



# Guide to the Nava Atlas Papers, 1960s-2022

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Durham 27708

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## Summary

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**Collection Title:**

Nava Atlas papers, 1960s-2024

**Creator:**

Atlas, Nava

**Source:**

Sallie Bingham Center for Women's History and Culture

**Abstract:**

Fine artist and author of many cookbooks and other works of nonfiction. Collection includes materials from Atlas' dual careers as a fine artist, book artist, and as the author of vegetarian/vegan cookbooks and other works of nonfiction. Includes book proposals, correspondence, proofs and dummies, reviews, and promotional pieces from many of Atlas' published works, as well as artwork, articles, and drafts from various freelance pieces. Also contains a number of slides of Atlas' early artwork, exhibit-related correspondence and files, publisher and agent materials, and other miscellaneous files relating to her works. Acquired as part of the Sallie Bingham Center for Women's History and Culture.

**Extent:**

13 Linear Feet

5 Megabytes

**Language:**

Material in English

**Collection ID:**

RL.00059

**Permalink:**

<https://idn.duke.edu/ark:/87924/m1cs3r>

**Preferred Citation**

[Identification of item], Nava Atlas Papers, David M. Rubenstein Rare Book & Manuscript Library, Duke University.

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## Background

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### Scope and Content

This collection has been sorted into three series, one of personal papers and the other two reflecting the presence of materials from Atlas' dual careers as a book artist and as a vegetarian chef and cookbook author. The writings and artists' books series includes book proposals, correspondence, proofs and dummies, reviews, and promotional pieces from many of Atlas' published works, as well as artwork, articles, and drafts from her various freelance pieces. The collection also contains a number of slides of Atlas' early artwork, exhibit-related correspondence and files, publisher and agent materials, and other miscellaneous files relating to her works. The personal papers series contains correspondence, some photographs, educational records, and information about travel.

Acquired as part of the Sallie Bingham Center for Women's History and Culture.

### Biographical/Historical

Nava Atlas is an artist and writer who is known both as a fine artist and as a vegetarian cookbook author. Her artists' books engage images, text, and structure to explore themes of social justice and women's roles. Many of her works, like the altered comic book *Love & Marriage*, reappropriate found materials and challenge the language and images used to reinforce gender roles and stereotypes.

One unusual aspect of Atlas's work is her adaptation of limited edition artist's books to create trade editions, bridging the divide between hand crafted books and conventional publishing. The first, *Secret Recipes for the Modern Wife*, a parody 1950s-style cookbook exploring contemporary marriage, was published in 2009 by Simon & Schuster; the second, *Dear Literary Ladies*, was published as a trade edition under the title *The Literary Ladies' Guide to the Writing Life* in 2011 by Sellers Publishing. This book explores first-person narratives on the writing lives of twelve classic women authors, and comments on the universal relevance of their experiences to all women who love to write.

Atlas is also the author and illustrator of many books on vegan and vegetarian cooking, most recently *Plant-Powered Protein*, *5-Ingredient Vegan*, *Vegan Holiday Kitchen*, *Vegan Express*, *Wild About Greens*, and *Vegan Soups and Hearty Stews for All Seasons*. Her first and still best-known cookbook, *Vegetariana* (1984) was republished in 2022 in a revised and, for the first time, completely vegan edition. Nava also has written scores of articles on healthful cooking with natural foods, which have appeared in *Vegetarian Times*, *VegNews*, *Cooking Light*, and numerous other publications. Her home is in the

Hudson Valley region of New York State, where she lives with her husband; they have two grown children.

Visit her websites here: [www.navaatlasart.com](http://www.navaatlasart.com), [literaryladiesguide.com](http://literaryladiesguide.com), and [www.theveganatlas.com](http://www.theveganatlas.com).

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## **Administrative Information**

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### **Publication Statement**

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Durham 27708

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URL: <https://library.duke.edu/rubenstein/>

### **Access Restrictions**

Access note. Some materials in this collection are electronic records that require special equipment. Contact Research Services with questions.

### **Use Restrictions**

The copyright interests in this collection have not been transferred to Duke University. For more information, consult the copyright section of the Regulations and Procedures of the David M. Rubenstein Rare Book & Manuscript Library.

### **Acquisition Information**

The Nava Atlas Papers were received by the David M. Rubenstein Rare Book & Manuscript Library as a gift from Nava Atlas in 2012, 2013, 2014, 2017, 2020, and 2022.

### **Processing Information**

Processed by Kelly Wooten, Meghan Lyon, May 2012; addition processed by Megan Lewis, March 2014; addition processed by Michelle Runyon, October 2018; addition processed by Megan E. Lewis, February 2020; addition processed by Leah Tams, January 2023.

Encoded by Meghan Lyon, May 2012 and Megan Lewis, March 2014

Accession(s) described in this finding aid: 2012-0042; 2014-0037; 2017-0056; 2020-0079; 2022-0135.

Materials may not have been ordered and described beyond their original condition.

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## Names and Subjects

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- Women authors
- Man-woman relationships -- Humor
- American wit and humor
- Romance comic books, strips, etc.
- Artists' books
- Vegan cooking
- Cooking, American
- Prescriptive literature
- Vegetarianism
- Vegetarian cooking
- Atlas, Nava
- Sallie Bingham Center for Women's History and Culture

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## Collection Inventory

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### Artists' books and exhibits, 1960s-2023

#### Scope and Contents note

Series includes a wide range of materials from Atlas' career as a book artist, including files from her trade edition publication of *The Literary Ladies' Guide to the Writing Life and Secret Recipes for the Modern Wife*. Other publications include *Expect the Unexpected When You're Expecting!*, *Love and Marriage*, *The Idea Book*, and *Hand Jobs*. Other material in this series relates to her many exhibits, correspondence, installations, travels, and other artwork and illustrations. Also included are early writings by Atlas from grade school and college. Oversize material is housed in Box 9.

#### Access Restrictions:

Access note. Some materials in this series are electronic records that require special equipment. Contact Research Services with questions.

Test prints for various artists' books	Box 6
Vamp and Tramp artists' books sales, 2008-2011	Box 6
<b>Physical Description:</b> 4 folders	
Artists' book collections, letters	Box 6
41 Union Square West, 1980s	Box 6
Hand in Hand gallery collaborations and exhibit, 1985	Box 6
Brooklyn Museum exhibit, 1981	Box 6
Albany Institute exhibit, 1986	Box 6
Maryland Humor, Wit... exhibit, 1986	Box 6
Wichita Art Museum, miscellaneous, 1985	Box 6
The Radwaste Books series, 1984	Box 6
In Retrospect, 2010-2011	Box 6
<b>Physical Description:</b> 3 folders	
Magdalena Laundries: A Cross to Bear photos and research, 2009	Box 6
Map of the Interior, 2000	Box 6
Everson, Fit to be Bound, 2010	Box 6
Miscellaneous Shows, 2007-2011	Box 6
<b>Physical Description:</b> 2 folders	
Traveling exhibit, Wichita, 1985	Box 6
Traveling exhibit, SUNY New Paltz, 1988-1989	Box 6
Traveling exhibit, SUNY Oswego, 1989	Box 6
Traveling Visual Arts Program, Kansas, 1986	Box 6

Slides of older work, 1999-2006 <b>Physical Description:</b> 2 folders	Box 6
Love and Marriage	Box 7
Any Man Gets Tired of Toast All the Time, 2008 <b>Physical Description:</b> 2 folders	Box 7
Modern Romance Comix, 2009-2010	Box 7
Hand Jobs test pages, 2009	Box 7
The Idea Book cover graphics	Box 8
The Idea book oversize cover proofs	Box 9
Tomcats and Trollops dummy	Box 9
Love and Marriage oversize enlargements	Box 9
Sluts and Studs dummy	Box 9
Prints	Box 9
In Retrospect large prints	Box 9
Why You Can't Get Married, 2013	Box 10
Miscellaneous brochures and announcements for traveling exhibit In Retrospect and others, 2010-2013	Box 11
Hand jobs test prints, 2008	Box 11
Freelance book covers, 1977-1980	Box 12
Art New England July/August 2013 feature article on artist's books	Box 12
The Art of the Animal: Fourteen Women Artists Explore The Sexual Politics of Meat, 2015	Box 14

**Scope and Contents**

The folder consists of the artists' book entitled *The Art of the Animal: Fourteen Women Artists Explore The Sexual Politics of Meat*, edited by Kathryn Eddy, L.A. Watson, and Janell O'Rourke. The book was published

by Lantern Books in 2015. It contains an excerpt from Nava Atlas entitled "Deconstructing Elsie."

Exhibit Programs, 2014-2016	Box 14
Sexual Politics of Meat Exhibit, 2017	Box 14
Miscellaneous Exhibits, 2014-2016	Box 14
Publicity, 1984-2015	Box 15
Events, 2013	Box 15
Book Proposals, 1986-2016	Box 16
Exhibits, 1986-2016	Box 16
Stream of Flame, 1980-1984	Box 16
Research Files on Victorian Era, 1970s-1980	Box 17
Walter and Poppy, unpublished manuscript, 2016	Box 20
Printer's Proofs for Artists' Books, 2016-2020	Box 21
Stream of Flame (unpublished novel) outline, 1985-1988	Box 22
Anagram Press "Dead Feminists" postcards, 2011	Box 22
Events and exhibits, 2012-2017	Box 22
<b>Scope and Contents</b>	
Includes Literary Ladies' book signing event poster, a Sexual Politics of Meat exhibit program, and an "Unwedding: Why You Can't Get Married" exhibit proposal.	
The Narcissist's Library exhibit proposal, 2016	Box 22
Artist book interview, circa 2000-2020	Box 22
Sale of art, 2021	Box 22
Publications and programs that feature artists' books by Atlas, 2018-2023	Box 22

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## **Writings, 1972-2022**

### **Scope and Contents note**

Series consists largely of materials surrounding Atlas' career as a food writer, including proposals, correspondence, proofs, and reviews from many of her vegetarian and vegan cookbooks. Also includes agent correspondence, exhibit and promotional materials, and some artwork from selected publications. Oversize material is housed in Box 9.

## **Cookbook and food writings, 1972-2024**

### **Vegetariana, 1982-2002**

#### Box 1

Original proposal, 1982	Box 1
Permissions letters received, 1982-1983	Box 1
Exhibit: Arnold Klein Gallery, 1984	Box 1
Exhibit: Dorsky Gallery, 1984	Box 1
Flyers, 1984	Box 1
Library reviews, 1984	Box 1
First Edition promotion, 1984	Box 1
Reviews and articles, Detroit area, 1984	Box 1
Reviews and articles, miscellaneous newspapers, 1984	Box 1
QBP and Book of the Month Club, 1984	Box 1
Reviews and articles, miscellaneous magazines, 1984-1985	Box 1
Cooking and Crafts Club, 1985	Box 1
Exhibit: Wichita Art Museum, 1985	Box 1
Reviews and articles, local upstate area, 1986	Box 1

Proposal, updated and revised	Box 1
Exhibits, 1993	Box 1
Second Edition, Book Clubs, 1993	Box 1
Second Edition, Meat Out articles, 1994-1997	Box 1
Reviews, new edition, 1994	Box 1
Third Edition, promotion, 2002	Box 1
Miscellaneous	Box 1
Original manuscript	Box 1
<b>Physical Description:</b> 5 folders	
Oversize artwork	Box 9
Reviews and articles, 1984	Box 11
Cover mounted on foam core	Box 13

### **Agents, 1993-1999**

Box 2

Lisa Ekus	Box 2
Pat Connolley, 1993 and 1996	Box 2
Susan Schulman, 1997-1999	Box 2

### **American Harvest**

Box 2

Correspondence	Box 2
Cover	Box 2
Permissions letters	Box 2
Proposal	Box 2
Reprint	Box 2
Reviews and articles, local upstate papers	Box 2
Reviews and articles, magazines	Box 2

Reviews and articles, newspapers	Box 2
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### **Soups**

Box 2

CIP and copyright	Box 2
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First Edition, Clubs and Catalogs	Box 2
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Reviews	Box 2
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### **Vegan Soups**

Box 2

Fourth Edition, Photo proofs and reviews	Box 2
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Vegetarian Soups: Third, Fourth, and New editions reviews and promotions	Box 2
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### **Great American Vegetarian**

Box 2

Miscellaneous	Box 2
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Promotional materials	Box 2
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Proposal	Box 2
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Reviews	Box 2
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**Physical Description:** 2 folders

### **Vegetarian 5 Ingredient Gourmet**

Box 3

Book Clubs	Box 3
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Publicity	Box 3
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Reviews	Box 3
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**Physical Description:** 4 folders

### **Vegetarian Celebrations**

Box 3

Proposal	Box 3
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Holiday articles	Box 3
<b>Physical Description: 10 folders</b>	
Blurbs and notices	Box 3
Correspondence	Box 3
New edition, advertisements and promotions	Box 3
New edition, electronic media	Box 3
New edition, newspaper coverage	Box 3
Reviews	Box 3
Rights reversion	Box 3

### **Vegetarian Family**

Box 3

Correspondence	Box 3
Cover	Box 3
Press clips	Box 3
Promotions	Box 3
Proposal	Box 3

### **Vegan Express**

Box 3

Fan mail	Box 3
Blog posts	Box 3
Proposal	Box 3
Press releases	Box 3
Reviews	Box 3

### **Vegetarian Express, 1995**

Box 3

Proposal, 1995	Box 3
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Reviews	Box 3
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**Physical Description:** 2 folders

**Freelance Food Articles**

Box 4

**Miscellaneous Cookbook Materials, 1976-2009**

Box 5

Cookbook fan mail, 2008-2009	Box 5
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Website write ups	Box 5
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Website email	Box 5
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Amberwood Press	Box 5
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Freelance illustration and design, 1976-1980s	Box 5
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**Physical Description:** 3 folders

Two articles, 2005-2011	Box 11
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Binder with cookbook reviews and articles, 2001-2007	Box 13
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Early book covers mounted on foam core	Box 13
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Vegetarian Family Cookbook	Box 13
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Vegetarian Soups For All Seasons	Box 13
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Vegetarian Celebrations	Box 13
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American Harvest	Box 13
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Soups For All Seasons	Box 13
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**Secret Recipes for the Modern Wife, 2007-2009**

**Access Restrictions:**

Access note. Some materials in this section are electronic records that require special equipment. Contact Research Services with questions.

Box 7

Correspondence	Box 7
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Proposal	Box 7
Selected Reviews and Interviews, 2009 (online item available)	Digital-materials RL00059-SET-0001 Box Digital Media Box 8 > Disk RL00059-OP-0001
<b>Physical Description:</b> 1 file, approximately 5 megabytes.	
<b>Digital Object:</b> <a href="#">Selected Reviews and Interviews, 2009</a>	
<b>Scope and Contents note</b>	
Contains a document file in PDF format.	
Trade edition reviews and promotions, 2009	Box 7
<b>Physical Description:</b> 2 folders	
Trade edition mail and email, 2007-2009	Box 7
<b>Physical Description:</b> 2 folders	
Oversize test pages	Box 9
Test print for installation	Box 11
Vegetariana materials, 1984	Box 15
Cookbook Materials, 1984-2015	Box 15
5-Ingredient Vegan, 2019	Box 18
Vegan on a Budget, 2020	Box 18
Whole Earth Cookbook, annotated, 1972	Box 19
Printer's Proofs for Plant-Powered Protein, 2020	Box 21
Food writings, 2014-2019	Box 22
Cookbook reviews, 2020-2024	Box 22
"My Mother's Stories, Served with Bagels and Locks" color proofs, 2022 April	Box 22
Vegan Journal editions featuring writing by or about Atlas, 2023-2024	Box 22

**Other writings, 1995-2012**

**Expect the Unexpected When You're Expecting!**

Box 5

Correspondence	Box 5
Press and reviews	Box 5
What To Expect press	Box 5
Radio tour	Box 5
Galleys	Box 5
Illustrations	Box 8
Book cover mounted on foam core	Box 13

**The Literary Ladies' Guide to the Writing Life**

Box 7

Correspondence, 2008	Box 7
Rejection letters, 2009	Box 7
Writeup and catalog pages	Box 7
Proposal	Box 7
<b>Physical Description:</b> 2 folders	
Uncorrected proofs	Box 7
1st pass	Box 8
2nd pass	Box 8
Oversize proofs	Box 9
Benjamin Franklin Awards brochure, 2012	Box 11
First version, 2007	Box 11
Creating a Marriage You'll Love, 2010	Box 16

**Publishing and events, 1984-2015**

Publicity, 1984-2015	Box 15
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Events, 2013

Box 15

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## Personal materials, 1975-2023

### Scope and Contents

Series includes personal correspondence, photographs, and other materials related to Atlas' family, personal life, and activist work.

Friendship with Dorothy Dehner, 1980-1994 Box 6

Correspondence with Jennifer Josephy, 2008 Box 6

Miscellaneous writings and correspondence, 2000-2009 Box 6

Europe trip, 2006 Box 6

Graduate Schools research papers, 2004-2007 Box 6

"Thoughts and Sentiments" poetry by Elisheva Palubu Atlas, 1990 Box 22

Personal correspondence and photos, 1975-1999 Box 22

**Physical Description:** 2 folders

Correspondence related to Atlas' books and work, 1983, 2005-2022 Box 22

Paris trip photos and email correspondence, 2005 Box 22

Letter to New York Times editor, 2021 September Box 22

Gift from Maureen Cummins: Photos from Eastern State Penitentiary, circa 1900s-1910s Box 22

### Scope and Contents

Photographs of incarcerated people from Eastern State Penitentiary (inmate IDs C-S00 and C-S05). These photos were likely used in Cummins' artist book "Cherished, Beloved, and Most Wanted" (2009).

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Elementary school writings, 1966, circa 1960s	Box 22
High school and college writings, 1972-1974	Box 22
Transcript of interview with Mathilde Douaglin for master's thesis, 2023	Box 22

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