

A STUDY OF SOME OF THE PROBLEMS IN FAMILY FOODS AND NUTRITION
OF DUAL-ROLE MOTHERS IN GILES COUNTY, VIRGINIA,
WITH IMPLICATIONS FOR SERVICE
BY HOMEMAKING TEACHERS

by

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Thesis submitted to the Graduate Faculty of the
Virginia Polytechnic Institute
in candidacy for the degree of

MASTER OF SCIENCE

in

Food and Nutrition

SCHOOL OF HOME ECONOMICS

July, 1961

Blacksburg, Virginia

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ACKNOWLEDGMENT

The writer is deeply grateful to her efficient advisor, Dean Laura Harper of the V.P.I. School of Home Economics, for her guidance, never-failing patience, and assistance rendered throughout the study. She also expresses appreciation of the assistance given by

of Radford College, for copy-editing the research paper. To the members of her graduate committee, and all the busy homemakers who participated in this study, the investigator is indebted.

She reveres the memory of who inspired her to do graduate work and assisted in the initial stages of this study, and , her sister, who gave votes of confidence.

She wishes to express particular appreciation to her mother and father, her sister, and for "baby sitting," to for efficient typing of the research paper, and finally to her husband and son who understood.

CHAPTER I

INTRODUCTION

In the United States, in 1957, there were about 22 million women who were employed in some gainful labor outside the home (1). About four million of these women had children between the ages of six and 17 years. Another 2½ million of the women had children under six years of age, and may also have had other children between six and 17 years of age (2).

The family is one of the basic social institutions, and when the mother works outside the home adjustments in homemaking patterns must be made. Since much time is needed for securing and preparing the family food, study is needed to determine the major problems in this area which confront the working mother.

Surprisingly little has been written about the dual-role mother. It is apparent that research on this problem can be of value to homemaking teachers in revealing services which they can render to these mothers in their more acute problems in homemaking. With this idea in mind, the investigator made a study of some of the problems in family foods and nutrition of dual-role mothers in Giles County, Virginia.

Purpose

The purpose of the study reported here was twofold; namely, it was an effort to determine some of the problems in family foods and nutrition of dual-role mothers and to make recommendations of types of assistance homemaking teachers could render dual-role mothers in solving some of these problems.

Limitations

This study was limited to a group of dual-role mothers who had children 17 years of age or under and lived in Giles County, Virginia. A dual-role mother was defined as one who worked full-time outside the home and at the same time assumed responsibility for the management of the home. Full-time work was defined for this study as being at least 35 hours per week.

Procedure

The investigator received the endorsement of the division school superintendent for the use of such time as the homemaking teachers would be asked to give to the study. Through the help of the homemaking teachers and their pupils, some names of dual-role mothers in the different school communities were secured.

Schedule forms relating to problems in family foods and nutrition were prepared for use in interviewing the dual-role mothers. A copy of the schedule used is included in the Appendix. Pretesting of this form was done with a group of homemakers other than those mothers who would be included in the study. Necessary revisions of the schedule form were made from these pretests.

Personal interviews were held with 32 of the mothers, and 32 others completed the forms and mailed them to the investigator. Information included on the schedule forms was then coded, tabulated, and summarized.

CHAPTER II

REVIEW OF LITERATURE

Introduction

A great wealth of data has been compiled about women in the labor force today, but relatively little has been written about the problems which confront dual-role mothers.

Research of available reading materials revealed no specific information about the difficulties which the working mothers face in the area of family foods and nutrition. In view of this, the succeeding literature will review recent information about U. S. women in the labor force. The author believes this will reveal knowledge which is pertinent to the study.

Changing Labor Force Patterns

Life is always changing either rapidly or slowly, and the present is a period of rapid and revolutionary change (3). Concerning labor, the economic society has changed from one which basically excluded women to one which now accepts them. The National Manpower Council (4) stated that hardly any significant area in the world of work still carries the tag "For Men Only."

"The spotlight of public attention is on American women -- on their changing economic and political role and their unchanging domestic role" (5). Along with this changing economic and political role have come significant changes in family patterns. Garfinkle (6) reported a

tendency these days for women to marry young, start having children a year or two after marriage, and to further increase the family at approximately two year intervals. Because of this, the women of today are younger when their families are completed than were women of their mothers' generation. By their early thirties, many women no longer have responsibility for the care of pre-school age children and can return to paid employment. In addition to this very outstanding reason for increased numbers of women in the labor force, the rapid growth of cities, the expansion of industry, and the acceptance of women in positions formerly held by men have also helped open up many jobs for women.

Komarovsky (7) reported that our so-called middle-class standard of living in America would not be the same if many wives did not work outside the home. This belief would seem to be substantiated by the National Manpower Council (4) which stated that the income of women has made it possible for many families to buy automobiles, homes, and household appliances, and to achieve higher health and educational standards. This higher level of spending has helped to expand the economy of the nation.

Not only would the achievement of our present standard of living have been improbable, the Honorable James P. Mitchell (8) has said there will not be continued advancement unless greater numbers of women are integrated into the labor force.

"Generally, families today buy their living, and money income has become increasingly important as a determinant of the level of living a family can enjoy" (9). The Women's Bureau (10) of the

U. S. Department of Labor questioned a group of women workers about their reasons for working. This research revealed that most women do work for financial reasons. Raising family living standards was the reason given by some. The number who worked just for the satisfaction of having a job was very small. In addition to the aforementioned reasons, Blaisdell (11) reported that women may work to put children through college or assist them through an early marriage or to support aging or ailing parents. Taylor (12) added that some women work for the psychological need for creative activity. Weitzel (13) stated that a job is a psychological necessity for some women because of incomplete satisfaction with a mother role, narrow social life, or a need to achieve in the occupational world. A work life may fill the gap in her needs and afford satisfaction.

Occupations

The late Franklin D. Roosevelt is reported to have said, "Don't talk to me about manpower anymore, because the manpower question has been solved by womanpower." This was probably an exaggeration but during World War II women were employed in varied occupations and helped greatly to overcome many manpower shortages (4).

In 1959, women were employed in every occupation listed by the Bureau of the Census (2). Six million, one hundred sixty-seven thousand clerical and kindred workers were listed. This figure accounted for the largest number of employed women. In consecutive order, operatives and kindred workers, service workers except private household, and

professional, technical and kindred workers were listed as employing large numbers of women. The teaching profession accounted for the largest number of professional workers. The Department of Labor (14) reported that teaching continues to be the most popular profession among women.

In some occupations such as nursing, teaching and secretarial work, women constitute the major portion of the available manpower supply.

Many women are employed in occupations which involve their traditional functions, such as caring for the sick, garment construction, keeping house, and preparing and serving food; however, millions of women work in jobs which have no relation to these traditional functions (15).

Occupations which are dominated by men are currently employing women. Women are now represented as engineers, atomic physicists, railroad workers, mechanics, operators of hydraulic presses and electronic computers, and others (4).

They have been appointed to high executive posts in industry, government, and the military services. They hold important political party posts. They have won a record number of elective offices (5).

It now seems apparent that being a woman will continue to have increasingly less bearing on choice of occupation.

Statistics

Number and ages: According to the Bureau of Census (1) there were in 1957 about 22½ million women in the U. S. labor force. Of this figure the 35 to 44 year age group accounted for the largest number, totaling about 5½ million. The 45 to 54 year age group accounted for about five million. There were approximately four million women from the ages of 25 to 34 years in the labor force and about three and one-half million in the 18 to 24 year range. After the age of 55 the number decreased as age increased. These figures indicated that more than one-half of the women in the labor force were past the age of 35. The Women's Bureau (2) reported that the average age of women workers rose from 26 years in 1900 to 40 years in 1958.

Marital status and children: Figures released by the Bureau of Census indicate that approximately 13 million of all women working in March, 1958 were married. This figure included one and two-tenths million who were married but were not living with their husbands (16). Of all married women in the U. S., about 30 percent were working. Less than one-eighth of all these women workers had children under six (2). Approximately five million were the mothers of children between six and 17 years of age (1).

Income: The median income of all year-round full-time workers was \$3000 in 1957. This represented a gain of 33 percent since 1945. The average income was highest for women workers between the ages of 25 and 34. This group was followed by the 45 to 54 year age group which had a median income of \$3069. The women who were between 35 and 44 also had

a median income of over \$3000. The other age groups, in consecutive order, 55-64; 20-24; 14-19; 65 and over, had average incomes of less than \$3000, the 65 and over group being the lowest with a median income of \$2011 (18).

Occupation has a direct bearing on the amount of income which a woman worker receives. The professional, technical, and kindred workers had a median income in 1957 of \$3893. This was the highest average income for all occupational groups. The clerical workers were second highest with a \$3312 median income, followed by managers, officials, and proprietors (except farm), who received a median income of \$3288. Private household workers received the least, the median for this group being \$1,060 (17).

One-fifth of the nation's total wage and salary income in 1957 was earned by women in the labor force (4).

Education: The number of years of schooling has a great influence on the job opportunities of women. In 1950, about nine-tenths of the women employed in professional and clerical jobs were graduates of either a college or university, whereas only one-twelfth of those who had only eight years or less were found in these occupations. Approximately three-fourths of those employed in service, operative, or unskilled jobs had gone no further than elementary school (5).

In 1957, 11 million of the women workers had a high school education or more. One and five-tenths million of these had attended college four years or more and two million had attended college less than four years. About three million of the workers had an eighth grade education

and approximately three million had less (18). The years of education seem to have a close relationship to earning power. As education increases, there is generally an increase in income.

Problems of Women in the Labor Force

The American view of women who are both homemakers and wage earners continues to reflect conflicting opinions. Society in general seems to have little sympathy with a full-time wage earner who has pre-school age children. Although this attitude is slowly changing, there remain sufficient roots to keep at home most of the mothers who fall in this category. If economic necessity compels a mother to enter the labor force, there often follows a feeling of violating social convention (4).

The influence which a mother's employment has on children continues to be an issue which receives widespread attention. Many observers are attributing the rise in juvenile delinquency to the absence of the mother from the home. In addition, students of contemporary society believe the employment of a married woman may affect relations between husbands and wives. Some attribute the rising divorce rate to wives working outside the home. Others believe men are becoming more feminine as a result of having to do domestic chores while the wife works (4).

The problems which society creates for the working wife are supplemented by some personal ones. When a married woman seeks outside employment, adjustments must be made in both family member roles and

home routines (9). If children are present, the adjustments become more complicated, particularly if the children are small. The mother must attempt to make satisfactory arrangements for child care.

Careful planning and co-operative family efforts are essential if both home and job responsibilities produce satisfactions. Since physical energy is not limitless, a dual-role often physically exhausts a wife. This bears a direct relationship to the amount of emotional energy which a wife has left to invest in family members (13). In addition to having insufficient time to enjoy family members, there is seldom time to participate in community affairs or to develop hobbies.

There are those who believe that much of the absenteeism of women in paid employment is due to the attempting of two jobs at once (14). Automatic equipment has helped to lessen some of the household chores, but dropping a housewife into a house fully equipped with automatic devices would not entirely solve her problems (19).

Not only does working cost time, there is the financial cost in the form of extra clothing, busfare, child care, lunches, housekeepers, and other bought services to be considered. The food bill is generally higher because of the time-saving foods bought. A recent research study on meat consumption reported that the home consumption of meat among families where the wife is employed outside the home is 20 percent lower than the rate for other families (20). This would seem to indicate that the percentage is lower because preparing meat generally takes more time than the preparation of other foods.

Solutions Offered to Problems

... The problem facing industrial, social, business, and educational leaders is how to help the employed housewife. She has become a permanent part of our labor force. Some solutions offered follow:

(1) provide adequate and uniform working standards for women, (2) allow deductions from income tax for money paid domestic help, and (3) give women the same opportunity for advancement as men (21).

In some cities the working housewife has been helped by the establishment of day nurseries, the adjustment of marketing and store hours, and the opening of automatic laundries to the public. The establishment of training courses showing women how to lighten housework has been suggested (21).

The National Manpower Council (4) has recommended that universities, foundations, and government encourage and support research dealing with the effect of the employment of women on child rearing and family life. Such research would seem to be beneficial in solving certain problems of the working wives.

Patterson (22) has said that solutions to problems must be sought in relation to specific situations. Instead of attempting to give right answers, a solution must be based on family values and culture patterns.

Hillman (23) stressed the idea that the U. S. is on the threshold of a great expansion of adult education programs. This is of particular significance to those in the field of homemaking education and much is being accomplished; however, authorities in the field believe much assistance can be given high school girls which will help them become efficient working homemakers.

The big majority of ... students will not only be homemakers but will also be gainfully employed. Therefore, our task is to provide them the knowledge, understanding, and experience which will equip them to do both jobs efficiently and with personal satisfaction (24).

Summary

Since the days of Clara Barton and her contemporaries, women have continued to reach new levels of acceptance in various phases of our society. This is particularly true in the changes which have come about in the labor force pattern. The pattern which once virtually excluded women has evolved into one which now accepts them. This is evidenced by the fact that there are now 22½ million women in the labor force and the number continues to increase. The Bureau of Census (25) predicts that by 1975 approximately 33½ million women will be in the labor force. According to this prediction, working women being an increasingly large part of the labor force pattern for years to come, now seems apparent.

Although, approximately one-eighth of all women workers have children under six, most women do not seek employment until all children are in school. The fact that over one-half of the women working are past 35 years of age would seem to substantiate this.

The reasons why women seek employment are many; however, in a majority of the cases, the reason is financial.

The amount of education a woman has generally determines the amount of income received. In 1957, professional and technical workers had a median income of \$3893; whereas the income median for all full-time year-round women workers was \$3000.

Women are employed in virtually every occupation listed by the Census Bureau. There now seems to be no job which is specifically designated for men; however, there remain some jobs which are dominated by men and some by women.

The working woman has been beset by many problems, some created by society and some by attempting dual-role positions. Various solutions to her problems have been offered, and some progress has been made. Much remains to be done if a woman combines efficiently two jobs.

CHAPTER III

FAMILY BACKGROUND OF HOMEMAKERS

Ages of Homemakers and Husbands

More than half of the 64 homemakers included in this study were between 30 and 39 years of age. This may indicate that they were free to work outside the home at that age because probably their children were old enough to be in school. As a study of the data in Table 1 will show, 25 percent of the homemakers were between 20 and 29 years of age, and none were more than 49 years old.

The ages of the 60 husbands represented in the study ranged from 20 to 60 years, or more. The 30 to 39 year age group comprised almost half of the husbands.

Marital Status of Homemakers

Sixty homemakers, or 94 percent of them, were married and living with their husbands. Two homemakers were widowed, one had never married, and one was married but separated from her husband.

Sex and Ages of Children

The homemakers were mothers of approximately 16 percent more boys than girls. As revealed by a study of data in Table 2, there was a total of 120 children, and more of them were between 11 and 17 years than any other given age group. Forty-three percent of the girls and 41 percent of the boys were included in this age group.

TABLE 1

AGES OF HOMEMAKERS AND HUSBANDS, AS REPORTED BY HOMEMAKERS

Age range	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
20 - 29 years	16	25	10	17	26	21
30 - 39 years	37	58	29	48	66	53
40 - 49 years	10	16	14	23	24	19
50 - 59 years	0	0	6	10	6	5
60 years or past	0	0	1	2	1	-1

TABLE 2

SEX AND AGES OF CHILDREN

Age range	Male		Female		Total	
	No.	%	No.	%	No.	%
Less than 1 year	3	4	2	4	5	4
1 - 5 years	14	20	14	27	28	23
6 - 10 years	24	35	13	25	37	31
11 - 17 years	28	41	22	43	50	42

Family Size in Addition to Homemakers and Husbands

None of the homemakers had more than four children. An analysis of the data in Table 3 reveals that 25 homemakers were mothers of only one child, and 25 homemakers were mothers of two children. Seventeen percent of the mothers had three children each, while only five percent were mothers of four children.

Ten families had adult members in addition to the homemaker and her husband. There were seven families which had one other adult member, two families with two other adults, and only one family with three other adults.

Education of Homemakers and Husbands as Reported by Homemakers

The highest percentage of both homemakers and husbands had completed from nine to twelve years of schooling. Half of the husbands, and 59 percent of the homemakers were in this category. A study of figures in Table 4 shows there was a tendency for the homemaker to have more education beyond the high school level than the husband. Much difference may be noted in the number of homemakers and husbands who completed less than nine grades. One-fourth of the husbands had no formal education beyond grade eight, whereas only eight percent of the homemakers were in this group.

Occupations of Homemakers and Husbands

Of the homemakers, 58 percent were engaged in skilled work, as compared with 47 percent of the husbands. There was a tendency for more

TABLE 3

FAMILY SIZE IN ADDITION TO HOMEMAKERS AND HUSBANDS

Homemakers with	Home- makers		Total children		Families with adult members in addition to homemakers and husbands	Number of families with other adult members	
	No.	%	No.	%		No.	%
1 child	25	39	25	21	1 adult member	7	11
2 children	25	39	50	42	2 adult members	2	3
3 children	11	17	33	28	3 adult members	1	2
4 children	3	5	12	10			

TABLE 4

EDUCATION OF HOMEMAKERS AND HUSBANDS, AS REPORTED BY HOMEMAKERS

Years of formal education	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
1 - 4 grades	1	2	1	2	2	1
5 - 8 grades	4	6	14	23	18	15
9 - 12 grades	38	59	30	50	68	55
College degree	12	19	3	5	15	12
Some graduate work beyond degree	4	6	0	0	4	3
Business school or other vocational training	3	5	1	2	4	3
1, 2, 3 years of college	1	2	9	15	10	8
No information or do not know	1	2	2	3	3	2

homemakers than husbands to be engaged in professional capacities. A study of the data in Table 5 reveals that more husbands than homemakers were employed in clerical or sales occupations, and more homemakers than husbands were engaged in some form of service work.

Length of Time Homemakers and Husbands Had Been
Employed in Reported Occupations

Twenty-seven percent of the employed husbands and slightly more than one-third of the homemakers had been employed in their reported occupations one to five years. An examination of data in Table 6 will show that 21 percent of the husbands and one-fourth of the homemakers had followed the same occupation six to ten years.

Approximate Hours Per Day That Homemakers and Husbands
Were Away From Home to Pursue Occupations

Homemakers: The largest number of homemakers were away from home for eight hours or less. As shown in the data in Table 7, 44 percent of the homemakers were included in this group. Forty-two percent were away approximately nine hours, whereas only eleven percent reported being away from home ten hours.

Husbands: Fifty-two percent of the husbands were away from home less than nine hours each day, while 43 percent were away approximately nine or ten hours.

TABLE 5

OCCUPATIONS OF HOMEMAKERS AND HUSBANDS

Occupations	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
Domestic or janitorial	2	3	1	2	3	2
Clerical or sales	3	5	10	17	13	10
Service work	5	8	1	2	6	5
Professional, manager, or self employed	17	27	11	18	28	23
Skilled work	37	58	28	47	65	52
Retired or Unemployed	0	0	4	7	4	3
Unskilled work	0	0	3	5	3	2
College student	0	0	2	3	2	1

TABLE 6

LENGTH OF TIME HOMEMAKERS AND HUSBANDS HAD BEEN
EMPLOYED IN REPORTED OCCUPATIONS

Time range	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
Less than 1 year	2	3	7	13	9	8
1 - 5 years	23	36	15	27	38	32
6 - 10 years	16	25	12	21	28	23
11 - 15 years	12	19	9	16	21	17
Over 15 years	11	17	13	23	24	20

TABLE 7

APPROXIMATE HOURS PER DAY HOMEMAKERS AND HUSBANDS
WERE AWAY FROM HOME TO PURSUE OCCUPATIONS

Approximate hours away from home	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
8 hours or less	28	44	29	52	57	48
9 hours	27	42	14	25	41	34
10 hours	7	11	10	18	17	14
No definite hours	2	3	3	5	5	4

Yearly Income of Homemakers and Combined Income
of Homemakers and Husbands

Homemakers: A study of the results recorded in Table 8 will show that more than 40 percent of the homemakers reported earnings between \$3000 and \$3999 during the year preceding the study. Twenty-nine percent of the subjects were in income brackets lower than the figure just referred to, and 27 percent were in higher income brackets.

Combined income of homemakers and husbands: Since three of the husbands were unemployed, and four of the homemakers were either widowed, unmarried, or separated from their husbands, only 57 families had combined incomes. Of this group, no family had a combined income of less than \$2000. A combined income ranging between \$7000 and \$9999 was reported by 32 percent of the families, whereas 28 percent reported earning a combined sum of \$5000 to \$6999. Fourteen percent of the homemakers and husbands earned a combined sum of \$4000 to \$4999, and also 14 percent of the couples were in the \$10,000 or more income bracket.

Reasons for Employment, as Reported by Homemakers

As revealed by a study of the data in Table 9, the most outstanding reason which the homemakers gave for being employed outside the home was wanting to buy extras they could not afford otherwise. Next in importance was wanting to save for education of the children (42 percent). Wanting to use their skills and abilities was a reason given by 22 percent. In spite of the reasons stated by the respondents, most of the homemakers probably worked because the income of their husbands was low. Fourteen

TABLE 8

YEARLY INCOME OF HOMEMAKERS AND COMBINED INCOME OF HOMEMAKERS
AND HUSBANDS, AS REPORTED BY HOMEMAKERS

Income range	Homemakers		Combined income of homemakers and husbands	
	No.	%	No.	%
Below \$1000	4	6	0	0
\$1000 - 1999	6	9	0	0
\$2000 - 2999	9	14	1	2
\$3000 - 3999	28	44	1	2
\$4000 - 4999	10	16	8	14
\$5000 - 6999	4	6	16	28
\$7000 - 9999	0	0	18	32
\$10,000 or more	0	0	8	14
No information or don't know	3	5	5	9

TABLE 9

REASONS FOR EMPLOYMENT, AS REPORTED BY HOMEMAKERS

Reasons for employment	Homemakers Reporting	
	No.	%
Want to buy extras we cannot afford otherwise	33	52
Want to save for children's education	27	42
Cannot make ends meet	19	30
Want to use my skills and abilities	14	22
The only or chief wage earner in the family	9	14
Always worked and now it is not convenient to stop	9	14
Makes me feel needed	6	9
Want my own money	5	8
Want to build a house	5	8
Pay medical bills	5	8
Help husband establish business	2	3
Send husband to school	2	3
Husband wants me to work	1	2

percent felt it would not be convenient to stop working as they had always worked and had become accustomed to a certain standard of living which they did not wish to forfeit. Other reasons given by smaller percentages of the respondents may be found in the table previously referred to.

Living Facilities of Families

An outstanding number (67 percent) of the families owned or were buying their homes. Examination of the figures in Table 10 reveals that 19 percent were renting homes, while nine percent had living facilities furnished them rent-free by parents or other relatives.

Health Records of Families Studied

Visits made to physicians: The largest number of homemakers went to physicians two or three times per year, whereas the greatest number of husbands only went once each year. One visit per year was reported by 33 percent of the homemakers and less than one each year by 16 percent.

Slightly more than half of the children in the families included in the study visited physicians only once each year or less often. Percentages representative of the children and other family members may be seen in Table 11.

Use of vitamin supplements: In 24 of the homes represented, 40 family members were taking vitamin supplements. This figure comprises approximately 16 percent of all the family members. The homemakers themselves, to a noticeable degree, influenced the decision of family members to take vitamin supplements.

TABLE 10

LIVING FACILITIES OF FAMILIES

Living facilities	Homemakers reporting	
	No.	%
Own a home	43	67
Rent a home	12	19
House or apartment rent free	6	9
Rent apartment	2	3
Own a trailer	1	2

TABLE 11

APPROXIMATE VISITS FAMILY MEMBERS MADE TO PHYSICIANS
DURING YEAR PRECEDING STUDY

Approximate visits	Homemakers		Husbands		Children		Adult members other than homemakers and husbands		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
One or more each month	1	2	4	7	3	2	1	7	9	4
One every 2 - 3 months	9	14	6	10	18	15	3	21	36	14
2 - 3 times per year	22	34	15	25	31	26	3	21	71	28
Once yearly	21	33	19	32	36	30	1	7	77	30
Less than once each year	10	16	14	23	28	23	5	36	57	22
Don't know	1	2	2	3	4	3	1	7	8	3

Time lost from work due to illness: The investigator asked each homemaker to give information relating to total time lost from work during the year prior to the interview. The results of this information are summarized in Table 12. A study of the data revealed a tendency for the husbands to miss less time from work because of illness than the homemakers. Only 44 percent of the homemakers reported that they did not miss any time from work during the previous year, whereas 59 percent of the husbands had perfect work records for that year.

Weight concerns of family members: More homemakers were concerned about being overweight than underweight. Twenty percent of them were attempting to lose weight, whereas only six percent of them were trying to gain weight. Of the husbands, three percent wanted to lose weight and five percent were trying to gain. A total of 19 family members were attempting to lose weight, while only 10 were trying to gain. The most frequently reported method for losing weight was eating less, reported for 15 family members, whereas eating more was the method given most often for gaining weight.

Special diets: Two homemakers and three husbands were on prescribed ulcer diets, and one homemaker was following a diabetic diet.

TABLE 12

TIME LOST FROM WORK DUE TO ILLNESS

Approximate days missed from work	Homemakers		Husbands		Total	
	No.	%	No.	%	No.	%
No days	28	44	33	59	61	51
5 days or less	25	39	15	27	40	33
6 - 15 days	6	9	1	2	7	6
16 days and up	4	6	6	11	10	8
Don't know	1	2	1	2	2	2

CHAPTER IV

HOME CONVENIENCES OF FAMILIES

Homemakers Reporting Ownership of Certain Appliances

An analysis of the percentages given in Table 13 reveals that more than half of the homemakers owned mixers, pressure sauce pans, toasters, and electric frying pans. A larger percentage (84%) of the homemakers owned mixers than any other single appliance listed in the table. Toasters were owned by 63 percent, and pressure sauce pans and electric frying pans by 59 percent. With the exception of one, all homemakers reported the ownership of electric refrigerators. Electric ranges were used by 91 percent, gas ranges were used by five percent, oil ranges by only three percent, and a wood stove by one homemaker.

Pressure canners were owned by 47 percent of the homemakers, and five percent reported borrowing them. Of the 31 who did not report ownership of pressure canners, only four had plans for purchasing one within the next year or two.

Purchase Plans for Certain Appliances

More homemakers reported plans for purchasing deep freezers within the next year or next five years than any other appliance about which they were questioned. A large majority of the homemakers had no plans for the purchase of any of the appliances listed. Many of them reported that they got along just as well without the appliances.

TABLE 13

HOMEMAKERS REPORTING OWNERSHIP OF CERTAIN APPLIANCES

Appliances	Homemakers reporting	
	No.	%
Mixer	54	84
Toaster	40	63
Pressure sauce pan	38	59
Electric frying pan	38	59
Deep freezer	28	44
Deep fryer	26	41
Waffle iron	23	36
Electric griddle	5	8
Dishwasher	3	5
Garbage disposal	2	3

Home Conveniences Reported

All of the homemakers made use of electric power in their homes, and 97 percent had refrigeration of some type. Ninety-two percent reported running water in their homes, but only 78 percent had bathrooms. A study of the data in Table 14 will show that 67 percent of the homes were centrally heated, 58 percent had telephones, and three percent had air conditioning.

Kitchen Remodeling Needed, as Reported by Homemakers

Two-thirds of the homemakers interviewed felt that their kitchens were not well planned, and expressed desires to do some remodeling. Half of this group of homemakers needed more cabinet space and approximately one-third of them wanted to enlarge their kitchens. A study of the data in Table 15 will reveal other needs reported by the respondents.

Homemakers Reporting Adequate Facilities for Food Storage

More homemakers reported having adequate refrigerator space than any other storage facility about which they were questioned. Only 14 percent of the subjects interviewed felt that the storage space provided by their freezers was not sufficient to meet their needs. Storage facilities for home-canned foods were reported by 33 percent as being inadequate. Analysis of data in Table 16 will show that 56 percent of the homemakers believed their storage cabinet space to be adequate, and 59 percent reported facilities for storing fruits and root vegetables as being adequate.

TABLE 14

HOME CONVENIENCES OF HOMEMAKERS

Conveniences	Homemakers reporting	
	No.	%
Electricity	64	100
Refrigeration	62	97
Running water	59	92
Bathroom	50	78
Central heating	43	67
Telephone	37	58
Air conditioning	2	3

TABLE 15

KITCHEN REMODELING NEEDED, AS REPORTED BY HOMEMAKERS

Remodeling homemakers wished to do	Homemakers reporting	
	No.	%
More cabinet space	21	50
Enlarge kitchen	14	34
Build new kitchen	6	14
Install modern equipment	5	12
More counter work space	4	10
Build a dinette	2	5
Better lighting facilities	2	5

TABLE 16

HOMEMAKERS REPORTING ADEQUATE FACILITIES FOR FOOD STORAGE

Storage facilities	Homemakers reporting	
	No.	%
Refrigerator	59	92
Freezer	24	86
For home-canned foods	49	77
For fruits and root vegetables	38	59
Cabinet	36	56

CHAPTER V

FOOD MANAGEMENT PRACTICES OF THE FAMILIES AND RECOMMENDATIONS
FOR HIGH SCHOOL HOME ECONOMICS PROGRAMS

Because of the time element involved, it appears that a dual-role mother should of necessity be an adequate manager of the family's food. An analysis of the data obtained on the schedule forms for this study shows that this was generally not true of the dual-role mothers interviewed. Information summarized in this chapter points out various aspects in family foods and nutrition which presented the most outstanding problems to the homemakers involved in the study.

Food Preparation

Foods which homemakers prepared best, and those with which help was needed: Two-thirds of the homemakers were generally pleased with the taste and appearance of the foods which they prepared; however, they expressed some degree of dissatisfaction with certain foods which they prepared.

On this part of the schedule form, which may be seen in the Appendix, the homemakers were free to check as many of the food items as they wished, or none. The preparation of baked products ranked first among the foods with which homemakers felt they needed help. Data pertaining to these foods may be seen in Table 17.

The only foods which more than half of the homemakers felt they prepared "best" were meats, breads, and vegetables. Forty-five percent

TABLE 17

**FOODS HOMEMAKERS PREPARED BEST AND
THOSE WITH WHICH HELP WAS NEEDED**

Food items	Homemakers reporting			
	Prepares best		Needs help	
	No.	%	No.	%
Vegetables	41	65	3	5
Meats	37	58	7	11
Breads	35	55	8	13
Cakes	31	48	10	16
Pie fillings	29	45	9	14
Pastry	21	33	11	17
Soups	19	30	1	2
Fruits	15	23	0	0
Sandwiches	14	22	3	5
Fish	14	22	1	2
Casseroles	13	20	6	9
Cookies	12	19	3	5
Egg dishes	12	19	3	5
Frostings	12	19	4	6
Candy	10	16	5	8
Milk dishes	9	14	0	0

TABLE 17 (Continued)

Food items	Homemakers reporting			
	Prepares best		Needs help	
	No.	%	No.	%
Beverages	9	14	1	2
Appetizers	5	8	2	3
Cheese dishes	5	8	1	2
Sauces	5	8	6	9
Salads	3	5	0	0

of the subjects were pleased with the pie fillings which they made, but only one-third felt they could make acceptable pastry.

Forty-one percent of the homemakers reported that their family members generally made favorable comments about the foods they cooked.

Meal planning methods: A study of the figures in Table 18 will show that approximately half of the homemakers probably planned inadequate meals. This conclusion was drawn due to the fact that the meals were not planned until the time came to prepare them. A large percentage of the homemakers believed they saved time if they planned when they were ready to do the preparation. On the other hand, advanced planning was preferred by approximately half of the homemakers because they felt this method saved time. Other reasons given by smaller percentages of respondents for using both methods of planning may be seen in Tables 18 and 19.

The homemakers' meal planning problems were rendered more acute by the fact that approximately one-fourth of the children represented in the study disliked one or several foods, particularly green vegetables, meats, milk, and eggs. The majority of the homemakers reported that they did nothing to remedy the situation. The feeling that it was easier to prepare the foods that family members liked was prevalent.

Fourteen factors were reported to be considered when the homemakers planned their meals (Table 20). A large majority of the respondents' replies show that family likes or dislikes was the most often mentioned factor considered in meal planning. Seventy-two percent

TABLE 18

REASONS FOR NO ADVANCE PLANNING OF MEALS

Reasons for not planning in advance	Homemakers reporting	
	No.	%
Saves time	15	43
Don't know	5	14
Seems easier	5	14
Habit	5	14
Don't know what children will want	3	9
Have to cook what I've got	2	6

TABLE 19

REASONS FOR ADVANCE PLANNING OF MEALS

Reasons for planning in advance	Homemakers reporting	
	No.	%
Saves time	12	41
More economical	5	17
To know what to buy	5	17
It's easier	4	14
Don't know	3	11

TABLE 20

FACTORS CONSIDERED WHEN PLANNING MEALS

Factors considered when planning meals	Homemakers reporting	
	No.	%
Family likes and dislikes	56	88
Foods on hand	46	72
Nutritive value	42	66
Time to prepare	40	63
Cost	29	45
Variety in flavor	16	25
Variety in texture	9	14
Variety in preparation	7	11
Trying new recipes	6	9
Artistic appearance	5	8
Special diets	4	6

considered the foods on hand, and approximately two-thirds considered the nutritive value of foods and the preparation time the foods would require.

Dissatisfactions due to lack of variety in meals served: Two-thirds of the homemakers reported that they and their family members often became tired of eating the same foods. Serving the same foods too frequently was the reason for this situation given most often by the homemakers. Examination of the data in Table 21 will show that slightly more than one-third of the respondents reported that they did not know why they became tired of a food.

Packed lunches: More than 50 percent of the homemakers who packed lunches reported unfavorable comments from family members pertaining to the contents of the lunches. Such comments as these were typical: "I can't stand any more cheese," or "Did you actually expect me to eat that?"

The subjects had varying opinions as to what should be included in a good packed lunch. A study of figures recorded in Table 22 will reveal that protein sandwiches and fruits were items which a large number of the homemakers thought should be included. Slightly less than half of the respondents believed milk, cakes and cookies, and raw vegetables were important in packed lunches.

Preparation of guest meals: A large majority of the homemakers reported that they enjoyed entertaining guests at meals. Eighty percent of them sometimes had unexpected guests for meals, and slightly more than half of this group reported that they had sometimes had unexpected guests and

TABLE 21

REASONS FAMILY MEMBERS BECAME TIRED OF EATING SAME FOODS

Reasons given by homemakers	Homemakers reporting	
	No.	%
Serve the food too often	19	42
Don't know	15	33
Not enough time spent planning	3	7
Just human nature	3	7
I'm tired, so I prepare food the quickest way	2	5
Don't know how to prepare enough different ways	2	5
We have to eat what we have	1	2

TABLE 22

FOODS WHICH SHOULD BE INCLUDED IN PACKED LUNCHES

Foods reported by homemakers	Homemakers reporting	
	No.	%
Fruits	53	82
Egg, meat, cheese, or peanut butter sandwich	49	77
Milk	30	47
Cookies or cake	29	45
Raw vegetable	28	44
Simple dessert	8	13
Boiled egg	5	8
Hot soup	4	6
A drink	4	6
A surprise	1	2

found that they did not have the foods from which they could prepare a satisfactory guest meal within an hour of time. To keep a situation of this type from repeating itself, the homemakers offered several possible solutions which may be seen in Table 23.

Table service practices: Meals were served about the same time each day by 82 percent of the homemakers, but 18 percent reported it was more convenient for them to serve the meals whenever they could get them ready.

Having all the foods prepared at just the right time to be served was not a problem for the majority of the homemakers.

Putting the food in a serving dish and passing it was the method of table service preferred by more than three-fourths of the homemakers. Nineteen percent reported that they served the food from the pots and pans, and only three percent served the plates at the table.

From the 12 percent who felt that they could not set an attractive table, three main problems were presented: kitchen too small, lack of skill in arranging centerpieces, and placing silverware.

Dishwashing practices: Only 16 percent of the homemakers reported that they had found it satisfactory to wash dishes from two or more meals at one time.

Eighty-two percent of the subjects reported a particular order for washing dishes. These data are summarized in Table 24. Eighty-nine percent of the homemakers rinsed their dishes, and only 48 percent air dried them.

Factors which produced satisfaction or dissatisfaction with arrangements for feeding their families: Approximately one-third of the homemakers

TABLE 23

METHODS THAT COULD BE USED FOR SATISFACTORY PREPARATION
OF GUEST MEALS IN LIMITED TIME

Possible solutions offered by homemakers	Homemakers reporting	
	No.	%
Keep a better supply of food on hand	18	60
Use home freezer to better advantage	4	13
Purchase a home freezer	4	13
Don't know	3	10
Plan better meals	1	3

TABLE 24

ORDER OF WASHING DISHES

Rank order in dishwashing procedures	Homemakers reporting									
	Glasses		Silverware		Plates		Bowls		Cups and Saucers	
	No.	%	No.	%	No.	%	No.	%	No.	%
1	48	91	1	2	3	6	0	0	1	2
2	2	4	22	41	10	19	1	2	18	34
3	2	4	8	15	19	36	8	15	16	30
4	1	2	4	8	18	34	22	41	8	15
5	0	0	18	34	3	6	22	41	10	19

expressed dissatisfaction with the arrangements they had for feeding their families. As seen by a study of the data in Table 25, the factor most often reported by this group of homemakers was insufficient time to prepare foods. Irregular meal hours and the feeling that family members were hard to please were other factors which produced dissatisfaction in their homes with meals prepared.

Slightly more than two-thirds of the homemakers who reported being satisfied with family food arrangements did not know what pleased them most. Data pertaining to factors causing satisfaction or dissatisfaction reported by the respondents have been summarized in Table 26.

Management of Time, Energy, and Available Resources

Time spent in kitchen for meal preparation: The homemakers spent an average of 42 minutes in preparation of the morning meal and cleaning afterwards, 33 minutes for the noonday meal, and 76 minutes for the evening meal. The daily average of time the homemakers spent in the kitchen was 2½ hours. Figures pertaining to this part of the study may be seen in Table 27.

Responsibilities of family members at mealtime: A study of the data in Table 28 shows that the homemakers themselves had the major responsibility of meal preparation, serving, and cleaning. More than half of the husbands represented in the study never helped in the kitchen. Twenty-seven percent seldom helped and only 18 percent gave frequent help. The children gave frequent help to 41 percent of the homemakers, and 45 percent of the homemakers reported that their children never gave them

TABLE 25

**FACTORS WHICH PRODUCED DISSATISFACTION WITH PRESENT ARRANGEMENTS
FOR FEEDING THEIR FAMILIES, AS EXPRESSED BY HOMEMAKERS**

Factors which produced dissatisfaction	Homemakers reporting	
	No.	%
Insufficient time to prepare meals	14	70
Irregular meal hours	8	40
Family members hard to please	4	20
Not enough variety in meals	2	10
Dislike to cook	2	10

TABLE 26

**FACTORS WHICH PRODUCED SATISFACTION WITH PRESENT ARRANGEMENTS
FOR FEEDING THEIR FAMILIES, AS EXPRESSED BY HOMEMAKERS**

Factors which produced satisfaction	Homemakers reporting	
	No.	%
Don't know	30	68
Compliments from family members	10	23
Family members "good" eaters	7	16
Conveniences	3	7
Adequate time to prepare evening meal	3	7
Can buy any foods we want	2	5
Have facilities to grow most of our own food	2	5

TABLE 27

TIME SPENT IN KITCHEN FOR MEAL PREPARATION,
AS REPORTED BY HOMEMAKERS

Approximate time spent in kitchen	Homemakers reporting					
	Breakfast		Lunch		Dinner	
	No.	%	No.	%	No.	%
None	1	2	28	44	2	3
30 minutes or less	38	59	11	17	6	9
1 hour	14	22	16	25	23	36
1½ - 2½ hours	3	5	8	13	26	41
Don't know	8	13	1	2	7	11

TABLE 28

DUTIES OF HOMEMAKERS AT MEALTIME

Duties of homemakers	Homemakers reporting for					
	Breakfast		Lunch		Dinner	
	No.	%	No.	%	No.	%
No duties	1	2	28	44	2	3
Prepare and serve meal	9	14	6	9	9	14
Prepare, serve, and clean	47	73	29	45	45	70
Prepares own meal	7	11	0	0	0	0
Just helps	0	0	1	2	8	13

help. Listed in descending order of times reported, the kitchen duties most often performed by the children were dishwashing, table setting, sweeping, emptying garbage, getting their own breakfast meals, and drying dishes.

Usage of certain convenience foods: Only 17 of the convenience foods listed in the schedule form were used by half or more than half of the homemakers reporting. Data pertaining to the use of these convenience foods are summarized in Table 29.

Preparation of homemade mixes: Only 11 percent of the homemakers reported home preparation of any mixes. The mixes made by the small percent of homemakers were biscuit, pastry, rolls, and pie filling.

Utilization of home freezers to conserve time: The 28 homemakers who owned home freezers reported using them in several ways to conserve time, other than the time saved in conservation of garden or farm produce. A study of figures in Table 30 will reveal that a total of 78 percent of these women reported use of freezers for products which they baked in quantity for later meals. The practice of buying in large quantities, thus economizing time by eliminating trips to the grocery stores was reported by only 18 percent of the respondents.

Frequency of using appliances: The homemakers reported more frequent usage of toasters and electric frying pans than all other appliances about which they were questioned. Approximately three-fourths of the homemakers who owned electric frying pans reported using them daily or three to four times per week. Pressure sauce pans were used often by 65 percent of the homemakers. Less than half of the homemakers reported

TABLE 29
 USAGE OF CERTAIN QUICK FOOD PRODUCTS, AS REPORTED BY HOMEMAKERS

Product	Homemakers reporting							
	Homemaker uses it now		Pleased with product		Feels product could be improved		Discontinued use of product	
	No.	%	No.	%	No.	%	No.	%
<u>Frozen foods</u>								
Grape juice	8	13	8	100	0	0	1	2
Lemonade	23	36	23	100	0	0	2	3
Orange juice	32	50	30	94	2	6	5	8
Fish sticks	49	76	42	86	7	14	7	11
Pot pies	34	53	30	88	4	12	9	14
Jiffy steaks	26	41	22	85	4	15	11	17
TV dinners	26	41	23	88	3	12	8	13
Breaded shrimp	20	31	20	100	0	0	4	6
Breaded veal	16	25	14	88	2	12	3	5
Breaded oysters	11	17	11	100	0	0	4	6

TABLE 29 (Continued)

Product	Homemakers reporting							
	Homemaker uses it now		Pleased with product		Feels product could be improved		Discontinued use of product	
	No.	%	No.	%	No.	%	No.	%
Veal patties	10	16	9	90	1	10	2	3
Hamburger patties	9	14	9	100	0	0	2	3
Soups	7	11	7	100	0	0	1	2
Cookie dough	11	17	11	100	0	0	5	8
Pies	18	28	17	94	1	6	4	6
Fruits	21	33	19	90	2	10	0	0
Rolls	34	53	31	91	3	9	3	5
Vegetables	43	67	41	95	2	5	2	3
<u>Mixes</u>								
Pancake	48	75	48	100	0	0	1	2
Cake	47	73	43	91	4	9	6	9
Pudding	25	39	24	96	1	4	3	5

TABLE 29 (Continued)

Product	Homemakers reporting							
	Homemaker uses it now		Pleased with product		Feels product could be improved		Discontinued use of product	
	No.	%	No.	%	No.	%	No.	%
Gingerbread	25	39	25	100	0	0	4	6
Pastry	20	31	18	90	2	10	3	5
Icing	18	28	15	83	3	17	5	8
Roll	18	28	18	100	0	0	5	8
Cornbread	17	27	16	94	1	6	0	0
Bisquick	15	23	15	100	0	0	6	9
Cookie	8	13	7	87	1	13	2	3
<u>Canned</u>								
Soups	50	78	44	88	6	12	0	0
Biscuits	48	75	38	79	10	21	2	3
Juices	43	67	41	95	2	5	0	0
Spaghetti and meat	36	56	28	78	8	22	0	0

TABLE 29 (Continued)

Product	Homemakers reporting							
	Homemaker uses it now		Pleased with product		Feels product could be improved		Discontinued use of product	
	No.	%	No.	%	No.	%	No.	%
Brown beans	33	52	27	82	6	18	2	3
Pie filling	26	41	24	92	2	8	5	8
Hams	24	38	20	83	4	17	3	5
Chicken and noodles	13	20	13	100	0	0	1	2
Rolls	9	14	9	100	0	0	2	3
<u>Other</u>								
Brown 'n serve rolls	53	82	50	94	3	6	1	2
Bakery cakes	41	64	33	80	8	20	4	6
Evaporated milk	39	61	37	95	2	5	4	6
Instant pudding	38	59	34	89	4	11	13	20
Instant coffee	36	56	31	86	5	14	15	23
Whipped topping	25	39	22	88	3	12	7	11

TABLE 29 (Continued)

Product	Homemakers reporting							
	Homemaker uses it now		Pleased with product		Feels product could be improved		Discontinued use of product	
	No.	%	No.	%	No.	%	No.	%
Bakery pies	24	38	24	100	0	0	2	3
Pimento cheese	22	34	19	86	3	14	3	5
Chicken salad	21	33	17	81	4	19	5	8
Dried soups	21	33	20	95	1	5	3	5
Lemon juice	19	30	18	95	1	5	8	13
Dried milk solids	15	23	14	93	1	7	8	13
Instant potatoes	13	20	13	100	0	0	5	8
Condensed milk	9	14	9	100	0	0	1	2
Stuffin	9	14	7	78	2	22	5	8
Potato salad	8	13	6	75	2	25	7	11
Grated cheese	8	13	8	100	0	0	1	2
Malted milk	7	11	6	85	1	15	4	6

TABLE 30

UTILIZATION OF FREEZERS TO CONSERVE TIME

Utilization of freezer as a time-saver	Homemakers reporting	
	No.	%
Bake cookies, cakes, and pies in quantity and freeze	16	57
Bake extra breads	6	21
Buy in large quantities - to save shopping trips	5	18
Freeze leftover foods	4	14
Freeze party desserts	2	7
Freeze complete meals	2	7

using their mixers several times weekly. The frequency of using the deep fryers, waffle irons, and griddles was not outstanding, as is evidenced by a study of the data in Table 31.

Shopping Practices

Food buying consumes a large share of both time and money. In many homes, the homemakers themselves have the major responsibility for making the food purchases, as may be seen by a study of data in Table 32.

Method and frequency of shopping: Almost one-third of the homemakers reported that they bought their groceries and then planned their meals when the time came to prepare them, whereas planning the meals and then buying the groceries was the preferred method for only 30 percent of the homemakers.

Thirty-one percent of the subjects interviewed reported that they did not compare prices, or check labels or quality when they shopped for groceries.

Fifty-five percent of the respondents made use of lists when buying groceries, and 45 percent just chose as they shopped.

Except for bread and milk, shopping was done once a week by slightly more than two-thirds of the homemakers.

Preferred shopping days: Of the 50 homemakers who shopped weekly or every two weeks, 44 percent of them preferred to shop on Friday. The fact that Friday was payday was the reason given most often by these homemakers. Thursday was the second preferred shopping day. Again, the

TABLE 31

FREQUENCY OF USING APPLIANCES

Frequency of using appliance	Homemakers reporting use of													
	Mixer	Pressure sauce pan	Toaster	Deep fryer	Electric frying pan	Waffle iron	Griddle							
	No.	%	No.	%	No.	%	No.	%						
Often	22	41	25	65	34	85	2	8	29	76	4	17	1	20
Medium	13	24	3	8	2	5	10	38	5	13	1	4	1	20
Seldom	19	35	9	24	2	5	14	54	4	11	11	48	2	40
Never	0	0	1	3	2	5	0	0	0	0	7	30	1	20

TABLE 32

FAMILY MEMBERS WHO HAD MAJOR RESPONSIBILITY
FOR FOOD PURCHASING

Family members	Households represented	
	No.	%
Homemaker	43	67
Husband and wife	12	19
Husband	4	6
Homemaker and child	3	5
An older child	2	3

reason most often given was that it was payday. One-fourth of the respondents preferred to shop on Saturday.

Factors which influenced homemakers when buying groceries: Fifteen factors were reported as having influence on the homemakers when they shopped for groceries. Chief among these influences were cost and quality. Study of the data in Table 33 will reveal that likes and dislikes, nutritive value, brand names, and time to prepare, were factors reported by the largest number of respondents.

One-fourth of the homemakers felt they did not know how to shop wisely.

Types of food stores where homemakers most often shopped: Sixty-three percent of the homemakers most often shopped in supermarkets, and 34 percent in other town grocery stores. Chief among the reasons for shopping in supermarkets was being able to purchase a variety of foods, whereas convenient location was given most often as a reason for shopping in other town grocery stores. Sixty percent of the homemakers felt they got more for their money in supermarkets, and half of them were influenced by the stamps given. Less often mentioned reasons for shopping in supermarkets and other town grocery stores are shown in Table 34.

Amounts spent for food: The average weekly amount which the homemakers spent for food was \$19.52. Data in Table 35 reveal the percentages of homemakers who spent amounts ranging from \$5 or less to \$40 or more.

TABLE 33

FACTORS WHICH INFLUENCED HOMEMAKERS WHEN BUYING GROCERIES

Influencing factors	Homemakers reporting	
	No.	%
Cost	46	72
Quality	46	72
Likes and dislikes	42	66
Nutritive value	37	58
Brand name	30	47
Time to prepare	23	36
Suggestion from friend	10	16
Coupons	10	16
Ads	9	14
Store displays	9	14
Trying new recipes	6	9
Attractive labels	3	5

TABLE 34

TYPES OF FOOD STORES WHERE HOMEMAKERS MOST OFTEN SHOPPED,
AND REASONS FOR SHOPPING THERE

Reasons	Homemakers who reported shopping in		Grocery stores other than supermarkets	
	Supermarkets		No.	%
	No.	%	No.	%
Variety of foods	32	80	4	18
More for my money	24	60	2	9
Give stamps	20	50	3	14
Self-service	18	45	3	14
Parking space	15	38	1	5
Good meat counter	12	30	1	5
Friendly management	12	30	11	50
Conveniently located	7	18	15	67
Open until 9:00	4	10		
Know where everything is	1	3		

TABLE 34 (Continued)

Reasons	Homemakers who reported shopping in			
	Supermarkets		Grocery stores other than supermarkets	
	No.	%	No.	%
Fresh food	1	3	1	5
Can charge			5	23
Delivery service			3	14
Habit			2	9
Don't know			1	5

TABLE 35

APPROXIMATE WEEKLY AMOUNTS SPENT FOR FOOD

Amount	Homemakers reporting	
	No.	%
\$5.00 or less	1	2
\$5.01 - \$10.00	13	20
\$10.01 - \$15.00	16	25
\$15.01 - \$20.00	15	23
\$20.01 - \$25.00	12	19
\$25.01 - \$30.00	3	5
\$30.01 - \$40.00	2	3
\$40.01 or more	1	2
Don't know	1	2

A study of the data in Table 36 will reveal that homemakers spent the largest part of their "food dollars" for meat, fish, and eggs, and the smallest part for breads and cereals.

Almost 75 percent of the subjects wished for ideas about "stretching" the food money.

Home Produced Foods

Producing foods at home has a beneficial effect on the family food budget, and a study of the data in Table 37 will show that a large number of the 64 families represented in this study did produce some foods at home. Of the 22 percent who reported that none of the food consumed by their families was produced at home, one-half gave "no time" as the chief reason, while the remaining half had no place to produce food.

Foods preserved by homemakers: The homemakers reported preserving foods by canning, freezing, pickling, jelly-making, salting, smoking, or storing in the raw state. No foods were preserved by 19 percent of the homemakers. Reasons listed in the words of the respondents follow: "None to preserve," "didn't want to preserve any," and "no time." Data pertaining to amounts of foods preserved by the homemakers have been summarized in Tables 38, 39, 40, and 41.

The results recorded in Table 42 show that a large percentage of the homemakers who preserved foods felt that they had preserved inadequate amounts for their families.

TABLE 36

AMOUNTS SPENT FOR CERTAIN FOOD GROUPS

Amount spent	Homemakers reporting									
	Vegetables and fruits		Milk and cheese		Meat, fish, eggs		Bread and cereals		Other	
	No.	%	No.	%	No.	%	No.	%	No.	%
\$1.00 or less	9	14	11	17	5	8	16	25	9	14
\$2.00 - \$3.00	19	30	27	42	11	17	33	51	21	33
\$4.00 - \$5.00	18	28	14	22	13	21	7	11	13	20
\$6.00 - \$7.00	5	8	2	4	11	18	0	0	5	8
\$8.00 - \$9.00	1	2	0	0	11	17	0	0	0	0
\$10.00 - \$11.00	11	17	1	2	0	0	0	0	8	13
\$12.00 or more	1	2	0	0	3	5	0	0	0	0
No idea	0	0	8	13	9	14	8	13	8	13
None	0	0	1	2	1	2	0	0	0	0

TABLE 37

HOME PRODUCED FOODS REPORTED BY HOMEMAKERS
FOR YEAR PRECEDING STUDY

Food produced	Homemakers reporting	
	No.	%
Vegetable garden	50	78
Pork	21	33
Chickens	13	20
Cows for milk	9	14
Wheat for flour	4	6
Beef or veal	3	5
Lamb or mutton	1	2

TABLE 38
 FOODS PRESERVED BY CANNING, AS REPORTED BY HOMEMAKERS

Amounts of foods	Homemakers reporting					
	Canning of vegetables		Canning of fruits and juices		Canning of meats	
	No.	%	No.	%	No.	%
None	18	28	19	30	50	78
50 or less than 50 quarts	18	28	27	42	11	17
51 - 100 quarts	11	17	8	13	3	5
101 - 150 quarts	7	11	5	8		
151 - 250 quarts	5	8	5	8		
Over 251 quarts	5	8				

TABLE 39
 HOMEMAKERS REPORTING PRESERVATION OF CERTAIN FOODS BY FREEZING

Amounts of food	Homemakers reporting freezing of					
	Vegetables		Fruits and juices		Meat	
	No.	%	No.	%	No.	%
None	37	58	42	66	42	66
50 pounds or less	11	17	14	22	4	6
51 - 100 pounds	11	17	6	9	4	6
101 pounds and up	5	8	2	3	14	22

TABLE 40

CONSERVATION OF FOOD BY STORAGE

Amounts of food	Homemakers reporting storage of		Pounds of meat	Homemakers reporting storage	
	Vegetables No. %	Fruits No. %		No.	%
None	26 41	56 88			
4 bushels or more	25 39	5 8	50 pounds or less	1	2
2 - 3 bushels	11 17	1 2	51 - 75 pounds	4	6
1 bushel	0 0	2 3	76 - 100 pounds	5	8
No idea	2 3	0 0	100 pounds or over	12	19
			None	42	66

TABLE 41

HOMEMAKERS REPORTING PRESERVATION OF FOODS
BY PICKLING, JELLY-MAKING, OR PRESERVING

Amount of food	Homemakers reporting preservation of			
	Jellies and preserves		Pickles and relishes	
	No.	%	No.	%
None	21	33	31	48
50 pints or less	32	50	26	41
51 - 75 pints	5	8	4	6
76 - 100 pints	4	6	1	2
Over 100 pints	2	3	2	3

TABLE 42

**HOMEMAKERS WHO FELT HOME PRESERVATION
OF CERTAIN FOODS WAS INADEQUATE**

Food groups	Homemakers reporting	
	No.	%
Vegetables	21	46
Fruits and juices	17	38
Meat	16	47
Jellies and preserves	13	30
Pickles and relishes	4	12

Food Knowledge of Homemakers Studied

Tabulation of data obtained pertaining to certain aspects of food knowledge led the investigator to conclude that generally the knowledge which the homemakers possessed was such that she would be unable to plan adequate meals or store foods properly.

Foods needed daily in human nutrition: A study of data in Table 43 will reveal that the homemakers were more aware of the nutritional need for milk, meat, fish, and poultry than any other foods. Reasons given for the inclusion in the diet of the foods listed in the table were many and varied, but only very small percentages of the homemakers knew why each of these foods is needed in human nutrition. "For good health" and "for vitamins" were the reasons most often given for including any or all of the foods in the daily diet.

Ideas pertaining to nutritive value, preparation, and storage of certain foods: The homemakers were asked to check their ideas pertaining to nutritive value, storage, and preparation of various types of food. From the check lists received, the data in Table 44 were recorded. An examination of these data will reveal that many of the homemakers had inadequate knowledge pertaining to food nutrients needed or to modern methods of food preparation and preservation.

Ideas of homemakers concerning types of foods that should be served to family members in time of illness: As may be seen by examining data in Table 45, the knowledge of the homemakers concerning food for the sick was limited.

TABLE 43

**FOODS NEEDED DAILY IN HUMAN NUTRITION,
AS REPORTED BY HOMEMAKERS**

Foods needed in human nutrition	Homemakers reporting need for food	
	No.	%
Milk	60	94
Meat, fish, poultry	58	91
Eggs	47	73
Green and yellow vegetables	47	73
Bread	44	69
Vegetables, other than green and yellow vegetables	38	59
Fruits	35	55
Cereal	33	52
Citrus fruits and tomatoes	25	39
Dessert	13	20

TABLE 44

IDEAS PERTAINING TO NUTRITIVE VALUE, PREPARATION,
AND STORAGE OF CERTAIN FOODS,
AS EXPRESSED BY HOMEMAKERS

Ideas about foods	Homemakers reporting							
	Yes		No		Not sure		Don't know	
	No.	%	No.	%	No.	%	No.	%
Most vegetables should be cooked covered	60	94	0	0	2	3	2	3
Vegetables should begin cooking in cold water	36	56	16	25	3	5	9	14
Baking soda should be added to green vegetables	4	6	38	59	5	8	17	27
Cabbage has more food value than lettuce	22	34	7	11	16	25	19	30
Grade A canned vegetables and fruits are better for you than Grades B and C	29	45	17	27	2	3	16	25
One dry cereal will give you as much food value as another	11	17	34	53	8	13	11	17
The use of iodized salt should be recommended by a doctor	8	13	35	55	8	13	13	20

TABLE 44 (Continued)

Ideas about foods	Homemakers reporting						
	Yes No.	%	No No.	%	Not sure No.	%	Don't know No.
Vegetables should be cooked until well done	40	62	19	30	2	3	5
Orange juice should be stored covered	58	91	1	2	2	3	5
Adults need milk	60	94	3	5	1	2	
Dried beans will take place of meat	26	41	27	42	3	5	13
Milk contains all the vitamins	20	31	31	48	4	6	14
Prunes should be eaten often	47	73	10	16	3	5	6
Tomatoes contain Vitamin C	37	58	1	2	14	22	19

TABLE 45

IDEAS OF HOMEMAKERS CONCERNING TYPES OF FOODS THAT SHOULD BE SERVED TO FAMILY MEMBERS IN TIMES OF ILLNESS

Types of foods	Homemakers reporting									
	Person with high fever		Person with a cold		Person recovering from an operation		Person permanently bedfast		Person suffering from infection	
	No.	%	No.	%	No.	%	No.	%	No.	%
Liquids or juices	43	67	50	78	6	9	1	2	3	5
Don't know	14	22	8	13	12	19	31	48	50	78
Any cold food	7	11	0	0	0	0	0	0	0	0
Broths or soups	4	6	5	8	4	6	0	0	0	0
Soft or light diet	3	5	4	6	41	65	24	38	7	11
Anything	0	0	8	13	5	8	8	13	6	9
What doctor recommends	0	0	0	0	2	3	2	3	0	0

Opinions concerning between-meal eating: Several of the subjects expressed more than one opinion, but 42 percent specifically stated that one should not indulge in the habit of eating between meals (Table 46). One-third felt eating between meals was all right; however, several included in this group attached conditions to their opinions, such as "Between-meal eating is all right if one eats well at regular mealtime," or "It depends on what you eat."

The homemakers suggested 12 different food items as between-meal snacks. Analysis of data in Table 47 will show that cookies and cake were the foods most often eaten between meals.

Food information sources used by homemakers: The homemakers obtained information or ideas about food from nine different sources. The sources most often mentioned are listed in Table 48. These sources were family members and friends, magazines, and newspapers.

None of the homemakers were attending organized classes pertaining to family foods, but one-third said they would be interested in participating in a class of this type, if they had time. This group was most interested in a class centered around planning nutritious meals. A study of the data in Table 49 will reveal other areas of interest mentioned.

Recommendations for High School Home Economics Programs

If data obtained for this study are representative of dual-role mothers in other localities, or even just this particular one, the investigator believes that the following recommendations for high school home economics programs should be considered:

TABLE 46

OPINIONS CONCERNING BETWEEN-MEAL EATING,
AS EXPRESSED BY HOMEMAKERS

Opinions expressed	Homemakers reporting	
	No.	%
You shouldn't	27	42
It's all right	21	33
Growing children must	6	9
It's fattening	4	6
Bad for adults	3	5
Depends on nearness to next meal	3	5

TABLE 47

FOOD ITEMS OFFERED FOR BETWEEN-MEAL EATING,
AS REPORTED BY HOMEMAKERS

Food items	Homemakers reporting	
	No.	%
Cookies or cake	33	52
Sandwiches or crackers	31	48
Fruits	26	41
Milk	16	25
Candy	9	14
Raw vegetables	9	14
Potato chips	8	13
Juices	6	9
Ice cream	4	6
Carbonated beverages	3	5
Nuts	2	3
Jelly on toast	2	3

TABLE 48

FOOD INFORMATION SOURCES USED BY HOMEMAKERS

Information source	Homemakers reporting	
	No.	%
Family and friends	37	58
Magazines	35	55
Newspapers	22	34
Books	17	27
TV programs or commercials	15	23
Government bulletins	9	14
Radio programs	5	8
Commercial pamphlets	4	6
Home Demonstration Club	3	5

TABLE 49

TYPES OF CLASSES IN FAMILY FOODS AND NUTRITION
IN WHICH 22 HOMEMAKERS EXPRESSED INTEREST

Types of classes	Homemakers reporting	
	No.	%
Planning nutritious meals	14	64
Preparing nutritious meals	8	36
Preserving and storing foods	8	36
Using leftover foods	7	32
Time management	7	32
Being a wise shopper	5	23
Kitchen arrangements	3	14

1. Emphasis should be put on food preparation from the standpoint of nutrients, so that homemakers can understand that the nutrients needed by healthy family members under normal conditions can best be obtained by eating balanced meals, thus money spent for vitamin and mineral supplements can be used for the purchase of nutritious foods.
2. Teaching should include efficient use and care of labor-saving devices used in most homes today.
3. Every effort should be made to promote the development of good food habits.
4. Emphasis should be placed on balancing meal patterns to meet the less vigorous activity patterns of persons living today.
5. Help should be given students to understand the principles of kitchen planning and remodeling.
6. Emphasis should be placed on how to care for the food needs of family members during illnesses and convalescent periods.
7. All available ways and means should be considered for the teaching of the importance of food buying, and the principles and experiences involved.
8. Teaching should include efforts to promote the realization of the joy and satisfaction which every family member can know and feel by sharing home responsibilities, thus freeing the mother for other activities.

9. Emphasis should be placed on the preplanning of meals, and simple principles of nutrition.
10. Teaching should emphasize experiences which lead to better use of time and energy.
11. Planning and packing lunches which are both appetizing and nutritious should be emphasized in areas where lunches are carried from home.
12. Efforts should be made to help high school pupils realize the value of enrolling in homemaking education classes.

CHAPTER VI

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

Summary

The purpose of this study was (1) to determine some of the problems in family foods and nutrition of dual-role mothers and (2) to make recommendations of types of assistance homemaking teachers could render these mothers in solving some of their problems.

Using schedule forms especially prepared for this study, information relating to problems in family foods and nutrition was collected from 64 dual-role mothers, all of whom had children less than 18 years of age. The results obtained from these schedules after being tabulated and summarized showed that:

1. The homemakers had a total of 120 children, and more of them were between the ages of 11 and 17 than any other given age group. There were 16 percent more boys than girls. None of the homemakers had more than four children.
2. Sixteen percent of all the family members were taking vitamin supplements.
3. More family members were concerned about being overweight than underweight.
4. More than half of the homemakers owned mixers, pressure sauce pans, toasters, and electric frying pans.

5. The homemakers reported more frequent usage of toasters and electric frying pans than all other appliances about which they were questioned.
6. More than three-fourths of the families produced some foods at home.
7. Sixty-seven percent of the homemakers felt that their kitchens were not well planned and expressed a desire to do some remodeling.
8. The daily average of time the homemakers spent in the kitchen was $2\frac{1}{2}$ hours.
9. The homemakers themselves had the major responsibility for meal preparation, serving, and cleaning.
10. More than half of the husbands and children represented in this study never helped in the kitchen.
11. The food information sources most often reported by the homemakers were family members and friends.
12. Fifty-five percent of the homemakers reported that they planned their meals when the time came to prepare them, and 41 percent planned in advance.
13. The factor most often considered by homemakers when planning meals was family "likes or dislikes."
14. The homemakers were more aware of the nutritional benefits received from protein foods than from fruits and vegetables.
15. Forty-four percent of the homemakers felt that getting family members to eat foods they should have was a problem. The

foods most often reported to be disliked by family members were green vegetables, meats, milk, and eggs.

16. Cookies and cake were the foods most often used for between-meal eating.
17. Approximately two-thirds of the homemakers reported that they were generally pleased with the taste and appearance of the foods which they prepared.
18. Many of the respondents were not aware of the nutritive value or of the correct way to prepare or store certain foods.
19. More than three-fourths of the homemakers were aware of the need for some fruit and a protein type sandwich in a packed lunch, but slightly less than half considered it necessary to include milk.
20. Twenty-eight percent of the homemakers who packed lunches reported that the family members who ate the lunches made unfavorable comments, while another 28 percent reported favorable comments.
21. Sixty-seven percent of the homemakers reported that they and their family members often became tired of eating the same foods.
22. The majority of the homemakers were not aware of the types of foods which should be served to family members in time of illness.
23. Eighty-four percent of the homemakers reported that they washed their dishes after each meal.

24. The homemakers had the major responsibility for the family food purchasing.
25. The day which the homemakers chose to shop was most often influenced by "payday."
26. When buying groceries, the homemakers were most often influenced by cost and quality.
27. The average weekly amount spent for foods was \$19.52.
28. The largest amount of the food money was spent for protein foods.
29. Sixty-eight percent of the homemakers were satisfied with the arrangements they had for feeding their families.
30. Two-thirds of the homemakers reported they would not be interested in participating in any organized class pertaining to family foods and nutrition.

Conclusions and Recommendations

Study of data obtained on the schedule forms showed that the mothers who participated in this investigation were generally poor managers of time, energy, and available resources, had inadequate knowledge of nutrition, and failed to exercise desirable kitchen and shopping practices.

The investigator recommends that homemaking teachers (1) emphasize experiences which lead to better use of time, energy, and available resources and (2) consider possible ways and means of promoting adult education programs which will meet the needs of the dual-role mothers.

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APPENDIX

SCHEDULE FORM

PROBLEMS OF DUAL-ROLE MOTHERS,
IN FAMILY FOODS AND NUTRITION

Address _____

Town _____

Rural farm _____

Rural non-farm _____

1. In order to get a general picture of the families of the working mothers, we need some background information about age, occupation, hours of work, education, etc. Everything you tell me will be confidential. We will not use your name or address.

Family Composition and Employment Data

Family member	Age	Sex	Last year of school completed	Occupation	Length of time in this occupation	Hour work-day begins	Hour to leave for work	Hour to get home from work
Home-maker		x						
Father		x						
				x	x	x	x	x
				x	x	x	x	x

2. Marital status of dual-role mother:

_____ Married and living with husband

_____ Married but not living with husband

_____ Unmarried

_____ Widowed

3. Very few people are able to work a complete year without missing a day or more. Approximately how many days did you and your husband lose from work outside the home this past year?

	Days Missed	Reason
Homemaker		
Husband		

4. We realize mothers work away from the home for many reasons. For a few minutes, let us talk about your reasons for working.

- _____ Want to buy extras we cannot afford otherwise
- _____ Want my own money
- _____ Cannot make ends meet
- _____ Pay medical bills
- _____ Want to save for children's education
- _____ The only "bread winner" in the family
- _____ Enjoy working out more than keeping house
- _____ Want to use my skills and abilities
- _____ Want to make best use of my free time
- _____ Makes me feel needed
- _____ Always worked and now it is not convenient to stop
- _____ Other (_____)

5. a. Living facilities:

- _____ Own a home _____ Apartment
- _____ Rent a home _____ House or apartment rent-free

_____ Own a trailer _____ Other (_____)
 _____ Rent a trailer

b. If homemaker rents, ask, "How much rent do you pay monthly?"

6. What conveniences do you have in your home?

_____ Running water _____ Telephone _____ Other (_____)
 _____ Bathroom _____ Electricity
 _____ Central heat _____ Refrigeration

7. In addition to these conveniences, we are interested in knowing about some of your kitchen appliances.

Appliance	How often do you use it?	When do you expect to purchase one or do you feel you get along just as well without it?
Range (_____)		
Freezer		
Refrigerator		
Mixer		
Pressure sauce pan		
Toaster		
Deep fry pan		
Fry pan		
Waffle iron		
Dish washer		
Garbage disposal		
Electric griddle		

8. a. Did you raise any of your own food this past year? _____ If so, what? _____
 If not, why? _____
- b. We would like to know how much food you preserved or stored this past season. (Complete chart.) If answer is "none," ask, "Why not?" _____

Food	Canned	Frozen	Stored	Spoilage	Adequate	Inadequate
Vegetables						
Fruits and juices						
Jellies and preserves						
Pickles and relishes						
Meat						

How much of this food did you buy? _____.

- c. Do you have a pressure canner? _____. If so, do you use it? _____.

If homemaker does not have one, ask: "When do you expect to get one?" _____.

If homemaker reports any spoilage, ask: "Why do you think this food spoiled?" _____

_____.

9. a. Now let us discuss the storage space you have for food.

Space	Adequate	Inadequate
Freezer		
Refrigerator		
Cabinet		

Space	Adequate	Inadequate
For root vegetables and apples		
For canned food		

- b. What ways do you use your freezer to help you save time? _____

 _____.
10. a. Do you feel your kitchen is well planned (_____) or would you like to make some changes? (_____)
 b. If so, what changes would you make?

 _____.
11. a. Do you have any paid help in the kitchen? _____ yes _____ no
 b. If so, how much? _____
 c. How does this person help you? _____

 d. How much is the person paid? _____
12. We would also like to know about the help family members give you in the kitchen and the time you spend there.

Family member	Time Spent			Duty of Family Member		
	Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
Homemaker						
Father						

13. Have you ever thought about how many meals are actually eaten by all members of your family in one week? Let us talk about this for awhile.

Family member	Meals eaten at home	Packed lunches eaten	Paid lunches eaten	With friends, neighbors, or relatives	Total
Home-maker					
Father					
Guests					

14. Homemakers get information or ideas about foods from different sources. Which of these have you used during the last month?

_____ Radio	_____ Government bulletins
_____ T. V.	_____ Newspaper
_____ Magazines	_____ Bulletins from V.P.I.
_____ Books	_____ Organized classes
_____ Home Demonstration Club	_____ Family and friends
_____ Commercial bulletins	_____ Other (_____)

15. a. Some homemakers like to plan each meal when it is time to prepare it and others prefer planning meals in advance. Which method do you use? _____
- b. Why do you think this method is better for you? _____

c. If homemaker "plans in advance," ask: "How far ahead do you plan?"

_____ For one day

_____ Week

_____ Monthly

_____ Other (_____)

16. What things do you take into consideration when you are deciding what to have for a meal or meals?

_____ Cost

_____ Artistic appearance

_____ Family likes and dislikes

_____ Special diets

_____ Nutritive value

_____ Variety in flavor

_____ Time to prepare

_____ Variety in texture

_____ Foods on hand

_____ Variety in preparation

_____ Trying new recipes

_____ Religion

_____ Other (_____)

17. What kinds of foods do you think a person should have each day and why?

Food	Why?
Green and yellow vegetables	
Other vegetables	
Fruits	
Citrus fruits and tomatoes	
Milk	
Bread	
Cereal	
Eggs	

Food	Why?
Meat, fish, poultry	
Desserts	

18. a. Is any member or members of your family taking vitamin tablets?
 _____ yes _____ no

b. If answer is "yes," complete the chart.

Family member	Idea suggested by	
Homemaker		(a) Doctor
Father		(b) Friend
Child		(c) Magazine ad
		(d) T. V. or radio
		(e) Other ()

19. a. Is getting family members to eat foods which you feel are good for them, a problem for you? _____ yes _____ no

If answer is "yes," complete the chart.

Member of family	Food	Reason	Method being used to remedy dislike	Meal skipped (see b.)

- b. Does any member of the family make it a habit to skip a particular meal? _____ yes _____ no

If so, complete chart. Then ask, "What method or methods have you tried to get the person to eat the meal?" _____

20. Eating three meals each day does not seem to satisfy the hunger of some people, which means they usually eat between meals. What do you think about eating between meals? _____
- _____

What do you offer as between meal snacks? _____

21. Are you or any member of your family:

	Method used	Family member
Trying to lose weight		
Trying to gain weight		
On an ulcer diet		
On any disease diet		

22. a. Not all homemakers are good cooks. Most of us sometimes turn out products which do not altogether satisfy or may completely dissatisfy us. How do you usually feel about the taste and appearance of the foods you prepare? _____
- _____
- _____

b.

	Homemaker prepares best	Homemaker needs help	Comments
Appetizers			
Beverages			
Breads			
Candy			
Cakes			
Casseroles			
Cheese			
Cookies			
Eggs			
Fish			
Frostings			
Fruits			
Meat			
Milk			
Pastry			
Pie fillings			
Sandwiches			
Sauces			
Soups			
Vegetables			

23. What comments do members of the family make about your cooking?

24. a. Do you enjoy having guests for a meal or meals? _____ yes
 _____ no

If no, why not? _____

b. Do you sometimes have unexpected company? _____ yes
 _____ no

Have you ever had unexpected company and found that you did not have the foods from which to prepare a satisfactory meal within an hour's time? _____ yes _____ no

If so, has this happened often? _____ yes _____ no

What do you think you could do to keep it from happening again?

25. Homemakers have different ideas about foods. We have listed some and we would like for you to tell us if you think:

	Yes	No	Not sure	Don't know
1. Most vegetables should be cooked covered.				
2. Vegetables should begin cooking in cold water.				
3. Baking soda should be added to green vegetables.				
4. Cabbage has more food value than lettuce.				
5. Grade A canned vegetables and fruits are better for you than Grades B and C.				
6. One dry cereal will give you as much food value as another.				
7. The use of iodized salt should be recommended by a doctor.				

	Yes	No	Not sure	Don't know
8. Vegetables should be cooked until well done.				
9. Orange juice should be stored covered.				
10. Adults need milk.				
11. Dried beans will take place of meat.				
12. Milk contains all the vitamins.				
13. Prunes should be eaten often.				
14. Tomatoes contain Vitamin C.				

26. a. What is your idea of a good packed lunch? _____

b. What comments do you get from the person who eats the packed lunch? _____

27. Do you try to serve each meal about the same time each day (____) or do you find it more convenient to serve the meal just whenever you can get it ready? (____)

28. Is it a problem for you to get all the foods for a meal prepared at just the right time to be served? _____

29. We are interested in knowing which of these you have found to be better for family meals:

_____ Serve the plates from the pots and pans

_____ Put food in bowls and pass around

_____ Homemaker or father serves all plates at table

30. Do you feel that you can set an attractive table? _____ yes
 _____ no

If answer is no, what is your main problem or problems in the area?

31. Do you, in some way, use leftover foods (_____) or do your family members like "leftovers?" _____

If homemaker uses them, ask, "In what ways do you use them?"

32. Do you and your family members ever get tired of eating the same foods? _____ yes _____ no

If so, why do you think this is? _____

33. Most of us at sometime have to prepare food for a sick person. What kind of food do you think would be best for:

	Food	Don't know
1. Person with high fever		
2. Person with a cold		
3. Person recovering from an operation		
4. Person permanently bedfast		
5. Person suffering from some infection		

34. Do you wash the dishes after each meal (_____) or do you find it is satisfactory to wash the dishes from two or more meals at one time? (_____)

35. Some homemakers have a particular pattern for washing dishes. That is, the plates may be washed first and then cups, etc., or cups and then silver. Do you have a pattern () or do you prefer just washing them as you come to them? ()

If the homemaker has a pattern, number the list (1, 2, 3, 4, 5, 6).

_____ Plates	_____ Glasses	_____ Silverware
_____ Bowls	_____ Cups and saucers	_____ Pots and pans

36. Do you dry your dishes () or do you let them drain dry? ()

37. Why do you think some homemakers rinse dishes? _____

Do you think this is a necessary practice? _____

38. Much time and money is spent shopping for food. We are interested in knowing about some of the shopping practices you have found to be good and those you have found not to be so good.

What day or days of the week do you prefer to shop for groceries?

Day	Reason
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

39. Do you use a list when you shop for food () or do you find it just as easy to choose as you shop? ()

40. Except for bread and milk, how often do you shop?
 _____ Daily _____ Weekly _____ Twice each week
 _____ Every two weeks _____ Monthly _____ Other ()

41. Who usually buys the groceries?
 _____ Husband _____ Wife _____ Husband and wife
 _____ An older child _____ Other ()

42. Do you plan your meals and then buy your groceries () or do you buy your groceries and plan the meal when you are ready to prepare it? ()

43. Where do you usually shop?

	Check	Reason	Check
Supermarket		Variety of goods	
Privately owned town grocery		Give stamps	
Small country store		Can charge	
Produce stand		Delivery service	
		Parking space	
		More for my money	
		Open until 9:00 and on Sunday	
		Conveniently located	
		Self-service	
		Good meat counter	
		Friendly management	

44. We would also like to know about some of the things which influence you when you buy foods.

	During past week	During past month
Cost		
Quality		
Coupons		
Religion		
Likes and dislikes		
Advertisements		
Store displays		
Nutritive value		
Trying new recipes		
Time to prepare		
Brand name		
Attractive labels		
Suggestion from friend		

45. a. When you shop do you compare prices, check labels and quality, () or do you have time to do these things? ()
- b. Do you feel you understand how to compare and check prices, labels, and quality? _____
46. Do you often wish for ideas about stretching the food budget?

47. On an average, how much is your food bill per week? _____ Let us try to break this down into the amount spent for several groups.

Food group	Amount	Adequate	Inadequate
Vegetables and fruits			
Milk and cheese			
Meats, fish, eggs			
Bread and cereals			
Fats, sugars and other food extras			

48. So many foods can now be bought packaged, canned, frozen, ready to be squeezed from a tube, or in some instant form. We would like some information about these quick foods which you have found convenient and useful and what you think about them.

a. Complete chart.

Product	Homemaker uses it now	Pleased with product	Uses it but feels product could be improved	Discontinued use of product
<u>Instant foods</u>				
Coffee				
Lemon juice				
Milk (solid)				
Soup				
Potatoes				
Pudding				
Pie filling				
Whipped topping				
<u>Frozen foods</u>				
Grape juice				
Grapefruit juice				
Lemonade				
Limeade				

Product	Homemaker uses it now	Pleased with product	Uses it but feels product could be improved	Discontinued use of product
Pineapple juice				
Orange juice				
Fish sticks				
Breaded veal				
Breaded oysters				
Breaded scallops				
Breaded shrimp				
Veal patties				
Shrimp creole				
Seafood dinner				
T V dinner				
Jiffy steaks				
Hamburger patties				
Chicken croquettes				
Pot pies				
Waffles				
Soups				
Rolls				
Pizza				
Cakes				
Pies				
Cookie dough				
Fruits				
Vegetables				

Product	Homemaker uses it now	Pleased with product	Uses it but feels product could be improved	Discontinued use of product
<u>Mixes</u>				
Bisquick				
Cake				
Candy				
Cookie				
Cornbread				
Gingerbread				
Icing				
Muffin				
Pancake				
Pastry				
Pie filling				
Pudding				
Roll				
Sauce for meat loaf				
<u>Canned</u>				
Biscuits				
Rolls				
Hams				
Spaghetti and meat				
Chicken and noodles				
Soups				
Vegetables				
Juices				
Chinese dinners				

Product	Homemaker uses it now	Pleased with product	Uses it but feels product could be improved	Discontinued use of product
Dried beans				
French fried onions				
<u>Other</u>				
Potato salad				
Pimento cheese				
Chicken salad				
Dips				
Grated cheese				
Brown 'n serve rolls				
Bakery cakes				
Bakery pies				
Stuffing				
Onion flakes				

b. Do you prepare any of your own mixes? _____

If so, what? _____

49. Do you feel that a lack of knowledge about foods and how to prepare them has affected your success as a homemaker? _____ yes
_____ no

If yes, in what way or ways? _____

50. In general, are you satisfied with the arrangements you have for feeding your family? _____ yes _____ no

What are you most pleased with? _____

What dissatisfies you most? _____

51. a. If an organized class, pertaining to family foods and nutrition, were taught in your community, would you participate in it () or would you have time? ()
- b. If homemaker says she would participate, ask:
 "Which areas in the field of food and nutrition would interest you most?"

(Check and then number according to preference.)

- | | |
|----------------------------------|------------------------------------|
| _____ Planning nutritious meals | _____ Being a wise shopper |
| _____ Preparing nutritious meals | _____ Preserving and storing foods |
| _____ Table service | _____ Kitchen arrangement |
| _____ Using leftovers | _____ Preparing mixes |
| _____ Time management | _____ Other () |

52. How often do you find it necessary for you or your family members to consult a doctor?

Family member	Approximate visits	
Homemaker		(a) one or more each month
Father		(b) one every 2 or 3 months
		(c) three each year
		(d) twice each year
		(e) once each year
		(f) less than once each year

53. Last, we would like to know, as closely as you can figure, what your income is. (Circle for homemaker, X for combined.)

Yearly

Under \$1000	\$1000 1999	2000 2999	3000 3999	4000 4999	5000 5999	6000 6999	7000 7999	8000 8999	9000 9999	10,000 Over
1	2	3	4	5	6	7	8	9	10	11

Monthly

Below \$100	\$100 199	200 299	300 399	400 499	500 599	600 699	700 799	800 899	900 999	1000 Over
1	2	3	4	5	6	7	8	9	10	11

Weekly

Below \$25	50 99	100 149	150 199	200 249	250 299	300 349	350 399	400 449	450 499	500 Over
1	2	3	4	5	6	7	8	9	10	11

ABSTRACT

The purpose of this study was (1) to determine some of the problems in family foods and nutrition of dual-role mothers in Giles County, Virginia, and (2) to make recommendations of types of assistance homemaking teachers could render these mothers in solving some of their problems.

Using schedule forms especially prepared for this study, information relating to problems in family foods and nutrition was personally collected from 32 mothers, and by mail from 32 mothers. None of the respondents had children who had reached the eighteenth birthday.

Study of the data obtained on the schedule forms showed that the mothers who participated in this investigation were generally poor managers of time, energy, and available resources, had inadequate knowledge of nutrition, and failed to exercise desirable kitchen and shopping practices.

The investigator recommends that homemaking teachers (1) emphasize experiences which lead to better use of time, energy, and available resources and (2) consider possible ways and means of promoting adult education programs which will meet the needs of the dual-role mothers.