barbara Kingsolver

While cooking demands your entire attention, it also rewards you with endlessly sensual pleasures... The seductive softness of chocolate beginning to melt from solid to liquid. The tug of sauce against the spoon when it thickens in the pan, and the lovely lightness of Parmesan drifting from the grater in gossamer flakes. Time slows down in the kitchen, offering up an entire universe of small satisfactions.

—Ruth Reichl

Garlic is divine. Few food items can taste so many distinct ways, handled correctly. Misuse of garlic is a crime. Old garlic, burnt garlic, garlic cut too long ago and garlic that has been tragically smashed through one of those abominations, the garlic press, are all disgusting. Please treat your garlic with respect. Sliver it for pasta, like you saw in Goodfellas; don't burn it. Smash it, with the flat of your knife blade if you like, but don't put it through a press. I don't know what that junk is that squeezes out the end of those things, but it ain't garlic. And try roasting garlic. It gets mellow and sweeter if you roast it whole, still on the clove, to be squeezed out later when it's soft and brown. Nothing will permeate your food more irrevocably and irreparably than burnt or rancid garlic. Avoid at all costs that vile spew you see rotting in oil in screw-top jars. Too lazy to peel fresh? You don't deserve to eat garlic.

—Anthony Bourdain

My favorite remained the basic roast chicken. What a deceptively simple dish. I had come to believe that one can judge the quality of a cook by his or her roast chicken. Above all, it should taste like chicken: it should be so good that even a perfectly simple, buttery roast should be a delight.

—Julia Child

Cooking is not about convenience and it's not about shortcuts. Our hunger for the twenty-minute gourmet meal, for one-pot ease and prewashed, precut ingredients has severed our lifeline to the satisfactions of cooking. Take your time. Take a long time. Move slowly and deliberately and with great attention.

—Thomas Keller

Would it really be so bad if you slowed your life down even a teensy bit? If you took charge of the ingredients of your food instead of letting corporations stuff you and your family, like baby birds, full of sugar, corn products, chemicals, and meat from really, really unhappy animals?

—Catherine Friend

I am more modest now, but I still think that one of the pleasantest of all emotions is to know that I, I with my brain and my hands, have nourished my beloved few, that I have concocted a stew or a story, a rarity or a plain dish, to sustain them truly against the hungers of the world.

—M. F. K. Fisher

Always start out with a larger pot than what you think you need.

—Julia Child

Once you understand the foundations of cooking - whatever kind you like, whether it's French or Italian or Japanese—you really don't need a cookbook anymore.

—Thomas Keller

No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice and menus of cooks present, the wisdom of cookbook writers.

—Laurie Colwin

Cooking is just as creative and imaginative an activity as drawing, or wood carving, or music. And cooking draws upon your every talent—science, mathematics, energy, history, experience—and the more experience you have the less likely are your experiments to end in drivel and disaster. The more you know, the more you can create.

--Julia Child

You don't have to cook fancy or complicated masterpieces—just good from fresh ingredients.

—Julia Child

I'm a big believer in cooking your own meals. It makes it much easier not only to ensure that you eat fresh foods but also to follow the second rule of eating, which advises incorporating as many colors, tastes, textures, and aromas as possible into one's meal. Beyond those benefits, I feel that cooking celebrates self-respect.... Through cooking, you can control exactly what you put inside your body. It's a creative process, where you use trial and error to determine what you like. You can use different herbs and spices to increase or balance flavors, aromas, and textures.

—Ori Hofmekler

Homemade meals—especially mommy meals—are life's most pleasant fuel.

—Terri Guillemets

Organizing is what you do before you do something, so that when you do it, it's not all mixed up.

—A. A. Milne, *Winnie the Pooh*

Instead of deadlines and dread, my home now smells like strawberry-apple bread and joy. I should bake more often.

—Dr. SunWolf

My mom said the two most important kitchen utensils are attached to your arms...
you cannot mix up meatballs with a wooden spoon, get in there, get your fingers
dirty!

—Rachael Ray

There is great value in being able to say ‘yes’ when people ask if there is anything
they can do. By letting people pick herbs or slice bread instead of bringing a salad,
you make your kitchen a universe in which you can give completely and ask for
help. The more environments with that atmospheric makeup we can find or create,
the better.

—Tamar Adler

I got the blues thinking of the future, so I left off and made some marmalade. It’s
amazing how it cheers one up to shred oranges and scrub the floor.

—D. H. Lawrence

The meal’s complete when the kitchen’s neat.

—Unknown

As for butter versus margarine, I trust cows more than chemists.

—Joan Gussow

Dear Lady, I beg you
To cook as you please,
But don’t overlook the
Importance of cheese!

—Ruth McCrea

Alas! my child, where is the Pen
That can do justice to the Hen?
Like Royalty, she goes her way,
Laying foundations every day,
Though not for Public Buildings, yet
For Custard, Cake and Omelette....
No wonder, Child, we prize the Hen,
Whose Egg is Mightier than the Pen.

—Oliver Herford

When baking, follow directions. When cooking, go by your own taste.

—Laiko Bahrs

The biggest seller is cookbooks and the second is diet books — how not to eat what you've just learned how to cook.

—Andy Rooney

I prefer to regard a dessert as I would imagine the perfect woman: subtle, a little bittersweet, not blowsy and extrovert. Delicately made up, not highly rouged. Holding back, not exposing everything and, of course, with a flavor that lasts.

—Graham Kerr

A good cook sees the Big Picture of how symptoms develop, then seasons liberally with prevention. An even better cook serves up whole foods with a healthy sense of humor. The best of cooks knows that we're all in this mess together. We need to help each other find what's most nourishing and healing, not only for our personal ails, but for the planet, too — planetary chefs!

—Kristina Turner

If God had intended us to follow recipes,
He wouldn't have given us grandmothers.

—Linda Henley

I refuse to believe that trading recipes is silly. Tuna fish casserole is at least as real as corporate stock.

—Barbara Grizzuti
Harrison

Food is so primal, so essential a part of our lives, often the mere sharing of recipes with strangers turns them into friends.

—Terri Guillemets

Recipe: A series of step-by-step instructions for preparing ingredients you forgot to buy, in utensils you don't own, to make a dish the dog wouldn't eat.

—Unknown

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

—Calvin Trillin

Pre-heat the oven? Really? If I was the sort of person who planned ahead, I wouldn't be eating this Totino's Party Pizza in the first place.

—Adam Peterson

Life is too short to stuff a mushroom.

—Storm Jackson

Make lunch, not war.

—T-Shirt Slogan

Cooking is like love. It should be entered into with abandon or not at all.

—Harriet Van Horne

I don't think a really good pie can be made without a dozen or so children peeking over your shoulder as you stoop to look in at it every little while.

—John Gould

There is no sight on earth more appealing than the sight of a woman making dinner for someone she loves.

—Thomas Wolfe

Sometimes the only successful apology will have to involve baking.

—Dr. SunWolf

To the old saying that man built the house but woman made of it a 'home' might be added the modern supplement that woman accepted cooking as a chore but man has made of it a recreation.

—Emily Post

A recipe has no soul. You, as the cook, must bring soul to the recipe.

—Thomas Keller

It's so beautifully arranged on the plate—you know someone's fingers have been all over it.

—Julia Child

I don't even butter my bread; I consider that cooking.

—Katherine Cebrian

I did toy with the idea of doing a cook-book. The recipes were to be the routine ones: how to make dry toast, instant coffee, hearts of lettuce and brownies. But as an added attraction, at no extra charge, my idea was to put a fried egg on the cover. I think a lot of people who hate literature but love fried eggs would buy it if the price was right.

—Groucho Marx

To make a good salad is to be a brilliant diplomatist—the problem is entirely the same in both cases. To know exactly how much oil one must put with one's vinegar.

—Oscar Wilde

Once when my boys were little, I bemoaned to a friend about Mother X who sewed all her kids' Halloween costumes (mine wore store-bought) and Mother Y who made every birthday cake from scratch (I ordered from the bakery). Don't compare yourself to those gals. Think about the moms who aren't making much of an effort at all and congratulate yourself that you're doing more for your little darlings than they are.

--Elizabeth Fishel

Charred, blackened, and cooked, the morsel was brought to the mouth and chewed, contemplated, and swallowed with relish. There was no sauce or seasoning and no consideration for aesthetics or art. Yet the combination of meat and fire yielded something revolutionary. Cooked meat made man happy.

—Tony Federico

Here's my list of dirty chores: buying groceries, carting them home and putting them away; cooking meals and washing dishes and pots; doing the laundry; digging out the place when things get out of control; washing floors. The list could go on but the sheer necessities are bad enough.

--Pat Mainardi

Even when couples share more equitably in the work at home, women do two-thirds of the daily jobs at home, like cooking and cleaning up—jobs that fix them into a rigid routine. Most women cook dinner and most men change the oil in the family car. But dinner needs to be prepared every evening around six o'clock, whereas the car oil needs to be changed every six months, any day around that time, any time that day....Men thus have more control over when they make their contributions than women do.

--Arlie Hochschild

I think that women just have a primeval instinct to make soup, which they will try to foist on anybody who looks like a likely candidate.

--Dylan Moran

I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking. If I wanted a picture I'd buy a painting.

—Andy Rooney

Good kitchen equipment is expensive, but most items last a lifetime and will pay for themselves over and over again.

—Delia Smith

What my mother believed about cooking is that if you worked hard and prospered, someone else would do it for you.

--Nora Ephron

I'm no cook. When I want lemon on chicken, I spray it with Pledge.

--Joan Rivers

I just bought \$200 worth of groceries...then I ordered in pizza because I didn't feel like cooking after the hassle of buying groceries.

—*someecards*

I'm not saying my wife's a bad cook, but she uses a smoke alarm as a timer.

--Bob Monkhouse

My husband says I feed him like he's a god: every meal is a burnt offering.

--Rhonda Hansome

I prefer Hostess fruit pies to pop-up toaster tarts because they don't require as much cooking.

--Carrie P. Snow

Give me a kitchen full of utensils and a stock of unprepared food, and I would starve.

--Montaigne

My wife dresses to kill. She cooks the same way.

--Henny Youngman

Whoever heard of a man getting a divorce from a woman who was a good cook?

--Kin Hubbard

You can live without music

You can live without books

But civilized man cannot live without cooks!

--Inice Simpson

Cookery is not chemistry. It is an art. It requires instinct and taste, not exact measurements.

--X. Marcel Boulestin

History people make themselves; cooking they have to learn.

--Lillian Hellman

If it's a choice between cooking or cleaning or looking good, go get that facial. No man ever made love to a woman because she kept a clean house.

--Joan Rivers

There is one thing more exasperating than a wife who can cook and won't, and that's a wife who can't cook and will.

—Robert Frost

I feel a recipe is only a theme, which an intelligent cook can play each time with a variation.

--Madame Benoit

We used to say 'What's cooking?' when we came home from work. Now it's 'What's thawing?'

--Unknown

The purpose of a cookery book is one and unmistakable. Its object can conceivably be no other than to increase the happiness of mankind.

--Joseph Conrad

Kissing don't last: cookery do.

--George Meredith

We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks.

--Edward Robert
Bulwer-Lytton

The way to a man's heart is through his stomach.

--Fanny Fern

Cookery has become an art, a noble science; cooks are gentlemen.

--Robert Burton

Men make better cooks than women because they put so much more feeling into it.

--Myrtle Reed

The true cook is the perfect blend, the only perfect blend, of artist and philosopher.
He knows his worth: he holds in his palm the happiness of mankind, the welfare of
generations yet unborn.

--Norman Douglas

To a large extent we can let others do our cooking for us...but unless we too know
how to cook, those who prepare our food will prepare it any way they like and we
must take what we get.

--John Erskine

You can put everything, and the more things the better, into salad, as into a conver-
sation; but everything depends upon the skill of mixing.

--Charles Dudley Warner

Ever since Eve started it all by offering Adam the apple, woman's punishment has
been to have to supply a man with food and then suffer the consequences when it
disagrees with him.

--Helen Rowland

All cooking is a matter of time. In general, the more time the better.

--John Erskine

Fish, to taste right, must swim three times—in water, in butter and in wine.

--Polish Proverb

The discovery of a new dish does more for human happiness than the discovery of a new star.

—Anthelme Brillat-Savarin

A man is in general better pleased when he has a good dinner upon his table, than when his wife talks Greek.

--Samuel Johnson

Employed women expressed a higher degree of enjoyment for shopping, preparing food, taking care of their children, and doing housework than for working at their jobs—an activity that was ranked at the next-to-lowest level of enjoyment, just above commuting to work.

--Neil Gilbert

Process-based learning involves thinking about a lot more than just making a product. We have an 8th grade unit, for example, that gets students thinking about the economics of pizza making, including some of its global dimensions. During this four-week unit, students might examine such topics as where the ingredients come from. If they buy domestic pepperoni, what impact does their action have on markets? If they buy pepperoni and cheese from Italy, how does that affect markets? How does it affect prices? They think about these larger issues instead of just making pizza, gobbling it down, cleaning the kitchen, and running off to the next class. The 'product approach' was what these courses were like when we were in school. Process-based learning is much more complex, but students retain the information better and the approach helps them integrate learning from multiple subject areas.

—Peggy Wild

Alaska decided to go help Dolores with dinner. She said that it was sexist to leave the cooking to the women, but better to have good sexist food than crappy boy-prepared food.

—John Green

In the old days, when family and consumer sciences teachers taught students how to make a pie crust, their main focus was on producing a satisfactory product. They looked at whether students had produced a flaky pie crust that was brown, tender, tasted good, looked pretty—and would hold the pie. Now, making a nice pie crust is only on part of the lesson.

Students are still going to learn to make that pie crust. But they are also going to learn about making decisions, working together, and thinking about the larger context of their actions. In the context of the time-pressed and health-conscious society we live in, they learn to make decisions about whether to buy the shell from the freezer section of the supermarket or make the pie crust out of flour and lard—or out of something that’s healthier than lard. They also need to work as a team to get those decisions implemented by their group. We bring in all those learning processes by asking students to look at how they can accomplish their task. Then we ask more questions: How can you make 20 pie shells instead of just one? If you then add pie filling, how much can you sell the pies for? How much do you need to sell them for to manage your resources so you can make a profit? How much profit can you make to pay your dues for the student organization or a trip to a state conference?

—Peggy Wild

We look at food preparation in terms of how to prepare a meal for a family of four, and then we examine how to adjust plans to prepare for 20 people—or 100 people. Instead of having students focus only on feeding themselves, we help them think about how they could use this skill in an enterprise or a career. We ask, how could you turn this into a job? Is there something here you just love so much that you’d like to do it as the way you earn your living? In this way, we no longer have a big leap or gap between the family and consumer courses and the career and technical preparation courses.

—Peggy Wild

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.

—Calvin Trillin

I think baking cookies is equal to Queen Victoria running an empire. There’s no difference in how seriously you take the job.

—Martha Stewart

I cook with wine, sometimes I even add it to the food.

—W. C. Fields

The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.

—Julia Child

'If you are careful,' Garp wrote, 'if you use good ingredients, and you don't take any shortcuts, then you can usually cook something very good. Sometimes it is the only worthwhile product you can salvage from a day; what you make to eat. With writing, I find, you can have all the right ingredients, give plenty of time and care, and still get nothing. Also true of love. Cooking, therefore, can keep a person who tries hard sane.'

—John Irving

Cooking is at once child's play and adult joy. And cooking done with care is an act of love.

—Craig Claiborne

I read recipes the same way I read science fiction. I get to the end and say to myself 'well, that's not going to happen.'

—Rita Rudner

It can be exhausting eating a meal cooked by a man. With a woman, it's, Ho hum, pass the beans. A guy, you have to act like he just built the Taj Mahal.

—Deb Caletti

Oh, I adore to cook. It makes me feel so mindless in a worthwhile way.

—Truman Capote

I don't believe in twisting yourself into knots of excuses and explanations over the food you make. When one's hostess starts in with self-deprecations such as 'Oh, I don't know how to cook...', or 'Poor little me...', or 'This may taste awful...', it is so dreadful to have to reassure her that everything is delicious and fine, whether it is or not. Besides, such admissions only draw attention to one's shortcomings (or self-perceived shortcomings), and make the other person think, 'Yes, you're right, this really is an awful meal!' Maybe the cat has fallen into the stew, or the lettuce has frozen, or the cake has collapsed—*eh bien, tant pis!* Usually one's cooking is better than one thinks it is. And if the food is truly vile, as my ersatz eggs Florentine surely were, then the cook must simply grit her teeth and bear it with a smile—and learn from her mistakes.

—Julia Child

No one is born a great cook. One learns by doing.

—Julia Child

Until I discovered cooking, I was never really interested in anything.

—Julia Child

Cooking requires confident guesswork and improvisation-- experimentation and substitution, dealing with failure and uncertainty in a creative way.

—Paul Theroux

Every so often I would look at my women friends who were happily married and didn't cook, and I would always find myself wondering how they did it. Would anyone love me if I couldn't cook? I always thought cooking was part of the package: Step right up, it's Rachel Samstat, she's bright, she's funny and she can cook!

—Nora Ephron

Tita knew through her own flesh how fire transforms the elements, how a lump of corn flour is changed into a tortilla, how a soul that hasn't been warmed by the fire of love is lifeless, like a useless ball of corn flour.

—Laura Esquivel

Invest in what's real. Clean as you go. Drink while you cook. Make it fun. It doesn't have to be complicated. It will be what it will be.

—Gwyneth Paltrow

in the abstract art of cooking,
ingredients trump appliances,
passion supersedes expertise,
creativity triumphs over technique,
spontaneity inspires invention,
and wine makes even the worst culinary disaster taste delicious.

—Bob Blumer

Taking solitude in stride was a sign of strength and of a willingness to take care of myself. This meant—among other things—working productively, remembering to leave the house, and eating well. I thought about food all the time. I had a subscription to *Gourmet* and *Food & Wine*. Cooking for others had often been my way of offering care. So why, when I was alone, did I find myself trying to subsist on cereal and water? I'd need to learn to cook for one.

—Jenni Ferrari-Adler

In fact, people who possess not magic at all can instill their home-cooked meals with love and security and health, transforming ingredients and bringing disparate people together as family and friends. There's a reason that when opening one's home to guests, the first thing you do is offer food and drink. Cooking is a kind of everyday magic.

—Juliet Blackwell

I cook to inspire my husband to pay attention to me.

—Sonia Rumzi

Give two cooks the same ingredients and the same recipe; it is fascinating to observe how, like handwriting, their results differ. After you cook a dish repeatedly, you begin to understand it. Then you can reinvent it a bit and make it yours. A written recipe can be useful, but sometimes the notes scribbled in the margin are the key to a superlative rendition. Each new version may inspire improvisation based on fresh understanding. It doesn't have to be as dramatic as all that, but such exciting minor epiphanies keep cooking lively.

—David Tanis

To begin cooking duck at one in the morning is one of the finest acts of madness that can be undertaken by a human being who is not mad.

—Manuel Vázquez
Montalbán

My message is, as it always has been, moderation: meat as a main course on three days a week, eggs on one, fish on one other and some form of vegetarian meal on the rest constitute a perfectly acceptable, interesting and varied diet.

—Delia Smith

Food is not simply organic fuel to keep body and soul together, it is a perishable art that must be savoured at the peak of perfection.

—E. A. Bucchianeri

Good kitchens are not about size; they are about ergonomics and light.

—Nigel Slater

If I had to narrow my choice of meats down to one for the rest of my life, I am quite certain that meat would be pork.

—James Beard

The repetitive phases of cooking leave plenty of mental space for reflection, and as I chopped and minced and sliced I thought about the rhythms of cooking, one of which involves destroying the order of the things we bring from nature into our kitchens, only to then create from them a new order. We butcher, grind, chop, grate, mince, and liquefy raw ingredients, breaking down formerly living things so that we might recombine them in new, more cultivated forms. When you think about it, this is the same rhythm, once removed, that governs all eating in nature, which invariably entails the destruction of certain living things, by chewing and then digestion, in order to sustain other living things. In *The Hungry Soul* Leon Kass calls this the great paradox of eating: ‘that to preserve their life and form living things necessarily destroy life and form.’ If there is any shame in that destruction, only we humans seem to feel it, and then only on occasion. But cooking doesn’t only distance us from our destructiveness, turning the pile of blood and guts into a savory salami, it also symbolically redeems it, making good our karmic debts: Look what good, what beauty, can come of this! Putting a great dish on the table is our way of celebrating the wonders of form we humans can create from this matter--this quantity of sacrificed life--just before the body takes its first destructive bite.

—Michael Pollan

I want them to bite into a cookie, and think of me, and smile. Food is love. Food has a power. I knew it in my mind, but now I know it in my heart.

—Jael McHenry

Food is capable of feeding far more than a rumbling stomach. Food is life; our well-being demands it. Food is art and magic; it evokes emotion and colors memory, and in skilled hands, meals become greater than the sum of their ingredients. Food is self-evident; plucked right from the ground or vine or sea, its power to delight is immediate. Food is discovery; finding an untried spice or cuisine is for me like uncovering a new element. Food is evolution; how we interpret it remains ever fluid. Food is humanitarian: sharing it bridges cultures, making friends of strangers pleasantly surprised to learn how much common ground they ultimately share.

—Anthony Beal

I have become more interested than ever in the effect of a diet higher in ‘greens’ than it is in meat - both in terms of my own wellbeing and, more recently, those implications that go beyond me and those for whom I cook.

—Nigel Slater

Great cooking is all about the three ‘p’s: patience, presence, and practice.

—Michael Pollan

I am more of an herb guy than a spice guy. It comes back to a certain conservatism I have regarding food. The French are not big on spices; they use more herbs. I know the spices used in European cooking and use them in moderation. I am not going to serve a dish that is wildly nutmegged!

—Karen Page

While the egg yolks cooled, he directed the beaters at the egg whites, setting the mixer on high speed that sent small bubbles giggling to the side of the bowl, where a few became many until they were a white froth rising up and then lying down again in patters and ridges, leaving an intricate design like the ribs of a leaf in the wake of the beaters.

—Erica Bauermeister

Gran follows recipes by looking at pictures—to the eye, delicious; to the tongue, boiled socks. Makes you wanna cry really.

—Simon Cheshire

But cooking is best approached from wherever you find yourself when you are hungry, and should extend long past the end of the page. There should be serving, and also eating, and storing away what's left; there should be looking at meals' remainders with interest and imagining all the good things they will become.

—Tamar Adler

The quest for an ever-whiter shade of bread, which goes all the way back to the Greeks and Romans, is a parable about the folly of human ingenuity—about how our species can sometimes be too smart for its own good. After figuring out an ingenious system for transforming an all but nutritionally worthless grass into a wholesome food, humanity pushed on intrepidly until it had figured out a way to make that food all but nutritionally worthless yet gain! Here in miniature, I realized, is the whole checkered history of 'food processing.' Our species' discovery and development of cooking (in the broadest sense of the word) gave us a handful of ingenious technologies for rendering plants and animals more nutritious and unlocking calories unavailable to other creatures. But there eventually came a moment when, propelled by the logic of human desire and technological progress, we began to over-process certain foods in such a way as to actually render them detrimental to our health and well-being. What had been a highly adaptive set of techniques that contributed substantially to our success as a species turned into a maladaptive one—contributing to disease and general ill health and now actually threatening to shorten human lives.

—Michael Pollan

The bones and shells and peels of things are where a lot of their goodness resides. It's no more or less lamb for being meat or bone; it's no more or less pea for being pea or pod. Grappa is made from the spent skins and stems and seeds of wine grapes; marmalade from the peels of oranges. The wine behind grappa is great, but there are moments when only grappa will do; the fruit of the orange is delicious, but it cannot be satisfactorily spread.

The skins of onions, green tops from leeks, stems from herbs must all be swept directly into a pot instead of the garbage. Along with the bones from a chicken, raw or cooked, they are what it takes to make chicken stock, which you need never buy, once you decide to keep its ingredients instead of throwing them away. If you have bones from fish, it's fish stock. If there are bones from pork or lamb, you will have pork or lamb stock.

—Tamar Adler

Cooking is an art to me. A clean kitchen is my canvas. Fresh fruits, vegetables, herbs, spices, grains & meats are my paints. And my hands are my brushes.

—Sotero M. Lopez II

I am a miserable cook but an extremely talented eater.

—Amy Tan

It's funny to me that most of the cooking in the world is done by women, and yet when you look at modern Western cuisine, it's largely based on what a few dead Frenchmen have opined to be the correct way of doing things. It's funny how these old European men used a label like 'mother sauce' when there were no women to be found anywhere near those old professional kitchens. Cooking was something women did to nourish and nurture their families, whereas for men it was largely something they did professionally to gain money and status.

—Padma Lakshmi

We love our mother because she cares and also because she cooks.

—Amit Kalantri

One family's most beloved recipes can become a delicious cornerstone as humanity builds a more pluralistic world where the best pieces of every culture can be enjoyed.

—Karen Anderson

Spices are like colors: if you mix them all together you get a taste that is akin to the colors black, dark brown, or grey. But if you mix spices judiciously and sparingly—as you would mix yellow and blue to make green—you get a wholly unexpected and beautiful flavor.

—Clifford Cohen

Home cooking is the true embodiment of love. It makes us show patience, kindness, humility, hope, and perseverance.

—Agus Ekanurdi

Food keeps us alive, as we all know. Nourishment allows us to grow and be healthy. But good cooking takes us beyond survival and into the realms of culture and pleasure.

—Fernando Divina

Good use of time is the universal ingredient in cooking a palatable dish—doesn't matter if you are baking, boiling, frying, brewing, or grilling.

—Pawan Mishra

In cooking—as in business and war—hope for the best but plan for the worst.

—Timothy Ferriss

The English murder their meat twice: once when they shoot it, again when they cook it.

—Peter Mayle

My first encounter with a baguette, torn still warm from its paper sheathing, shattered and sighed on contact. The sound stopped me in my tracks, the way a crackling branch gives deer pause; that's what good crust does. Once I began to chew, the flavor unfolded, deep with yeast and salt, the warm humidity of the tender crumb almost breathing against my lips.

—Sasha Martin

It's more than just high quality food for the family table; it's growing the food in a way that does not harm the environment. That gives me emotional well-being that is important to me.

—Robert Patterson

Just drop some onion and garlic in olive oil, and your day improves exponentially.

—Jen Hatmaker

Vegetables cooked for salads should always be on the crisp side, like those trays of zucchini and slender green beans and cauliflowerets in every trattoria in Venice, in the days when the Italians could eat correctly. You used to choose the things you wanted: there were tiny potatoes in their skins, remember, and artichokes boiled in olive oil, as big as your thumb, and much tenderer...and then the waiter would throw them all into an ugly white bowl and splash a little oil and vinegar over them, and you would have a salad as fresh and tonic to your several senses as La Primavera. It can still be done, although never in the same typhoidic and enraptured air. You can still find little fresh vegetables, and still know how to cook them until they are not quite done, and chill them, and eat them in a bowl.

—M. F. K. Fisher

Food is what I love, and how I communicate love, and how I calm myself.

—Tamar Adler

Best Recipes from Eastern Europe is not only a guide about how to cook, but also about how to decorate dishes in beautiful and unique ways. Let's make our breakfasts or dinners look classy, lovely, unusual or funny; it will add bright feelings of joy and amazement to our being.

Big happiness consists of small pleasant things—like these!

—Sahara Sanders

The best meals are those prepared by loving hands.

—Ken Poirot

A home that nourishes life embraces the little moments and appreciates the rhythmic seasons of life, including the time necessary to cook real food from scratch...It doesn't have to take too much time, however, with efficient menu planning and wisely planned trips to the grocery store and farmers' market.

The payoffs are astronomical - better health, good stewardship of our environment, and setting a good example for our children are just a few of the benefits. It also fosters an appreciation of the ebbs and flows of seasons because you'll be using fresh ingredients that are more readily available (and of higher quality) when they are in season. If you feel too busy to cook from scratch, then I argue that you're too busy, period. Reevaluate your priorities and commitments. If you want to live a healthy, long life and to pass the same luxury on to your children, then you MUST take the time to cook real food.

—Tsh Oxenreider

I use lemon like I use salt.

—Timothy Ferriss

You don't need more recipes. You need to learn to cook without them.

—Timothy Ferriss

A woman always has half an onion left over, no matter what the size of the onion, the dish or the woman.

—Terry Pratchett

Technology is too crazy for me, but I would be very happy when they make a phone that can cook.

—Patricia Dunn

Melissa had never really caught the culinary bug; in fact, she'd all but had herself vaccinated against it.

—Linda Lael Miller

I want you to cook more. It's good for you. You know exactly what you're nourishing yourself with (which for me almost always includes a healthy dose of fresh vegetables). It allows you to feel the natural rhythms of life in a way that microwaved frozen dinners never can. And cooking often draws people to the table, encouraging dialogue and providing a moment to appreciate the good (and truly tasty) things in life.

I know: if I want you to cook more, I need to make it easy for you. And to my way of thinking, that means I need to help you with three things: First I need to help wean you from a slavish dependency on recipes - I need to hand you a few go-to recipes that are easily varied depending on what you have on hand, and teach you to look at other recipes with an eye to how they can be varied to suit your own tastes and kitchen. Second, I need to help you know what ingredients and basic preparations to have on hand so that a good meal is never more than a few minutes away. And third, I need to help you know which kitchen equipment will enable you to create delicious food fast (and, of course, I need to guide you in how to use it to its best advantage).

I can do all that.

—Rick Bayless

For thousands of years, servants and slaves--or in lesser households, wives and daughters--were stuck with the same pestles and sieves, with few innovations. This technological stagnation reflects a harsh truth. There was very little interest in attempting to save labor when the labor in question was not your own.

—Bee Wilson

Cooking practice can be expensive and impractical. If you have the time, you can practice your tennis serve a thousand times a day for a few dollars. Making a thousand omelets a day? That's a different story.

—Timothy Ferriss

Cooking is not a science but an art, mistakes are okay, messes are fine—the pleasure is in the creating and the sharing of the result.

—Lori Pollan

Never cook with a wine you wouldn't drink. Though I guess that presupposes that there is a wine I wouldn't drink.

—Lev Grossman

Cooking is a way of listening to the radio.

—Brian Eno

In Paris in the 1950s, I had the supreme good fortune to study with a remarkably able group of chefs. From them I learned why good French food is an art, and why it makes such sublime eating: nothing is too much trouble if it turns out the way it should. Good results require that one take time and care. If one doesn't use the freshest ingredients or read the whole recipe before starting, and if one rushes through the cooking, the result will be an inferior taste and texture—a gummy beef Wellington, say. But a careful approach will result in a magnificent burst of flavor, a thoroughly satisfying meal, perhaps even a life-changing experience.

Such was the case with the sole meunière I ate at La Couronne on my first day in France, in November 1948. It was an epiphany.

In all the years since the succulent meal, I have yet to lose the feelings of wonder and excitement that it inspired in me. I can still almost taste it. And thinking back on it now reminds me that the pleasures of table, and of life, are infinite--*toujours bon appétit!*

—Julia Child

I would follow my mother around the kitchen watching and trying to find any way to help. One of the first dishes my mother taught me to make was hollandaise sauce. Though she always served it with broccoli, I soon realized it was equally delicious with asparagus, artichokes, or any other vegetable.

—Tracy Pollan

If you can't find any grappa, half a cup of cough medicine should achieve similar results.

—Tom Gleisner

First off, let's clear this up—fries are not a side dish and you can't count those as a vegetable. Sorry.

—Tez Brooks

I know some of you are leaving that used frying pan on the stove overnight and using it the next day for another meal. You know who you are. That's a gateway habit. Keep it up and before you know you'll be growing mushrooms on your shower floor and wearing your underwear inside out to avoid doing laundry.

—Tez Brooks

My definition of man is a cooking animal. The beasts have memory, judgement, and the faculties and passions of our minds in a certain degree; but no beast is a cook.

—James Boswell
(1762)

Fussing over food was important. It gave a shape to the day: breakfast, lunch, dinner; beginning, middle, end.

—Robert Hellenga

HEALTHY EATING isn't about counting fat grams, dieting, cleanses, and antioxidants; It's about eating food untouched from the way we find it in nature in a balanced way; Whole foods give us all that we need to perfectly nourish ourselves.

—Pooja Mottl

Each year, food companies use an amount of salt that is every bit as staggering as it sounds: 5 billion pounds.

—Michael Moss

I didn't start cooking until I was thirty-two. Until then, I just ate.

—Julia Child

Since soup mainly involves tossing everything in a pot and waiting, it's one of my better dishes.

—Suzanne Collins

Dinner is the most like jazz of all the meals, in that jazz is part form and part improvisation. You decide what you're going to have, and then while you're preparing it – because it's the end of the day and you have the time – you have the room to consider things about it, to change things about it. You make it something new. 'I think I'll add a little chili powder.'

—Deborah L. Halliday

Flambé - done beside a table covered in crisp starched linen in a French restaurant: a method to burn food and money simultaneously.

—Scott Archer Jones

To cook well and with imagination you have to be in a cheerful and contented frame of mind, and thus inclined to be generous.

—Alice Thomas Ellis

For is there any practice less selfish, any labor less alienated, any time less wasted, than preparing something delicious and nourishing for people you love?

—Michael Pollan

What I love about cooking is that after a hard day, there is something comforting about the fact that if you melt butter and add flour and then hot stock, it will get thick! It's a sure thing! It's sure thing in a world where nothing is sure; it has a mathematical certainty in a world where those of us who long for some kind of certainty are forced to settle for crossword puzzles.

—Nora Ephron

The discovery of a new dish does more for the happiness of mankind than the discovery of a star.

--Anthelme Brillat-Savarin

In its essence, a meal is a creative act that has its genesis in the mind of someone who cares enough to plan it, gather ingredients and labor over its creation.

—Andi Ashworth

Cooking is like playing a violin. The bow is a tool used to play, as is the knives and other tools you use to prepare. (a chef's knife is even held in the same manner) Spices are the notes used in the score. The way the food is cooked and prepared is the rhythm and tempo. The ingredients are the violin themselves, ready to be played upon. The finished dish is the music played to its best melody. All of these things must be applied together at the right pace, manner, and time in order to create a flavourful rush of artwork and beauty.

—Jennifer Megan
Varnadore

This is the body's nurse; but since man's wit
Found the art of cookery, to delight his sense,
More bodies are consumed and kill'd with it
Than with the sword, famine, or pestilence.

—John Davies

There is nothing better on a cold wintry day than a properly made pot pie.

—Craig Claiborne

Happiness: a good bank account, a good cook, and a good digestion.

—Jean-Jacques Rousseau

This year I am doing praline pecans, an old favorite family favorite, easy and addictive. And a festive holiday dark chocolate loaf cake, with pistachios and dried cherries and white chocolate chips.

I get out my huge seven-quart KitchenAid mixer, and head to the basement, where I have ten pounds of gorgeous halved pecans in the chest freezer, and a pallet of organic eggs from Paulie's Pasture in the commercial refrigerator I use for entertaining and overflow. Upstairs, I focus on separating eggs, reserving the yolks for making pasta or custard later. Beating whites, melting butter, I can feel my shoulders unclench as the scent of toasted sugar pecans caramelizing fills the house.

--Stacey Ballis

Some women are such bad cooks that their families pray before every meal.

—Evan Esar

Man cannot live by bread alone; he must have peanut butter.

—James A. Garfield

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
—Miles Kingston

At the root of many a woman's failure to become a great cook lies her failure to develop a workmanlike regard for knives.

—Robert Farrar Capon

In 2014, one in 16 Americans visited the ER for home injuries that resulted from, among other things, fumbling knives (the cause of at least 249,000 injuries), ladders (at least 105,000), and cookware (at least 22,000). One of the main causes of these accidents? A wandering mind....By one estimate...people daydream through nearly half their waking hours.

—Jake Pelini

I've always done food that can work in a set time frame. The message I'm trying to get across is, it doesn't have to take three days to do this. With planning, you can do a lot and really have quality food every day.

—Emeril Lagasse

Marry someone who knows how to cook. Looks go away. Hunger doesn't.

—Internet Meme

[College advice] For the love of everything holy, learn to cook. Dorm food is hit or miss depending on the food hall and what college you go to, so learn how to cook yourself a healthy meal. There are plenty of cookbooks, videos and websites that teach college kids how to cook in their dorm room, their tiny apartments, or even in a microwave. The Freshman 15 is avoidable.

—Shea Lazansky

I want the food industry to have a much smaller footprint in the American kitchen. What could be easier than mixing butter and sugar, adding eggs and flour, and putting a pan in the oven? As far as I'm concerned, cake mixes should be treated like controlled substances and made available only by prescription.

—Laura Shapiro

My wife asked if she could have a little peace and quite while she cooked dinner...So I took the battery out of the smoke alarm!

—Internet Meme

Our lives are not in the lap of the gods, but in the lap of our cooks.

—Lin Yutang

Who knew that the hardest part of being an adult is figuring out what to cook for dinner every single night for the rest of your life until you die.

—Internet Meme

FOODS/NUTRITION

Preserve and treat food as you would your body, remembering that in time food will be your body.

—B. W. Richardson

It's bizarre that the produce manager is more important to my children's health than the pediatrician.

—Meryl Streep

Food is capable of feeding far more than a rumbling stomach. Food is life; our well-being demands it. Food is art and magic; it evokes emotion and colors memory, and in skilled hands, meals become greater than the sum of their ingredients. Food is self-evident; plucked right from the ground or vine or sea, its power to delight is immediate. Food is discovery; finding an untried spice or cuisine is for me like uncovering a new element. Food is evolution; how we interpret it remains ever fluid. Food is humanitarian: sharing it bridges cultures, making friends of strangers pleasantly surprised to learn how much common ground they ultimately share.

—Anthony Beal

The profound and primal cause of obesity will one day be recognized to be the use of cereal and starch foods.

—Emmet Densmore

If you do just one thing—make one conscious choice—that can change the world, go organic. Buy organic food. Stop using chemicals and start supporting organic farmers. No other single choice you can make to improve the health of your family and the planet will have greater positive repercussions for our future.

—Maria Rodale

As I learned about the consequences of my food choices and as I recognized that I didn't have to eat animals, and that eating animals caused the animals to suffer, it caused an enormous footprint on our planet, and it wasn't healthy, it made sense to go vegan. And, it's one of the best decisions I've ever made, and I think most people who've decided to go vegan share a similar experience. It's very empowering. And, when I went vegan I actually started eating a wide variety of foods I had never tried before. Different ethnic foods. You also start combining things in different ways, you start becoming more creative in the kitchen. But I went vegan just because it seemed to make sense, and it was aligned with my own values, because I didn't want to support this system that was so abusive to animals, and wasting and squandering so many scarce resources on our planet. And it was also healthier, so it was in my interest to eat food that was plant-based instead of animal-based. Living a vegan lifestyle makes a lot of sense.

—Gene Baur

We do children an enormous disservice when we assume that they cannot appreciate anything beyond drive through fare and nutritionally marginal, kid-targeted convenience foods. Our children are capable of consuming something that grew in a garden or on a tree and never saw a deep fryer. They are capable of making it through dinner at a sit-down restaurant with tablecloths and no climbing equipment. Children deserve quality nourishment.

—Victoria Moran

Organic is something we can all partake of and benefit from. When we demand organic, we are demanding poison-free food. We are demanding clean air. We are demanding pure, fresh water. We are demanding soil that is free to do its job and seeds that are free of toxins. We are demanding that our children be protected from harm. We all need to bite the bullet and do what needs to be done—buy organic whenever we can, insist on organic, fight for organic and work to make it the norm. We must make organic the conventional choice and not the exception available only to the rich and educated.

—Maria Rodale

Natural, organic and unrefined foods speak a language your genes understand. And when your food communicates nicely with your genes, they'll express themselves properly and healthily so you can begin feeling that you're actually living and not just surviving.

—Thorbjörg
Hafsteinsdottir

Nutrition matters for everybody, but you can't major in it at Harvard. Most top scientists go into other fields. Most of the big studies were done 30 or 40 years ago, and most are seriously flawed. The food pyramid that told us to eat low fat and enormous amounts of grains was probably more a product of lobbying by Big Food than real science; its chief impact has been to aggravate our obesity epidemic. There's plenty more to learn: we know more about the physics of faraway stars than we know about human nutrition. It won't be easy, but it's not obviously impossible: exactly the kind of field that could yield secrets.

—Peter Thiel

All foods are not created equal. Some foods are deficient in minerals and key nutrients, while other foods are packed with a powerhouse of valuable nutrients that can change your life, your health, and your body in a truly incredible way.

—David Wolfe

HEALTHY EATING isn't about counting fat grams, dieting, cleanses, and antioxidants; It's about eating food untouched from the way we find it in nature in a balanced way; Whole foods give us all that we need to perfectly nourish ourselves.

—Pooja Mottl

There are few chemicals that we as a people are exposed to that have as many far reaching physiological affects on living beings as Monosodium Glutamate does. MSG directly causes obesity, diabetes, triggers epilepsy, destroys eye tissues, is genotoxic in many organs and is the probable cause of ADHD and Autism. Considering that MSG's only reported role in food is that of 'flavour enhancer' is that use worth the risk of the myriad of physical ailments associated with it? Does the public really want to be tricked into eating more food and faster by a food additive?

—John E. Erb

I don't think I'll ever grow old and say, 'What was I thinking eating all those fruits and vegetables?'

—Nancy S. Mure

Even in this high-tech age, the low-tech plant continues to be the key to nutrition and health.

—Jack Weatherford

Eating carbohydrates is like eating hungry pills.

—Dana Carpender

Oily, cold-water fish from remote, pollution-free waters (anchovies, herring, mackerel, salmon, sardines) are some of the most nutrient-rich foods on the planet: no other food comes close to their omega-3 levels.

—Mark Sisson

Adjust your mentality to make veggies a centerpiece of your meals and snacks. Get comfortable with occasionally consuming larger quantities than typical Western diet traditions call for.

—Mark Sisson

Can these foods [low-fat, vitamin-enriched, etc] even be called ‘healthy’? Perhaps we should think about it this way: If you cut a batch of pharmaceutical-grade cocaine with chai, you could say with some degree of honesty that it is ‘healthier,’ ‘less addictive,’ and ‘now with chai!’ But would you say it’s ‘good for you’?

—Mark Schatzker

...meat is an important protein; meat is bad for you; the best way to lose weight is to eat a high-protein diet; the best way to lose weight is to eat a vegan diet; juicing is good for you; juice cleanses are pointless; someone with my blood type should eat only lamb, mutton, turkey, and rabbit and avoid chicken, beef, ham, and pork; bacon is ok; bacon is bad for you; consuming fat helps you lose weight; all fats should be avoided or used minimally; yogurt helps your digestion; yogurt has no impact on your digestion; calcium from dairy is good for you; dairy is bad for you; gluten is no problem for people without celiac disease; everyone should be gluten free; kale is a superfood; too much kale can actually cause a thyroid condition causing you to gain weight; and using non-natural toothpaste can cause bloating of up to five pounds. Just eating fruits and vegetables?You could probably be fine if you ate nothing but spinach all day, unless it’s the spinach that was part of the recent salmonella recall. Fruits are okay, but some fruits, like bananas are so high in natural sugar you might as well eat a piece of cake. What’s that? You’re still eating, regular, processed sugar, the kind that’s actually in a cake???... how are you still standing?? Should I call an ambulance? ...So enjoy your new diet of berries and water, people—unless you’re allergic to strawberries... And don’t forget about GMOs!! And don’t drink just any water either: tap water is poison, but beware BPAs in your bottled water too. Also, try to get the type of bottled water that addresses your imbalanced pH levels, because while you may not know it yet, most of us are too acidic and not alkaline enough!! Well, there you have it! Make sense? After all, I’ve given you the secret to everything. It’s obvious what you should do now. Could it be any clearer? You’re welcome.

—Lauren Graham

A non-GMO Mom is an avid researcher, a conscientious protector, and the most effective teacher of natural health.

—Nancy S. Mure

The food problem is a flavor problem. For half a century, we've been making the stuff people should eat—fruits, vegetables, whole grains, unprocessed meats--incrementally less delicious. Meanwhile, we've been making the food people shouldn't eat--chips, fast food, soft drinks, crackers—taste ever more exciting. The result is exactly what you'd expect.

—Mark Schatzker

Are humans nutritional idiots? Our palates aren't just out of tune with our bodily needs. Our palates are out to kill us.

—Mark Schatzker

The problem is that we are asking the wrong questions—questions based on a fundamental misunderstanding of the wholistic nature of nutrition. We're asking, 'How much vitamin C are we getting?' when we should be asking, 'What foods should we be eating to support our bodies' ability to maintain health?'

—T. Colin Campbell

If you keep on eating unhealthy food, than no matter how many weight loss tips you follow, you are likely to retain weight and become obese. If only you start eating healthy food, you will be pleasantly surprised how easy it is to lose weight.

—Subodh Gupta

Any food that requires enhancing by the use of chemical substances should in no way be considered a food.

—John H. Tobe

About eighty percent of the food on shelves of supermarkets today didn't exist 100 years ago.

—Larry McCleary

As soon as I realized that I didn't need meat to survive or to be in good health, I began to see how forlorn it all is. If only we had a different mentality about the drama of the cowboy and the range and all the rest of it. It's a very romantic notion, an entrenched part of American culture, but I've seen, for example, pigs waiting to be slaughtered, and their hysteria and panic was something I shall never forget.

—Cloris Leachman

Even though we have more leisure time than ever before, we've booked it with activities. We're bombarded with fast food and convenience foods that fit our busy lifestyles but may not necessarily be healthy. Students must wade through a vast amount of nutrition information and fad diets, exercise, and weight loss products to separate myth from reality by comparing the information with what they learn about a healthy lifestyle. Their health depends on it.

—Patti Rambo

Teachers often lecture students about the dangers of high body fat and the consumption of junk food. Some Web sites, however, feature interactive elements that enable students to discover these dangers on their own. The Cyberdiet Web site (<http://cyberdietcenter.com>) shows how to calculate body mass index (BMI) and determine whether a student has a high, medium or low risk for heart problems. The Cyberdiet site also includes an in-depth study of nutrients and deficiencies so students can learn through independent study. Based on the information learned from this site, my students have created brochures—showcasing various nutrients, food sources, and deficiencies—that have been distributed at state workshops and used by other teachers in Texas.

—Patti Rambo

Nutrition and Wellness courses can be greatly enhanced through the use of computer technology in addition to state-of-the art appliances. Have students use word processing and design software to develop informative, attractive brochures or posters on healthful eating habits for placement in social services, medical, or health department offices. Explain that online resources, such as the U.S. Department of Agriculture's Nutrient Data laboratory Web site...offer an easy way to assess the nutritive values of thousands of foods. Taking students on field trips to appliance stores can give them some understanding of these new models that may not be available in the school's family and consumer sciences lab.

—Sharon Cunningham

Over the past 25 years, courses in nutrition and food science have delved more deeply into the science behind nutrition, and technology has certainly helped make it easier to do so. Students use electronic balances or electronic database scales to calculate the mass and caloric value in addition to the nutritive content of various foods. This helps them evaluate and compare products more efficiently—a big help as we nourish our bodies in a fast-paced world.

—Patti Rambo

To my mind, the life of a lamb is no less precious than that of a human being. I should be unwilling to take the life of a lamb for the sake of the human body.

—Mahatma Gandhi

My message is, as it always has been, moderation: meat as a main course on three days a week, eggs on one, fish on one other and some form of vegetarian meal on the rest constitute a perfectly acceptable, interesting and varied diet.

—Delia Smith

Would it really be so bad if you slowed your life down even a teensy bit? If you took charge of the ingredients of your food instead of letting corporations stuff you and your family, like baby birds, full of sugar, corn products, chemicals, and meat from really, really unhappy animals?

—Catherine Friend

I know very well that I am in a minority here. But still, how can you call yourself a true tea-lover if you destroy the flavour of your tea by putting sugar in it? It would be equally reasonable to put pepper or salt. Tea is meant to be bitter, just as beer is meant to be bitter. If you sweeten it, you are no longer tasting the tea, you are merely tasting the sugar; you could make a very similar drink by dissolving sugar in plain hot water.

—George Orwell

My first encounter with a baguette, torn still warm from its paper sheathing, shattered and sighed on contact. The sound stopped me in my tracks, the way a crackling branch gives deer pause; that's what good crust does. Once I began to chew, the flavor unfolded, deep with yeast and salt, the warm humidity of the tender crumb almost breathing against my lips.

—Sasha Martin

It's more than just high quality food for the family table; it's growing the food in a way that does not harm the environment. That gives me emotional well-being that is important to me.

—Robert Patterson

The stresses of modern life have made the need for adequate nutrition greater than ever.

--Adelle Davis

The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison.

—Dr. Ann Wigmore

The beet is the most intense of vegetables. The radish, admittedly, is more feverish, but the fire of the radish is a cold fire, the fire of discontent not of passion. Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity. Beets are deadly serious.

--Tom Robbins

Personally, I don't think pure vegetarianism is a healthy lifestyle. I've often wondered to myself: Does a vegetarian look forward to dinner, ever?

--Julia Child

When we trust the makers of baby formula more than we do our own ability to nourish our babies, we lose a chance to claim an aspect of our power as women. Thinking that baby formula is as good as breast milk is believing that thirty years of technology is superior to three million years of nature's evolution. Countless women have regained trust in their bodies through nursing their children, even if they weren't sure at first that they could do it. It is an act of female power, and I think of it as feminism in its purest form.

—Christine Northrop

As the journalist Nina Teicholz has demonstrated, lots of food companies have paid for research that supported their parochial concerns. (Vegetable-oil producers, for example, helped to prosecute the case against saturated fat through groups like the Wesson Fund for Medical Research.) "There has been a lot of bad science in the field of nutrition.

—Daniel Engber

I'm a big believer in cooking your own meals. It makes it much easier not only to ensure that you eat fresh foods but also to follow the second rule of eating, which advises incorporating as many colors, tastes, textures, and aromas as possible into one's meal. Beyond those benefits, I feel that cooking celebrates self-respect, and it's especially important on the Warrior Diet. Through cooking, you can control exactly what you put inside your body. It's a creative process, where you use trial and error to determine what you like. You can use different herbs and spices to increase or balance flavors, aromas, and textures. You're not a scavenger on the Warrior Diet.

—Ori Hofmekler

You can never, never, ever go wrong eating more fruit.

—Nancy S. Mure

Our results suggest that breakfast may really be the most important meal of the day. It appears that breakfast may play an important role in reducing the risk of type 2 diabetes and cardiovascular disease.

—Dr. Mark Pereira

Changing our diet is something we choose to do, not something we are forced to do. Instead of dreading it, try saying, 'Here's another thing I get to do to help myself. Great!'

—Greg Anderson

Green tastes like life, feels like energy, looks like peacefulness, smells like earth's love, sounds like vibrant health (your body listens well). Eat your greens, go wild for greens, play in green, weave green into your colorful daily existence!

—Terri Guillemets

When I add a spoon of honey to my tea, I give thanks to a dozen bees for the work of their whole lives. When my finger sweeps the final drop of sweetness from the jar, I know we've enjoyed the nectar from over a million flowers. This is what honey is: the souls of flowers, a food to please the gods. Honeyeaters know that to have a joyful heart one must live life like the bees, sipping the sweet nectar from each moment as it blooms. And Life, like the world of honey, has its enchantments and stings.

—Ingrid Goff-Maidoff

The colors of a fresh garden salad are so extraordinary, no painter's pallet can duplicate nature's artistry.

—Dr. SunWolf

Lettuce is like conversation; it must be fresh and crisp, so sparkling that you scarcely notice the bitter in it.

—Charles Dudley
Warner

Veggies are my savior and my soul.

—Terri Guillemets

Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie.

—Terri Guillemets

Some of us eat so poorly during the most stressful parts of the workday we need a vegetable orgy for dinner just to make up for it.

—Terri Guillemets

[Breadbaking is] one of those almost hypnotic businesses, like a dance from some ancient ceremony. It leaves you filled with one of the world's sweetest smells... there is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel, that will leave you emptier of bad thoughts than this homely ceremony of making bread.

—M. F. K. Fisher

The Slow Food movement wants diners and chefs to challenge themselves by taking their time and making every meal a hedonistic experience.

—Joel Fishbane

Thank God for dirty dishes,
they have a tale to tell;
while others may go hungry,
we're eating very well.

—Unknown

Life is uncertain. Eat dessert first.

—Ernestine Ulmer

I want to have a good body, but not as much as I want dessert.

—Jason Love

Stressed spelled backwards is desserts. Coincidence? I think not!

—Unknown

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie.

—Jim Davis

Cookies are made of butter and love.

—Norwegian Proverb

Mousse: How pudding describes itself on its résumé!

—John Oliver

Whipped cream isn't whipped cream at all unless it's been whipped with whips.
Just as a poached egg isn't a poached egg unless it's been stolen from the woods in
the dead of night!

—Roald Dahl

Pie...it fills the cracks of the heart. Go away, pain.

—Kevin James

A balanced diet is a cookie in each hand.

—Barbara Johnson

A party without cake is just a meeting.

—Julia Child

Pie and coffee is approximately the third best social interaction a man can hope to
have with a woman.

—Unknown

I'd consider being a farmer. As long as I could live on the Pepperidge Farm. And
raise Milanos.

—Unknown

In our own glad and fortunate country the seasons are known by their respective
dominant pies—for each there is an appropriate pie, with apple pie for all the year
round.... The perfect days of June welcome the lip-painting berry pies.... Then, as
nature paints the forests with her magic brush, comes in the golden glory of the
year, the royal pumpkin pie!

—*New York Times*
(1902)

I prefer to regard a dessert as I would imagine the perfect woman: subtle, a little
bittersweet, not blowsy and extrovert. Delicately made up, not highly rouged. Hold-
ing back, not exposing everything and, of course, with a flavor that lasts.

—Graham Kerr

One little thing can revive a guy
And that is a piece of rhubarb pie
Serve it up, nice and hot
Maybe things aren't as bad as you thought.

—Garrison Keillor

A dessert without cheese is like a beautiful woman with only one eye.

—Anthelme Brillat-
Savarin

Don't dig your grave with your own knife and fork.

—English Proverb

Your stomach shouldn't be a waist basket.

—Barry Popik

A diet is the penalty we pay for exceeding the feed limit.

—Unknown

More die in the United States of too much food than of too little.

—John Kenneth
Galbraith

Thou shouldst eat to live, not live to eat.

—Cicero

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.

—Unknown

Food is fuel, not therapy.

—Unknown

Reality check: you can never, ever, use weight loss to solve problems that are not related to your weight. At your goal weight or not, you still have to live with yourself and deal with your problems. You will still have the same husband, the same job, the same kids, and the same life. Losing weight is not a cure for life.

—Phillip C. McGraw

The biggest seller is cookbooks and the second is diet books — how not to eat what you've just learned how to cook.

—Andy Rooney

Eating crappy food isn't a reward, it's a punishment.

—Drew Carey

Nothing tastes as good as being healthy feels.

—Unknown

To lengthen your life, shorten your meals.

—Proverb

Instead of focusing on which unhealthy foods to eat less of, concentrate on which healthy foods to eat more of.

—Unknown

Real food is the stuff that fuels real life!

—Kristina Turner

I bought a talking refrigerator that said 'Oink' every time I opened the door. It made me hungry for pork chops.

—Marie Mott

As a child my family's menu consisted of two choices: take it or leave it.

—Buddy Hackett

All happiness depends on a leisurely breakfast.

—John Gunther

Humans live on one-quarter of what they eat; on the other three-quarters lives their doctor.

—Egyptian Pyramid
Inscription,
(3800 B.C.)

Do vegetarians eat animal crackers?

—George Carlin

Anybody who believes that the way to a man's heart is through his stomach flunked geography.

—Robert Byrne

I find chopsticks frankly distressing. Am I alone in thinking it odd that a people ingenious enough to invent paper, gunpowder, kites and any number of other useful objects, and who have a noble history extending back 3,000 years haven't yet worked out that a pair of knitting needles is no way to capture food?

—Bill Bryson

When I'm at a Chinese restaurant having a hard time with chopsticks, I always hope that there's a Chinese kid at an American restaurant somewhere who's struggling mightily with a fork.

—Rick Budinich

Every time you eat or drink, you are either feeding disease or fighting it.

—Heather Morgan

After all the trouble you go to, you get about as much actual 'food' out of eating an artichoke as you would from licking 30 or 40 postage stamps.

—Miss Piggy

It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.

—Lewis Grizzard

Large, naked raw carrots are acceptable as food only to those who lie in hutches eagerly awaiting Easter.

—Fran Lebowitz

If you ate pasta and antipasto, would you still be hungry?

—Unknown

I never had a piece of toast
Particularly long and wide,
But fell upon the sanded floor,
And always on the buttered side.

—James Payn

The reason it's called 'Grape Nuts' is that it contains 'dextrose,' which is also sometimes called 'grape sugar,' and also because 'Grape Nuts' is catchier, in terms of marketing, than 'A Cross Between Gerbil Food and Gravel,' which is what it tastes like.

—Dave Barry

The trouble with eating Italian food is that five or six days later you're hungry again.

—George Miller

Red meat is not bad for you. Now blue-green meat, that's bad for you!

—Tommy Smothers

You know how I feel about tacos. It's the only food shaped like a smile.

—Danielle Sanchez-
Witzel and
Michael Pennie

I would like to find a stew that will give me heartburn immediately, instead of at three o'clock in the morning.

—John Barrymore

Worries go down better with soup.

—Jewish Proverb

A nickel's worth of goulash beats a five dollar can of vitamins.

—Martin H. Fischer

Soup is liquid comfort.

—Unknown

Provided it be well and truly made there is really for the confirmed turophile no such thing as a bad cheese. A cheese may disappoint. It may be dull, it may be naive, it may be over-sophisticated. Yet it remains cheese, milk's leap toward immortality.

—Clifton Fadiman

Avoid fruit and nuts. You are what you eat.

—Jim Davis

Someone has to stand up and say the answer isn't another pill. The answer is spinach.

—Bill Maher

Greens too have a complex history in the South. They were something that people could go and gather after working a long shift at the factory. So although greens were one of the earlier items to be canned and sold, people didn't choose to spend their grocery money on them when they first had money to do so. 'Greens can be seen as a protest against the time clock that industrialization introduced,' [Dr. Elizabeth] Engelhardt says. 'Gathering greens served as a means for both men and women to resist new factory and mine-driven gender roles, as a walk in the woods did not involve company scrip or time clock.'

—Vivé Griffith

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

—Doug Larson

Growing up, my mom made dinner every night. Usually this would be a large salad with kale, carrots, tomatoes, cucumbers, all organic of course, and sometimes she'd sprinkle nuts on top for texture. Kale has a metallic taste, like chewing on the hood of a Mercedes. No, something safer, like a Volvo.

—Jarod Kintz

I don't think America will have really made it until we have our own salad dressing. Until then we're stuck behind the French, Italians, Russians and Caesarians.

—Pat McNelis

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons.

—Alfred E. Newman

This country is just beginning to feel that it is at war. The sugar shortage is one of the greatest blessings that ever happened to the people of this country, and if it will have done nothing better than to teach us that we can do without sugar, the war will have paid for itself.... The Lord never intended the child to develop a sweet tooth. He knew it would be a bad tooth.... Sugar is the curse of this country.

—Harvey W. Wiley
(1918)

Inside our bodies, junk food converts into chaos.

—Terri Guillemets

As for butter versus margarine, I trust cows more than chemists.

—Joan Gussow

If it came from a plant, eat it. If it was made in a plant, don't.

—Michael Pollan

Whenever I hear people say clean food is expensive, I tell them it's actually the cheapest food you can buy. That always gets their attention. Then I explain that with our food all of the costs are figured into the price. Society is not bearing the cost of water pollution, of antibiotic resistance, of food-borne illnesses, of crop subsidies, of subsidized oil and water — of all the hidden costs to the environment and the taxpayer that make cheap food seem cheap. No thinking person will tell you they don't care about all that. I tell them the choice is simple: You can buy honestly priced food or you can buy irresponsibly priced food.

—Joel Salatin

Bernard Shaw once warned us (he was speaking of mass entertainment) to be sure to get what we liked; otherwise we might begin to like what we got. There is the point—not that processed 'cheese' is so bad in itself (though it is) but that its convenience, neatness, and cheapness give it so many advantages that it may elbow real cheese aside and in the end compass the death of our cheese-palates. Let us not be fooled. My guinea-pig son, aged one year and seven months, was not: fed a 'cheese spread,' he spat it out; fed a tiny bit of Stilton he took to it like an angel. Give our American children the processed corpse of milk and they will grow (I dare not say mature) into processed men, all package and no character.

—Clifton Fadiman

Pie's just an excuse to put healthy food inside of a giant cookie.

—*theChive*

There is a lot of scientific evidence behind this. Obviously the traditional fry-up is too fat and calorie rich to aid weight control, but cereals and toast are of benefit. Breakfast can be a very good source of vitamins. Many processed cereals are fortified with vitamins and minerals which people can find it difficult to get elsewhere if they are just having two meals a day.

—Catherin Collins

One meal a day is enough for a lion, and it ought to be for a man.

—George Fordyce

Not only don't diets work, they're actually designed to fail. It's not you or your lack of will power that's the problem. It's that diets by their very nature simply don't work.

—Robert L. Schwartz

The Diet Mentality has come about because there is agreement in our society that the only way to lose weight is by dieting. But dieting produces absolutely no permanent, positive results. In fact, it makes you feel worse about yourself and probably does more damage than good to your health.

—Robert L. Schwartz

Young people everywhere have been allowed to choose between love and a garbage disposal unit. Everywhere they have chosen the garbage disposal unit.

—Guy Debord

Never doubt the courage of the French. They were the ones who discovered that snails are edible.

—Doug Larson

I used to eat a lot of natural foods until I learned that most people die of natural causes.

—T-Shirt Slogan

Square meals often make round people.

—E. Joseph Cossman

I defy you to agitate any fellow with a full stomach.

--William Cobbett

I broke up with cheese.

--Nia Vardalos

I feel about airplanes the way I feel about diets. It seems to me that they are wonderful things for other people to go on.

--Jean Kerr

Most turkeys taste better the day after; my mother's tasted better the day before.
--Rita Rudner

I prefer Hostess fruit pies to pop-up toaster tarts because they don't require as much cooking.
--Carrie P. Snow

Rice is great if you're really hungry and want to eat two thousand of something.
--Mitch Hedberg

Best way to get rid of kitchen odors: Eat out.
--Phyllis Diller

My favorite animal is steak.
--Fran Lebowitz

The first want of man is his dinner, and the second is his girl.
--John Adams

'Cole's Law'
When at a barbecue, do NOT eat mayo-based food dishes which have sat out in the sun all day.
--Unknown

Nutrition is an inexact science: It cannot explain how teenagers manage to thrive on hamburgers and Coke.
--Unknown

One cannot think well, love well, sleep well—if one has not dined well.
--Virginia Woolf

Never eat more than you can lift.
--Miss Piggy

There is no love sincerer than the love of food.
--George Bernard Shaw

In general, mankind, since the improvement of cookery, eats twice as much as nature requires.

--Benjamin Franklin

A girl can win a man with the smell of perfume, but she can't keep him without the smell of good food.

--Unknown

Americans can eat garbage, provided you sprinkle it liberally with ketchup, mustard, chili sauce, Tabasco sauce, cayenne pepper, or any other condiment which destroys the original flavor of the dish.

--Henry Miller

Strange to see how a good dinner and feasting reconciles everybody.

--Samuel Pepys

Tell me what you eat and I will tell you who you are.

--Anthelme Brillat-Savarin

One of the easiest forms of pretense to break down is the pretense of enthusiasm for exotic foods. Just bring on the exotic foods.

--Robert Benchley

We are all dietetic sinners; only a small percent of what we eat nourishes us, the balance goes to waste and loss of energy.

--Sir William Osler

Your body is a Temple. You are what you eat. Do not eat processed food, junk foods, filth, or disease carrying food, animals, or rodents. Some people say of these foods, 'well, it tastes good'.

Most of the foods today that statically cause sickness, cancer, and disease ALL TATSE GOOD; it's well seasoned and prepared poison.

THIS IS WHY SO MANY PEOPLE ARE SICK; mentally, emotionally, physically, and spiritually; because of being hooked to the 'taste' of poison, instead of being hooked on the truth and to real foods that heal and provide you with good health and wellness.

Respect and honor your Temple—and it will honor you.

—SupaNova Slom

The glutton digs his grave with his teeth.

--English Proverb

Each year, food companies use an amount of salt that is every bit as staggering as it sounds: 5 billion pounds.

—Michael Moss

First off, let's clear this up—fries are not a side dish and you can't count those as a vegetable. Sorry.

—Tez Brooks

How bad do you want cancer? Bad enough to eat a rainbow of it? Personally, I think the red cancer would be the worst, but anything you swallow with artificial hues in it is going to pop a tumor out of your body the day after you eat it.

—Laurie Notaro

Food is what I love, and how I communicate love, and how I calm myself.

—Tamar Adler

If I had to narrow my choice of meats down to one for the rest of my life, I am quite certain that meat would be pork.

—James Beard

I have become more interested than ever in the effect of a diet higher in 'greens' than it is in meat - both in terms of my own wellbeing and, more recently, those implications that go beyond me and those for whom I cook.

—Nigel Slater

I want them to bite into a cookie, and think of me, and smile. Food is love. Food has a power. I knew it in my mind, but now I know it in my heart.

—Jael McHenry

Food is not simply organic fuel to keep body and soul together, it is a perishable art that must be savoured at the peak of perfection.

—E. A. Bucchianeri

There ain't a body, be it mouse or man, that ain't made better by a little soup.

—Kate DiCamillo

Anyone who thinks they're too grown up or too sophisticated to eat caramel corn, is not invited to my house for dinner.

—Ruth Reichl

I maintain that one strong cup of tea is better than 20 weak ones. All true tea-lovers not only like their tea strong, but like it a little stronger with each year that passes.

—George Orwell

It is very strange, this domination of our intellect by our digestive organs. We cannot work, we cannot think, unless our stomach wills so. It dictates to us our emotions, our passions. After eggs and bacon, it says, 'Work!' After beefsteak and porter, it says, 'Sleep!' After a cup of tea (two spoonsful for each cup, and don't let it stand more than three minutes), it says to the brain, 'Now, rise, and show your strength. Be eloquent, and deep, and tender; see, with a clear eye, into Nature and into life; spread your white wings of quivering thought, and soar, a god-like spirit, over the whirling world beneath you, up through long lanes of flaming stars to the gates of eternity!'

—Jerome K. Jerome

A cup of tea is a cup of peace.

—Soshitsu Sen XV

If you are cold, tea will warm you; if you are too heated, it will cool you; if you are depressed, it will cheer you; if you are excited it will calm you.

—William Ewart
Gladstone

Perhaps it is while drinking tea that I most of all enjoy the sense of leisure.

—George Gissing

Tea: a few minutes' peace amongst the constant battles of life.

—Terri Guillemets

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people' you'd better live real close to a real good hospital.

—Neal Barnard

Animals are my friends... and I don't eat my friends.

—George Bernard Shaw

If you knew how meat was made, you'd probably lose your lunch.

—k.d. lang

Being a meat eater is really expensive, even if you don't count the cost of chemo.

—*Snargleplexon.com*

The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.

—Michael Klaper

Recognize meat for what it really is: the antibiotic- and pesticide-laden corpse of a tortured animal.

—Ingrid Newkirk

I am not a vegetarian because I love animals; I am a vegetarian because I hate plants.

—A. Whitney Brown

I've found without question that the best way to lead others to a more plant-based diet is by example—to lead with your fork, not your mouth.

—Bernie Wilke

I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other.

—Henry David Thoreau

You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.

—Ralph Waldo Emerson

It is only by softening and disguising dead flesh by culinary preparation that it is rendered susceptible of mastication or digestion, and that the sight of its bloody juices and raw horror does not excite intolerable loathing and disgust.

—Percy Bysshe Shelley

Vegetarian—that's an old Indian word meaning 'lousy hunter.'

—Andy Rooney

I have always eaten animal flesh with a somewhat guilty conscience.

—Albert Einstein

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.

—Albert Einstein

ALCOHOL FACTS

Alcohol is an empty calorie food (just calories no nutrients like vitamins, minerals or protein). Although beer has a very small amount of B vitamins and red wine has traces of iron, they don't add much to our diets.

1 1/2 ounces (1 jigger) of hard liquor contains 75-110 calories. 12 ounces of beer, 170 calories, 3 1/2 ounces of wine (average wine glass), 85-150 calories.

The liver, bone marrow, and brain are the organs most likely to be injured by heavy drinking. Taking vitamins, minerals and other nutrients WILL NOT prevent alcohol damage to these organs. (Even if you do eat right, drinking will still affect these organs.)

Since many teenagers are still growing, the toxic effect of alcohol on the body can be more severe than in adults.

Drinking problems are found not only with low income people. Drinking problems increase with social class and education levels.

Excess alcohol can cause our body to not absorb the nutrients it needs from food, even if you do stop to eat.

Drinking beer, wine or liquor while you're pregnant can cause birth defects in your baby.

—*Cornell Cooperative
Extension 4-H
Teen Nutrition
Education
Program*

I eat everything that nature voluntarily gives: fruits, vegetables, and the products of plants. But I ask you to spare me what animals are forced to surrender: meat, milk, and cheese.

—Unknown

No man in the world has more courage than the man who can stop after eating one peanut.

—Channing Pollock

You are what you eat. What would YOU like to be?

—Julie Murphy

While it is true that many people simply can't afford to pay more for food, either in money or time or both, many more of us can. After all, just in the last decade or two we've somehow found the time in the day to spend several hours on the internet and the money in the budget not only to pay for broadband service, but to cover a second phone bill and a new monthly bill for television, formerly free. For the majority of Americans, spending more for better food is less a matter of ability than priority.

—Michael Pollan

The reality is that these food chemists create 'Frankenstein foods' within these huge, robotic, assembly-line factories. Here they dump all kinds of man-made preservatives, additives, and chemicals into the recipes for our favorite meals and snacks—in just the right amounts—so these 'fake foods' can sit on grocery store shelves for months, years, and even decades without going bad.

—Josh Beconi

You can become just as hooked on sugar as on drugs, tobacco or alcohol. The sugar affects the same areas in your brain.

—Thorbjörg
Hafsteinsdottir

Although man has included meat in his diet for thousands of years, his anatomy and physiology, and the chemistry of his digestive juices, are still unmistakably those of a frugivorous animal.

—Herbert M. Shelton

The fact that salt is a powerful emetic as well as a potent laxative should convince the most skeptical that it is not meant to form an important part of the human diet.

—John H. Tobe

We are an overfed and undernourished nation digging an early grave with our teeth.

—Ezra Taft Benson

The average person walks into their doctor's office ready to accept whatever is said and handed to them. Without taking time to research or gain more insight, they accept pills and treatment without looking into other options.

Our nation overeats. We put toxic fake food into our bodies, but wonder why we're sick. We continue a vicious cycle of consuming the wrong foods and drinks along with a stressful lifestyle, yet question why cancer is so rampant. Most of our society live in fear and believe they have no control.

My positive message is that we do have control. We need to take back ownership of our bodies and minds. Don't blindly fill prescriptions without first checking into potential side effects, adverse reactions, and long-term damage to your body and mind. Be conscious of what you are consuming. Be informed. Take the initiative to gain more knowledge. Understand your options so you may be in a better position to make an informed choice.

—Dana Arcuri

You have a choice. You can continue eating the foods manufacturers want you to buy that are making you unhealthy. Or you can return to eating the foods God provided for you, already magnificently packaged in their own skins, rinds, pods and shells. Foods that contain all the human-appropriate vitamins and minerals you need, and the right proportion of sugar, fat, salt and calories. Will you listen to God, or will you continue listening to the marketing and advertising gurus whose agenda has nothing to do with your health?

—Celso Cukierkorn

When I want my children to have a healthy snack, I slice an apple nicely on a plate and put it in front of them. They gobble it up happily. But if I merely put out a bowl of fruit, or tell them to have some fruit, they do nothing.

—Gary Koenig

THE ORGANIC FOODS MYTH

A few decades ago, a woman tried to sue a butter company that had printed the word 'LITE' on its product's packaging. She claimed to have gained so much weight from eating the butter, even though it was labeled as being 'LITE.' In court, the lawyer representing the butter company simply held up the container of butter and said to the judge, 'My client did not lie. The container is indeed "light in weight'.' The woman lost the case.

In a marketing class in college, we were assigned this case study to show us that 'puffery' is legal. This means that you can deceptively use words with double meanings to sell a product, even though they could mislead customers into thinking your words mean something different. I am using this example to touch upon the myth of organic foods. If I was a lawyer representing a company that had labeled its oranges as being organic, and a man was suing my client because he found out that the oranges were being sprayed with toxins, my defense opening statement would be very simple: 'If it's not plastic or metallic, it's organic.'

Most products labeled as being organic are not really organic. This is the truth. You pay premium prices for products you think are grown without chemicals, but most products are. If an apple is labeled as being organic, it could mean two things. Either the apple tree itself is free from chemicals, or just the soil. One or the other, but rarely both. The truth is, the word 'organic' can mean many things, and taking a farmer to court would be difficult if you found out his fruits were indeed sprayed with pesticides. After all, all organisms on earth are scientifically labeled as being organic, unless they are made of plastic or metal. The word 'organic' comes from the word 'organism', meaning something that is, or once was, living and breathing air, water and sunlight.

So, the next time you stroll through your local supermarket and see brown pears that are labeled as being organic, know that they could have been third-rate fare sourced from the last day of a weekend market, and have been re-labeled to be sold to a gullible crowd for a premium price. I have a friend who thinks that organic foods have to look beat up and deformed because the use of chemicals is what makes them look perfect and flawless. This is not true. Chemical-free foods can look perfect if grown in your backyard. If you go to jungles or forests untouched by man, you will see fruit and vegetables that look like they sprouted from trees from Heaven. So be cautious the next time you buy anything labeled as 'organic' Unless you personally know the farmer or the company selling the products, don't trust what you read. You, me, and everything on land and sea are organic.

—Suzy Kassem

I think things like food, the food of the South, is sort of the common tie that binds us all, Black and White, the sense memories. It's a very particular part of the country.

—Sela Ward

Nothing tastes as good as skinny feels.

--Kate Moss

The more people eat fruit or veggies, the higher they score on tests of happiness, a study showed. Eating up to eight produce servings a day has the same impact as going from unemployed to employed.

—*AARP Magazine*

Speaking of food, English cuisine has received a lot of unfair criticism over the years, but the truth is that it can be a very pleasant surprise to the connoisseur of severely overcooked livestock organs served in lukewarm puddles of congealed grease. England manufactures most of the world's airline food, as well as all the food you ever ate in your junior-high-school cafeteria.

--Dave Barry

Baby rats need rat milk, baby cats need cat milk, baby dogs need dog milk, baby humans need human milk, baby cows need cow milk, baby chimps need chimp milk.. Would anyone believe it if someone claimed adult giraffes need elephant milk? or adult horses need squirrel milk? or adult possums need goat milk? or adult humans need cow milk? oh, wait, no, that last one makes total sense.. NOT.

--Mango Wodzak

According to analyses conducted by the *U.S. Department of Agriculture*, 100 grams of fresh tomato today has 30 percent less vitamin C, 30 percent less thiamin, 19 percent less niacin, and 62 percent less calcium than it did in the 1960s. But the modern tomato does shame it's counterpart in one area: It contains fourteen times as much sodium.

--Barry Estabrook

Switching to all organic food production is the single most critical (and most doable) action we can take right now to stop our climate crisis.

--Maria Rodale

Imagine Italian food without tomatoes, Greek food without eggplant, Thai and Indonesian foods without peanut sauce, curries without chilies, hamburgers without French fries or ketchup, African food without cassava.

—Bill Bryson

Raw ingredients trump recipes every time; farmers and ranchers who coax the best from the earth can make any of us appear to be a great cook.

--Judy Rodgers

When I offered to either stay and help or go bake a pie, it was the pie that was most needed. It took six pies to finish the roof. I had not known that pies were such an important part of construction.

--Sue Hubbell

I learned that keeping a vegetable garden is worth a medicine cabinet full of pills.

—*seniorresource.com*

Federal policy tells us to fill 50 percent of our plates with fruits and vegetables. At the same time, federal farm subsidies focus on financing the production of corn, soybeans, wheat, rice, sorghum, dairy and livestock.

—Chuck Norris

Carbon 13 [the carbon from corn] doesn't lie, and researchers who have compared the isotopes in the flesh or hair of Americans to those in the same tissues of Mexicans report that it is now we in the North who are the true people of corn.... Compared to us, Mexicans today consume a far more varied carbon diet: the animals they eat still eat grass (until recently, Mexicans regarded feeding corn to livestock as a sacrilege); much of their protein comes from legumes; and they still sweeten their beverages with cane sugar. So that's us: processed corn, walking.

--Michael Pollan

Usually, the first thing a country does in the course of economic development is to introduce a lot of livestock. Our data are showing that this is not a very smart move and the Chinese are listening. They are realizing that animal-based agriculture is not the way to go.... We are basically a vegetarian species and should be eating a wide variety of plant food and minimizing our intake of animal foods...

--T. Colin Campbell

All the food we eat—every grain of rice and kernel of corn—has been genetically modified. None of it was here before mankind learned to cultivate crops. The question isn't whether our food has been modified, but how.

—Michael Specter

Civilization was built around wheat, around people settling down and not being nomadic. Baking is one of the oldest professions.

—Paul Hollywood

Corn is what feeds the steer that becomes the steak. Corn feeds the chicken and the pig, the turkey, and the lamb, the catfish and the tilapia and, increasingly, even the salmon, a carnivore by nature that the fish farmers are reengineering to tolerate corn. The eggs are made of corn. The milk and cheese and yogurt, which once came from dairy cows that grazed on grass, now typically comes from Holsteins that spend their working lives indoors tethered to machines, eating corn.

Head over to the processed foods and you find ever more intricate manifestations of corn. A chicken nugget, for example, piles up corn upon corn: what chicken it contains consists of corn, of course, but so do most of a nugget's other constituents, including the modified corn starch that glues the things together, the corn flour in the batter that coats it, and the corn oil in which it gets fried. Much less obviously, the leavenings and lecithin, the mono-, di-, and triglycerides, the attractive gold coloring, and even the citric acid that keeps the nugget 'fresh' can all be derived from corn.

To wash down your chicken nuggets with virtually any soft drink in the supermarket is to have some corn with your corn. Since the 1980s virtually all the sodas and most of the fruit drinks sold in the supermarket have been sweetened with high-fructose corn syrup (HFCS)—after water, corn sweetener is their principal ingredient. Grab a beer for you beverage instead and you'd still be drinking corn, in the form of alcohol fermented from glucose refined from corn. Read the ingredients on the label of any processed food and, provided you know the chemical names it travels under, corn is what you will find. For modified or unmodified starch, for glucose syrup and maltodextrin, for crystalline fructose and ascorbic acid, for lecithin and dextrose, lactic acid and lysine, for maltose and HFCS, for MSG and polyols, for the caramel color and xanthan gum, read: corn. Corn is in the coffee whitener and Cheez Whiz, the frozen yogurt and TV dinner, the canned fruit and ketchup and candies, the soups and snacks and cake mixes, the frosting and

candies, the soups and snacks and cake mixes, the frosting and gravy and frozen waffles, the syrups and hot sauces, the mayonnaise and mustard, the hot dogs and the bologna, the margarine and shortening, the salad dressings and the relishes and even the vitamins. (Yes, it's in the Twinkie, too.)

There are some forty-five thousand items in the average American supermarket and more than a quarter of them now contain corn. This goes for the nonfood items as well: Everything from the toothpaste and cosmetics to the disposable diapers, trash bags, cleansers, charcoal briquettes, matches, and batteries, right down to the shine on the cover of the magazine that catches your eye by the checkout: corn. Even in Produce on a day when there's ostensibly no corn for sale, you'll nevertheless find plenty of corn: in the vegetable wax that gives the cucumbers their sheen, in the pesticide responsible for the produce's perfection, even in the coating on the cardboard it was shipped in. Indeed, the supermarket itself—the wallboard and joint compound, the linoleum and fiberglass and adhesives out of which the building itself has been built—is in no small measure a manifestation of corn.

--Michael Pollan

The popular media and conventional wisdom, including the medical profession's traditional approach to nutrition, have created and continue to perpetuate this problem through inadequate, outdated dietary counseling. Attempts to universalize dietary therapies so that one-diet-fits-all influences the flawed claims against meats and fats, thereby encouraging overconsumption of grains. Government-sponsored guides to healthy eating, such as the USDA's food pyramid, which advocates six to eleven servings of grains daily for everyone, lag far behind current research and continue to preach dangerously old-fashioned ideas. Because the USDA's function is largely the promotion of agriculture and agricultural products, there is a clear conflict of interest inherent in any USDA claim of healthful benefits arising from any agricultural product. Popular beliefs and politically motivated promotion, not science, continue to dictate dietary recommendations, leading to debilitating and deadly diseases that are wholly or partly preventable.

--Ron Hoggan

What makes good bread? It is a question of good flour and slow fermentation. In the old days we used to leave the dough to ferment for at least three or four hours, and it wasn't necessary to put chemicals into the dough. Today the farmers get much bigger crops from the same piece of ground, but the wheat has lost its taste. And to make it look nice and white—*comme un cadavre*—the millers grind it up fine and sift it, so you are left with very little except starch.

--John Hillaby

We are not encouraged, on a daily basis, to pay careful attention to the animals we eat. On the contrary, the meat, dairy, and egg industries all actively encourage us to give thought to our own immediate interest (taste, for example, or cheap food) but not to the real suffering involved. They do so by deliberately withholding information and by cynically presenting us with idealized images of happy animals in beautiful landscapes, scenes of bucolic happiness that do not correspond to anything in the real world. The animals involved suffer agony because of our ignorance. The least we owe them is to lessen that ignorance.

—Jeffrey Moussaieff
Masson

A waffle is like a pancake with a syrup trap.

—Mitch Hedberg

Advocacy of leaf protein as a human food is based on the undisputed fact that forage crops (such as lucerne) give a greater yield of protein than other types of crops. Even with conventional food crops there is more protein in the leafy parts than in the seeds or tubs that are usually harvested.

--Norman Pirie

Shucked and boiled in water, sweet corn is edible and nutritious; roasted in the husk in the hottest possible oven for forty minutes, shucked at the table, and buttered and salted, nothing else, it is ambrosia. No chef's ingenuity and imagination have ever created a finer dish.

--Rex Stout

I have never read of any Roman supper that seemed to me equal to a dinner of my own vegetables; when everything on the table is the product of my own labor.... It is strange what a taste you suddenly have for things you never liked before. The squash has always been to me a dish of contempt; but I eat it now as if it were my best friend. I never cared for the beet or the bean; but I fancy now that I could eat them all, tops and all, so completely have they been transformed by the soil in which they grew. I think the squash is less squashy, and the beet has a deeper hue of rose, for my care of them.

—Charles Dudley
Warner

Fork: An instrument used chiefly for the purpose of putting dead animals into the mouth.

—Ambrose Bierce

Once someone tries a real extra virgin—an adult or a child, anybody with taste buds—they'll never go back to the fake kind. It's distinctive, complex, the freshest thing you've ever eaten. It makes you realize how rotten the other stuff is, literally rotten. But there has to be a first time. Somehow we have to get those first drops of real extra virgin oil into their mouths, to break them free from the habituation to bad oil, and from the brainwashing of advertising. There has to be some good oil left in the world for people to taste.

--Tom Mueller

For generations, one of the standard products offered for sale by circus hawkers has been pink lemonade. The origin of this peculiar potion, according to [John Ringling] North goes back to the days when one Peter Conklin was handling the refreshment concession for Mabie's Mighty Circus in the South. One afternoon was such a scorcher that lemonade sales reached unprecedented heights, and Pete Conklin ran out of his principle ingredient: water. He rushed into the dressing room of Fanny Jamieson, the lady trapeze artiste, and, heedless of her protests, seized the tub of water in which she had been soaking her bespangled red tights. 'Aniline dye never hurt anybody,' pronounced Pete. To the reddened water he added a spot of tartaric acid and sugar, and promptly began shouting, 'This way for the only lemonade in the world guaranteed pink.' The customers were intrigued, and, when nobody came down with even a mild convulsion, pink lemonade became standard equipment in the refreshment tent.

—Bennett Cerf

Nutrition and Wellness courses can be greatly enhanced through the use of computer technology in addition to state-of-the art appliances. Have students use word processing and design software to develop informative, attractive brochures or posters on healthful eating habits for placement in social services, medical, or health department offices. Explain that online resources...offer an easy way to assess the nutritive values of thousands of foods. Taking students on field trips to appliance stores can give them some understanding of these new models that may not be available in the school's family and consumer sciences lab.

—Sharon Cunningham

She couldn't see the homemade colored sprinkles, the tender yellow cake, or the pale pink frosting made with strawberry syrup enhanced with a little rosewater. Although our local strawberries weren't in season yet, I had conjured the aroma and taste of juicy berries warmed by the sun. I hoped this flavor would help the two old people return once more to their youth and the carefree feeling of a summer day.

—Judith Fertig

So how did turkey get to be the Thanksgiving Bird?

Gradually.

Two hundred fifty years after the original Thanksgiving dinner, one of the hottest cookbooks in America, a collection of recipes from Ohio housewives called the Buckeye Cookerie, suggested a bunch of 'traditional' Thanksgiving dinners, and many of them ignored the turkey:

[Buckeye Cookerie] suggested oyster soup, boiled cod, corned beef, and roasted goose as good Thanksgiving choices, accompanied by brown bread, pork and beans, 'delicate cabbage,' doughnuts, 'superior biscuit,' ginger cakes, and an array of fruits. Chicken pies were a particular favorite and seem to have been served nearly as often as turkey (usually as an additional dish rather than a substitute).

—Robert Krulwich

Junk food has overwhelmed traditional diets pretty much everywhere in the world, and at an astonishing speed. This revolution is making massive numbers of people fat and sick....Many people are scarcely acquainted with the feeling of hunger anymore. The new pattern is a series of solitary snacks that we often hardly notice or enjoy as they pass through our gullet.

—Bee Wilson

It wasn't until 1847 that the English company J. S. Fry & Sons of Bristol produced the first solid chocolate bar offered to the general public.

—Franz Lidz

Bread: Some stale bread crumbs have changed history: It now appears that semi-nomadic Natufians made flatbread circa 12,000 B.C.—4,000 years before farmers in what is now Turkey.

Cheese: In 2018, researchers discovered 3,200-year-old cheese in an Egyptian tomb, but new molecular analysis of a pot dug up in Turkey reveals evidence of cheese-making circa 5,900 B.C.

Wine: The oldest known grape wine—and lots of it—was produced around 6,000 B.C., say scientists who studied residue in jars unearthed in Georgia. Previous chemical analysis dated wine to Iran circa 5,400 B.C.

Beer: Brewing came before agriculture, say researchers who learned that semi-nomadic Natufians quaffed wheat and barley beer circa 11,000 B.C., 7,000 years before farmers did in Central Asia.

—Mandy Tust,
smithsonian.com

FISH LIPS FOREVER

Fish lips fried up in pure butter's a treat
That millions of folks 'round the world just won't eat.
They're crunchy, then chewy. They slip down your throat
With an effort that gags even those who take note
Of their flavor and texture which makes them select.
Spice them up, stuff them. I'm sure you'll detect
That fish lips give you the chance to create
New concoctions to fascinate those who relate
To the world's strangest food and aren't yet afraid.
Try lips on some toast spread with sweet marmalade.
Scoop through a dip with a lip and you'll find
Once overlooked pleasures to boggle your mind.
Now don't let the rubbery feel make you sick,
But do thank the Lord to your teeth they don't stick.
Parties are livened when fish lips are served.
Your guests at the outset will all seem unnerved
But will soon recover and then they will be
Quite ready for the next course of roast chimpanzee.
To picnics you must bring some deep-fried fish lips
And serve a strong wine that allows just two sips.
At intimate dinners the fish lips enhance
Your chance of reward with the utmost dispatch.
"Care for a fish lip?" "Ah, well, thank you, no."
"Aw, gee at least try one. They beat eating crow."
Open your mind up and give them a try,
Fish lips will soon be as common as pie.
Come on, get some courage and down a whole bunch.
They soon may replace all that popcorn you munch.

—Dan L. Miller

Confit is the ultimate comfort food, and trendy or not, it is dazzling stuff.

—Sally Schneider

I thought the dryer made my clothes shrink. Turns out it was the refrigerator.

—Internet Meme

Today a third of all the calories consumed by an American adult comes from chips, protein bars, and the like. Soft drinks have had an especially pernicious impact: In America, consumption of them took a big leap in the '70s, and with that came unprecedented rates of obesity.

—Laura Shapiro

Pie is an article of necessity in every household as much as the bed and cook stove.
—*Chicago Daily Tribune*
(1899)

SEWING/NEEDLEWORK

The best thing about doing needlepoint for very small children is that they are so uncritical. They don't say things like, 'I see you've missed some stitches over here on the leg, was that intentional?' or 'Was this creature blinded in a fight?' They will clasp it in their little arms and love it besottedly, inseparably as the thing becomes more and more rancid.

—Carole Berman
and Jennifer
Lazarus

She watched and taught the girls that sang at their embroidery frames while the great silk flowers grew from their needles.

—Louise Jordan Miln

After all, a woman didn't leave much behind in the world to show she'd been there. Even the children she bore and raised got their father's name. But her quilts, now that was something she could pass on.

—Sandra Dallas

I am certain that a Sewing Machine would relieve as much human suffering as a hundred Lunatic Asylums, and possibly a good deal more.

—Margaret Atwood

Women derive a pleasure, incomprehensible to the other sex, from the delicate toil of the needle.

—Nathaniel Hawthorne

Needlepoint is a superb way to stop smoking and nibbling, and unlike counted cross stitch also allows the mind to wander.

—Carole Berman and
Jennifer Lazarus

Everybody tells me that they would love to knit, but they don't have time. I look at people's lives and I can see opportunity and time for knitting all over the place. The time spent riding the bus each day? That's a pair of socks over a month. Waiting in line? Mittens. Watching TV? Buckets of wasted time that could be an exquisite lace shawl.

—Stephanie Pearl-
McPhee

Grandma quilts have love in every stitch.

—Unknown

A quilt will warm your body and comfort your soul.

—Unknown

Asking a seamstress to mend is like asking Michelangelo to paint your garage.

—Unknown

Sewing mends the soul.

—Unknown

The only place where housework comes before needlework is in the dictionary.

—Mary Kurtz

Really I don't dislike to cook, but what you cook is eaten so quickly. When you sew, you have something that will last to show for your efforts.

—Elizabeth Travis
Johnson

Needlepoint: the delicious art of filling in holes with wool.

—Carole Berman and
Jennifer Lazarus

Knitting is very conducive to thought. It is nice to knit a while, put down the needles, write a while, then take up the sock again.

—Dorothy Day

I like making a piece of string into something I can wear.

—Unknown

I keep my end tables full of needlework and quilting so I don't have to dust them.

—Unknown

Buttons and patches and the cold wind blowing,
The days pass quickly when I am sewing.

—Unknown

From the manner in which a woman draws her thread at every stitch of her needlework, any other woman can surmise her thoughts.

—Honore de Balzac

Knitting is a boon for those of us who are easily bored. I take my knitting everywhere to take the edge off of moments that would otherwise drive me stark raving mad.

—Stephanie Pearl-
McPhee

Stitch your stress away.

—Unknown

If the knitter is weary the baby will have no new bonnet.

—Irish Proverb

Sewing fills my days, not to mention the living room, bedroom, and closets.

—Unknown

Sewing: A creative mess is better than tidy idleness.

—Unknown

There is no right way to knit; there is no wrong way to knit. So if anybody kindly tells you that what you are doing is 'wrong,' don't take umbrage; they mean well. Smile submissively, and listen, keeping your disagreement on an entirely mental level. They may be right, in this particular case, and even if not, they may drop off pieces of information which will come in very handy if you file them away carefully in your brain for future reference.

—Elizabeth Zimmerman

Any day spent sewing, is a good day.

—Unknown

'Heirloom' is knitting code for 'This pattern is so difficult that you would consider death a relief.

—Stephanie Pearl-
McPhee

I got a sewing machine for my husband! Good trade, huh?

—Unknown

Take your needle, my child, and work at your pattern; it will come out a rose by and by. Life is like that - one stitch at a time taken patiently and the pattern will come out all right like the embroidery.

—Oliver Wendell Holmes

I cannot count my day complete
'Til needle, thread and fabric meet.

—Unknown

Apart from yoga, meditation, reading, it [needlepoint] has to be one of the most serene things to do (don't lose your needles though, that can create a severe lack of serenity).

—Carole Berman and
Jennifer Lazarus

Properly practiced, knitting soothes the troubled spirit, and it doesn't hurt the untroubled spirit, either.

—Elizabeth Zimmerman

If I stitch fast enough, does it count as aerobic exercise?

—Unknown

Useful and ornamental needlework, knitting, and netting are capable of being made, not only sources of personal gratification, but of high moral benefit, and the means of developing in surpassing loveliness and grace, some of the highest and noblest feelings of the soul.

—*The Ladies' Work
Table Book (1845)*

Sewing forever, housework whenever.

—T-Shirt Slogan

Really, all you need to become a good knitter are wool, needles, hands, and slightly below-average intelligence. Of course, superior intelligence, such as yours and mine, is an advantage.

—Elizabeth Zimmerman

Those who sleep under a quilt, sleep under a blanket of love.

—Unknown

Methinks it is a token of healthy and gentle characteristics, when women of high thoughts and accomplishments love to sew; especially as they are never more at home with their own hearts than while so occupied.

—Nathaniel Hawthorne
(1859)

Men build bridges and throw railroads across deserts, and yet they contend successfully that the job of sewing on a button is beyond them. Accordingly, they don't have to sew buttons.

--Heywood Broun

When pockets were first added to women's clothing in 1913, a Paris reporter wrote, 'It's all over with men's superiority over women.' Pockets are indeed indispensable, and they come in two types: patch and set-in.

—Claire B. Shaeffer

Once when my boys were little, I bemoaned to a friend about Mother X who sewed all her kids' Halloween costumes (mine wore store-bought) and Mother Y who made every birthday cake from scratch (I ordered from the bakery). Don't compare yourself to those gals. Think about the moms who aren't making much of an effort at all and congratulate yourself that you're doing more for your little darlings than they are.

--Elizabeth Fishel

Crocheted gifts are not cheap. If someone has given you a handmade blanket, the average cost to them (not including time spent) for materials averages \$45-50. Each skein costs about \$6, and each afghan pattern requires approximately 8 skeins. If

someone crocheted you an afghan, it took them month or more to make. They love you.

—*Crochet Addicts*
Anonymous

A bed without a quilt is like a sky without stars.

—Unknown

FASHION

One is never over-dressed or underdressed with a Little Black Dress.

—Karl Lagerfeld

I have often said that I wish I had invented blue jeans: the most spectacular, the most practical, the most relaxed and nonchalant. They have expression, modesty, sex appeal, simplicity — all I hope for in my clothes.

—Yves Saint Laurent

She first peered into its fascinating cases of beetles and butterflies at the age of six, in the company of her father. She recalls her pity at each occupant pinned for display. It was no great leap to draw the same conclusion of ladies: similarly bound and trussed, pinned and contained, with the objective of being admired, in all their gaudy beauty.

—Emmanuelle de
Maupassant

A wise friend once told me, 'Don't wear what fashion designers tell you to wear. Wear what-they-wear.' His point being that most designers, no matter what they throw onto the runway, favor simple, flattering pieces for themselves.

—Tina Fey

Those who make their dress a principal part of themselves, will, in general, become of no more value than their dress.

—William Hazlitt (1819)

The dress must not hang on the body but follow its lines. It must accompany its wearer and when a woman smiles the dress must smile with her.

—Madeleine Vionnet

Graceful beauty is a modest appearance.

—Lailah Gifty Akita

It's an intrinsic part of being a woman. Every woman in the world has some part of herself that she absolutely hates.

Her hands are too small, her feet are too big, her hair is too straight, too curly, her ears stick out, her bums too flat, her nose is too big and, you know, nothing you can say will change how we feel.

What men don't understand is, the right clothes, the right shoes, the right makeup it just... It, it hides the flaws we think we have.

They make us look beautiful to ourselves.

That's what makes us look beautiful to others.

Used to be all she needed to feel beautiful was a pink tutu and a plastic tiara.

And we spend our whole lives trying to feel that way again.

—R. Castle

Black makes your life so much simpler. Everything matches black, especially black.

—Nora Ephron

Women want to wear what they do because of what goes on in their heads. Their size and shape have practically nothing to do with it.

—Elizabeth Hawes

No man can possibly realize how women are influenced by the clothes they wear.

Put even the plainest woman into a beautiful dress and unconsciously she will try to live up to it.

--Lady Duff-Gordon

Almost any woman can dress well enough to attract the admiration of a man; it is the test of a well-dressed woman that she can attract the admiration of other women.

--Robert Lynd

To be a fashionable woman is to know yourself, know what you represent, and know what works for you. To be 'in fashion' could be a disaster on 90 percent of women.

You are not a page out of Vogue.

—Unknown

All I can tell you about fashion and style is this: buy and wear what makes you happy.

—John Jannuzzi

When in doubt, wear red.

—Bill Blass

Over the years, denim has gone from straight-legged pants on cowboys and farmers to bell-bottoms on front-line feminists to boot-cut, skinny-cut, high-waisted, boyfriend, and mom jeans—plus skirts and jackets—for work, weekends, and evenings. It is a blank slate for the expression of any trend. It's durable and looks as good destroyed as it does pristine. Its use, value, and popularity have never failed.

—Stacy London

The dress must follow the body of a woman, not the body following the shape of the dress.

—Hubert de Givenchy

Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening.

—Coco Chanel

Just around the corner in every woman's mind—is a lovely dress, a wonderful suit, or entire costume which will make an enchanting new creature of her.

—Wilhela Cushman

I like being a woman, even in a man's world. After all, men can't wear dresses, but we can wear the pants.

—Whitney Houston

The expression a woman wears on her face is more important than the clothes she wears on her back.

—Dale Carnegie

Women thrive on novelty and are easy meat for the commerce of fashion. Men prefer old pipes and torn jackets.

—Anthony Burgess

It's a new era in fashion—there are no rules. It's all about the individual and personal style, wearing high-end, low-end, classic labels, and up-and-coming designers all together.

—Alexander McQueen

Clothing doesn't really change a man. But it changes how others react to him.

—Brandon Sanderson

Fashion is a social agreement. the result of a consensus of a large group of people.

—Stella Blum

'Style' is an expression of individualism mixed with charisma.

—John Fairchild

Clothes don't make a man, but clothes have got many a man a good job.

—Herbert Harold
Vreeland

Fashion is the science of appearances, and it inspires one with the desire to seem rather than to be.

—Edwin Hubbel Chapin

I love new clothes. If everyone could just wear new clothes everyday, I reckon depression wouldn't exist anymore.

—Sophie Kinsella

A woman's dress should be like a barbed- wire fence: serving its purpose without obstructing the view.

—Sophia Loren

Clothes as text, clothes as narration, clothes as a story. Clothes as the story of our lives. And if you were to gather all the clothes you have ever owned in all your life, each baby shoe and winter coat and wedding dress, you would have your autobiography.

—Linda Grant

Don't be into trends. Don't make fashion own you, but you decide what you are, what you want to express by the way you dress and the way to live.

—Gianni Versace

Girls do not dress for boys. They dress for themselves and, of course, each other. If girls dressed for boys they'd just walk around naked at all times.

Betsey Johnson

You can never take too much care over the choice of your shoes. Too many women think that they are unimportant, but the real proof of an elegant woman is what is on her feet.

—Christian Dior

There are very few high-quality garments being produced at all. A very, very, very small amount. So small that most people never even see it in their lifetimes. People are wearing rags, basically.

—Elizabeth Cline

The real reason I like natural fabrics is not just because they are traditional, but because of their provenance. I like the thought that, for example, a favourite tweed jacket was once a sheep, living upon a mountain in Scotland.

—Fennel Hudson

People seldom notice old clothes if you wear a big smile.

—Lee Mildon

I don't see how an article of clothing can be indecent. A person, yes.

—Robert A. Heinlein

Any man may be in good spirits and good temper when he's well dressed. There ain't much credit in that.

—Charles Dickens

Women usually love what they buy, yet hate two-thirds of what is in their closets.

—Mignon McLaughlin

What a strange power there is in clothing.

—Isaac Bashevis
Singer

The apparel oft proclaims the man.

—William Shakespeare

Clothes make the man. Naked people have little or no influence in society.

—Mark Twain

Almost every man looks more so in a belted trench coat.

—Sydney J. Harris

After all, what is the purpose of clothing? Are not clothes intended primarily to preserve dignity and also to afford comfort to the wearer? Now I know of nothing more uncomfortable than the present day clothes of men. The finest clothing made is a person's own skin, but, of course, society demands something more than this.

The best-dressed man I have ever seen, however, was a native of the Sandwich Islands, who attracted my attention thirty years ago. Now, when that man wanted to don especial dress to honor a public occasion or a holiday, why he occasionally put on a pair of spectacles. Otherwise the clothing with which God had provided him sufficed.

—Mark Twain

There is much to support the view that it is clothes that wear us and not we them; we may make them take the mould of arm or breast, but they would mould our hearts, our brains, our tongues to their liking.

—Virginia Woolf

Remember that always dressing in understated good taste is the same as playing dead.

—Susan Catherine

Where's the man could ease a heart
Like a satin gown?

—Dorothy Parker

Our clothes are too much a part of us for most of us ever to be entirely indifferent to their condition: it is as though the fabric were indeed a natural extension of the body, or even of the soul.

—Quentin Bell

I have heard with admiring submission the experience of the lady who declared that the sense of being perfectly well-dressed gives a feeling of inward tranquility which religion is powerless to bestow.

—Ralph Waldo
Emerson

Fashion is like the id. It makes you desire things you shouldn't.

—Bob Morris

The first purpose of clothes... was not warmth or decency, but ornament.... Among wild people, we find tattooing and painting even prior to clothes. The first spiritual want of a barbarous man is decoration; as indeed we still see among the barbarous classes in civilized countries.

—Thomas Carlyle

Dress is at all times a frivolous distinction, and excessive solicitude about it often destroys its own aim.

—Jane Austen

After all there is something about a wedding-gown prettier than in any other gown in the world.

—Douglas William
Jerrold

Character! do you say—what a long word for a flower! Yes, flowers have a great deal of character, and so have feathers and ribbons, lace and gauze. It is only a slight thread which connects all this with our feelings; but that slender thread is never broken.... thus we shall have in the kingdom of flowers an endless choice of decoration for the head-dress of woman, according to her style, appearance, and age.

—Charles Blanc (1875)

Give a girl the right pair of shoes and she'll conquer the world.

—Marilyn Monroe

Clothes are inevitable. They are nothing less than the furniture of the mind made visible.

—James Laver

On the subject of dress almost no one, for one or another reason, feels truly indifferent: if their own clothes do not concern them, somebody else's do.

—Elizabeth Bowen

Know, first, who you are; and then adorn yourself accordingly.

—Epictetus

High heels were invented by a woman who had been kissed on the forehead.
—Christopher Morley

One should either be a work of art, or wear a work of art.
—Oscar Wilde

Clothes can suggest, persuade, connote, insinuate, or indeed lie, and apply subtle pressure while their wearer is speaking frankly and straightforwardly of other matters.
—Anne Hollander

Fashion is architecture: it is a matter of proportions.
—CoCo Chanel

Fashion Law: If the shoe fits, it's ugly.
—Unknown

Adornment is never anything except a reflection of the heart.
—Gabrielle 'Coco'
Chanel

Judging from the ugly and repugnant things that are sometimes in vogue, it would seem as though fashion were desirous of exhibiting its power by getting us to adopt the most atrocious things for its sake alone.
—Georg Simmel

Fashion is what you adopt when you don't know who you are.
—Quentin Crisp

The only thing that separates us from the animals is our ability to accessorize.
—Robert Harling,
Steel Magnolias

Women dress alike all over the world: they dress to be annoying to other women.
—Elsa Schiaparelli

There is nothing touches our imagination so much as a beautiful woman in a plain dress.

—Joseph Addison

So soon as a fashion is universal, it is out of date.

—Marie Dubsky (1882)

The best-dressed woman is one whose clothes wouldn't look too strange in the country.

—Hardy Amies

I have always dressed according to certain Basic Guy Fashion Rules, Including: Both of your socks should always be the same color, Or they should at least both be fairly dark.

—Dave Barry

Brevity is the soul of lingerie.

—Dorothy Parker

Carelessness in dressing is moral suicide.

—Honoré de Balzac

Nothing is more alluring to a man than a woman who looks good in her jeans.

—Nina Garcia

Saying yes to the skinny jeans by saying no to the donuts.

—Betsy Cañas Garmon

Jeans represent democracy in fashion.

—Giorgio Armani

I'm like every other woman: a closet full of clothes, but nothing to wear—so I wear jeans.

—Cameron Diaz

Shoes are worth \$10 per compliment.

—Terri Guillemets

Clothes are never a frivolity: they always mean something.

—James Laver

The truly fashionable are beyond fashion.

—Cecil Beaton

Never wear anything that panics the cat.

—P. J. O'Rourke

No one in the world needs a mink coat but a mink.

—Murray Banks

If most of us are ashamed of shabby clothes and shoddy furniture, let us be more ashamed of shabby ideas and shoddy philosophies.... It would be a sad situation if the wrapper were better than the meat wrapped inside it.

—Albert Einstein

Dressing well is a form of good manners.

—Tom Ford

A dress that zips up the back will bring a husband and wife together.

—James H. Boren

It is difficult to see why lace should be so expensive; it is mostly holes.

—Mary Wilson Little

What would women say if men changed the length of their trousers every year?

--Lady Astor

Fashion is made to become unfashionable.

--Coco Chanel

I base most of my fashion sense on what doesn't itch.

—Gilda Radner

Fashion is one human being's unconquerable will to look just like all the others.

--Unknown

When seen in the perspective of half-a-dozen years or more, the best of our fashions strike us as grotesque, if not unsightly.

--Thorstein Veblen

On the whole, I think that it cannot be maintained that dressing has in this or any country risen to the dignity of an art.

--Henry D. Thoreau

Fashion is that by which the fantastic becomes for a moment universal.

--Oscar Wilde

A man of eighty has outlived probably three new schools of painting, two of architecture and poetry, a hundred in dress.

--Joyce Cary

Fashions fade—style is eternal.

--Yves Saint Laurent

Fashions, after all, are only induced epidemics.

--George Bernard Shaw

Fashion condemns us to many follies; the greatest is to make oneself its slave.

--Napoleon I

Fashion can be bought. Style one must possess.

--Edna Woolman Chase

Art produces ugly things which frequently become beautiful with time. Fashion, on the other hand, produces beautiful things which always become ugly with time.

--Jean Cocteau

Fashion wears out more apparel than the man.

--William Shakespeare

Change of fashions is the tax which industry imposes on the vanity of the rich.

--Nicolas Chamfort

Fashion must be forever new, or she becomes insipid.

--J. R. Lowell

We should conform to the manners of the greater number, and so behave as not to draw attention to ourselves. Excess either way shocks, and every wise man should

attend to this in his dress as well as language; never be affected in anything, but follow, without being in too great haste, the changes of fashion.

--Moliere

On dress designing: The trick is timing. You must pick the right idea from the past and use it at the right time in the present.

--Sophie Gimbel

In your clothes avoid too much gaudiness; do not value yourself upon an embroidered gown; and remember that a reasonable word, or an obliging look, will gain you more respect than all your fine trappings.

--Sir George Savile

There's never a new fashion but it's old.

--Chaucer

If you are not in fashion, you are nobody.

--Lord Chesterfield

One had as good be out of the world, as out of the fashion.

--Colley Cibber

Ladies of Fashion starve their happiness to feed their vanity, and their love to feed their pride.

--Charles Caleb Colton

Fashion is only the attempt to realize Art in living forms and social intercourse.

--Oliver Wendell
Holmes, Sr.

Fashion is more powerful than any tyrant.

--Latin Proverb

Every generation laughs at the old fashions, but follows religiously the new.

--Henry David Thoreau

There is one thing certain about a well-dressed woman: she has taken trouble. And to take trouble is to strengthen character.

--Robert Lynd

Being 'well-dressed' is not a question of having expensive clothes or the 'right' clothes—I don't care if you're wearing rags—but they must suit you.

--Louise Nevelson

Most people in the fashion industry are convinced that women no longer want to look alike. They want to look different in the latest way.

--Molly Ivins

If a woman's young and pretty, I think you can see her good looks all the better for being plainly dressed.

--George Eliot

Why do fashions in clothes change? Because, really, we ourselves change, in the slow metamorphosis of time. If we imagine ourselves now in the clothes we wore six years ago, we shall see that it is impossible. We are, in some way, different persons now, and our clothes express our different personality.

--D. H. Lawrence

Fifty years ago, people went without clothes in order to eat. Today, people gladly go without food in order to buy clothes. And they do it again to fit inside them!

—Sinclair Dumontais

Tradition always has to be updated and pushed forward. After all, you wouldn't send a debutante to her 80th birthday party wearing her original dress.

—Thomas Jayne

Fashion Design students can use the Internet to learn about famous designers, popular fashion houses, and the production of haute couture and ready-to-wear from concept to realization. For a more hands-on approach in the lab, students can use computerized machines, such as Bernina's Bernette Deco 600 embroidery machine, to create their design projects.

—Sharon Cunningham

The key to all style truly comes from self-awareness.

—Stacy London

Dress shabbily and they remember the dress; dress impeccably and they remember the woman.

—Coco Chanel

A fit, healthy body—that is the best fashion statement.

—Jess C. Scott

Women think of all colors except the absence of color. I have said that black has it all. White too. Their beauty is absolute. It is the perfect harmony.

—Coco Chanel

Never use the word ‘cheap’. Today everybody can look chic in inexpensive clothes (the rich buy them too). There is good clothing design on every level today. You can be the chicest thing in the world in a T-shirt and jeans — it’s up to you.

—Karl Lagerfeld

A beautiful dress may look beautiful on a hanger, but that means nothing. It must be seen on the shoulders, with the movement of the arms, the legs, and the waist.

—Coco Chanel

Sometimes I can’t figure designers out. It’s as if they flunked human anatomy.

—Erma Bombeck

Ladies should also remember that gentlemen look more to the effect of a dress in setting off the figure and countenance of a lady than to its cost. Very few gentlemen have any idea the value of ladies’ dresses. This is a subject for female criticism. Beauty of person and elegance of manners in women will always command more admiration from the opposite sex than beauty, elegance or costliness of clothing.

—Thomas Hillgrove
(1857)

In the fashion industry, everything goes retro except the prices.

—Criss Jami

Vain trifles as they seem, clothes have, they say, more important offices than to merely keep us warm. They change our view of the world and the world’s view of us.

—Virginia Woolf

In a meat-eating world, wearing leather for shoes and even clothes, the discussion of fur is childish.

—Karl Lagerfeld

There's more to clothing than just adornment. It does more than merely change how the world perceives us. It changes how we perceive ourselves.

—Jacqueline Carey

A woman with good shoes is never ugly!

—Coco Chanel

Buy less, choose well & do it yourself!

—Vivienne Westwood

Okay, let's see if I got this straight. The butt is the new breast, and the lower back is the new ankle. Now if only we could figure out where the brain has moved.

—Celia Rivenbark

1. Find your own style and have the courage to stick to it.
2. Choose your clothes for your way of life.
3. Make your wardrobe as versatile as an actress. It should be able to play many roles.
4. Find your happiest colors - the ones that make you feel good.
5. Care for your clothes, like the good friends they are!

—Joan Crawford

I know it's practical for career women, but sneakers with suits? Jesus couldn't possibly weep harder than I did.

—MaryJanice Davidson

Fashion is only different skins for different flavours of you.

—Lauren Beukes

No garment which distorts the shape and motion of the wearer is beautiful, nor is any garment beautiful which emphasizes more than one or at most two of your sexual characteristics.

—Elizabeth Hawes

Why hoard away so many back-issues of People Magazine? Fashion magazines are just empty promises. You can go bankrupt blowing all your cash on expensive beauty products, but the only way you'll ever look just like the people on those glossy

front covers is if you know how to use computer editing software for photographs. Besides, people who think they are ugly, are never really all that ugly anyway. People who think they are pretty, are rarely ever all that pretty.

—Rebecca McNutt

Confidence is always the best accessory. Own the moment. Own your space.

—Andrena Sawyer

When it comes to dress, we are supposedly free to wear whatever we want—but if this is the case, why do we wear such similar clothes? Why are we choosing to wear shoes that are almost perfectly designed to make walking as difficult as possible?

—Caroline Criado-Pérez

Don't buy much but make sure that what you buy is good.

—Christian Dior

We want to look desirable. We want others to want to mate with us. No different than a colorful peacock. When girls dress up for their night out at the club, they are doing what all animals do when they try to make themselves desirable for a potential mate. That's the whole point behind the fashion, perfume, cosmetics, diet, and plastic surgery industries.

—Oliver Markus

Can we just stop pretending that skinny jeans are a good look on anyone? Can we just band together and go for a boot cut, please? Ladies?

—Jennifer Garner

Whether you try too hard to fit in or you try too hard to stand out, it is of equal consequence: you exhaust your significance.

—Criss Jami

To express oneself fluently involves more than simply speaking the language properly. It includes inflection, voice, posture, gestures, and clothing. All of these elements add up to an individual's personal expression. They are the elements of style.

—Kate Betts

Coolness is not an image that can be bought or worn. True cool is an attitude that is projected from a person who is extremely comfortable in their own skin.

—Suzy Kassem

The beauty of the soul is wrapped in modest fashion.

—Lailah Gifty Akita

Trends are about as fickle as the direction of the wind.

—Criss Jami

If you cannot walk more than a block in your shoes, they are not shoes; they are pretty sculptures that you happen to have attached to your feet. You could hang them from your wrists for all the good they are doing you in terms of locomotion. Better to put them on a shelf and admire them from afar.

—Linda Przybyszewski

What we wear affects how we feel, how we act, how we move. And that they do notice. Especially the move. Get dressed, smoke the eyes. You'll know you look good so you'll feel good. You'll have a better time.

—Nora Roberts

The moment is not over when you have found the right fit in your style. Begin with knowing who you really are and apologize for nothing. There are no mistakes when it comes to personal expression.

—Steven Cuoco

Content people give fashion a life. All the rest seek a life from fashion.

—Newton G Kibiringi

We are expected to be pretty and well-dressed until we drop.

—Edith Wharton

Fashion should be a form of escapism, and not a form of imprisonment.

—Alexander McQueen

Those without color—say, dressed in all black—can go about almost unnoticed. Where the rainbow is conspicuous, their darkness acts as a kind of camouflage, masculine by contrast, and allows them to watch without being watched. It's the choice of someone who needs not to attract. Someone self-sufficient. Someone more distant, less knowable, and ultimately, mysterious. Powerful.

—Sam Wasson

Style isn't just about what you wear, it's about how you live.

—Lilly Pulitzer

Dessert is to a meal what a dress is to a woman.

—Béatrice Peltre

Perfection isn't necessarily found only in publicly accepted trends. Perfection is found in self.

—Nike Thaddeus

If you don't feel great on the inside, just look great on the outside, and after a while you won't be able to tell the difference.

—Morgan Matson

As long as you wear clothes you love, which suit your body and your personality, it won't matter if you're wearing a dress that was in vogue five years ago; you'll still look amazing. Also, somebody has to START new trends, and that somebody could be you.

—Rosie Blythe

I don't believe in wearing track pants unless you are in an actual athletic situation.

—Carrie Mesrobian

It's not enough, and so limiting, to teach the simplistic value of a designer's material wear. Give children the gift of values that will last far beyond [a] fad's temporal popularity.

—T. F. Hodge

It seems to make little sense how a person's self-worth or self-confidence should be wrapped up in how much their jacket is worth or what shoe they are wearing. Does a person's round or pointy-tip shoe really say anything of value about who a person is?

It seems that true luxury lies in a freedom from needing that red-bottom shoe, that handbag with all the tiny initials and big price tag, or the latest trend to know that a person truly matters. True luxury seems to lie in the separation of confidence and materialism.

Authentic luxury flourishes from the untying of self-worth from popular opinion.

—Ann Brasco

Society tells me to follow my own truth, but I don't let society tell me what to do. If you need someone to tell you that, chances are you're part of the crowd that will move on to the next fashion that comes around.

—Criss Jami

If you don't smell good, then you don't look good.

—Katy Elizabeth

Think pink but don't wear it.

—Karl Lagerfeld

Perfect simplicity is unconsciously audacious.

—George Meredith

If women are to be accepted into the exclusive ranks of men, then they have to look like men: buttoned up, stuffy, and no-nonsense. As if to show a little cleavage, to highlight a curvaceous figure, or to in any way appear feminine would discount, discredit, and disqualify them.

I strongly disagree with this idea. I feel that women should wear clothes that suit their bodies rather than forcing themselves into unflattering men's suits and that it is feminist to make a wide range of women's clothes acceptable business attire.

—Tim Gunn

Fashion is about change and about creating clothes within a historical context. To me, dismissing fashion as silly or unimportant seems like a denial of history and frequently a show of sexism--as if something that's traditionally a concern of women isn't valid as a field of academic inquiry. When the Parsons fashion department was founded in 1906, it was called 'costume design,' because fashion was then a verb: to fashion. But the word 'fashion' has evolved to mean something much more profound, and those who resist it seem to me to be on the wrong side of history.

—Tim Gunn

In 1916, *Infants' and Children's Wear Review* insisted upon pink for boys and blue for girls. In 1939, *Parents* magazine claimed that pink was a good color for boys because it was a pale version of red, which was the color of Mars, the war god. Blue was good for girls because it was the color of Venus, and of the Virgin Mary. So, pink for girls is a relatively recent trend, and utterly random.

—Tim Gunn

Whether they come from Brooks Brothers or a thrift store, the sweaters we wear have a magnificent ancestry. Their history spans the worlds of Irish fishermen, French knights, World War I soldiers, busty Hollywood ‘sweater girls,’ and the television saint Mr. Rogers. That history lives in each garment. By being aware of it, we can better appreciate what we have.

—Tim Gunn

A trend is good only if it works for you, your wardrobe, and your lifestyle.

—Tim Gunn

I’ll stop wearing black when they invent a darker color.

—Emmanuelle Alt

I find, the fancier the fashion magazine is, the worse the Photoshop. It’s as if they are already so disgusted that a human has to be in the clothes, they can’t stop erasing human features.

—Tina Fey

Why it is that a garment which is honestly attractive in, say, 1910 should be honestly ridiculous a few years later and honestly charming again a few years later still is one of those things which are not satisfactorily to be explained and are therefore jolly and exciting and an addition to the perennial interest of life.

—Margery Allingham

Perhaps part of the uncanny allure of fashionable clothing resides in the paradoxical impact of its expressiveness: the act of covering up with mere dead matter—cloth, fur, leather, or even metal when it is ingeniously shaped to the purpose—appears to reveal something magical about the life inside.

—Joseph Roach

How am I supposed to believe you when you’re obviously carrying a fake monogram Gucci Bag?

—Madi Brown

Twentieth century women’s fashions (with their cult of thinness) are the last stronghold of the metaphors associated with the romanticizing of TB in the late eighteenth and early nineteenth centuries.

—Susan Sontag

Fashion is not the latest trends. Because every trend is not for everyone. It is what suits you.

—Reiss Field

No amount of high fashion can make up for a lifetime of poor posture.

—Cindy Ann Peterson

Antoinette had squinty eyes she could barely open under the six pounds of mascara and teal eye shadow she must've applied with a paint roller, and lips that were puckered on a permanent basis as if she were storing lemons in the deep recesses of her jowls. She smelled like a bull that got loose in a perfume shop, and had pointy high heeled shoes that threatened to burst out the sides at any moment from the pressure of being three sizes too small.

—Nicole Castle

When you paint your lips, eye lids, nails or whatever, to look attractive, don't forget your up stairs (intellect). If you leave it behind, I will consider all other colors invalid.

—Michael Bassey
Johnson

I'm drawn to the 1950s for lots of reasons - everything from the fashion to the increasing sense of freedom and modernity that builds throughout the decade.

—Sara Sheridan

The fashion look of teens and twentysomethings -once so cutting edge- is now, like most of the music played on the radio, a matter of routine. Safe, tired, everywhere.

—Phil Strongman

The clothes or accessories you do or don't wear are a statement, a reflection of yourself; that is why you should always try to wear 'who you are' not anyone else.

—Sandra Chami Kassis

Fashion design gives you an opportunity to express how you feel.

—Stevens Rakgogo

Anyone can wear anything in fashion, as long as it is worn by a celebrity they love.

—Stevens Rakgogo

As history of any kind will tell us, when human beings get an opportunity to express their individual selves, a few selves will go completely over the top.

—Doug Glanville

My attitude is if fashion says it's forbidden, I'm going to do it.

—Michael Jackson

Skinny jeans were only good if you had skinny genes.

—Matt Dunn

Fashion is merely the lowest form of ideology. To wear or not to wear blue jeans, to holiday or not to holiday in a particular place can contribute to social acceptance or bring upon us the full opprobrium of the group. Then, a few months or years later, we look back and our obsession, our fears of ridicule, seem a bit silly. By then, we are undoubtedly caught up in new fashions.

—John Ralston Saul

Be classy. Anything but trashy.

—Coco Chanel

She was never without dark glasses, she was always well groomed, there was a consequential good taste in the plainness of her clothes, the blues and grays and lack of luster that made her, herself, shine so.

—Truman Capote

Pantaloons were often worn tight as paint and were not a great deal less revealing, particularly as they were worn without underwear. . . . Jackets were tailored with tails in the back, but were cut away in front so that they perfectly framed the groin. It was the first time in history that men's apparel was consciously designed to be more sexy than women's.

—Bill Bryson

Victorian rigidities were such that ladies were not even allowed to blow out candles in mixed company, as that required them to pucker their lips suggestively. They could not say that they were going 'to bed'--that planted too stimulating an image--but merely that they were 'retiring.' It became effectively impossible to discuss clothing in even a clinical sense without resorting to euphemisms. Trousers became 'nether integuments' or simply 'inexpressibles' and underwear was 'linen.' Women

could refer among themselves to petticoats or, in hushed tones, stockings, but could mention almost nothing else that brushed bare flesh.

—Bill Bryson

While clothes may not make the woman, they certainly have a strong effect on her self-confidence, which, I believe, does make the woman.

—Mary Kay Ash

There is no tyrant stronger than fashion.

--Unknown

At its best fashion is a game. But for women it's a compulsory game, like net ball, and you can't get out of it by faking your period. I know I have tried. And so for a woman every outfit is a hopeful spell, cast to influence the outcome of the day. An act of trying to predict your fate, like looking at your horoscope. No wonder there are so many fashion magazines. No wonder the fashion industry is worth an estimated 900 billion dollars a year. No wonder every woman's first thought is, for nearly every event in her life, be it work, snow or birth. The semi-despairing cry of 'but what will I wear?' Because when a woman says I have nothing to wear, what she really means is there is nothing here for who I am supposed to be today.

—Caitlin Moran

Even the simplest things had a glorious pointlessness to them. When buttons came in, about 1650, people couldn't get enough of them and arrayed them in decorative profusion on the backs and collars and sleeves of coats, where they didn't actually do anything. One relic of this is the short row of pointless buttons that are still placed on the underside of jacket sleeves near the cuff. These have been purely decorative and have never had a purpose, yet 350 years later on we continue to attach them as if they are the most earnest necessity.

—Bill Bryson

I dress the way I want. I don't pretend to be someone I'm not.

—Britney Spears

Fashion is born by small facts, trends, or even politics, never by trying to make little pleats and furbelows, by trinkets, by clothes easy to copy, or by the shortening or lengthening of a skirt.

--Elsa Schiaparelli

Cargo shorts do not flatter: They're drab and formless, and their wide cut makes your butt look flatter, your thighs thicker and your gut larger. Those pockets? Ridiculous. Are you heading off to summer camp to collect sticks and rocks? You'll look better in a more tailored pair of shorts. Save your outdated cargo shorts for the proper time: Halloween.

—Mary C. Hickey

When I look back on the stuff I used to wear, I wonder why somebody didn't try to stop me. Just a friendly warning, 'You may regret this,' would have been fine.

—Ellen DeGeneres

Designers are very fickle. I never wanted to be a victim of that. You're in one minute, out the next.

—Tyra Banks

I adore the challenge of creating truly modern clothes, where a woman's personality and sense of self are revealed. I want people to see the dress, but focus on the woman.

—Vera Wang

Clothes and manners do not make the man; but, when he is made, they greatly improve his appearance.

--Henry Ward Beecher

Personal appearance is looking the best you can for the money.

--Virginia Cary Hudson

Good clothes open all doors.

--Thomas Fuller

A man has his clothes made to fit him; a woman makes herself fit her clothes.

--Edgar Watson Howe

A man with a good coat upon his back meets with a better reception than he who has a bad one.

--Samuel Johnson

With an evening coat and a white tie, anybody, even a stockbroker, can gain a

reputation for being civilized.

--Oscar Wilde

Fashion makes the man.

--French Proverb

Don't judge a man by the clothes he wears. God made one; the tailor, the other.

--Unknown

Beauty of style and grace depend upon simplicity.

—Plato

Fashion is a form of ugliness so intolerable that we have to alter it every six months.

--Oscar Wilde

Do not conceive that fine clothes make fine men, any more than fine feathers make fine birds. A plain, genteel dress is more admired, obtains more credit in the eyes of the judicious and sensible.

--George Washington

A professional woman should dress at least two steps above her current position. You do not dress where you are; you dress where you want to be.

--Unknown

Blue jeans? They should be worn by farm girls milking cows!

--Yves Saint Laurent

There is no such thing as an ugly woman—there are only the ones who do not know how to make themselves attractive.

--Christian Dior

Good dressing includes a suggestion of poetry. One nowhere more quickly detects sentiment than in dress. A well-dressed woman in a room should fill it with poetic sense, like the perfume of a flower.

--Miss Oakley

Any girl who takes pride in her appearance is bound to be a good worker.

--Margery Hurst

All women, whether they go to work in a bus or a Bentley, worry about what to wear.

--Mary Quant

The well-dressed man is he whose clothes you never notice.

--Somerset Maugham

Laughter will never disappear from the face of the earth as long as women follow the latest fashions.

—Unknown

If fashion isn't worn by everybody, then it is only eccentricity.

--Gabrielle Chanel

The clothes that make a woman break a man.

--Unknown

Never in the history of fashion has so little material been raised so high to reveal so much that needs to be covered so badly.

--Sir Cecil Beaton

The reason women don't play football is because 11 of them would never wear the same outfit in public.

--Phyllis Diller

If you are going to pay serious attention to women—to their sense of themselves, their position (social, political, economic), their assumptions about the face they are presenting to their world, it helps a good deal if you know exactly what they are wearing.

--Caitlin Flanagan

For me, blue jeans are wildly important and iconic. They went from being a very humble and practical clothing item for farmers and cowboys to the ultimate symbol of youth and rebellion, freedom and sexiness. Jeans completely changed how an entire generation of young people were able to express themselves through what they wore.

--Clavin Klein

The men's business suit...No other garment so expertly creates an idealized masculine silhouette. It conveys authority, has inspired a whole wardrobe of protest garb (from the jeans and T-shirts of '60s rebels to the Dockers and golf shirts of casual Fridays), and has a message that crosses demographics, cultures, and languages. Not everyone wears one, but everyone knows what it means: we understand 'the suits' to be the folks in charge.

--Robin Givhan

Style is a way to say who you are without having to speak.

--Rachel Zoe

The most significant fashion innovation is definitely the high heel. None of us looks sexy or powerful or stylish walking around on our knees. Height, and the ability to dominate—sexually, stylishly, politically, interpersonally—is our principal social currency.

--Simon Doonan

To be well dressed you must be well naked.

—Oscar de la Renta

Clothes possess an influence more powerful over many than the worth of character or the magic of manners.

—Louisa May Alcott

People are meaning-seeking creatures. The brands we buy and wear and use are symbols to express our identities.

—Susan Fournier

In difficult times, fashion is always outrageous.

—Elsa Schiaparelli

The zoot suit was, perhaps, the first time in American history that fashion was believed to be the cause of widespread civil unrest.

—Kathy Peiss

For those without other forms of cultural capital, fashion can be a way of claiming space for yourself.

—Kathy Peiss

I would call my fashion style: ‘clothes that still fit.’

—T-Shirt Slogan

Clothing manufacturers are less civilized these days. Why else would they suddenly start labeling a size 10 or 12 dress as 18 or 20? Do they think no one notices that these things no longer fit around the waist, hips, thighs, and bosom?

—Bev Berger

Your hair cut, your clothes, your mannerisms, how you present yourself to others—these aren’t accidents, but deliberate choices you make. We constantly invent ourselves by the choices we make: how we choose to act and what we choose to do in any given situation.

So no one first impression can give the full picture of who a person is, just how they choose to be on that particular day. However, when you only meet someone once, then it is inevitable that you will form an opinion of them based on the information gleaned on that occasion—even if it’s only the cover of the book. It’s all you have to go on.

—Peter Harris

The idea that the way to influence older consumers is by targeting younger consumers is the purest form of ageism. No one would dare argue that the way to influence women is to target men [or] to influence black people is to target white people. Older people want to be youthful but they do not want to be like young people. This is a distinction lost on marketers. The way to influence older consumers is to take the time and trouble to understand them. But marketers are too lazy and too obsessed with youth to bother with this.

—Bob Hoffman

While everyone should be treated equally regardless of fashion, in many situations how you are dressed matters. At a professional conference, a woman in business casual attire seems more important than a woman in yoga pants. In a business setting, a man in a suit is accorded more respect than a guy in jeans and a polo shirt.

—Peter Harris

Recent psychology research has found that dressing more formally actually makes people think differently. When people dress up they feel more powerful, and this allows them to make better decisions....Dressing in what you perceive to be the clothing of the most well-regarded and competent person for a role will have a psychological effect on you, allowing you to actually perform as a more competent person in that role.

—Peter Harris

My women students openly admit that they dress for interviews like dates, hoping to look their best: makeup, high heels, a well-fitting suit that shows off their figure. And I always tell them to make sure to wear a shirt under the suit jacket. Form fitting, yes. Cleavage, no.

—Susan Estrich

A dress is a piece of ephemeral architecture, designed to enhance the proportions of the female body.

—Christian Dior

Why do women want to dress like men when they're fortunate enough to be women? Why lose femininity, which is one of our greatest charms? We get more accomplished by being charming than we would be flaunting around in pants and smoking. I'm very fond of men. I think they are wonderful creatures. I love them dearly. But I don't want to look like one. When women gave up their long skirts, they made a grave error.

—Tasha Tudor

What is it about wearing a tuxedo or that little black dress, that makes us feel confident, beautiful, splendid, even invincible?
We put on formal wear and suddenly we become extraordinary.
On the days when you feel low and invisible, why not try this on for size: imagine you are wearing a fantastic tailored tuxedo or a stunning formal gown.
And then proceed with your day.

—Vera Nazarian

'You look... amazing!'

And I have to say, I agree. I'm wearing all black—but expensive black. The kind of deep, soft black that you fall into. A simple sleeveless dress from Whistles, the highest of Jimmy Choos, a pair of stunning uncut amethyst earrings. And please don't ask how much it all cost, because that's irrelevant. This is investment shopping. The biggest investment of my life.

I haven't eaten anything all day so I'm nice and thin and for once my hair has fallen perfectly into shape. I look... well, I've never looked better in my life.
But of course, looks are only part of the package, aren't they?

—Sophie Kinsella

You don't have to be perfect to be pretty.

—Carson Kressley

[Looking like a straight girl] means wearing clothes that seek and destroy comfort. These are garments designed by gay men to attract heterosexual men. The straight girl is simply the hanger for an inside joke.

—Mary Dugger

Make up is generally there to make you look better, not make you look like you're wearing make up.

—Hadley Freeman

I love Prada. Not so much the clothes, which are for malnourished thirteen-year-olds, but I covet, with covetousness, the shoes and handbags. Like, I LOVE them. If I was given a choice between world peace and a Prada handbag, I'd dither. (I'm not proud of this, I'm only saying.)

—Marian Keyes

I...resent the whole fashion thing. Good God- never wearing the same thing twice and all of those things. It's a pain in the ass.

—Jennifer Aniston

Fashion is never in crisis because clothes are always necessary.

—Achille Maramotti

The first pair of levis was made out of some canvas the founder of the company had intended for wagon or tent covers. He changed his plans when he discovered how desperately the gold miners needed a garment that could withstand the rigors of their daily routine. The first miner who bought a pair of his new overalls went up and down the state proclaiming the wonders of 'those pants of Levi's' and the name clung. As for the copper rivets that have been a distinguishing mark of levis to this very day, they were originally demanded by a millionaire prospector named Alkali Ike, who complained that the gold nuggets he invariably carried were ripping his pockets wide open. The rivets made him a contented man—and his companions demanded counterparts. Now, of course, they're little more than decorations.

—Bennett Cerf

INTERIOR DESIGN

Design is a plan for arranging elements in such a way as best to accomplish a

particular purpose.

—Charles Earnes

The dumbest mistake is viewing design as something you do at the end of the process to ‘tidy up’ the mess, as opposed to understanding it’s a ‘day one’ issue and part of everything.

—Tom Peterson

It is no secret that the real world in which the designer functions is not the world of art, but the world of buying and selling.

—Paul Rand

There are three responses to a piece of design—yes, no, and WOW! Wow is the one to aim for.

—Milton Glaser

Only when the design fails does it draw attention to itself; when it succeeds, it’s invisible.

—John D. Berry

If you love something, it will work. That’s the only real rule.

—Bunny Williams

It is ridiculous to lay down to people where a thing should stand, design everything for them from the lavatory pan to the ashtray. On the contrary, I like people to move their furniture so that it suits them (not me!), and it’s quite natural (and I approve) when they bring the old pictures and mementos they have come to love into a new interior, irrespective of whether they are good taste or bad.

—Adolf Loos

It is easier to be happy when you are not surrounded by the confusion and the clutter of life.

—David Baird

Owning less is far more beneficial than organizing more.

—Joshua Becker

Collect moments, not things.

—Aarti Khurana

Great things are not done by impulse, but a series of small things brought together.
—Vincent Van Gogh

If you always add and never subtract, you will eventually bury yourself.
—Peter Walsh

Please give me the discipline to get rid of the stuff that's not important, the freedom to savor the stuff that gives me joy, and the patience not to worry about the stuff that's messy but not hurting anybody.

—Vinita Hampton
Wright

Clutter smothers. Simplicity breathes.

—Terri Guillemets

Of course we all have a great many things in our homes that are a sort of accidental accumulation that we cannot throw away, nor do not wish to, but we may at least be very careful to make a wise selection when we place anything new in the house.... We all have things about our houses that we have become so accustomed to that we do not know whether they are good or bad.... Of course I am telling you no new thing when I say that we are inclined to have too many things. If we turn again to our classic standards it would be hard to imagine the accumulation of inharmonious objects from one of our rooms in the place of a few simple ones that adorned a classic interior.

—Alice Helm French
(1898)

If most of us are ashamed of shabby clothes and shoddy furniture, let us be more ashamed of shabby ideas and shoddy philosophies.... It would be a sad situation if the wrapper were better than the meat wrapped inside it.

—Albert Einstein

Unless one decorates one's house for oneself alone, best leave it bare, for other people are walleyed.

—D. H. Lawrence

A house that does not have one worn, comfy chair in it is soulless.

—May Sarton

Technology's impact on families, careers, and communities is changing the face of family and consumer sciences. Technology is about more than computers—it's about digital cameras, ceramic cooktops, and 'smart' houses that greet you and turn on the lights as you approach the front door. It's also about home security, communication, transportation, and—most of all—information

—Sharon Cunningham

Have nothing in your houses that you do not know to be useful, or believe to be beautiful.

—William Morris
(1880)

I like the very simple and very strong, whatever the provenance. I wouldn't buy a Thonet chair simply because it's a Thonet chair; I'd buy it because I like the texture and the materials.

—Robert Stilin

Housing and Interior Design students can use off-the-shelf software to create interior, exterior, and landscape design projects. Broderbund's 3D Home Design Suite Deluxe includes 3D Home Interiors, 3D Home Architect, Black and Decker Everyday Home Repairs, and a digital collection of 1,500 of the most popular house plans.

—Sharon Cunningham

It's simple. If you have poor taste in decorating, don't go nuts in the entryway. Wait until your guests are inside before you spring something unusual on them.

—James Lileks

'You picked the color?' She asked.

'I did, yeah.'

'I love it. I wouldn't have thought a color so dark would look good in here but it does.'

'Dark, warm colors work best in low-light rooms.'

'Did you learn that in trade school?'

'Pinterest.'

—Tiffany Reisz

We don't believe in moving to a new place and replicating the one you left behind. What's the fun in that?

—Andrew Fisher

I appreciate history, but you have to bring your own experience into your rooms.
—Istvan Francer

Every room needs a touch of black, just as it needs one antique piece.
—Jan Showers

A room should never allow the eye to settle in one place. It should smile at you and create fantasy.
—Juan Montoya

Your home should tell the story of who you are, and be a collection of what you love.
—Nate Berkus

Serious is a word that must be entirely avoided when it comes to decoration.
—Kathryn M. Ireland

One of the reasons I became a designer in the first place because I love collecting and then putting it all together. But when you're designing your own house, one of the hardest things to do is to finish it. Because you're always finding and adding your next favorite thing.
—Suzanne Kasler

The question of what you want to own is actually the question of how you want to live your life.
—Marie Kondo

My idea of comfort is a good lamp to read by.
—Lucien Rees
Roberts

Tradition always has to be updated and pushed forward. After all, you wouldn't send a debutante to her 80th birthday party wearing her original dress.
—Thomas Jayne

Thinking about design is hard but not thinking about it can be disastrous.
—Ralph Caplan

Design is not just what it looks like and feels like. Design is how it works.
—Steve Jobs

Color does not add a pleasant quality to design—it reinforces it.

—Pierre Bonnard

Simplicity, carried to an extreme, becomes elegance.

—John Franklin

The life of a designer is a life of fight: fight against the ugliness.

—Massimo Vicelli

A house is much more than a mere shelter, it should lift us emotionally and spiritually.

—John Saladino

We shape our homes and then our homes shape us.

—Winston Churchill

When you're building a room, you're building character, and character is the strength and wisdom of a home.

—Rose Tarlow

I believe in doing the thing you feel is right. If it looks right, it is right.

—Dorothy Draper

Be faithful to your own taste because nothing you really like is ever out of style.

—Billy Baldwin

Decorate your home. It gives the illusion that your life is more interesting than it really is.

—Charles M. Schulz

Ask each student to personify a style of furniture. They should use Internet research to determine a style's characteristics and then put together a PowerPoint presentation for a style's autobiography, for example, 'Hi, I'm Queen Anne, and I want to tell you about my curvaceous cabriole legs,' or 'I am Chippendale. I share many characteristics with Queen Anne, but I am fancier and often show an oriental influence.' Students can use images downloaded from the web to enhance their presentations and design portfolios; examples of house styles, architectural details, or color schemes can fuel their designs.

—Sharon Cunningham

You don't need more space. You need less stuff.

—*simpleasthatblog.com*

HOUSEWORK

So many people imagine housekeeping to be boring, frustrating, repetitive, unintelligent drudgery. I cannot agree. In fact, having kept house, practiced law, taught, and done many other sorts of work, low and high-paid, I can assure you that it is actually lawyers who are most familiar with the experience of unintelligent drudgery.

—Cheryl Mendelson

It's more pressure on women—if they marry or partner with someone—to partner with the right person. Because you cannot have a full career and a full life at home with your children if you are also doing all of the housework and child care.

—Sheryl Sandberg

The secret of surviving housework is simply to do it. Pull the plug on the part of your brain that always wants to negotiate everything. You need to change a diaper, rinse a bottle, clean a spill, fluff a pillow? Consider it done. It's a no-brainer. End of conversation. End of story.

—Jeanne Ray

Most women without children spend much more time than men on housework; with children, they devote more time to both housework and child care. Just as there is a wage gap between men and women in the workplace, there is a 'leisure gap' between them at home. Most women work one shift at the office or factory and a 'second shift' at home.

--Arlie Hochschild

There's no such thing as equality between the sexes—whoever heard of a housewife retiring?

—Unknown

I dance and sing and play the guitar and listen to NPR. I write letters to my family, my congressional representatives, and to newspaper editors. My kids and I play tag

and catch, we paint, we explore, we climb trees and plant gardens together. We bike instead of using the car. We read, we talk, we laugh. Life is good. I never dust.

—Sandra Tsing Loh

A man builds a fine house; and now he has a master, and a task for life: he is to furnish, watch, show it, and keep it in repair, the rest of his days.

—Ralph Waldo Emerson

Work...family, I'm doing it all. But here's the secret I share with so many other nanny-and housekeeper-less mothers I see working the same balance: my house is trashed. It is strewn with socks and tutus. My minivan is awash in paper wrappers (I can't lie—several are evidence of our visits to McDonald's Playland, otherwise known as 'my second office'). My girls went to school today in the T-shirts they slept in. But so what? My children and I spend 70 hours a week of high-to-poor quality time together. We enjoy ourselves.

--Sandra Tsing Loh

By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class.

--Anne Morrow
Lindbergh

The hostilities that arise over housework...are crushing the daughters of my generation....Change takes time, but men's continued obliviousness to home responsibilities is causing women everywhere to expire of trivialities.

--Mary Kay Blakely

After decades of unappreciated drudgery, American women just don't do housework any more—that is, beyond the minimum that is required in order to clear a path from the bedroom to the front door so they can get off to work in the morning.

--Barbara Ehrenreich

Each home has been reduced to the bare essentials—to barer essentials than most primitive people would consider possible. Only one woman's hands to feed the baby, answer the telephone, turn off the gas under the pot that is boiling over, soothe the older child who has broken a toy, and open both doors at once. She is a nutritionist, a child psychologist, an engineer, a production manager, an expert buyer, all in one. Her husband sees her as free to plan her own time, and envies her; she sees him as having regular hours and envies him.

—Margaret Mead

I am thankful for a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.... I am thankful for the piles of laundry and ironing because it means my loved ones are nearby.

—Nancie J. Carmody

The cruel irony of housework...People only notice when you don't do it.

—Danielle Raine

One only needs two tools in life: WD-40 to make things go, and duct tape to make them stop.

—G. M. Weilacher

Sometimes clean feels empty. A bit of clutter and dirt gladdens the heart and affirms a life in progress.

—Terri Guillemets

Most of us are inclined to keep too many old and useless things in our houses and in our minds as well. Good housekeepers have an excellent custom of going from attic to cellar, at least once a year, and clearing out every closet and drawer. Some shake out and dust each article packed away in box or trunk, only to replace it and repeat the process year after year. How much better to give away the discarded clothing, the bric-a-brac or picture for which we no longer care. The Salvation Army always stands ready to relieve us of superfluous effects.

—Emily Tolman

It takes hands to build a house, but only hearts can build a home.

—Unknown

The emotional weight of clutter crushes our souls and our lives.

—Terri Guillemets

Freedom is hiding under the clutter.

—Terri Guillemets

In any household, junk accumulates to fill the space available for its storage.

—*Boston's*

*Irreversible Law
of Clutter*

Organizing is what you do before you do something, so that when you do it, it's not all mixed up.

—A. A. Milne, *Winnie the Pooh*

Don't just declutter, de-own.

—Joshua Becker

If you are fortunate enough to have room for it, a SOMEDAY pile is a good idea too. You need a place where the boys in your family can pile their old lawn-mower motors, bicycle wheels, scraps of lumber—the various parts that will, perhaps, 'some-day' make a go-cart, a chariot or a space ship. Such a junk collection can be as important as the decluttered part of the house, but it must be confined or it will grow when you are not looking at it.

—Alice Skelsey

Having too many things is a burden to the soul, an insult to the earth, and an obstacle course to our spiritual well-being.

—Terri Guillemets

I am thankful for the mess to clean after a party because it means I have been surrounded by friends.

—Nancie J. Carmody

Here's my list of dirty chores: buying groceries, carting them home and putting them away; cooking meals and washing dishes and pots; doing the laundry; digging out the place when things get out of control; washing floors. The list could go on but the sheer necessities are bad enough.

--Pat Mainardi

I got the blues thinking of the future, so I left off and made some marmalade. It's amazing how it cheers one up to shred oranges and scrub the floor.

—D. H. Lawrence

The only really good place to buy lumber is at a store where the lumber has already been cut and attached together in the form of furniture, finished and put inside boxes.

—Dave Barry

If the shelves are dusty and the pots don't shine,
it's because I have better things to do with my time.

—Unknown

Law of Window Cleaning: It's on the other side.

—Unknown

I like hugs and I like kisses,
But what I really love is help with the dishes!

—Unknown

There were times, indeed, when the vigor she put into her work was more of a relief
to her feelings than it was an ardor to efface dirt...

—Eleanor H. Porter,
Pollyanna,
(1912)

Always keep your home presentable, assuming you keep a home for purposes of
presentation.

—Robert Brault

The meal's complete when the kitchen's neat.

—Unknown

Cleanliness is next to impossible.

—Unknown

Stuffocation: being overwhelmed by the stuff one has bought or accumulated.

—Unknown

There is hardly a place where, in the course of a year, some things are not pur-
chased and never used, and where spring cleaning does not unearth them. Spring is
the time when the good housewife puts all doubtful things into the trash barrel.

—E. F. White

Later is the best friend of clutter.

—MaryAnne Bennie

The time when most people's clutter surfaces is when they move, and one reason why moving feels like such hard work is that in the process of packing you sort through all your things and decide what you want to take with you and what you don't. You have to deal with all the mental and emotional connections to each object, which can be exhausting.

—Karen Kingston

A place for everything and everything in its place.

—Old Saying

Eliminating clutter is much more than taking out the garbage every night. Clutter is sneaky and appears both physically and mentally. The physical clutter is usually easier to clean up, while the mental clutter can be more of a challenge, but often they go hand in hand. Either way, you need to clean up your environment and your mind in order to have the peace that keeps you feeling young.... There is also environmental clutter outside our homes that is disconcerting. We are cluttering the planet with so many 'things.'

—Katrina Mayer

Material possessions: the more you own, the more they own you.

—H. I. Phillips

At its heart, organizing is simply rearranging. And though we may find storage solutions today, we are quickly forced to find new ones as early as tomorrow.

—Joshua Becker

There is something immensely therapeutic about clearing your clutter. The reason is that while you are clearing things on an external level, there is a corresponding change going on internally too.... Being clear of clutter is one of the greatest aids I know to manifesting the life you want, and it is absolutely essential if you truly want to know joy and happiness in your life.

—Karen Kingston

Clutter smothers joy, while simplicity liberates it. Clutter makes life complicated, heavy, and wearisome. Simplicity makes life relaxed, carefree, and invigorating.

—Tommy Newberry

Clear clutter. Make space for you.

—Magdalena
Vandenberg

Do other people, I wonder, find the same keen pleasure that I do in periodically undertaking a pilgrimage all over the house to wage a war of extermination upon its accumulations of rubbish?

—Chiffon (1898)

Don't own so much clutter that you will be relieved to see your house catch fire.

—Wendell Berry

Having too many things about us is a certain confusion to the intellect.

—Oscar C.
McCullouch (1890)

The more you have, the more you dust!

—Robin Bastian

Clutter is found in so many shapes and sizes. We can find it on our kitchen tables, under our beds, in our cars, and in our heads.

—Katrina Mayer

When it comes to housework the one thing no book of household management can ever tell you is how to begin. Or maybe I mean why.

—Katharine Whitehorn

You all know that even when women have full rights, they still remain fatally downtrodden because all housework is left to them. In most cases housework is the most unproductive, the most barbarous and the most arduous work a woman can do. It is exceptionally petty and does not include anything that would in any way promote the development of the woman.

—Lenin (Vladimir
Ulyanov)

For a woman to get a rewarding sense of total creation by way of the multiple monotonous chores that are her daily lot would be as irrational as for an assembly line worker to rejoice that he had created an automobile because he tightened a bolt.

—Edith Mendel Stern

The obvious and fair solution to the housework problem is to let men do the housework for, say, the next six thousand years, to even things up. The trouble is that men, over the years, have developed an inflated notion of the importance of everything they do, so that before long they would turn housework into just as much of a charade as business is now. They would hire secretaries and buy computers and fly off to housework conferences in Bermuda, but they'd never clean anything.

—Dave Barry

Now, as always, the most automated appliance in a household is the mother.

—Beverly Jones

My second favorite household chore is ironing. My first being hitting my head on the top bunk bed until I faint.

—Erma Bombeck

Housework is a treadmill from futility to oblivion with stop-offs at tedium and counter productivity.

—Erma Bombeck

The suburban housewife -- she was the dream image of the young American women and the envy, it was said, of women all over the world. The American housewife—freed by science and labor-saving appliances from the drudgery, the dangers of childbirth, and the illnesses of her grandmother had found true feminine fulfillment.

—Betty Friedan

The labor of women in the house, certainly, enables men to produce more wealth than they otherwise could; and in this way women are economic factors in society. But so are horses.

—Charlotte Perkins
Gilman

Now they show you how detergents take out bloodstains, a pretty violent image there. I think if you've got a T-shirt with a bloodstain all over it, maybe laundry isn't your biggest problem. Maybe you should get rid of the body before you do the wash.

—Jerry Seinfeld

Cleaning your house while your kids are still growing is like shoveling the walk before it stops snowing.

—Phyllis Diller

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.

--E. B. White

I believe you should live each day as if it is your last, which is why I don't have any clean laundry because, come on, who wants to wash clothes on the last day of their life.

--Unknown Child

I've got PMS, OCD, and ADD. I want to cry and look pretty while I kill everyone, but I can't focus on that right now. I'm cleaning.

—*someecards.com*

If women's role in life is limited solely to housewife/mother, it clearly ends when she can no longer bear more children and the children she has borne leave home.

—Betty Friedan

It doesn't bother me that Disney has given me unrealistic ideas about men. I'm more annoyed that no matter how much I sing, woodland animals have not once helped with the housework.

—Unknown

If it weren't for women, men would still be wearing last week's socks.

—Cynthia Nelms

What I am defending is the real rights of women. A woman should have the right to be in the home as a wife and mother.

—Phyllis Schlafly

A recent study of Harvard Business School graduates reveals that the vast majority of alumnae initially expect their career and their spouse's career to rank equally. However, among those who have kids, more than two-thirds end up doing most of the child care.

—Andrew Moravcsik

The house wife is an unpaid employee in her husband's house in return for the

security of being a permanent employee.

—Germaine Greer

Insanity is doing the same thing over & over again expecting different results. So...I guess I can stop cleaning the house.

—*TheShabbyCreekcottage.com*

Not only is women's work never done, the definition keeps changing.

--Bill Copeland

As I do more laundry, nudists seem less crazy.

—*toxicards.com*

Even when couples share more equitably in the work at home, women do two-thirds of the daily jobs at home, like cooking and cleaning up—jobs that fix them into a rigid routine. Most women cook dinner and most men change the oil in the family car. But dinner needs to be prepared every evening around six o'clock, whereas the car oil needs to be changed every six months, any day around that time, any time that day....Men thus have more control over when they make their contributions than women do.

--Arlie Hochschild

Reading won't solve your problems. But then again, neither will housework.

—Unknown

I tried that Japanese decluttering trend where you hold each thing you own and throw it out if it doesn't give you joy. So far I've thrown out all the vegetables and the electric bill.

—Mindy Kaling

Housework can't kill you, but why take a chance?

—Phyllis Diller

Best way to get rid of kitchen odors: Eat out.

--Phyllis Diller

There are practical little things in housekeeping which no man really understands.

--Eleanor Roosevelt

Hatred of domestic work is a natural and admirable result of civilization.

--Rebecca West

I hate housework. You make the beds, you wash the dishes and six months later you have to start all over again.

—Joan Rivers

The whole process of home-making, housekeeping and cooking, which ever has been woman's special province, should be looked on as an art and a profession.

--Sarah Josepha Hale

It is not motherhood that keeps the housewife on her feet from dawn till dark; it is house service, not child service.

--Charlotte Perkins
Gilman

To housekeep, one had to plan ahead and carry items of motley nature around in the mind and at the same time preside, as mother had, at table, just as if everything, from the liver and bacon, to the succotash, to the French toast and strawberry jam, had not been matters of forethought and speculation.

--Fannie Hurst

Housework isn't bad in itself—the trouble with it is that it's inhumanely lonely.

--Pat Loud

Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country.

--Margaret Thatcher

In sheer quantity, household labor, including child care, constitutes a huge amount of socially necessary production. Nevertheless, in a society based on commodity production, it is not usually considered as 'real work' since it is outside of trade and the marketplace.

--Margaret Lowe Benston

The demise of the housewife is entirely to be welcomed, because it was a grossly oppressive thing for women to be confined to little boxes like brood mares or hens in a chicken house.

--Rosalind Miles

It is certainly true that housekeeping cares bring with them a thousand endearing compensations. They are a woman's peculiar joy, and women are apt to be light-hearted.

--Marceline
Desbordes-
Valmore

If it's a choice between cooking or cleaning or looking good, go get that facial. No man ever made love to a woman because she kept a clean house.

--Joan Rivers

A woman's place is in the home.

--Proverb

The more women look in their glass, the less they look to their house.

--Proverb

Have nothing in your houses that you do not know to be useful, or believe to be beautiful.

—William Morris
(1880)

The worst thing about work in the house or home is that whatever you do is destroyed, laid waste or eaten within twenty-four hours.

--Lady Kasluck

Housework is what a woman does that nobody notices unless she hasn't done it.

—Evan Esar

Life, within doors, has few pleasanter prospects than a neatly arranged and well-provisioned breakfast-table.

--Nathaniel Hawthorne

Employed women expressed a higher degree of enjoyment for shopping, preparing food, taking care of their children, and doing housework than for working at their jobs—an activity that was ranked at the next-to-lowest level of enjoyment, just above commuting to work.

--Neil Gilbert

No work-family balance will ever fully take hold if the social conditions that might make it possible—men who are willing to share parenting and housework, communities that value work in the home as highly as work on the job, and policymakers and elected officials who are prepared to demand family-friendly reforms—remain out of reach.

—Arlie Russell
Hochschild

Stop making excuses for them. ... They have eyes! They can see that the toilet paper roll needs changing and the wastebasket is full and that there is no more orange juice and we drink orange juice and orange juice is sold in grocery stores. They've trained themselves not to notice things because the less they notice the more we'll just take care of it for them. They say, you should have told me you wanted my help when we had twelve people coming over for dinner! You should have told me not to sit in front of the computer looking at football scores while you're running around doing everything by yourself. If you needed my help why didn't you ask for it? I didn't know you needed help. It's madness.

—Jeanne Ray

Our house is clean enough to be healthy, and dirty enough to be happy.

—Unknown

Spring Cleaning! A most idiotic name! Any man could tell you it's actually spring dirtying. All the dust that has settled down quietly, and doesn't show and only asks to be left alone, germs and all, is stirred up. Everybody is choked and as far as possible infected. Instead of being under the carpet, it's on your furniture and in your food. There's nowhere to sleep and nothing to eat; nowhere even to sit down. The moment you try disaster comes. You are told to get out of the way; you are pushed here and there; you step in things you are warned to avoid; you—oh, confound it all!... It's not till the next spring cleaning comes round that you find your most treasured possessions, and then the cleaner sees to it that you lose them again instantly.

—Edward Burke (1917)

Housework is work directly opposed to the possibility of human self-actualization.

—Ann Oakley

A new broom sweeps clean, but the old broom knows the corners.

—Irish Saying

The washing of dishes does seem to me the most absurd and unsatisfactory business that I ever undertook. If, when once washed, they would remain clean for ever and ever (which they ought in all reason to do, considering how much trouble it is), there would be less occasion to grumble; but no sooner is it done, than it requires to be done again. On the whole, I have come to the resolution not to use more than one dish at each meal.

—Nathaniel Hawthorne

No laborer in the world is expected to work for room, board, and love—except the housewife.

--Letty Cottin Pogrebin

We labor to make a house a home, then every time we're expecting visitors, we rush to turn it back into a house.

—Robert Braul

The trouble with living alone is that it's always your turn to do the dishes.

—Unknown

You sometimes see a woman who would have made a Joan of Arc in another century and climate, threshing herself to pieces over all the mean worry of housekeeping.

—Rudyard Kipling

Housekeeping is like being caught in a revolving door.

—Marcelene Cox

If a woman had a problem in the 1950s and 1960s, she knew that something must be wrong with her marriage, or with herself. Other women were satisfied with their lives, she thought. What kind of a woman was she if she did not feel this mysterious fulfillment waxing the kitchen floor? She was so ashamed to admit her dissatisfaction that she never knew how many other women shared it.

—Betty Friedan

Polly was all too aware that much of her time on holiday would be spent doing the laundry and the cooking and the child-care and all the other chores that back in London would be shared with her cleaning lady. A holiday with Theo and the children represented two weeks of domestic and maternal drudgery.

—Amanda Craig

Not postponing chores-and not spending any mental energy equivocating, temporizing, or stalling-is actually a lot more restful than worrying about what needs to be done.

—Veronique Vienne

Love is the thing that enables a woman to sing while she mops up the floor after her husband has walked across it in his barn boots.

—*Hoosier Farmer*

I'm eighteen years behind in my ironing. There's no use doing it now, it doesn't fit anybody I know.

—Phyllis Diller

Have you ever taken anything out of the clothes basket because it had become, relatively, the cleaner thing?

—Katherine Whitehorn

My theory on housework is, if the item doesn't multiply, smell, catch fire, or block the refrigerator door, let it be. No one else cares. Why should you?

—Erma Bombeck

At worst, a house unkept cannot be so distressing as a life un-lived.

—Rose Macaulay

I'm not going to vacuum until Sears makes one you can ride on.

—Roseanne Barr

There was no need to do any housework at all. After the first four years the dirt doesn't get any worse.

—Quentin Crisp

Few tasks are more like the torture of Sisyphus than housework, with its endless repetition: the clean becomes soiled, the soiled is made clean, over and over, day after day.

—Simone de Beauvoir

My idea of housework is to sweep the room with a glance.

—Erma Bombeck

There is no daily chore so trivial that it cannot be made important by skipping it two days running.

—Robert Brault

Housework is the only activity at which men are allowed to be consistently inept because they are thought to be so competent at everything else.

—Letty Cottin Pogrebin

I try to give my best to everything I do. I don't think of housework as beneath my dignity; that's just the way I was brought up.

—Madhuri Dixit

And, over the last thirty years we have seen men's participation in both housework and childcare has increased and women's have stayed at about the same.

—James Levine

I'm a housewife: I spend far more time on housework than anything else.

—Annie Dillard

Once you get married, women are still implicitly expected to do the majority of the housework and take care of any future children.

—Jessica Valenti

All of us have moments in our lives that test our courage. Taking children into a house with a white carpet is one of them.

—Erma Bombeck

Scrub and polish,—sweep and clean,—
Fling your windows wide!
See, the trees are clad in green!
Coax the spring inside!
Home, be shining fair to-day
For the guest whose name is May!

—Louise Bennett
(1917)

God made rainy days so gardeners could get the housework done.

—Unknown

Ever notice how irons have a setting for permanent press? I don't get it.

—Steven Wright

You know it's time to do laundry when you dry off with a hand towel.

—*theChive*

Housework, if it is done right, can kill you.

—John Snow

Like plowing, housework makes the ground ready for the germination of family life. The kids will not invite a teacher home if beer cans litter the living room. The family isn't likely to have breakfast together if somebody didn't remember to buy eggs, milk, or muffins. Housework maintains an orderly setting in which family life can flourish.

--Letty Cottin Pogrebin

Does it bother anyone else that your laundry is never officially done? Like you can complete most of it but then there's the clothes you have on. Or is that just my OCD?

—Internet Meme

She did not see a point in making beds, for example, since 'they just get slept in again.' Nor did she see the point in dusting, since dust just returned.

—Joan Didion

We have to clean all day because people are coming over.

My wife is terrified.

Our house with four kids might look like a house with four kids.

—Internet Meme

[College advice] Learn how to do your own laundry. Your mom isn't going to be there to do it for you, and you can only spend so much money on buying new underwear. Don't leave your laundry in the machine, whether it's the washer or dryer. Clean out the lint trap. Those things can cause fires. Don't be that person who has to ask everybody else on their floor, the RA or the building manager how to wash a load of darks. Before you leave home, take a few hours and watch a parent or guardian do a load of laundry. You'll be the smartest person on your floor, and it's going to feel awesome.

—Shea Lazansky

Today, I noticed that the cover of my ironing board was wrinkled, and I laughed at the irony. Then, I laughed again because of the word ‘irony.’

—Internet Meme

Apparently there are people out there who wash, dry, iron, fold, and put away their clothes—all in one day. Yeah, I know. I’m confused too.

—Internet Meme

Best friends don’t care if your house is clean. They care if you have wine.

—Internet Meme

I HATE having a messy house.

Not enough to actually clean it, but enough to give it a really disgusted stare from my seat on the couch.

—*Tips4Home.com*

Having an empty laundry basket is the best five seconds of the week.

—Internet Meme

Thank goodness my book finally arrived. I almost started cleaning the house.

—*www.belcastroagency.com*

I hate it when I’m finally up to date with the washing and then I see my family walking around the house wearing clothes.

—Internet Meme

Based on the amount of laundry I do each week, I’m going to assume that there are people who live here that I have not met yet.

—Internet Meme

I’m starting meetings at my house for people who have OCD. I don’t have it, I’m just hoping they’ll take one look and start cleaning.

—*GoHen.com*

Clothes that are too dirty for the closet but too clean for the laundry: welcome to THE CHAIR.

—Internet Meme

When life gets you down and you feel like you can't go on, just remember who will always be there for you. DISHES. They will literally always be there.

—theheartysoul.com

Nobody is more full of false hope than a Mom who places items on the stairs of her family members to carry up.

—@chaosandquiteblog

We all do the dishes together after dinner. But one night I was still in the kitchen 15 minutes after everyone else had dwindled away, and I thought, This isn't right. So the next night, when people started to drift off, I put my hands on my hips and said, maybe not in the most elegant way, 'Nobody leaves the kitchen until I leave the kitchen.' Bill and the kids gave me this surprised look. I said, 'Look. After you guys leave, I'm still doing X, Y and Z.' Guess what? Everything I did in 15 minutes got done by all of us in five minutes.

—Melinda Gates

Timeline of Laundry:

Wash...45 minutes.

Dry...60 minutes.

Put Away...7-10 business day.

—Internet Meme

First rule of cleaning while listening to music: the toilet brush is never the microphone...Never.

—Internet Meme

Marriage Tip #46: Your wife won't start an argument with you if you're cleaning.

—Internet Meme

Having an empty laundry basket is the best five seconds of the week.

—Internet Meme

Today's Housekeeping Tip: Always keep several get well cards on the mantel. That way, if unexpected guests arrive, they'll think you've been sick and unable to clean.

—Internet Meme

My complete lack of dusting will finally pay off at Halloween.

—facebook.com/auntyacid

CONSUMERISM

He who buys what he does not need steals from himself.

—Swedish Proverb

Today we live in a society that seems to be less and less concerned with reality. We drink instant coffee and reconstituted orange juice. We buy our vegetables on cardboard trays covered with plastic. But perhaps the most dehumanizing thing of all is that we have allowed the media to call us consumers--ugly. No! I don't want to be a consumer. Anger consumes. Forest fires consume. Cancer consumes.

—Madeleine L'Engle

In many cases you are not buying a product but an 'identity enhancer.' Designer labels are primarily collective identities that you buy into. They are expensive and therefore 'exclusive.' If everybody could buy them, they would lose their psychological value and all you would be left with would be their material value, which likely amounts to a fraction of what you paid.

—Eckhart Tolle

Our need for security has led us into an insane attachment to things. We really must understand that the lust for affluence in contemporary society is psychotic. It is psychotic because it has completely lost touch with reality. We crave things we neither need nor enjoy. 'We buy things we do not want to impress people we do not like'. Where planned obsolescence leaves off, psychological obsolescence takes over. We are made to feel ashamed to wear clothes or drive cars until they are worn out. The mass media have convinced us that to be out of step with fashion is to be out of step with reality. It is time we awaken to the fact that conformity to a sick society is to be sick.

—Richard J. Foster

Our culture has bred consumers and addicts. We eat too much, buy too much, and want too much. We set ourselves on the fruitless mission of filling the gaping hole within us with material things. Blindly, we consume more and more, believing we are hungry for more food, status, or money, yet really we are hungry for connection.

—Vironika Tugaleva

Deciding we won't drive to that chain grocery store and buy that imported pineapple is a path to liberation. Deciding to walk to the farmers' market and buy fresh, local

peas is like spitting in the eye of the industries that control us. Every act of refusal is also an act of assent. Every time we say no to consumer culture, we say yes to something more beautiful and sustaining. Life is not something we go through or that happens to us; it's something we create by our own decisions.

—Kathleen Dean Moore

If you are not content today, there is nothing you can buy tomorrow to change that.

—Joshua Becker

In my room, I looked around at all the pieces of my life, neat and tidy on their little shelves, my clothes and books and telephones, my shoes and hair barrettes, and tried to care about them. Mine, mine, mine. But they were only things, things that could have belonged to anyone.

—Aryn Kyle

Our culture—or lack of it, for our culture is in a state of flux and crisis—places a high value on materialism, and, by extension, greed. Our culture's emphasis on greed is such that people have become immune to satisfaction. Having acquired one thing, they are immediately ready to desire the next thing that might suggest itself. Today, the object of desire is no longer satisfaction, but desire itself.

—Neel Burton

I think we're moving toward a world where all the consumers under a certain age will probably tend to identify more with their consumer status or with the products they consume than they would with ... any sort of antiquated notion of nationality.

—William Gibson

My grandmother has hundreds of axioms. One of them was 'If you think you want something, wait a month.' One of three things will happen if you follow this sage advice. One: You will forget. Two: You will no longer need it. Or three: You will need it more. Most often numbers one and two will happen.

—Matthew Sleeth

That's not what an ad for a car is—an ad for a car is a football hero, an actress, the car doing some crazy thing like going up a mountain or something. If you've ever turned on your television set, you know that hundreds of millions of dollars are spent to try to create uninformed consumers who will make irrational choices—that's what advertising is.

—Noam Chomsky

The way Americans tend to buy things: A person who has \$20 will buy something for \$40 if it's marked down from \$100.

—Clifford Cohen

If you live for having it all, what you have is never enough.

—Vicki Robin

It's no accident that most ads are pitched to people in their 20s and 30s. Not only are they so much cuter than their elders...but they are less likely to have gone through the transformative process of cleaning out their deceased parents' stuff. Once you go through that, you can never look at *your* stuff in the same way. You start to look at your stuff a little postmortemistically. If you've lived more than two decades as an adult consumer, you probably have quite the accumulation, even if you're not a hoarder...I'm not saying I never buy stuff, because I absolutely do. Maybe I'm less naive about the joys of accumulation.

—Roz Chast

Reduction is the least observed of the three R's of environmentalism ('reduce, reuse, recycle') but it's probably the most important. Reuse and recycling are sensible measures in an over-productive society, but why not neutralise the problem of over-production at the source? Instead of choosing to act efficiently at the end of a product's life cycle by reusing or recycling it, we should stop said product from being made in the first place by eliminating consumer demand for it. If the rainforests must be burned and the oceans poisoned to cater for the essentials of human life, then so be it and we'll call it an inevitable pity; but for that to happen in the name of games consoles, cell phones and chocolate fountains is a wanton and avoidable shame.

—Robert Wringham

We know—it has been measured in many experiments—that children with strong impulse control grow to be better adjusted, more dependable, achieve higher grades in school and college and have more success in their careers than others. Success depends on the ability to delay gratification, which is precisely what a consumerist culture undermines. At every stage, the emphasis is on the instant gratification of instinct. In the words of the pop group Queen, 'I want it all and I want it now.' A whole culture is being infantilised.

—Jonathan Sacks

It seems to make little sense how a person's self-worth or self-confidence should be wrapped up in how much their jacket is worth or what shoe they are wearing. Does

a person's round or pointy-tip shoe really say anything of value about who a person is?

It seems that true luxury lies in a freedom from needing that red-bottom shoe, that handbag with all the tiny initials and big price tag, or the latest trend to know that a person truly matters. True luxury seems to lie in the separation of confidence and materialism.

Authentic luxury flourishes from the untying of self-worth from popular opinion.

—Ann Brasco

Our personal consumer choices have ecological, social, and spiritual consequences. It is time to re-examine some of our deeply held notions that underlie our lifestyles.

—David Suzuki

The starting point for 'discounts' may be the manufacturer's suggested retail price (MSRP), an arbitrarily high price that no one will ever pay. By crossing out the high MSRP, retailers are handing shoppers a psychological victory that will make them feel good about the purchase, even if the discounted price is still expensive.

—Ian Lamont

The person who does not ask will never get a bargain.

—French Proverb

People recognize themselves in their commodities; they find their soul in their automobile, hi-fi set, split-level home, kitchen equipment.

—Herbert Marcuse

Are these things really better than the things I already have? Or am I just trained to be dissatisfied with what I have now?

—Chuck Palahniuk

Women thrive on novelty and are easy meat for the commerce of fashion. Men prefer old pipes and torn jackets.

—Anthony Burgess

At the end of the day, taking 50% off a \$250 dress still means walking out of the store \$125 poorer.

—Ian Lamont

Whenever I hear people say clean food is expensive, I tell them it's actually the cheapest food you can buy. That always gets their attention. Then I explain that

with our food all of the costs are figured into the price. Society is not bearing the cost of water pollution, of antibiotic resistance, of food-borne illnesses, of crop subsidies, of subsidized oil and water — of all the hidden costs to the environment and the taxpayer that make cheap food seem cheap. No thinking person will tell you they don't care about all that. I tell them the choice is simple: You can buy honestly priced food or you can buy irresponsibly priced food.

—Joel Salatin

THE ORGANIC FOODS MYTH

A few decades ago, a woman tried to sue a butter company that had printed the word 'LITE' on its product's packaging. She claimed to have gained so much weight from eating the butter, even though it was labeled as being 'LITE.' In court, the lawyer representing the butter company simply held up the container of butter and said to the judge, 'My client did not lie. The container is indeed "light in weight.'" The woman lost the case.

In a marketing class in college, we were assigned this case study to show us that 'puffery' is legal. This means that you can deceptively use words with double meanings to sell a product, even though they could mislead customers into thinking your words mean something different. I am using this example to touch upon the myth of organic foods. If I was a lawyer representing a company that had labeled its oranges as being organic, and a man was suing my client because he found out that the oranges were being sprayed with toxins, my defense opening statement would be very simple: 'If it's not plastic or metallic, it's organic.'

Most products labeled as being organic are not really organic. This is the truth. You pay premium prices for products you think are grown without chemicals, but most products are. If an apple is labeled as being organic, it could mean two things. Either the apple tree itself is free from chemicals, or just the soil. One or the other, but rarely both. The truth is, the word 'organic' can mean many things, and taking a farmer to court would be difficult if you found out his fruits were indeed sprayed with pesticides. After all, all organisms on earth are scientifically labeled as being organic, unless they are made of plastic or metal. The word 'organic' comes from the word 'organism', meaning something that is, or once was, living and breathing air, water and sunlight.

So, the next time you stroll through your local supermarket and see brown pears that are labeled as being organic, know that they could have been third-rate fare sourced from the last day of a weekend market, and have been re-labeled to be sold to a gullible crowd for a premium price. I have a friend who thinks that organic

foods have to look beat up and deformed because the use of chemicals is what makes them look perfect and flawless. This is not true. Chemical-free foods can look perfect if grown in your backyard. If you go to jungles or forests untouched by man, you will see fruit and vegetables that look like they sprouted from trees from Heaven. So be cautious the next time you buy anything labeled as 'organic' Unless you personally know the farmer or the company selling the products, don't trust what you read. You, me, and everything on land and sea are organic.

—Suzy Kassem

How do you take a medium seriously when it is so laced with high decibel reminders to run right out to your supermarket, your drug store, your friendly car dealer, your favorite department store and buy.... That's the twentieth century marching song — buy!

—Rod Serling

We consume, as we produce, without any concrete relatedness to the objects with which we deal; We live in a world of things, and our only connection with them is that we know how to manipulate or to consume them.

—Erich Fromm

Good kitchen equipment is expensive, but most items last a lifetime and will pay for themselves over and over again.

—Delia Smit

We have become a society of indulgent consumers resulting in rapidly increasing debt both personally and as a nation.

—L. G. Durand

Worth is not something you can buy for \$39.99, nor something you can lose with 10 extra pounds. Self-judging people make good consumers. Start a revolution. Love yourself.

—Vironika Tugaleva

A consumer is a shopper who is sore about something.

—Harold Coffin

The way of the consumerist culture is to spend so much energy chasing happiness that it has none left to be happy.

—Criss Jami

If beauty is in the eyes of the beholder, value is in the mind of the consumer.

—Michele Jennae

All over the place, from the popular culture to the propaganda system, there is constant pressure to make people feel that they are helpless, that the only role they can have is to ratify decisions and to consume.

—Noam Chomsky

Experts in ancient Greek culture say that people back then didn't see their thoughts as belonging to them. When ancient Greeks had a thought, it occurred to them as a god or goddess giving an order. Apollo was telling them to be brave. Athena was telling them to fall in love.

Now people hear a commercial for sour cream potato chips and rush out to buy, but now they call this free will.

At least the ancient Greeks were being honest.

—Chuck Palahniuk

Armaments, universal debt, and planned obsolescence—those are the three pillars of Western prosperity. If war, waste, and moneylenders were abolished, you'd collapse. And while you people are overconsuming, the rest of the world sinks more and more deeply into chronic disaster.

—Aldous Huxley

A fellow who is ashamed merely of shabby clothing or modest meals is not even worth conversing with.

—Confucius

What's great about this country is America started the tradition where the richest consumers buy essentially the same things as the poorest. You can be watching TV and see Coca-Cola, and you can know that the President drinks Coke, Liz Taylor drinks Coke, and just think, you can drink Coke, too. A Coke is a Coke and no amount of money can get you a better Coke than the one the bum on the corner is drinking. All the Cokes are the same and all the Cokes are good.

—Andy Warhol

But even in the much-publicized rebellion of the young against the materialism of the affluent society, the consumer mentality is too often still intact: the standards of behavior are still those of kind and quantity, the security sought is still the security of numbers, and the chief motive is still the consumer's anxiety that he is missing out on what is 'in.' In this state of total consumerism—which is to say a state of

helpless dependence on things and services and ideas and motives that we have forgotten how to provide ourselves - all meaningful contact between ourselves and the earth is broken. We do not understand the earth in terms either of what it offers us or of what it requires of us, and I think it is the rule that people inevitably destroy what they do not understand.

—Wendell Berry

We're consumers. We are by-products of a lifestyle obsession. Murder, crime, poverty, these things don't concern me. What concerns me are celebrity magazines, television with 500 channels, some guy's name on my underwear. Rogaine, Viagra, Olestra...

—Chuck Palahniuk

A customer facing crucial decisions:

What should I wipe myself with? What should I brush with? His personal hygiene was deteriorating rapidly as he stared at the rows of possibilities, sweating profusely. Would he ever bathe again?

—Benson Bruno

You can't consume much if you sit still and read books.

—Aldous Huxley

I was part of that strange race of people aptly described as spending their lives doing things they detest, to make money they don't want, to buy things they don't need, to impress people they don't like.

—Emile Gauvreau

We typically misunderstand what's wrong about consumerism. It's not that it makes us love material things too much. To be a good consumer, you have to desire to get lots of things, but you must not love any of them too much once you have them. Consumerism needs children who do not stay attached to their toys for very long and learn to expect the next round of presents as soon as possible. When consumerism succeeds, our attachments are shallow, easily broken, so we can move on to the next thing we're supposed to get. Being a good consumer means desiring new things, not cherishing old ones.

—Phillip Cary

Governments are deemed to succeed or fail by how well they make money go round, regardless of whether it serves any useful purpose. They regard it as a sacred duty to encourage the country's most revolting spectacle: the annual feeding frenzy in

which shoppers queue all night, then stampede into the shops, elbow, trample and sometimes fight to be the first to carry off some designer junk which will go into landfills before the sales next year. The madder the orgy, the greater the triumph of economic management.

—George Monbiot

To live fully, we must learn to use things and love people, and not love things and use people.

—John Powell

In the marketing society, we seek fulfillment but settle for abundance. Prisoners of plenty, we have the freedom to consume instead of our freedom to find our place in the world.

—Clive Hamilton

So much about life in a global economy feels as though it has passed beyond the individual's control--what happens to our jobs, to the prices at the gas station, to the vote in the legislature. But somehow food still feels a little different. We can still decide, every day, what we're going to put into our bodies, what sort of food chain we want to participate in. We can, in other words, reject the industrial omelet on offer and decide to eat another.

—Michael Pollan

Employees are shielded from being healthcare consumers because they rely on their employers' priorities and judgment instead of their own to select insurance.

—Archelle Georgiou

Plenty is a habit-forming drug. You do not cut the dosage down. You kick it if you can; you stop the dose entirely. But the convulsions that follow may wreck the body entirely.

—Frederik Pohl

If you can't reuse or repair an item, do you ever really own it? Do you ever develop the sense of pride and proprietorship that comes from maintaining an object in fine working order?

We invest something of ourselves in our material world, which in turn reflects who we are. In the era of disposability that plastic has helped us foster, we have increasingly invested ourselves in objects that have no real meaning in our lives. We think of disposable lighters as conveniences -- which they indisputably are; ask any smok-

er or backyard-barbecue chef -- and yet we don't think much about the tradeoffs that that convenience entails.

—Susan Freinkel

Hanging onto a bad buy will not redeem the purchase.

—Terence Conran

If we were all minimalists instead of conspicuous consumers, there would be less demand on the world's resources and we'd have a smaller, less berserk economy. We'd be less likely to harm the only planet we'll ever have, and the super-rich would have fewer ways to exploit us.

—Robert Wringham

A fork or a bed cannot come to be considered necessary for humanity's life and health....They are 'learned necessities.' Modern human beings are suffocating under necessities like televisions, refrigerators, etc. And in the process making it impossible to live their real lives. Obviously we are not against modern technology, but we are against any notion of the absolute necessity of objects, to the point even of doubting their real utility.

—Tom McDonough

The comfortable life is a slippery slope toward the consumer life.

—Mark Sundeen

My wish is to live my life as fully as I can. In both our work and our leisure, I think, we should be so employed. And in our time this means that we must save ourselves from the products that we are asked to buy in order, ultimately, to replace ourselves.

—Wendell Berry

If you've ever taken an economics course you know that markets are supposed to be based on informed consumers making rational choices. I don't have to tell you, that's not what's done. If advertisers lived by market principles then some enterprise, say, General Motors, would put on a brief announcement of their products and their properties, along with comments by Consumer Reports magazine so you could make a judgment about it.

I look forward to seeing more and more people willing to resist the direction the world is moving in, a direction where our personal experiences are irrelevant, that we are defective, that our communities are not important, that we are powerless,

that our future is determined, and that the highest level of humanity is expressed through what we choose to buy at the mall.

—Rachel Corrie

The vain man buys to impress, but the REAL man buys to fulfill a need.

—Auliq-Ice

What we all have to avoid is the notion that we can buy our way out of our problems. Instead, the goal is to reduce our costs by extreme frugality. This is psychologically difficult because if there is one great certain confidence in American society it is this: you can buy your way out of almost anything. Other than a few things that will land you in jail even if you are rich, we tend to look for solutions that involve buying things. Having trouble with your marriage? Take a vacation. Pay a counselor. Don't want to eat pesticides? Buy organic food! Indebted? Buy a book about how to get out. Worried about Peak Oil? Look at all the things there are to buy. Got a crosscut saw and a year's supply of dry milk yet? Don't want to give up driving and flying? We'll sell you some nice carbon offsets.

—Sharon Astyk

The quickest way to stop noticing something, may be to buy it.

—Alain de Botton

The engine of American life: You work, and then you spend.

—Adriana Trigiani

We perpetrate the illusion that the things we consume have just fallen off the back of Santa's sleigh, not been ripped from the earth. The illusion enables us to imagine that the only choices we have are between brands.

—Robin Wall Kimmerer

The human animal is a beast that dies and if he's got money he buys and buys and buys and I think the reason he buys everything he can buy is that in the back of his mind he has the crazy hope that one of his purchases will be life everlasting!--Which it never can be....

—Tennessee Williams

What is the key word today? Disposable. The more you can throw it away the more it's beautiful. The car, the furniture, the wife, the children—everything has to be disposable. Because you see the main thing today is—shopping. Years ago a person, he was unhappy, didn't know what to do with himself—he'd go to church, start a

revolution—something. Today you're unhappy? Can't figure it out? What is the salvation? Go shopping....

...If they would close the stores for six months in this country there would be from coast to coast a regular massacre.

—Arthur Miller

Our identity is affected less and less by what we produce and more and more by what we consume.

—Pete Sanders

The eighteenth and nineteenth centuries abandoned the idea of spiritual or intellectual happiness in order to have this material happiness, consisting of a certain number of essential consumer goods. And hence, in the nineteenth century, happiness was linked to a well-being obtained by mechanical means, industrial means, production. The new thing that Saint-Just spoke about was that, in the past, happiness could appear as a very vague, very distant prospect for humanity, whereas now, people seemed to be within reach of the concrete, material possibility of attaining it. That was why happiness was to become an absolutely essential image for the nineteenth-century bourgeoisie, and for modern society. Happiness was attainable thanks to industrial development, and this image of happiness brought us fully into the consumer society.

—Jacques Ellul

No man is rich who shakes and groans
Convinced that he needs more.

—Boethius

What keeps the so-called consumer society going is the fact that trying to find yourself through things doesn't work. The ego satisfaction is short-lived and so you keep looking for more and keep buying and consuming.

—Eckhart Tolle

Consumerism, the new black. I want my burger my way. Shaken not stirred. Sauce on the side and rare but not rare rare. Venti, two-pump, sugar-free vanilla, non-fat, two Splenda, extra-hot, extra-whip, extra-mocha Mocha and can you put the Splenda in before you pour the milk? (See, this is where it gets positively delicious!) Under the auspices of that wonderful word Consumerism, not only is this not seen as overly demanding, it's positively encouraged by everyone.

—Geoffrey Wood

Become a very cautious consumer scrutinizing everything that you allow into your mind and body.

—Bryant McGill

We believe we are the consumers, but we are the consumed.

—Bryant McGill

Soon, if we are not prudent, millions of people will be watching each other starve to death through expensive television sets.

—Aneurin Bevan

The great problem of capitalist production is no longer to find producers and to multiply their powers but to discover consumers, to excite their appetites and create in them fictitious needs.

—Paul Lafargue

Fifty years ago, people went without clothes in order to eat. Today, people gladly go without food in order to buy clothes. And they do it again to fit inside them!

—Sinclair Dumontais

We have too quickly bought into the lie that we'll be happier with more—and as a result, too often miss the joy that comes from owning less.

—Joshua Becker

I have every luxury imaginable, I own acres of land, and have enough money to buy the moon were it for sale. Though people think I have everything, it sometimes feels like my possessions own me; towering over me and reducing me into a small bundle of insignificance.

—J. Matthew Nespoli

Consumers don't really want clarity. They are content to be fooled into paying more if they can keep the belief that they're paying less; that they have the agency and agility to find special, unbeatable deals, only for them.

—Jerry Useem

Companies have trained customers in the U.S. to be as addicted to sales as possible. It has become a core piece of the retail-industrial complex and it is very, very difficult to unwind.

—Michael Preysman

If Netflix were to use only demographic factors, such as people's race, household income, and zip code, to personalize subscription prices...it could boost its profits by 0.3 percent. But if Netflix also used people's web browsing history—the percentage of web use on Tuesdays, the number of visits to Rottentomatoes.com, and some 5,000 other variables—it could boost its profits by 14.6 percent.

—Benjamin Shiller

Marketing's illusive promise is that this one product will change your life, make you feel more sexy, satisfy all your heart's desires.

—L. G. Durand

We trust something in a grocery store and assume it's good. We don't learn about the most precious thing in life—the food we put in our body. Educate yourself!

—Paul Prudhomme

I spent the first 2/3 of my life acquiring stuff that doesn't matter only so that I can spend my last 1/3 getting rid of it. What a stupid game of consumerism we Americans play.

—Linda Morman
Stichtenoth

Clothing manufacturers are less civilized these days. Why else would they suddenly start labeling a size 10 or 12 dress as 18 or 20? Do they think no one notices that these things no longer fit around the waist, hips, thighs, and bosom?

—Bev Berger

The idea that the way to influence older consumers is by targeting younger consumers is the purest form of ageism. No one would dare argue that the way to influence women is to target men [or] to influence black people is to target white people. Older people want to be youthful but they do not want to be like young people. This is a distinction lost on marketers. The way to influence older consumers is to take the time and trouble to understand them. But marketers are too lazy and too obsessed with youth to bother with this.

—Bob Hoffman

Conspicuous consumption...is not an unambiguous signal of personal affluence. It's a sign of belonging to a relatively poor group. Visible luxury thus serves less to establish the owner's positive status as affluent than to fend off the negative perception that the owner is poor. The richer a society or peer group, the less important visible spending becomes.

--Virginia Postrel

Visible consumption lets individuals show strangers they aren't poor. Since strangers tend to lump people together by race, the lower your racial group's income, the more valuable it is to demonstrate your personal buying power.

--Virginia Postrel

A study by a pair of business-school professors found that when subjects were made to feel a lack of social power, they were willing to pay more for high-status goods, presumably to compensate for lower status. Perhaps this is why blacks and Hispanics—groups that have historically had lower social status than whites—spend more on clothing, jewelry, and cars than do whites of comparable income.

—Matthew Hutson

Federal policy tells us to fill 50 percent of our plates with fruits and vegetables. At the same time, federal farm subsidies focus on financing the production of corn, soybeans, wheat, rice, sorghum, dairy and livestock.

—Chuck Norris

The true meaning of Christmas has become obscured, if not obliterated, by our genuflection before the golden calf of materialism.

--Playthell Benjamin

Magazine and television advertisements have me subconsciously believing that a sexy airbrushed image can sell a lot more canned tomatoes than without this image. Who's to say that a dolled up vagina can't buy me love? Yet this is what we teach our daughters through these images. It's the makeup, manicures, pedicures, closet full of clothes, the size of our boobs, the perfection of our skin and shininess of our hair—this is what secures us love. We teach our sons to love women who look a certain way. We teach our men to support this belief system, and it's constantly reinforced by false advertisements. It's like that one cheesy but lovable song we can't stop playing. We may forget about it for a while, but the minute we hear it again, it's on repeat a few hundred times.

— Sadiqua Hamdan

Historians differ on when the consumer culture came to dominate American culture. Some say it was in the twenties, when advertising became a major industry and the middle class bought radios to hear the ads and cars to get to the stores. ... But there is no question that the consumer culture had begun to crowd out all other cultural possibilities by the years following World War II.

--Barbara Ehrenreich

SHOPPING/BUDGETING

He who buys what he does not need steals from himself.

—Swedish Proverb

You contribute much to your marriage by the wise, thrifty, diligent management and oversight of your part of the household budget.

—Elizabeth George

If you live for having it all, what you have is never enough.

—Vicki Robin

It isn't what you earn but how spend it that fixes your class.

—Sinclair Lewis

We must consult our means rather than our wishes.

—George Washington

Budgeting has only one rule: Do not go over budget.

—Leslie Tayne

If you are not content today, there is nothing you can buy tomorrow to change that.

—Joshua Becker

What is the key word today? Disposable. The more you can throw it away the more it's beautiful. The car, the furniture, the wife, the children—everything has to be disposable. Because you see the main thing today is—shopping. Years ago a person, he was unhappy, didn't know what to do with himself—he'd go to church, start a revolution—something. Today you're unhappy? Can't figure it out? What is the salvation? Go shopping....

...If they would close the stores for six months in this country there would be from coast to coast a regular massacre.

—Arthur Miller

Don't buy much but make sure that what you buy is good.

—Christian Dior

My grandmother has hundreds of axioms. One of them was 'If you think you want something, wait a month.' One of three things will happen if you follow this sage advice. One: You will forget. Two: You will no longer need it. Or three: You will need it more. Most often numbers one and two will happen.

—Matthew Sleeth

Forethought and temperance are the virtues which produced thrift, and with thrift the economic progress of society. And those are the virtues which today are gravely compromised.

—Adriano Tilgher

The gap in our economy is between what we have and what we think we ought to have — and that is a moral problem, not an economic one.

—Paul Heyne

You have succeeded in life when all you really want is only what you really need.

—Vernon Howard

You can never get enough of what you don't need to make you happy.

—Eric Hoffer

The person who does not ask will never get a bargain.

—French Proverb

We need objects to remind us of the commitments we've made. That carpet from Morocco reminds us of the impulsive, freedom-loving side of ourselves we're in danger of losing touch with.

—Alain de Botto

The only therapy is retail therapy.

—Unknown

At the end of the day, taking 50% off a \$250 dress still means walking out of the store \$125 poorer.

—Ian Lamont

Whenever I hear people say clean food is expensive, I tell them it's actually the cheapest food you can buy. That always gets their attention. Then I explain that with our food all of the costs are figured into the price. Society is not bearing the

cost of water pollution, of antibiotic resistance, of food-borne illnesses, of crop subsidies, of subsidized oil and water — of all the hidden costs to the environment and the taxpayer that make cheap food seem cheap. No thinking person will tell you they don't care about all that. I tell them the choice is simple: You can buy honestly priced food or you can buy irresponsibly priced food.

—Joel Salatin

Cooking is the great divide between good eating and bad. The gains are quantifiable. Cooking and eating at home—even with quality ingredients—costs pennies on the dollar compared with meals prepared by a restaurant or factory.

—Barbara Kingsolver

The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments.

—*Mad Magazine*

There must be more to life than having everything!

—Maurice Sendak

Stuffocation: being overwhelmed by the stuff one has bought or accumulated.

—Unknown

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.

—Dave Barry

How do you take a medium seriously when it is so laced with high decibel reminders to run right out to your supermarket, your drug store, your friendly car dealer, your favorite department store and buy.... That's the twentieth century marching song — buy!

—Rod Serling

Oh, for the good old days when people would stop Christmas shopping when they ran out of money.

—Unknown

Women usually love what they buy, yet hate two-thirds of what is in their closets.

—Mignon McLaughlin

It is difficult to see why lace should be so expensive; it is mostly holes.

—Mary Wilson Little

Employed women expressed a higher degree of enjoyment for shopping, preparing food, taking care of their children, and doing housework than for working at their jobs—an activity that was ranked at the next-to-lowest level of enjoyment, just above commuting to work.

--Neil Gilbert

In categories like cars or clothes, brands aren't just signals of quality; they also help us communicate our identities. When somebody totes a Fendi bag or drives a Harley-Davidson chopper, she is sending a message (particularly when doing both at the same time).

—Derek Thompson

I made the mistake of going grocery shopping on an empty stomach, and now I'm the proud owner of aisle 5.

—Ged Backland

The quicker you settle the debt, the quicker you can move forward with your life. Actions are bigger than words and get rid of that nasty debt.

When you are able to buy your home versus renting, the sky is the limit on how much you can and will prosper in years to come.

Good luck and start budgeting today. Do not wait, as no time will ever be the right time.

—*Financial Revolution*

A budget tells us what we can't afford, but it doesn't keep us from buying it.

—William Feather

When it comes to money and so many other things in life, understanding your weaknesses and strengths can help you with your future plans.

—Tagene Brown-McBean

Among married couples the person who actually makes out the mortgage check is likely to be more cautious about spending money than the person who doesn't. There is something sobering about sending away that much money every month in the knowledge that, rain or shine, you'll have to come up with the same amount of money the next month and the month after that.

—Calvin Trillin

Don't tell me what you value, show me your budget, and I'll tell you what you value.
—Joe Biden

We have become a society of indulgent consumers resulting in rapidly increasing debt both personally and as a nation.

—L. G. Durand

A budget is telling your money where to go instead of wondering where it went.
—Dave Ramsey

Financial freedom is also determined by your thoughts and emotions about money and worth. I've worked with millionaires who worry just as much as people barely above the poverty line. To me, financial freedom means no worry. It means peace.
—Meadow Devor

It's not about having it all. It's about having what you value most.
—Jean Chatzky

Beware of little expenses: a small leak can sink a great ship.
—Benjamin Franklin

Whoever said money can't buy happiness simply didn't know where to go shopping.
—Bo Derek

When women are depressed, they eat or go shopping. Men invade another country. It's a whole different way of thinking.
—Elayne Boosler

A consumer is a shopper who is sore about something.
—Harold Coffin

Shopping is a woman thing. It's a contact sport like football. Women enjoy the scrimmage, the noisy crowds, the danger of being trampled to death, and the ecstasy of the purchase.
—Erma Bombeck

The quickest way to know a woman is to go shopping with her.
—Marcelene Cox

Shopping tip: You can get shoes for 85 cents at the bowling alley.
—Unknown

I always say shopping is cheaper than a psychiatrist.
—Tammy Faye Bakker

People will buy anything that is one to a customer.
—Sinclair Lewis

Buying something on sale is a very special feeling. In fact, the less I pay for something, the more it is worth to me. I have a dress that I paid so little for that I am afraid to wear it. I could spill something on it, and then how would I replace it for that amount of money?

—Rita Rudner

Thank God we're living in a country where the sky's the limit, the stores are open late and you can shop in bed thanks to television.

—Joan Rivers

Sale Price – What something costs when it is priced only slightly above what it is worth; also what something is priced at the day after we bought it at a higher price.

—Richard E. Turner

I haven't reported my missing credit card to the police because whoever stole it is spending less than my wife.

—Ilie Nastase

I love to go shopping. I love to freak out salespeople. They ask me if they can help me, and I say, 'Have you got anything I'd like?' Then they ask me what size I need, and I say, 'Extra medium.'

—Steven Wright

The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one.

—Erma Bombeck

I've been shopping all my life and still have nothing to wear.
—Said by Every Woman
Ever

Anyone who believes the competitive spirit in America is dead has never been in a supermarket when the cashier opens another checkout line.

—Ann Landers

A bargain ain't a bargain unless it's something you need.

—Sidney Carroll

Credit buying is much like being drunk. The buzz happens immediately and gives you a lift.... The hangover comes the day after.

—Joyce Brothers

Shopping: The fine art of acquiring things you don't need with money you don't have.

—Unknown

On the one hand, shopping is dependable: You can do it alone, if you lose your heart to something that is wrong for you, you can return it; it's instant gratification and yet something you buy may well last for years.

—Judith Krantz

If the marketplace was a war between buyers and sellers, the 19th century French sociologist Gabriel Tarde wrote, then price was a truce. And the practice of setting a fixed price for a good or a service—which took hold in the 1860s—meant, in effect, a cessation of the perpetual state of hostility known as haggling.

As in any truce, each party surrendered something in this bargain. Buyers were forced to accept, or not accept, the one price imposed by the price tag (an invention credited to the retail pioneer John Wanamaker). What retailers ceded—the ability to exploit customers' varying willingness to pay—was arguably greater, as the extra money some people would have paid could no longer be captured as profit.

—Jerry Useem

In the 1920s, GM aligned its various car brands into a finely graduated price hierarchy: 'Chevrolet for the hoi polloi,' *Fortune* magazine put it, 'Pontiac...for the poor but proud, Oldsmobile for the comfortable but discreet, Buick for the striving, Cadillac for the rich.' The policy—'a car for every purse and purpose.' GM called it—was a means of customer sorting, but the customers did the sorting themselves.

—Jerry Useem

In 2007, a California man named Marc Ecenbarger thought he had scored when he found a patio set—list price \$999—selling on overstock.com for \$499.99. He bought

two, unpacked them, then discovered—courtesy of a price tag left on the packaging—that Walmart’s normal price of the set was \$247. His fury was profound. He complained to Overstock, which offered to refund him the cost of the furniture.

—JerryUseem

Take a walk through a retail store—a Walmart, let’s say. You’ll pass heaps of products in every category, big signs advertising prices that seem too good to pass up, TV screens touting bargains galore. I shop at Walmart frequently, and somewhere in the long walk from the dog-biscuit aisle to the yogurt case I am at the very least tempted to buy something I didn’t know I needed when I arrived.

—Jerry Useem

It’s already so complicated. Everything is 50 percent off, but they have all these exclusions where it doesn’t count, and then everyone is trying to calculate 20 percent of 50 percent in their heads. I already have a full time job. And three kids. As a general matter, I find it so difficult to determine the actual price of the product that when I’m shopping for my kids, my new technique is to make all my decisions at the cashier. I pick up lots of clothes. I completely ignore all pricing until I get to the register. And then if something is too much, I say, ‘I don’t want it.’

—Bonnie Patten

A woman will buy anything she thinks the store is losing money on.

—Kin Hubbard

Buy less, choose well & do it yourself!

—Vivienne Westwood

How come anything you buy will go on sale next week?

—Erma Bombeck

I think that the media and its influencers send out a negative message to young girls these days, when it comes to the relationship between power and money. The message that young girls receive these days, from watching reality T.V. shows and such, is that the more money you spend, the more powerful you are. But I’d like young girls everywhere to know that it’s not about the money that you spend; but what it’s really about is the money that you have! Financial power lies in actually having money and your intelligence is determined by how you spend it. And it’s not even about buying only what you need, because we should have the things that we want, too, not only the things that we need! But it’s more about knowing the value of material things because without the knowledge of the value, things aren’t going

to make you happy, because there's always something more that you can buy! So you've got to know how to buy what's really going to make you happy and not just buy things for the sake of spending.

— C. JoyBell C.

Wouldn't it be great if retail therapy was covered by health insurance.

—Unknown

The most expensive vehicle to operate per mile are the carts found in a supermarket.

—Unknown

'I'm going to the store. You can come if you want.'
My wife telling me I'm going to the store with her.

—Internet Meme

Black Friday: because only in America people trample each other for sales exactly one way after being thankful for what they already have.

—Internet Meme

It's 2019...get rid of Algebra 2 in high school and replace it with financial fundamentals. Teach kids about careers (not just college), salaries, credit, budgeting, taking out a loan, investing, college debt, buying a house, filing taxes.

—Larry Geaghan

HOSPITALITY

People will forget what you said, forget what you did, but people will never forget how you made them feel.

—Maya Angelou

I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits. Feeding people is a way of loving them, in the same way that feeding ourselves is a way of honoring our own createdness and fragility.

—Shauna Niequist

Entertaining isn't a sport or a competition. It's an act of love, if you let it be. You can twist it and turn it into anything you want—a way to show off your house, a

way to compete with your friends, a way to earn love and approval. Or you can decide that every time you open your door, it's an act of love, not performance or competition or striving. You can decide that every time people gather around your table, your goal is nourishment, not neurotic proving. You can decide.

—Shauna Niequist

The ornaments of your home are the people who smile upon entering time and time again.

—Maralee McKee

I want them to bite into a cookie, and think of me, and smile. Food is love. Food has a power. I knew it in my mind, but now I know it in my heart.

—Jael McHenry

I am thankful for the mess to clean after a party because it means I have been surrounded by friends.

—Nancie J. Carmody

The Slow Food movement wants diners and chefs to challenge themselves by taking their time and making every meal a hedonistic experience.

—Joel Fishbane

Just as pieces stitched together in a quilt warm our bodies, scrapbooks bind together memories to warm our hearts.

—Unknown

Scrapbooking isn't about scraps of paper and photos. Scrapbooking is about scraps of life - yours and those special to you.

—Rebecca Sower

A person is neither whole nor healthy without the memories of photo albums. They are the storybook of our lives. They provide a nostalgic escape from the tormented days of the present.

—Patrick Garry

Always keep your home presentable, assuming you keep a home for purposes of presentation.

—Robert Brault

It's so beautifully arranged on the plate—you know someone's fingers have been all over it.

—Julia Child

At every party there are two kinds of people—those who want to go home and those who don't. The trouble is, they are usually married to each other.

—Ann Landers

Hospitality is making your guests feel at home, even if you wish they were.

—Justine Vogt

I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking. If I wanted a picture I'd buy a painting.

—Andy Rooney

It takes hands to build a house, but only hearts can build a home.

—Unknown

Strange to see how a good dinner and feasting reconciles everybody.

--Samuel Pepys

Life, within doors, has few pleasanter prospects than a neatly arranged and well-provisioned breakfast-table.

--Nathaniel Hawthorne

We labor to make a house a home, then every time we're expecting visitors, we rush to turn it back into a house.

—Robert Brault

In its essence, a meal is a creative act that has its genesis in the mind of someone who cares enough to plan it, gather ingredients and labor over its creation.

—Andi Ashworth

Best Recipes from Eastern Europe is not only a guide about how to cook, but also about how to decorate dishes in beautiful and unique ways. Let's make our breakfasts or dinners look classy, lovely, unusual or funny; it will add bright feelings of joy and amazement to our being.

Big happiness consists of small pleasant things—like these!

—Sahara Sanders

Anyone who thinks they're too grown up or too sophisticated to eat caramel corn, is not invited to my house for dinner.

—Ruth Reichl

Food is capable of feeding far more than a rumbling stomach. Food is life; our well-being demands it. Food is art and magic; it evokes emotion and colors memory, and in skilled hands, meals become greater than the sum of their ingredients. Food is self-evident; plucked right from the ground or vine or sea, its power to delight is immediate. Food is discovery; finding an untried spice or cuisine is for me like uncovering a new element. Food is evolution; how we interpret it remains ever fluid. Food is humanitarian: sharing it bridges cultures, making friends of strangers pleasantly surprised to learn how much common ground they ultimately share.

—Anthony Beal

There is a difference between dining and eating. Dining is an art. When you eat to get most out of your meal, to please the palate, just as well as to satiate the appetite, that, my friend, is dining.

—Yuan Mei

In fact, people who possess not magic at all can instill their home-cooked meals with love and security and health, transforming ingredients and bringing disparate people together as family and friends. There's a reason that when opening one's home to guests, the first thing you do is offer food and drink. Cooking is a kind of everyday magic.

—Juliet Blackwell

There is communion of more than our bodies when bread is broken and wine drunk.

—M. F. K. Fisher

I don't believe in twisting yourself into knots of excuses and explanations over the food you make. When one's hostess starts in with self-deprecations such as 'Oh, I don't know how to cook...', or 'Poor little me...', or 'This may taste awful...', it is so dreadful to have to reassure her that everything is delicious and fine, whether it is or not. Besides, such admissions only draw attention to one's shortcomings (or self-perceived shortcomings), and make the other person think, 'Yes, you're right, this really is an awful meal!' Maybe the cat has fallen into the stew, or the lettuce has frozen, or the cake has collapsed -- *eh bien, tant pis!* Usually one's cooking is better than one thinks it is. And if the food is truly vile, as my ersatz eggs Florentine surely were, then the cook must simply grit her teeth and bear it with a smile—and learn from her mistakes.

—Julia Child

After three days men grow weary, of a wench, a guest, and weather rainy.

—Benjamin Franklin

In Ireland, you go to someone's house, and she asks you if you want a cup of tea. You say no, thank you, you're really just fine. She asks if you're sure. You say of course you're sure, really, you don't need a thing. Except they pronounce it *ting*. You don't need a *ting*. Well, she says then, I was going to get myself some anyway, so it would be no trouble. Ah, you say, well, if you were going to get yourself some, I wouldn't mind a spot of tea, at that, so long as it's no trouble and I can give you a hand in the kitchen. Then you go through the whole thing all over again until you both end up in the kitchen drinking tea and chatting.

In America, someone asks you if you want a cup of tea, you say no, and then you don't get any damned tea.

I liked the Irish way better.

—C. E. Murphy

That boy is your company. And if he wants to eat up that tablecloth, you let him, you hear?

—Harper Lee

Hospitality means primarily the creation of free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines.

—Henri J. M. Nouwen

Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.

—Unknown

Eating, and hospitality in general, is a communion, and any meal worth attending by yourself is improved by the multiples of those with whom it is shared.

—Jesse Browner

There is great value in being able to say 'yes' when people ask if there is anything they can do. By letting people pick herbs or slice bread instead of bringing a salad, you make your kitchen a universe in which you can give completely and ask for help. The more environments with that atmospheric makeup we can find or create, the better.

—Tamar Adler

Kitchen's always open.

—Jason Medina

Many cooks and food writers have nothing but negative things to say about people who have dietary restrictions or preferences. Quite often it's suggested that you just make what you want to make, and everyone can find something to eat, most likely. But if feeding people around your table is about connecting with them more than it is about showing off your menu or skills, isn't it important to cook in such a way that their preferences or restrictions are honored?

—Shauna Niequist

As a dinner guest I gratefully eat just about anything that's set before me, because graciousness among friends is dearer to me than any other agenda.

—Barbara Kingsolver

A soul of hospitality and a heart of humanity is a house of love, peace, freedom, liberty and justice.

—Auliq Ice

There is nothing that makes me happier than sitting around the dinner table and talking until the candles are burned down.

—Madeleine L'Engle

Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines. It is not to lead our neighbor into a corner where there are no alternatives left, but to open a wide spectrum of options for choice and commitment. It is not an educated intimidation with good books, good stories, and good works, but the liberation of fearful hearts so that words can find roots and bear ample fruit....The paradox of hospitality is that it wants to create emptiness, not a fearful emptiness, but a friendly emptiness where strangers can enter and discover themselves as created free....not a subtle invitation to adopt the life style of the host, but the gift of a chance for the guest to find his own.

—Henri J. M. Nouwen

There is no place in God's world where there are no people who will come and share a home as long as it is a real home.

—Francis A. Schaeffer

Entertaining is a terrible bondage. Its source is human pride. Demanding perfection, fostering the urge to impress, it is a rigorous taskmaster which enslaves.

—Karen Burton Mains

When friends are at your hearthside met,
Sweet courtesy has done its most
If you have made each guest forget
That he himself is not the host.

—Thomas Bailey Aldrich

Hospitality should have no other nature than love.

—Henrietta Mears

HOSPITALITY, n. The virtue which induces us to feed and lodge certain persons who are not in need of food and lodging.

—Ambrose Bierce

What is there more kindly than the feeling between host and guest?

—Aeschylus

A good time occurs precisely when we lose track of what time it is.

—Robert Farrar Capon

Entertaining doesn't need to be a difficult or daunting process. Throwing an unforgettable party doesn't require a ton of time or money; it just requires a little thought, creativity, and heart.

—Maury Ankrum

When entertaining a party of six or more always use place cards. When guests know where they are sitting it puts them at ease immediately and they are assured you have given thoughtful consideration as to who their dinner partner will be.

—Annie Falk

Top three entertaining tips are as follows:

1. Pay attention to your guests.
2. Interact with them.
3. Feed them fine food and wine.

—Martha Stewart

The homes I like the best are totally occupied, busy, and useful, whether it's a tiny little house or a great big one. Rarely do you find a great big house that's used in a good way. So I prefer smaller spaces that are full of things that people are doing.

—Martha Stewart

I never serve snacks at parties. It's either hors d'oeuvres or a meal. Hors d'oeuvres are prepared foods one would serve with meals or wine. Snacks are something you get out of a bag or a box.

—Martha Stewart

A party without cake is just a meeting.

—Julia Child

Serve the dinner backward, do anything—but for goodness sake, do something weird.

—Elsa Maxwell

Elsa Maxwell credits three simple words for making guests at her parties feel welcome and at home. 'When they arrive,' says Ms. Maxwell, 'I murmur, 'at last,' and when they arise to depart I protest, 'already?'"

—Bennett Cerf

Best friends don't care if your house is clean. They care if you have wine.

—Internet Meme

Mrs. Guinea answered my letter and invited me to lunch at her home. That was where I saw my first finger-bowl.

The water had a few cherry blossoms floating in it, and I thought it must be some clear sort of Japanese after-dinner soup and ate every bit of it, including the crisp little blossoms. Mrs Guinea never said anything, and it was only much later, when I told a debutant I knew at college about dinner, that I learned what I had done.

—Sylvia Plath

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