

AN ABSTRACT OF THE THESIS OF

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(Name) (Degree)  
in HOME MANAGEMENT presented on September 26, 1969  
(Major) (Date)

Title: MEAL MANAGEMENT PRACTICES USED IN THE HOMES OF  
OREGON STATE UNIVERSITY HOME ECONOMICS GRADUATES

Abstract approved: Redacted for Privacy  
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The purpose of this study was to examine the meal management practices used in the homes of selected home economics graduates. A total of 296 questionnaires were mailed to Oregon State University home economics graduates for the years 1945, 1950, 1955, and 1960. Forty-nine percent (146) of the questionnaires were returned. Of these, 140 questionnaires were tabulated and analyzed.

Findings from this study show that over three-fifths of the homemakers and the children age five or under ate all meals at home. Nearly three-fifths of the husbands and the children age six and above ate all meals at home except the weekday noon meal. Forty percent of the families ate breakfast together as a family every day, six percent ate the noon meal together, and 81 percent ate the evening meal together every day. Meals appeared to be on a more routine time schedule during the week than on weekends.

The dining room table and the kitchen table were the more

popular areas in the home for serving family meals. Eighty-eight percent of the homemakers felt it was important or very important for all family members to eat together as often as possible.

The homemaker carried the major responsibility for preparing the breakfast, noon, and evening meals. However, other family members assisted. The meal time tasks with which the homemakers received the most help were setting the table, clearing the table, washing the dishes, and serving the food. The daughters helped most with meal time tasks.

Homemakers spent more time preparing the evening meal than the other two meals, and they spent more time preparing the breakfast than the noon meal. They also spent more time preparing all meals on the weekend than on weekdays. The majority of the homemakers spent 30 minutes or less preparing the breakfast and noon meals and 60 minutes or less preparing the evening meal.

Apartment or blue-plate service was the most popular service for the breakfast and noon meals. For the evening meal, country or American service was used most often. Only nine percent of the homemakers used a tray regularly for meal service, and only two percent used a cart regularly.

Sixty-two percent of the homemakers purchased their groceries for a definite period of time and then planned their meals, while 17 percent planned their menus before purchasing their groceries.

All of the homemakers owned a refrigerator. All except two

indicated owning and using a range. Over 60 percent owned a toaster, a freezer, a dishwasher, an electric fry pan, a blender, and an electric mixer with stand. Eighty-six percent of the homemakers used paper napkins regularly on weekdays, while none used cloth napkins regularly on weekdays. Fabric table cloths were more popular with the homemakers than were plastic ones. Ninety-four percent of the homemakers occasionally used paper plates and cups. They were used for picnics or outdoor meals, some daily meals, and for guest meals.

The majority of the homemakers, 71 percent, said that they did enjoy cooking, particularly for special occasions. Though nearly half said they liked to serve meals in a creative way, 68 percent used a simple, basic type of service due to limited time.

The homemakers in 91 percent of the homes were the major food shoppers. Thirty-four percent of the families usually shopped for food once per week, while 39 percent made a major shopping trip and additional trips as needed. Fifty-six percent of the homemakers shopped on Thursday or Friday. Over 60 percent of the homemakers never had completely prepared dinners or foods such as pizza and fried chicken delivered to their homes. However, dairy products were delivered regularly to 49 percent of the homes.

Fifty-seven percent of the homemakers invited guests for meals once or twice a month, and over half usually entertained from three to six guests at a time for meals. When asked about having guests help with meal preparation and cleanup, 36 percent of the homemakers

preferred no help from guests, while 27 percent said they enjoyed help, and nine percent did not object to help.

Chi-square tests were used to test for relationships between types of meal service and selected demographic factors and between methods of meal planning and selected demographic factors. Significant relationships were found between the type of meal service used and the employment status of the homemaker, the number of children, the income of the family, and the age of the homemaker. Significant relationships were also found between the method of planning meals and the age of the homemaker.

The results of these tests showed that apartment or blue-plate service was used most frequently for the weekday breakfast meal by full-time homemakers and least frequently by homemakers employed part time. As the number of children in the family increased, the use of apartment or blue-plate service for this meal decreased.

Apartment or blue-plate service was used most frequently for the weekday noon meal by full-time homemakers and least frequently by homemakers employed full time. As the level of income increased up to \$20,000, the use of apartment or blue-plate service for the weekday noon meal decreased. A larger percentage of the younger homemakers used apartment or blue-plate service for the weekday noon meal. The youngest and the oldest homemakers in this study, rather than those in the middle age group, planned their meals after groceries were purchased rather than before groceries were purchased.

Meal Management Practices Used in the  
Homes of Oregon State University  
Home Economics Graduates

by

Marlene Evans Hill

A THESIS

submitted to

Oregon State University

in partial fulfillment of  
the requirements for the  
degree of

Master of Science

June 1970

APPROVED:

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*September 26, 1969*

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## ACKNOWLEDGEMENTS

Sincere appreciation is expressed to Dr. Martha A. Plonk for her suggestions and counsel throughout this study. Appreciation is also expressed to the other members of the author's committee-- Dr. J. Philip O'Neill, Mrs. Harriet K. Sinnard, and Miss Mary S. Wallace.

The author appreciates the advice of the staff in the Department of Statistics and in the Computer Center at Oregon State University-- Dr. Lyle Calvin, Dr. Donald Pierce, and Mr. Ronald Davis--who advised her on statistical procedures. She also appreciates the funds which the Computer Center granted to her for use of Computer Center facilities.

Grateful acknowledgement is extended to the homemakers who completed questionnaires and whose comments and information made this study possible.

The author also appreciates her parents who encouraged her to do advanced study and who constantly encouraged her during this time. She also appreciates the understanding and assistance which her husband gave her.

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MEAL MANAGEMENT PRACTICES USED IN THE  
HOMES OF OREGON STATE UNIVERSITY  
HOME ECONOMICS GRADUATES

INTRODUCTION

The purpose of this study was to examine the meal management practices used in the homes of selected home economics graduates. Many factors influence the way meals are managed in a home. Some of these factors are: the space available; the kind and amount of equipment in use; the time and energy of the homemaker; the attitude of the homemaker toward meal service; the amount of money for food, equipment, and/or services; the area in which the family lives and the availability of community resources such as grocery stores and delivery services; the number and ages of family members; and the educational level of family members.

This research explored the following questions: What type of meal planning is done? What time is spent for meal preparation? Which family members help with certain meal time tasks? When and where are meals usually eaten at home? Which meals are usually eaten at home by each family member? What types of meal service are used? What meal time procedure is followed? What equipment is used for food management? How often is food shopping done, and who does it? What type and amount of entertaining for meals are done? What are homemakers' attitudes toward preparing and serving meals?

As a resident adviser in the Oregon State University home management house, the author observed the students' spending considerable time in meal planning, preparation, and cleanup. She also observed students' resistance to trying types of meal service that they were unaccustomed to using, both in the home management house and as a home economics teacher in secondary schools.

The author feels that home economics educators need to be aware of the meal management practices of homemakers--especially homemakers who have had home economics training. The knowledge of homemakers' meal service practices would be useful for teachers in planning student experiences.

Research shows that food management is an important and time-consuming activity in the home. Steidl reported that about 36 percent of homemaking time was used for meal preparation and dishwashing (23, p. 447). Cowles and Dietz found that 37 percent of the homemaker's time was used for preparing food and clearing away (23, p. 447).

Manning studied the use of time in 15 household tasks by 111 Indiana families during 1961-62. Food management accounted for the greatest expenditure (36 percent) of the homemakers' time. In addition, marketing took nine percent of their time (15, p. 4, 5).

Statistics for 1966 show that a larger percentage (24.8 percent) of the family income was spent for food, beverages, and tobacco than

for any other single category (25, p. 316).

The author feels that the management of food and meals is an important area for study because of the amount of time and money required by these activities. Eating meals together is important socially and psychologically for family members. Lee described the significance of food in the life of an infant:

Universally, food means much more than nutrition. The first situation in which an individual ingests food is a situation in which a mother . . . holds the baby in her arms, secure, warm, safe, loved, while the baby suckles. Here in the first experience of food--love, society, warmth, are all tied together inextricably with food (12, p. 84).

The food eaten at family meals helps the child to learn his role in the family and the roles of other family members as well.

Fathauer, an anthropologist, stated:

The sharing of food almost universally symbolizes a rather high degree of social intimacy and acceptance. . . . Eating together is a widespread social lubricant in our own society in all classes and regions.

Food is one of the basic media through which attitudes and sentiments are communicated to the child. . . . The family meal situation is one of the most important events in producing morale or a sense of unity. The roles of close relatives, father, brother, sister, grandmother are clearly illustrated for the child as the family eats together. Certain foods eaten early in life become associated with these family sentiments, thereby acquiring the power to trigger a flood of affectionate childhood memories (7, p. 336-337).

Eating meals together as a family group contributes greatly to the attainment of proper nutrition for each family member and also contributes to better family relationships, as explained by

Montagu:

One of the greatest obstacles to the achievement of an optimum nutrition for every individual in our culture is the fragmentation of social relationships which is steadily occurring within the family itself. All but the mother's activities tend to be directed away from, rather than toward the family. Instead of being family-centered, the activities of the non-material members of the family are directed toward work, interests, and play outside the home. . . .

I would suggest that the means of re-establishing the family meal might well be worth looking into, not merely as a contribution to better nutrition, but to better family and social relationships (17, p. 243).

One of the reasons why mealtime is such an important family gathering is because it is often the only time the family is together during the day to share news and experiences and to exchange ideas.

Bossard discussed these ideas below:

The family meal, especially the main one of the day, holds the members of the family together over an extended period of time. The length of time, and the details of the occasion, naturally vary from one family to another, but, in general a meal is an extended session of the family personnel, with a relatively high rate of attendance. Meal time is the family council time, particularly today when under stress of the differing interests of its various members, it is apt not to get together at any other time (4, p. 296).

Benjamin Andrews sums up the social importance of meal times when he says:

The whole situation as to home dining . . . gives food a social place in family life not equaled by any other material factor. The family table is more than a school of manners: it is the seed-bed of family unity. . . . It is highly desirable that parents and children eat together--all meals if possible, one meal at least (1, p. 297).

## REVIEW OF LITERATURE

The literature reviewed in this chapter has been divided into four sections: 1) Planning Meals, 2) Shopping Practices, 3) Preparation of Meals, and 4) Eating Family Meals.

### Planning Meals

In 1952 Muse studied food management in Vermont farm homes. She found that breakfast in these homes was generally a routine meal with little advance planning of specific menus. For the dinner meal at noon, 60 percent of the homemakers planned from one hour to several hours in advance of the meal. About 30 percent planned their dinners a day or more in advance. Ten percent of the homemakers decided less than one hour before dinner what they would prepare for that meal (18, p. 10-11). Regardless of when they planned their dinners, very few of the women wrote down their menus unless someone else was to complete the preparation (18, p. 14). The majority of the homemakers planned their suppers when they were ready to begin their preparation. Their suppers, however, often consisted of leftovers from the dinner meal at noon (18, p. 10).

In 1953 Van Syckle conducted a survey on food consumption in Washington in which she included questions on food management. She found that about four-fifths of the 226 homemakers never wrote



out meal plans. Those who did make written plans occasionally made them for family dinners, but they usually made them for special occasions such as guest meals, weekend or vacation trips, or special dinners. Breakfast menus in over one-half of the homes were not planned except to have food on hand for the family to select for their menus. The breakfast menus were routine in one-third of the homes. In these homes, the Sunday breakfast might be different. In some of the households there was an alternate menu every other day. In other homes, a general pattern was followed, but particular dishes were varied from day to day. A routine breakfast was most frequent in families of all adults 50 years old or older and least frequent in families with children of school age.

In the Van Syckle study, the main meal of the day was planned in three-fourths of the households around meat or a meat substitute or around meat and potatoes. About one out of ten planned around a special or balanced diet. For lunch or supper, over one-half served leftovers or whatever was on hand. About one-third seemed to have a general pattern, usually soup and sandwiches. Some planned foods for packed lunches (27, p. 119).

Suneson, in 1961, found that only 18 of the 100 families in her study planned menus before shopping. Some of the other families, though, did give some advance thought to planning the meats or main dishes. The average time used for planning and preparation of meals

by families who planned their menus before shopping was slightly greater than the time used by the families who did not plan in advance (24, p. 45-46).

In 1962 McCrory compared the food practices of employed and full-time homemakers. Ninety-seven percent of the employed homemakers and 86.5 percent of the homemakers who were not employed did not write out their menus. About 40 percent of the employed and 50 percent of the full-time homemakers planned the meals as they prepared them. Twenty percent of the employed and 13 percent of the full-time homemakers planned the menus as the food was purchased. Twenty percent of the employed and 13 percent of the full-time homemakers planned the menus in advance of the meal. The remaining 20 percent of employed and 24 percent of full-time homemakers reported using methods of meal planning other than those discussed here (13, p. 40-41).

In 1962 Herndon asked 80 young homemakers about their food management practices. Fifty-six percent said they planned meals in advance. Another 31 percent planned when it was time to prepare the meals. Thirteen percent of the homemakers used both methods (9, p. 41).

Herndon found that 39 percent planned their menus and then purchased the groceries, while 56 percent purchased the groceries and then planned the menus from the food purchased. Five percent

said they used both methods (9, p. 48).

In 1962 Bailey studied the food management practices of employed and full-time homemakers of 428 Georgia families. About 60 percent of the homemakers usually planned meals in advance while about 40 percent always planned in advance. Reasons given for planning meals in advance were: to save time, to make preparation easier by having needed supplies on hand, to leave a meal plan for someone else to use, and to save money (2, p. 12).

Harris studied the food practices of 67 homemakers in North Carolina in 1963. The most frequent method of planning menus, used by 39 percent of the homemakers, was to plan meals at the beginning of each day. The next most frequent method, used by 25 percent of the homemakers, was to decide the menu as the homemakers prepared the meal. Eighteen percent planned a week or more in advance, and 16 percent planned a few days ahead of the meal preparation (8, p. 60, 63).

Huda in 1964 compared the meal planning practices of 72 students enrolled in the home management residence course at Oregon State University and 85 homemakers belonging to the Home Economists in Homemaking of Oregon. Thirty-two percent of the homemakers and 35 percent of the students planned meals a week in advance, 29 percent of the homemakers and 14 percent of the students planned one day ahead, and 24 percent of the homemakers and 42 percent of

the students planned two to five days ahead of the meals. The other 15 percent of the homemakers and nine percent of the students reported either other planning practices, no planning, or there was no reply (10, p. 54-55). Huda stated that:

It is known that in many American families the homemakers shop for food once a week which shows that they have probably an idea what they are going to serve for meals for the week but not on certain day, which they decide a day or more ahead. It is probable that . . . for homemakers such planning has become an established or routine practice and they do not do as much planning on paper as the students do (10, p. 55).

### Summary

Generally, most homemakers did advanced planning for meals served. The differences occurred in how far in advance the planning took place. An average of 37 percent of the homemakers in five of the above studies indicated planning as the meal was to be prepared, planning a few hours in advance of the meal, or planning at the beginning of the day. A smaller percentage, an average of 21 percent in four of the studies, planned a week in advance, as the food was purchased, or a few days ahead of the meal preparation. In three of the studies, an average of 30 percent of the homemakers reported simply planning in advance of the meal. These findings applied to the dinner or main meal as well as to general planning. Few women made written menu plans. Of those who did, they usually did so only for

special meals, guest meals, or vacation trips.

Breakfast in the majority of homes was not planned in detail but was a routine meal with some variations in the menu pattern. Lunch or supper usually consisted of leftovers or whatever was on hand and in some homes followed a general menu pattern. It was generally planned as the preparation began.

### Shopping Practices

Statistics for 1960 show that the consumer could select purchases from among 6,000 items in the grocery store. These figures are startling when they are compared with those of 1928 and 1950 when 867 and 3,750 items respectively were available (16, p. 10).

The importance of today's consumer's being an informed and wise shopper of food is stressed by Miller:

Not only do today's consumers have a much larger market in which to move and choose but consumers are being watched more closely and their influence in the market is having greater effect than ever before. Producers, processors, wholesalers, retailers, and advertising agencies are all trying to attract consumer favor to their product. Their best clues to what consumers prefer come from watching what consumers buy. Food shoppers who are informed and buy wisely influence the market in their favor; those who shop with gay abandon and little care influence the market by default. Regardless of shopping procedures, consumers do influence the market. The choices consumers make today are setting the stage for the kinds of products and the prices they will pay tomorrow (16, p. 9).

During June, 1956, Nairn and Harrington interviewed 736

families in Spokane, Washington, about their purchases of dairy products. Nearly 50 percent had purchased milk from stores in the two-week interview period. Slightly over 33 percent had purchased milk through home delivery, and about 12 percent had used both methods for purchasing milk (19, p. 5). Reasons given for home delivery were convenience (from 80 percent), fresher milk, better quality milk, regular delivery, and less cost (19, p. 9). The families who purchased milk at stores did so because the need varied and they were away from home at time of delivery. Other reasons given were for convenience, for the lower cost, for dislike of the monthly bill, and for preference for the quality and type at the store (19, p. 12). Those families who purchased dairy products at stores as well as through delivery did so to supplement regular requirements (19, p. 15).

In 1957 McDonald studied food management practices of 88 homemakers (44 employed and 44 full-time) in the Ithaca, New York, area. She found that 98 percent of the employed and 75 percent of the full-time homemakers did their major shopping once a week. Eleven percent of the full-time homemakers shopped two times a week, and ten percent shopped every two weeks. About 85 percent of all families made trips to the store in addition to the major shopping trip. In her study she found little difference in the food management practices between the employed- and full-time homemakers.

The most popular shopping day was Friday. Saturday was the second most popular day, and Thursday ranked third. About 50 percent of all families had food (milk, eggs, and bread) delivered to their homes (14, p. 17, 22).

O'Brien studied the shopping practices of 150 homemakers in the Lansing, Michigan, area during 1957. She found that 80 of the 150 homemakers had made two or three shopping trips in the preceding week, and 60 of the 150 reported only one trip. Eight reported they shopped daily for food (20, p. 7). Eighty-five percent had planned their purchases before entering the store. Of these shoppers who had planned the foods to buy, 50 percent had written lists in the store (20, p. 8).

In controlling their plan for shopping, O'Brien found that 84 percent of the homemakers had purchased all of the items they had planned to purchase when entering the supermarket, 77 percent had purchased "extra" items, and 58 percent said they had changed or adjusted certain items which they had intended to purchase (20, p. 10).

Wightman and Roberts studied the food shopping and preparation practices of 572 working and full-time wives in 1958 and found that "the amount of money spent for food (the average grocery bill) was about 10 percent less where the wives worked outside the home than where they did not" (28, p. 5). Results also showed that, contrary to popular belief, the working wife did not spend more money on

expensive, ready-prepared, and convenience foods than did the full-time wife (28, p. 6).

In a study of 57 Michigan farm families in 1960, Brake and Holm found:

Family expenditures vary widely from one family to another, but . . . size of household was relatively more important in its effect on food, basic expenditures and total expenditures than was income. The reverse was true for non-basic expenditures (5, p. 552).

In Suneson's study in 1961 the wife was the major shopper in 89 of the 100 families; in 11 families, the husband was the major shopper or shared equally in the shopping with his wife. More of the family members helped with food shopping in the families where the wife was employed than when she was a full-time homemaker (24, p. 104).

Eighty-six percent of the families made a major shopping trip only once a week. However, the families averaged three trips per week. There was a significant difference in the total number of shopping trips made by employed and full-time homemakers, with the latter making slightly fewer trips (24, p. 105). "Perhaps the explanation for the employed homemakers making a greater number of trips would be that they were more apt and able to stop in the markets on their way home from work" (24, p. 57). Two-thirds of the families did their major shopping on either Friday or Thursday, mainly because time was available or pay checks came then (24, p. 105).



Over 75 percent of the homemakers in Suneson's study shopped from a written list (24, p. 104). Another 22 percent who shopped without a list said they checked the cupboards and supplies to see what was needed and then shopped, or they shopped mainly "on sight" in the market. Few differences were found in the methods of planning used by employed and full-time homemakers (24, p. 41). One-half of the families used the newspaper in planning and preparing for food shopping. Other resources used were cookbooks, magazines, radio or television, and a neighbor or a friend (24, p. 45).

Almost 33 percent of the families had milk delivered to their homes; a few had eggs or bread delivered. Sixty percent received no home deliveries. More of the full-time homemakers (almost 50 percent) than employed homemakers (about 33 percent) received home deliveries (24, p. 60, 63).

In three-fourths of the families in Bailey's 1962 study, the wife purchased the groceries. In one-tenth of the families the husband bought the food, and in one-sixth of the families both husband and wife shopped for food. About two-thirds of the families had shopped only once during the preceding week, about one-fifth had shopped twice, and about one-tenth had shopped four or more times (2, p. 17).

Twenty-five percent of the families had food delivered to their homes. Foods delivered included milk, eggs, and bread. More full-time homemakers than employed-homemaker families had foods

delivered to their homes (2, p. 19).

Nearly one-half of the homemakers referred to food advertisements in newspapers or magazines to help in the planning of meals previous to the study (2, p. 12). No difference was found in total food expenditures between families with employed and full-time homemakers (2, p. 19).

Of the 80 young homemakers in Herndon's study in 1962, 50 percent did the grocery shopping alone, 40 percent of the husbands and wives shopped together, and ten percent of the husbands shopped alone (9, p. 48). Fifty percent of these homemakers did their major food shopping on Thursday. Friday was the next most popular day, for 16 percent, and Saturday was next, for 14 percent. Other times accounted for less than ten percent on any one day (9, p. 47).

Eighty-three percent of the homemakers in Herndon's study made a list before going to the grocery store. Sixty-nine percent of the homemakers said they supplemented their lists from displays. Twelve percent did not shop from a list but chose all items as they shopped (9, p. 48).

In Harris' study in 1963, 90 percent of the homemakers did the grocery shopping for the family. Ten percent of the husbands either did the shopping or helped their wives regularly with it. Sons, daughters, and one relative also helped at times with this task (8, p. 36). Most of the homemakers in the Harris study, 79 percent, did

their major grocery shopping only once during the week. Fifty-four percent purchased "extras" two more times during the week, and 22 percent did so three more times during the week (8, p. 38-39).

### Summary

In the above research, the homemaker was the person most often responsible for the major food shopping. Husbands and other family members assisted, however. Most of the families made a major food shopping trip only once a week but also made two or three extra trips during the week. Friday was the most popular day for food shopping in the three studies cited.

In three studies, an average of 69 percent of the homemakers shopped from a written list. Those who did not make a list checked the supplies at home to see what was needed and then shopped from memory, or they chose all items as they shopped. Milk was the most frequently-delivered food; however, some families also had eggs and/or bread delivered.

### Preparation of Meals

#### Time Spent in Meal Preparation

When the amount of time used by employed and full-time homemakers was compared for time spent in meal preparation, the

employed homemakers in McDonald's study in 1957 spent 1.9 hours per day for meal preparation while full-time homemakers spent 3.3 hours per day (14, p. 29, 37).

The homemakers in Bailey's study in 1962 averaged 2.12 hours per day in the preparation of foods. The full-time homemakers and those with larger families spent more time in this activity than did the employed homemakers and those with smaller families (2, p. 10-11).

In Herndon's study in 1962, the average time spent for preparation of breakfast was 14 minutes and for cleanup of breakfast, 14 minutes. For lunch, the preparation time averaged 16 minutes, with eight minutes for cleanup; and for dinner, the average time for preparation was 53 minutes and for cleanup, 26 minutes. The average time spent daily in food preparation and cleanup was two hours, 11 minutes (9, p. 38).

Manning's study in 1962 showed that meal preparation time increased with the age of the homemakers. "Apparently this was related to changes in family size as well as to a more deliberate pace associated with age" (15, p. 8). Larger families spent more time in homemaking activities than smaller ones (15, p. 2). For the families in Manning's study, meal preparation averaged 10.2 hours per week; dishwashing, 7.2 hours; marketing, 4.6 hours; special food preparation, 1.7 hours; food preservation, 1.4 hours; and packing lunches,

0.2 hours. The total average time spent for these meal management activities was 25.3 hours per week or 3.6 hours per day (15, p. 1).

#### Family Help With Meal Preparation

Berger (1960) (3, p. 21), McDonald (1957) (14, p. 37), and Harris (1963) (8, p. 60) reported that employed homemakers received more help from family members than full-time homemakers did.

The mothers in McCrory's study in 1962 assumed the major responsibility for preparation of breakfast, lunch, and dinner, with the exception of the noon meal of the employed mother. However, when the mothers were employed, in more than half of the homes no one prepared the noon meal (13, p. 34). A greater number of the family members prepared their own breakfast than any other meal; this occurred in one-fourth of the homes where the mother was employed and in one-eighth of the homes where she was not (13, p. 34-36). The mother or mother and children of all families assumed the greatest share of the responsibility for the preparation of dinner, and this was the only meal in which no one prepared his own meal (13, p. 36).

The homemakers in Harris' study (1963) received the most help from family members with dishwashing, setting the table, and putting groceries away. They also received help with putting dishes away,

preparing food, shopping for groceries, serving food, and storing left-over food (8, p. 60).

### Equipment Used for Meal Preparation

Manning found during 1961-62 that one-fifth of the families in her study owned a dishwasher, two-thirds owned an electric skillet, four-fifths owned a freezer, and nearly all had a food mixer. She found no relationship between the amount or type of food handling equipment owned and the income level.

She stated:

. . . ownership of equipment apparently was not influential in reducing the time spent in meal preparation. To the contrary, with the exception of the dishwasher, the time spent per individual meal was the same or greater when more items of equipment were available (15, p. 8).

Statistics show the percentage of wired U.S. homes with the following electrical appliances during 1968 (22, p. 44).

Refrigerators	99.8%	Can Openers	39.4%
Toasters	89.3%	Freezers	28.5%
Coffeemakers	82.9%	Blenders	25.9%
Mixers	80.5%	Dishwashers	20.8%
Frypans	53.4%	Disposers, Food	
Ranges - total	49.9%	Waste	20.5%
Built-in (13.7%)			
Free-standing (36.2%)			

Estimates by utility companies across the nation indicated that approximately 57.4 percent of U.S. homes have gas ranges (21, p. 69).

### Eating Family Meals

Seventeen to 18 meals of the possible 21 were served per family member per week in Manning's study (15, p. 2). The families of full-time homemakers in McDonald's study (1957) ate more of their meals at home than did the families where the homemaker was employed; more of the employed homemakers' families carried lunches (14, p. 13).

In McCrory's study (1962) dinner was the only meal where more than 75 percent of the family members sat down to eat together. The smallest number of the family members ate the noon meal together. More of the meals were eaten at the kitchen table than any other place, and the dining room was the next most frequent place for dining. Of the families with employed homemakers, 16.2 percent ate dinner on trays in front of the television in contrast to only 4.4 percent of the full-time-homemaker families (13, p. 41). In both groups of families, the most common type of meal service was to place the food in serving dishes on the table and pass it. This type of service was used in 85 percent of employed- and 80 percent of full-time-homemaker families. The next preference was to fill the plates in the kitchen. Eleven percent of employed- and ten percent of full-time-homemaker families used this method to serve meals (13, p. 45).

Harris' study (1963) showed that:

. . . the evening meal was the meal most frequently eaten together as a family. Breakfast on Monday through Friday was the meal least frequently eaten together. More often, especially in the summertime, this meal was eaten in shifts. Because Sunday morning breakfast was usually served later in the morning, it was more likely to include everyone. All persons at home ate together all of the time in about one-third of the homes (8, p. 59).

The noon meal Monday through Friday was the meal least frequently eaten at home; this meal was missed mainly because of jobs which made it inconvenient to return home. Since the study was made in the summer, absences due to school were not considered (8, p. 59).



## METHODOLOGY

This study examined the meal management practices used in the homes of selected home economics graduates. This chapter describes the selection of the sample, the instrument used, the collection of the data, and the analysis of the data.

### Selection of Sample

Subjects selected for this study were Oregon State University home economics graduates for the years 1945, 1950, 1955, and 1960. Graduates from 1960 and earlier were selected because it was felt that the meal management practices they were using in their homes would be quite "established" by this time and so would be typical of the practices chosen by these homemakers and their families.

Addresses were obtained from files in the office of the Dean of the School of Home Economics. All bachelor's graduates for the years 1950, 1955, and 1960 except those for whom no address or a very old address was available and those who were living outside the United States were selected. Three out of every four names from the list of 1945 graduates were selected to obtain 75 addresses from this group. Seventy-five names were selected in this group to keep the four groups somewhat equal in number. Again, those with very old or no addresses were eliminated; and in order to obtain the

desired 75 addresses, the first ten names which had been randomly discarded were this time added to the mailing list.

#### Instrument Used

A questionnaire developed and used by Winona H. Carlson (6) was the instrument used to gather the data for this thesis. This questionnaire was slightly revised, using Carlson's suggestions for improvement and changing some of the questions to better fit the author's purposes. After the revisions were made, the questionnaire was pretested with two homemakers to see if the directions and questions were clear and to see if adequate space was provided to answer the questions. One further revision was made, and the questionnaires were then prepared for mailing. A copy of the questionnaire is included in the appendix.

#### Collection of Data

Along with a cover letter and a stamped, self-addressed envelope for returning the questionnaire, 75 questionnaires were mailed to the 1945 graduates; 78, to the 1950 graduates; 59, to the 1955 graduates; and 84, to the 1960 graduates. Of these 296 questionnaires mailed, 146 (or 49 percent) were returned--41 from the 1945 class; 41 from the 1950 class; 28 from the 1955 class, and 36 from the 1960 class.

Six of the returned questionnaires were not used; three were unusable, and three were received after the data was tabulated. A total of 140 questionnaires were tabulated and analyzed.

### Analysis of Data

Data from the returned questionnaires was categorized and coded by the researcher. Computations of statistical tests were done with the aid of a computer. In addition to descriptive statistics, the chi-square test was used to test for relationships between types of meal service and selected demographic factors and between methods of meal planning and selected demographic factors.

## FINDINGS

The findings from the questionnaire used to collect the data will be discussed in this chapter in five sections: 1) Characteristics of the Sample, 2) Eating Family Meals, 3) Planning, Preparing, Serving, and Clearing Meals, 4) Shopping for Food, and 5) Entertaining Guests for Meals.

### Characteristics of the Sample

#### Household Members

The homemakers were asked to give the members of their households and ages of the children living at home. Table 1 gives data about the 140 homemakers and their families. There were a total of 130 husbands. Ten of the married homemakers and one widow had no children at home. None of the homemakers had more than six children at home. There was an average of 2.3 children per household.

Twelve persons other than family members were living with the families. They included three grandparents, four students, two tenants, one roommate, one cook, and one young girl. The average household size was 4.2 members, and the 1960 graduates had the smallest-sized households.

Table 1. Members of Households at Home

Family Members	1945 Graduates	1950 Graduates	1955 Graduates	1960 Graduates	Total
Homemaker	39	40	28	33	140
Husband	35	38	27	30	130
Children					
Age 5 or under	2	4	20	45	71
Age 6 to 12	27	41	42	17	127
Age 13 to 19	57	59	3	0	119
Age 20 and over	7	0	0	0	7
Total	93	104	65	62	324
Other	2	5	0	5	12
Total	169	187	120	130	606
Average Size of Household	4.3	4.7	4.3	3.6	4.2

### Place of Residence

Forty-nine percent of the homemakers were residents of Oregon. The next largest group of 27 percent were living in California. Eight percent lived in Washington. Six percent were living in other Western states. Six percent were from Eastern states, and one homemaker was living temporarily in Taiwan (Republic of China). There was no response from three percent of the homemakers (Table 2).

Over half, 54 percent, of the homemakers were living in a suburban area; 26 percent, in an urban area; 18 percent, in a rural area; and there was no response from two percent (Table 3).

Table 2. Place of Residence of the Homemakers

State (or Country)	Number	Percent
Oregon	69	49
California	38	27
Washington	11	8
Other Western States	8	6
Eastern States	8	6
Taiwan (Republic of China)	1	1
No Response	<u>5</u>	<u>3</u>
	140	100

Table 3. Areas in Which Homemakers Lived

Type of Area	Number	Percent
Urban	37	26
Suburban	75	54
Rural	25	18
No Response	<u>3</u>	<u>2</u>
	140	100

### Age of Homemakers

Table 4 presents ages of homemakers. Thirty-two percent of the homemakers were between the ages of 25 and 35. Fifty percent were between the ages of 36 and 45. Seventeen percent were over 45 years old. One percent did not respond.

Table 4. Age of the Homemakers

Age	Number	Percent
25 - 30	11	8
31 - 35	34	24
36 - 40	27	19
41 - 45	43	31
46 - 50	22	16
Over 50	2	1
No Response	<u>1</u>	<u>1</u>
	140	100

Marital Status of Homemakers

Table 5 shows the marital status of the homemakers. About 93 percent were married. Of the remaining seven percent, 2.9 percent were divorced, 1.4 percent were single, 1.4 percent were widowed, and 1.4 percent were separated.

Table 5. Marital Status of the Homemakers

Status	Number	Percent
Single	2	1.4
Married	130	92.9
Widowed	2	1.4
Separated	2	1.4
Divorced	<u>4</u>	<u>2.9</u>
	140	100.0

### Employment Status of Homemakers

Forty-nine percent of the homemakers were full-time homemakers, 27 percent were full-time-employed homemakers, and 24 percent were part-time-employed homemakers. Approximately 50 percent of the homemakers in each of the four groups (1945, 1950, 1955, and 1960 graduates) were employed either full or part time. In 1967, 39.7 percent of the U.S. female population 16 years old and over were employed (25, p. 224). The homemakers in this study were above this 1967 average for percent employed. However, if the homemakers in this study were compared with the number of employed women college graduates, the figures might be more alike (Table 6).

Table 6. Employment Status of the Homemakers

<u>Employment Status</u>	1945 Graduates	1950 Graduates	1955 Graduates	1960 Graduates	Total	Percent
Employed Full Time	17	10	5	6	38	27
Employed Part Time	3	13	9	8	33	24
Full-Time Homemaker	<u>19</u>	<u>17</u>	<u>14</u>	<u>19</u>	<u>69</u>	<u>49</u>
Total Number	39	40	28	33	140	100

### Education of Homemakers

Sixty percent of the homemakers had completed coursework beyond the bachelor's degree. Of this sixty percent, five percent had obtained a master's degree, six percent had completed



coursework beyond the master's degree, and one percent had earned a doctor's degree. The remaining 48 percent in this group had completed coursework beyond the bachelor's degree only.

Of the four groups studied, a larger percentage of the 1960 graduates, 76 percent, had obtained education beyond the bachelor's degree. Sixty-four percent of the 1955 graduates, 59 percent of the 1945 graduates, and 45 percent of the 1950 graduates had completed coursework beyond the bachelor's degree (Table 7).

#### Education of Husbands

Seventy-six percent of the husbands were college graduates. Of this group, 43 percent had obtained bachelor's degrees only, 19 percent had obtained master's degrees, ten percent had earned professional degrees, and four percent were holders of doctor's degrees. Of the remaining 24 percent, only two percent had not graduated from high school. Eight percent were high school graduates. Two percent had attended vocational school, and 11 percent had attended college. There was no response from one percent of the homemakers (Table 7).

#### Homemakers' Occupations

The Occupational Outlook Handbook was used to classify the homemakers' and the husbands' occupations (26, p. XI-XIV) shown in

Table 7. Education of the Homemakers and Their Husbands

Education Completed	1945 Graduates	1950 Graduates	1955 Graduates	1969 Graduates	Total	Percent
<b>Homemakers:</b>						
Bachelor's degree	16	22	10	8	56	40
Coursework beyond Bachelor's degree	16	14	14	23	67	48
Master's degree	1	2	2	2	7	5
Coursework beyond Master's degree	5	2	2	0	9	6
Doctor's degree	<u>1</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>1</u>	<u>1</u>
	39	40	28	33	140	100
<b>Husbands:</b>						
Grade school to 3 yrs. high school					3	2
High school graduate					10	8
Vocational school (1-3 yrs. )					3	2
College (1-3 yrs. )					14	11
College graduate					56	43
Master's degree					25	19
Professional degree					13	10
Doctor's degree					5	4
No response					<u>2</u>	<u>1</u>
					131*	100

\*The total equals 131 rather than 130, the number of husbands as shown in Table 1, because one couple was separated, but the husband's education is categorized here.

Table 8. Of the 71 employed homemakers, 80 percent were employed in professional and related occupations. Nine percent were in clerical and related occupations. Six percent were in sales occupations; finance, insurance, and real estate. Four percent were in service occupations, and one percent was in other occupations.

#### Husbands' Occupations

Fifty-four percent of the husbands were employed in professional and related occupations. The next largest group, 17 percent, were in sales occupations; finance, insurance, and real estate. Nine percent were employed in skilled and other manual occupations. Seven percent were in government; managerial; transportation, communication, and public utilities. Six percent were in agricultural occupations, and one percent was in other occupations. About one percent of the husbands was not gainfully employed. The occupations of three percent of the husbands were not classified due to incomplete information. There was no response from two percent of the homemakers about their husbands' employment (Table 8).

#### Homemakers' and Husbands' Hours of Employment

Since the hours of employment might influence the meal management practices of the families involved, the homemakers were asked to indicate the hours they and their husbands worked. Nearly

Table 8. Occupations of the Homemakers and Their Husbands

Type of Employment	Total		Percent	
	Husbands	Homemakers	Husbands	Homemakers
Professional and Related Occupations	73	57	54	80
Clerical and Related Occupations		6		9
Sales Occupations; Finance, Insurance, and Real Estate	23	4	17	6
Service Occupations		3		4
Skilled and Other Manual Occupations	12		9	
Agriculture	9		6	
Government; Managerial; Transportation, Communication, and Public Utilities	10		7	
Not Working for Gainful Employment	1		1	
Unable to Classify Due to Incomplete Information	4		3	
Other Occupations	1	1	1	1
No Response	3		2	
	<u>136*</u>	<u>71</u>	<u>100</u>	<u>100</u>

\* The total would equal 131 rather than 130, the number of husbands as shown in Table 1, because one couple was separated, but the husband's occupation is categorized here. However the total is 136 because five of the husbands listed two occupations.

half, 49 percent, of the employed homemakers had regular hours of employment during the day, Monday through Friday. An additional six percent of the homemakers worked regular hours plus some or all evenings and/or weekends. Twenty-eight percent worked from two to six hours during the day part or all of the week. Fourteen percent had irregular working hours and/or days, and three percent worked in the evenings (Table 9).

Table 9. Hours of Employment for Homemakers and Their Husbands

Hours of Employment	Total		Percent	
	Husbands	Homemakers	Husbands	Homemakers
Regular hours during day Monday-Friday	72	35	55	49
Regular hours plus some or all evenings and/or weekends	32	4	25	6
Irregular hours and/or days	9	10	7	14
Evenings	2	2	1	3
Weekdays and Saturday (full day)	10		8	
Two to six hours during day part or all of week		20		28
Varies with season	2		2	
No response	3		2	
	130*	71	100	100

\*The total would be 131 rather than 130, as shown in Table 1, because one couple was separated, but the husband's hours of employment are categorized here. However, one husband was not gainfully employed.

A majority of the husbands, 55 percent, also worked regular hours during the day, Monday through Friday. An additional 25 percent worked regular hours plus some or all evenings and/or weekends. Eight percent worked weekdays plus a full day on Saturday. The hours and/or days for seven percent of the husbands were irregular. The hours for two percent varied with the season. One percent worked evenings, and there was no response from two percent of the homemakers about the hours their husbands worked (Table 9).

#### Gross Income

In 1966 the median income in the United States was \$7,436 for all families (25, p. 324). Fifty-nine percent of the families in this study were earning between \$10,000 and \$20,000; 22 percent were earning over \$20,000. Eighteen percent of the families had incomes under \$10,000. Only two percent of that group earned under \$5,000, four percent earned between \$5,000 and \$7,499, and 12 percent earned between \$7,500 and \$9,999. The largest percentage of families in this study, 31 percent, were earning incomes between \$10,000 and \$14,999. There was no response from one percent of the homemakers (Table 10).

Table 10 indicates that the families of the 1945 graduates, who have had the longest time for employment, had a higher percentage of incomes over \$15,000 (64 percent). Fifty-five percent of the 1950

graduates, 39 percent of the 1960 graduates, and 32 percent of the 1955 graduates had incomes over \$15,000.

Table 10. Gross Income of Homemakers and Their Husbands

Income Level	1945 Graduates	1950 Graduates	1955 Graduates	1960 Graduates	Total	Percent
Under \$5,000	1	0	0	2	3	2
\$ 5,000 to \$ 7,499	1	1	2	2	6	4
\$ 7,500 to \$ 9,999	2	3	3	8	16	12
\$10,000 to \$14,999	10	12	14	8	44	31
\$15,000 to \$20,000	14	11	5	9	39	28
Over \$20,000	11	11	4	4	30	22
No Response	0	2	0	0	2	1
Totals	39	40	28	33	140	100

### Eating Family Meals

#### Meals Usually Eaten at Home by Members of Household

Table 11 summarizes the data for meals eaten at home by household members. The majority of the husbands (59 percent) ate all meals at home except the weekday noon meal. Fourteen percent of the husbands ate all meals at home, and 13 percent of them ate all meals at home except the noon meal on weekdays and weekends. Sixty-four percent of the homemakers ate all meals at home. Twenty-eight percent of the homemakers ate all meals at home except the weekday noon meal.

Table 11. Meals Eaten at Home by Household Members

Meals	Husband N = 130	Home- maker N = 140	Children	Children	Children	Children	Other	All
			Ages 5 or Under N = 71	Ages 6-12 N = 127	Ages 13-19 N = 119	Ages 20 or Over N = 7	Household Members N = 12	Household Members N = 606
Percent of Household Members								
All meals	14	64	87	19	6	14	17	34
All meals except weekday noon meal	59	28	10	75	76	57	25	52
All meals except noon meal week- days and weekends	13	2	0	5	10	0	0	6
All meals except weekday breakfast and noon meals	5	1	0	0	4	0	8	2
Other	8	4	3	1	2	29	33	5
No response	1	1	0	0	2	0	17	1
Total	100	100	100	100	100	100	100	100



Eighty-seven percent of the children age five or under ate all meals at home. Seventy-five percent of the children between the ages of six and 12 and 76 percent of the children between the ages of 13 and 19 ate all meals at home except the weekday noon meal. Of the children age 20 or over, 57 percent ate all meals at home except the weekday noon meal. Fifty percent of the other household members either ate all meals at home or ate meals at times other than those shown on the table, and 25 percent ate all meals at home except the weekday noon meal.

Fifty-two percent of all household members usually ate all meals at home except the weekday noon meal, and another 34 percent usually ate all meals at home. Of the remaining 14 percent, less than seven percent were in any one category for meals eaten at home.

#### Meals Eaten Together as a Family

The homemakers were asked to indicate which meals were usually eaten together as a family--that is when most or all family members were present for the meals. Forty percent of the families ate breakfast together every day. Twenty-one percent ate breakfast together only on Saturday and Sunday, and another 12 percent, on Sunday only. For the noon meal, 41 percent of the families ate together as a family only on Saturday and Sunday. Thirty-two percent of the homemakers reported that the noon meal was not eaten at home

or else gave no response, and another 16 percent said that only on Sunday was this meal eaten together as a family.

A large majority of the homemakers, 81 percent, said that the evening meal was eaten together as a family every day. An additional 15 percent reported eating this meal together at various times during the week, and four percent did not respond or else indicated that no one ate this meal at home (Table 12).

Table 12. Meals Eaten Together as a Family

Days Meals Are Eaten Together as a Family	Percent of Homemakers Reporting		
	Breakfast	Noon	Evening
Every Day	40	6	81
Sunday Only	12	16	1
Saturday and Sunday	21	41	1
All Days Except Saturday	7	1	1
Other	8	4	12
No Meal Eaten at Home or No Response	<u>12</u>	<u>32</u>	<u>4</u>
	100	100	100

The data about meals eaten together as a family was further explored to find which family members--of those present for family meals--usually ate each meal together. Fifty-nine percent of the homemakers said that all family members in their homes were expected to be present for the breakfast meal, 30 percent indicated

this attitude for the noon meal, and 91 percent reported it for the evening meal. In 22 percent of the homes, homemakers reported that for breakfast the husband ate alone and/or the mother and children ate together. Twenty-one percent said that the mother and children ate the noon meal together.

From Table 12, one can observe that the actual practices of the families did not live up to the homemakers' expectations since 59 percent of the homemakers expected all family members to be present for the breakfast meal, 30 percent expected this for the noon meal, and 91 percent expected it for the evening meal. However, only 40 percent of the homemakers reported that breakfast was eaten together as a family every day, six percent reported that the noon meal was eaten together as a family every day, and 81 percent reported that the evening meal was eaten together as a family every day.

#### Hours Meals Were Eaten at Home

Weekday breakfasts were eaten between 7 and 8 a. m. in 61 percent of the homes, with 6 to 7 a. m. being the next most frequent hour for 22 percent on weekdays. Weekend breakfasts were usually eaten at a later hour. Forty-three percent of the families said they usually ate between 8 and 9 a. m., 32 percent said there was no set time, and 14 percent usually ate between 7 and 8 a. m.

The weekday noon meal was eaten in 40 percent of the homes

between 12 and 1 p. m. and in 16 percent, between 11 and 12 a. m. Twenty-six percent reported that no one ate the weekday noon meal at home. On the weekends, this meal was eaten between 12 and 1 p. m. in 49 percent of the homes, and there was no set time to eat lunch in 31 percent of the homes.

Sixty-six percent of the homemakers reported eating the weekday evening meal between 6 and 7 p. m. and 24 percent, between 5 and 6 p. m. On the weekend, 42 percent ate between 6 and 7 p. m., 23 percent, between 5 and 6 p. m., and 22 percent had no set time for this meal.

None of the homemakers reported that no one ate breakfast at home, and only one reported that no one ate the evening meal at home; however, as reported above, 26 percent said that no one ate the weekday noon meal at home and one percent said that no one ate the weekend noon meal at home.

Meals appeared to be on a more routine time schedule during the week than on weekends. "No set time" for meals was reported in an average of 28 percent of the families for weekend meals as opposed to an average of only two percent reported for weekday meals (Table 13).

Table 13. Hours Meals Were Eaten at Home

Time of Day	Meals					
	Breakfast		Noon		Evening	
	Week day	Week end	Week day	Week end	Week day	Week end
	Percent		Percent		Percent	
6:00 to 7:00 a. m.	22	4				
7:00 to 8:00	61	14				
8:00 to 9:00	6	43				
11:00 to 12:00			16	0		
12:00 to 1:00 p. m.			40	49		
1:00 to 2:00			1	12		
5:00 to 6:00					24	23
6:00 to 7:00					66	42
7:00 to 8:00					8	9
No set time	1	32	4	31	1	22
No one eats at home			26	1		1
Other	9	6	1	4	1	3
No response	<u>1</u>	<u>1</u>	<u>12</u>	<u>3</u>	<u>—</u>	<u>—</u>
	100	100	100	100	100	100

#### Rooms or Areas for Eating Meals

Table 14 gives the rooms or areas where meals could be eaten in the homemakers' homes. Only 54 percent of the homemakers had a dining room; however, 25 percent had a living-dining room combination. Twenty-nine percent could serve meals in the family room. If percents were added in Table 14, they would exceed 100 because many

homemakers reported having several dining areas in their homes.

Table 14. Rooms or Areas in Which Meals May Be Eaten for Families Studied

Rooms or Areas	Number of Homemakers	Percent of Homemakers
Outdoor dining space	83	59
Kitchen eating area	75	54
Dining room	75	54
Family room	41	29
Dining-living room combination	35	25
Kitchen-family room combination with eating area	17	12
Living room	16	11
Kitchen-dining room combination	11	8
Other	5	4

Table 15 shows the rooms or areas in which meals were usually eaten in the homemakers' homes. In 40 percent of the homes, breakfast was served at the kitchen table on weekdays. Twenty percent of the homemakers served weekday breakfasts at the dining room table; 17 percent, at the bar or nook in the kitchen; and 16 percent, at a table in the family room. For weekend breakfasts, again the kitchen and dining room table were the most popular dining areas; 41 percent served at the kitchen table and 29 percent, at the dining room table. The trends for serving weekday and weekend breakfasts were similar. Breakfast guest meals were most frequently served in the dining room,

by 54 percent of the homemakers, at the kitchen table by 21 percent, and at a table in the family room by 15 percent of them. The dining room table, the kitchen table, and a table in the family room in the order given were the most popular areas for serving breakfasts.

Thirty-two percent served the weekday noon meal at the kitchen table; 17 percent, at the dining room table; and 13 percent at a table in the family room. Twenty-four percent of the homemakers did not respond to this question. Again, for the weekend noon meal, the largest group of homemakers, 39 percent, served this meal at the kitchen table; 21 percent, at the dining room table; and 16 percent, at a table in the family room. Noon guest meals were most frequently served in the dining room by 56 percent of the homemakers, at an outdoor dining table by 16 percent of them, and at the kitchen table or at a table in the family room by 14 percent of them for each area. The dining room table, the kitchen table, and a table in the family room in the order given were the most popular areas for serving the noon meals.

The dining room table was used when eating the weekday evening meal for 36 percent of the homemakers. A close second was the kitchen table, for 34 percent. Eighteen percent served this meal at a table in the family room. Forty-two percent of the homemakers mentioned serving the weekend evening meal at the dining room table; 32 percent, at the kitchen table; and 19 percent, at an outdoor dining

Table 15. Rooms or Areas in Which Meals Were Usually Eaten

Rooms or Areas	Percent of Homemakers Reporting*								
	Breakfast			Noon Meal			Evening Meal		
	Week day	Week end	Guest meals	Week day	Week end	Guest meals	Week day	Week end	Guest meals
Bar or nook in kitchen	17	7	1	9	9	3	6	4	1
Table in kitchen	40	41	21	32	39	14	34	32	8
Table in dining rm.	20	29	54	17	21	56	36	42	71
Table in family rm.	16	19	15	13	16	14	18	17	17
Table in living rm.	2	3	4	2	4	6	4	4	9
Television trays used in family or living rm.	1	2	0	3	5	0	6	8	3
Outdoor dining table	1	6	5	4	14	16	12	19	26
Other	2	2	1	1	1	3	2	1	4
No response	1	3	8	24	8	12	4	4	3

\* Percents exceed 100 because most homemakers indicated use of more than one room or area per meal.



table. Evening guest meals were most frequently served at the dining room table by 71 percent, at an outdoor dining table by 26 percent, and at a table in the family room by 17 percent. The dining room table, the kitchen table, and the outdoor dining table in the order listed were the most popular areas for serving the evening meals (Table 15).

#### Assigned Places at the Table

The homemakers were asked if family members had assigned places at the table for meals at home. Seventy-eight percent said "Yes." Nine percent said "No." Eight percent said "Yes by habit, not really assigned." Two percent said "other," and there was no response from three percent of the homemakers. Comments were:

Parents have regular seats; the child setting the table sits on one side, and the other two children sit on the other side.

Mother and Father have assigned places, the children do not.

The cook sits closest to the kitchen. (The other roommate sits farthest from the kitchen).

When we have guests, Mother sits at the foot of the table and Father at the head.

Yes, mostly because the boys have youth chairs and the baby a high chair.

#### End-of-Meal Procedure

The homemakers were asked if family members were permitted to leave the table as soon as they finished eating. Forty-four percent

said "Yes." Twenty-five percent said "No." Nine percent said "Yes, if excused." Twenty percent said "other," and there was no response from two percent of the homemakers. Some of the homemakers' comments were:

Yes unless there is company or we are in a discussion.

Sometimes if excused to do some planned activity--not to talk on the phone.

"Yes" at breakfast, "no" at dinner.

We usually all finish together; but if one is slow, dessert is served without waiting for the slow one.

We usually leave the table unless it is Sunday dinner or guests are present.

Children are frequently excused so parents can enjoy a last cup of coffee quietly.

At breakfast and lunch we may leave, at dinner we stay until all have finished.

The children are quite slow, so Mother and Father wait for each other, then leave the children to finish.

My five-year-old is excused after dessert, before coffee is served.

### Viewing Television During Meals

Table 16 indicates how frequently the families viewed television during meals. The majority never viewed it during meals or did so only occasionally; a few viewed it frequently during meals.

During breakfast, 76 percent of the families never viewed television, 15 percent did occasionally, five percent did frequently, and four percent did not respond. During the noon meal, 58 percent

of the families never viewed television, 27 percent did occasionally, eight percent did frequently, and seven percent did not respond.

Table 16. Family Television Viewing During Meals

Frequency	Meals					
	Breakfast		Noon		Evening	
	Total	Percent	Total	Percent	Total	Percent
Never	106	76	81	58	49	35
Occasionally	20	15	38	27	68	48
Frequently	8	5	11	8	22	16
No Response	<u>6</u>	<u>4</u>	<u>10</u>	<u>7</u>	<u>1</u>	<u>1</u>
	140	100	140	100	140	100

Thirty-five percent of the families never viewed television during the evening meal, 48 percent did occasionally, 16 percent did frequently, and one percent gave no response. A few of the homemakers indicated that their families viewed television during the evening meal to see the news; perhaps this is why more of the families viewed television during this meal than during the other two meals.

Table 17 shows the rooms in which television was viewed at mealtime, if it was viewed. Twenty-three percent of the homemakers indicated never viewing television during meals and so listed no room for viewing it. Thirty-two percent viewed television during meals in the family room, den, or recreation room; 23 percent, in the living room; six percent, in the kitchen; five percent, in the dining

room; five percent in the living room--viewable from the dining room; and three percent, in other rooms. Three percent gave no response.

Table 17. Rooms in Which Television Was Viewed at Mealtime

Rooms	Total	Percent
Family room, den, or recreation room	45	32
Living room	32	23
Kitchen	8	6
Dining room	7	5
Living room - viewable from dining room	7	5
Other	5	3
Never watch television during meals	33	23
No response	<u>5</u>	<u>3</u>
	142*	100

\* Total is 142 rather than 140 (the number of homemakers) because two homemakers indicated viewing television in two different rooms.

#### Importance of the Family's Eating Meals Together

Homemakers were asked if they felt it was important for all family members to eat together as often as possible. Eighty-eight percent felt it was important or very important. Seven percent felt it was fairly important or not important. Three percent thought it was important until or unless family members had conflicting activities, then the family should eat together as often as possible. Two percent

did not respond to the question. Some of the homemakers made comments:

We purposefully promote family togetherness in other ways, not through food. If individual schedules and appetites coincide, we eat together. Each member is conscious of the Basic Four food planning and forage for themselves. Refrigerator is always well stocked with pre-cooked roasts, stews, etc., also freezer and canned goods well stocked.

Our family is together a great deal. We enjoy each other and like to eat meals together. As far as feeling that it is important, I can't say that I do. If a family is miserable together, why add to their misery by insisting that they eat together?

It is impractical to eat breakfast and lunch together. With a husband working late sometimes and the older son involved in after-school activities, dinner can be difficult, too. However, I much prefer having a nice evening meal together and will keep trying.

We eat together because it is sensible and pleasant to do it this way. Importance is not a factor!

As a child, my family always ate together in the dining room. It has left me many pleasant memories. If I had children, I would hope to do the same.

We like to have the entire family together for a meal. If my husband is going to be late, we usually all wait and eat together.

Eating together is very important to our family. It's our best time for communication.

This is a good time for family get-togethers, pleasant discussions, and eating together brings closeness and harmony among family members.

We especially enjoy being together at the evening meal--it's a time when we share the day's experiences with one another.

It is an essential time for the family to share together, not only food, but ideas, experiences, etc. It is undoubtedly our most important daily time together.

## Planning, Preparing, Serving, and Clearing Meals

### Major Responsibility for Preparing Meals

The homemaker carried the major responsibility for preparing the breakfast, noon, and evening meals. The husbands, daughters, and other family members assisted, however. The homemaker prepared breakfast in 87 percent of the homes, the noon meal in 85 percent, and the evening meal in 89 percent of the homes. The husband was responsible for preparing breakfast in four percent of the homes, and the noon and evening meals in one percent each of the homes. A mother and daughter(s) team worked to prepare one percent of the breakfasts, two percent of the noon meals, and four percent of the evening meals. Family members other than those mentioned above prepared breakfast in seven percent of the homes, the noon meal in four percent of the homes, and the evening meal in six percent of the homes. There was no response from one percent of the homemakers regarding preparing breakfast and no response from eight percent regarding preparing the noon meal (Table 18).

### Help With Meal Time Tasks

Table 19 shows which family members helped with or were responsible for certain meal-time tasks. The tasks with which the homemakers received help in order of frequency from most to least

were setting the table (90 homemakers received help with this); 82 received help with clearing the table; 50, with washing the dishes; 31, with serving the food; nine, with unloading the dishwasher; nine, with other tasks including planning meals and shopping, wiping off the table, drying the dishes, occasionally preparing a meal, and feeding pets; four, with taking out the garbage; and four, with sweeping the kitchen floor.

Table 18. Family Members Having Major Responsibility for Preparing Meals

Family Members	Percent		
	Breakfast	Noon	Evening
Homemaker	87	85	89
Husband	4	1	1
Mother and daughter(s)	1	2	4
Other	7	4	6
No response	<u>1</u>	<u>8</u>	<u>0</u>
	100	100	100

The family members who helped with these tasks in order of frequency from most to least were daughter(s) (60 percent of the daughters helped), son(s) (28 percent), all children (14 percent), daughter(s) and/or son(s) (6 percent), and all family members (3 percent). The daughters helped most with setting the table, while the sons helped most with clearing the table. In some families the children took turns helping with a particular task.

Table 19. Family Members Who Help with or Are Responsible for Certain Meal Time Tasks

Family Member	Set Table	Serve Food	Clear Table	Wash Dishes	Unload Dishwasher	Take Out Garbage	Sweep Kitchen Floor	Other*	Total	Percent of Family Members Helping
Daughter(s) n = 162	48	5	20	14	5	0	2	4	98	60
Son(s) n = 162	15	2	20	4	0	2	1	2	46	28
All Children n = 324	11	2	14	12	3	1	1	1	45	14
Daughter(s) and/or Son(s) n = 324	6	1	6	4	1	0	0	2	20	6
All Family Members n = 606	2	1	14	2	0	1	0	0	20	3
Other Combinations	8	20	8	14	0	0	0	0	50	--
Total n = 606	90	31	82	50	9	4	4	9	279	46

\*Included planning meals and shopping, wiping off table, drying dishes, occasionally preparing a meal, and feeding pets.



Time Spent by Homemakers for Meal Preparation

Table 20 shows that the homemakers spent more time in the preparation of the evening meal than in the preparation of the other two meals and that they spent more time preparing breakfast than the noon meal. They also spent more time preparing all meals on the weekend than on weekdays.

Table 20. Time Spent by Homemakers for Meal Preparation

Time Spent	Breakfast		Noon		Evening	
	Week day	Week end	Week day	Week end	Week day	Week end
	Percent of Homemakers					
15 minutes or less	49	20	47	31	0	1
16-30 minutes	44	64	22	42	15	12
31-60 minutes	2	15	1	11	68	51
1-2 hours	1	0	0	3	15	31
More than 2 hours	0	0	0	0	0	1
No response	<u>4</u>	<u>1</u>	<u>30</u>	<u>13</u>	<u>2</u>	<u>4</u>
	100	100	100	100	100	100

Ninety-three percent of the homemakers spent 30 minutes or less preparing weekday breakfast while 84 percent of them spent 30 minutes or less preparing breakfast on weekends. Sixty-nine percent of the homemakers spent 30 minutes or less to prepare the weekday noon meal. There was no response from 30 percent of the homemakers regarding this meal. Seventy-three percent of the

homemakers spent 30 minutes or less preparing the weekend noon meal, and 11 percent spent 31 to 60 minutes for its preparation.

More time was spent by all homemakers for the preparation of the evening meal. The majority of the homemakers, 68 percent, spent 31 to 60 minutes preparing the weekday evening meal. Fifteen percent spent 16 to 30 minutes, and 15 percent spent one to two hours for its preparation. None of the homemakers spent less than 16 minutes nor more than two hours preparing the weekday evening meal. Sixty-four percent of the homemakers spent 60 minutes or less preparing the weekend evening meal, while 31 percent spent one to two hours.

One homemaker said, "This is difficult to answer, as I often make ahead a variety of salads, desserts, casseroles and store in the extra refrigerator or freezer. This cuts down on actual meal preparation time." Another said, "We use a great deal of convenience foods and package mixes, or I cook in quantity amounts and store in the refrigerator or freezer." Another said, "Baking time is in addition to given times." And another,

At the evening meal I often cook for other meals while in the kitchen, such as making jello and baking cookies. When we plan to be home for all meals on a weekend, I will spend all Friday baking and cooking so the weekend will be relatively free and flexible.

In regards to the weekday noon meal, one homemaker said,

"I start the packing of three lunches; each makes his own

sandwich." Another, referring to the weekend noon meal, said, "It is a 'do-it-yourself' type preparation."

### Types of Meal Service

Meal service includes the following activities: "setting the dining table and any other surfaces to be used during a meal with the appointments for eating; placing the food on the table; offering food to the diners; and removing food and dishes" (11, p. 229). The manner in which these activities are performed determines the type of meal service used.

The homemakers in this study were asked to read the following descriptions of types of meal service, then to indicate which types of meal service they used in their homes for meals served.

Country or American Service. "Covers are completely laid and filled serving dishes are placed at intervals on the dining table. Each serving dish is taken by the nearest person and passed from hand to hand around the table until all have served themselves; thus service is from the table. Table-waiting is done by one or more members of the group, who remove the main course and serve the dessert course. . . . the dessert course may be served from the kitchen, from the table, or both" (11, p. 233).

Apartment or Blue-Plate Service. "Plates are served up in the kitchen and placed on the table just before the diners sit down. . . . If there is to be food for second portions, it may be kept in serving dishes, placed on an end table or other suitable piece of furniture drafted for this use. They may be passed from hand to hand until all have served themselves. Removal of the main course and service of the dessert are handled by one of the group. . . ." (11, p. 234).

Some of the homemakers in this study indicated that the plates were placed on the table after the family was seated at the table.

Buffet Service. "The buffet is a table or any other suitable surface, such as chest, desk, serving table, or kitchen counter, from which food is offered to guests who serve themselves and then eat in accordance with planned arrangements" (11, p. 235). Guests then eat at card tables or a dining table, from a tray placed on their laps, or from plates held in their hands or placed on their laps with their beverages placed on a convenient table.

Family or Compromise Service. "Courses are served from the table by father, mother, or another member of the family. The served plates are passed from hand to hand in an orderly fashion until all at the table have been served. Unless a meal is limited to one course, the table is cleared and the next course brought to the table by a member of the family" (11, p. 231).

In addition to the above types of meal service, two other informal types of meal service were added because it was felt that some families might use them--1) each person prepares and serves his own food, and 2) the person eating serves himself from cooking utensils at the range.

The homemakers' responses to questions on types of meal service are summarized in Table 21. Apartment or blue-plate service was the most popular service for the breakfast and the noon meals. Country or American service ranked second for both of these meals. For the evening meal, country or American service was used most frequently. Apartment or blue-plate service was the second most used type of service for the evening meal.

Table 21. Types of Meal Service Used by the Families

Type of Meal Service	Breakfast			Noon			Evening		
	Week day	Week end	Guest meals	Week day	Week end	Guest meals	Week day	Week end	Guest meals
	Percent of Homemakers Reporting*								
Country or American service	16	28	46	10	24	47	50	46	49
Apartment or Blue-Plate service	59	61	29	44	57	24	41	35	14
Buffet service	9	6	8	3	3	9	4	5	29
Serve self from range	10	4	1	4	5	1	2	1	1
Family or Compromise service - Mother serves	1	2	2	1	1	1	4	4	3
Family or Compromise service - Father serves	1	2	4	0	1	7	8	11	26
Each prepares and serves own food	4	1	1	0	3	0	0	0	0
Other	3	2	4	3	3	5	4	6	
No response	4	4	14	40	11	20	3	6	5

\* Percents exceed 100 because many homemakers indicated use of more than one type of service per meal.

Fifty-nine percent of the homemakers used apartment or blue-plate service for the weekday breakfast, and 61 percent used it for the weekend breakfasts. For breakfast guest meals, 46 percent used country or American service. Apartment or blue-plate service was used by 29 percent of the homemakers for guest breakfast meals.

For the weekday noon meal, 44 percent of the homemakers used apartment or blue-plate service, and 57 percent used it for the weekend noon meals. Forty-seven percent used country or American service for the noon guest meals, while 24 percent used apartment or blue-plate service for the noon guest meals.

Fifty percent of the homemakers used country or American service for the weekday evening meal. Apartment or blue-plate service was the second most popular type for this meal and was used by 41 percent of the homemakers. On the weekend, 46 percent of the homemakers used country or American service, and 35 percent of them used apartment or blue-plate service for the weekend evening meal. Country or American service was the most popular type of service for evening guest meals. It was used in 49 percent of the homes. Buffet service was used by 29 percent of the homemakers to serve evening guest meals; however, family or compromise service with father serving was used by 26 percent of the homemakers for evening guest meals.

Chi-square tests were used to determine if there was a

significant relationship between the type of meal service used for weekday meals and the five variables: employment status of the homemaker, area of residence, number of children, age of the homemaker, and income of the family.

The results of the tests indicated that there was a significant relationship at the .005 level between the type of meal service used for the weekday noon meal and the employment status of the homemaker. There was a significant relationship at the .05 level between the type of meal service used for the weekday breakfast meals and the employment status of the homemaker, between the type of meal service used for the weekday breakfasts and the number of children, and between the type of meal service used at the weekday noon meals and the income of the family. There was a significant relationship at the .10 level between the type of meal service used at the weekday noon meal and the age of the homemaker (Table 22).

#### Use of a Tray and a Cart in Meal Service

Table 23 shows the frequency of use of a tray and a cart in meal service. Only nine percent of the homemakers used a tray regularly, and only two percent used a cart regularly. Fifty-eight percent used a tray occasionally, and 20 percent used a cart occasionally. Thirty-two percent never used a tray, and 77 percent never used a cart.

Table 22. Results of Chi-Square Tests Among Five Variables and the Types of Meal Service Used for Weekday Meals

Types of Meal Service Used for the Following Meals:	Variables				
	Employment Status of Homemaker <sup>1</sup>	Area of Residence <sup>1</sup>	Number of Children <sup>3</sup>	Age of Homemaker <sup>2</sup>	Income of Family <sup>3</sup>
Weekday Breakfast	10.8**	5.92	16.07**	6.79	6.38
Weekday Noon	40.74****	6.36	8.33	11.14*	16.16**
Weekday Evening	1.83	4.34	10.61	2.25	6.83
****Critical Values at .005 level	14.86	14.86	21.95	18.54	21.95
**Critical Values at .05 level	9.48	9.48	15.50	12.59	15.50
*Critical Values at .10 level	7.77	7.77	13.36	10.64	13.36

<sup>1</sup>d.f., 4

<sup>2</sup>d.f., 6

<sup>3</sup>d.f., 8

Chi-square tables for significant results are in the Appendix.



Table 23. Use of a Tray and a Cart in Meal Service

Frequency of Use	Tray		Cart	
	Total	Percent	Total	Percent
Regularly	12	9	3	2
Occasionally	82	58	28	20
Never	45	32	108	77
No Response	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
	140	100	140	100

### Planning for Meals

Sixty-two percent of the homemakers purchased their groceries for a definite period of time and then planned their meals. Seventeen percent said they planned their menus first and then purchased their groceries according to their menu plans. Of this 17 percent, 14 percent of the homemakers planned meals one week in advance; three percent planned two weeks in advance. Twenty percent of the homemakers combined the above mentioned methods for planning meals. One percent of the homemakers did not respond to this question (Table 24).

Some of the homemakers further described their planning procedures. Ten percent of the homemakers said they took advantage of the food specials at the stores, and some of these said that they planned their menus around these specials, either before shopping (from the newspaper advertisements) or at the store as they did

their shopping.

Table 24. How Meals Were Planned by the Homemakers

Method	Total	Percent
A. Meat and other groceries are purchased for a definite period, then meals are planned	87	62
B. Menus are planned, then groceries are purchased according to what is needed:		
One week in advance	20	14
Two weeks in advance	4	3
C. Other	28	20
D. No response	<u>1</u>	<u>1</u>
	140	100

Five percent of the homemakers mentioned planning their meals around the food stored in their freezers. Some mentioned having gardens from which they preserved food, some raised beef, others purchased large quantities of meat and poultry to freeze for later use, and others mentioned purchasing food--fruits, vegetables, meats, and others--on sale and freezing for later use. Flexibility was mentioned in regards to planning meals by three percent of the homemakers--flexibility in order to allow for leftovers; to work around the husband's work schedule and son's school lunch menu; to allow for changes at the store if a particular item were unavailable, too expensive, or not what was desired; and to be able to take advantage of sales at the grocery store.

One homemaker's comment may have meant that planning and preparing meals become more routine with experience when she said, "When I was first married, I planned weekly menus; after 20 years, I don't." One homemaker who didn't usually plan meals before purchasing the groceries said, "Actually some thought is given to special menus, and I purchase and plan the dinner main dish for about two weeks ahead." Another homemaker said, "I plan the menus before the groceries are purchased for one week in detail and for two weeks in sketch form; then the sketched menus are revised the following week."

Although most of the homemakers did not plan specific menus before purchasing their groceries, some indicated that they did plan menus in advance for company or special meals. Others indicated using both methods of planning meals at different times.

Chi-square tests were used to determine if there was a significant relationship between the homemakers' method of planning meals and the four variables: age of the homemaker, employment status of the homemaker, number of children, and area of residence. The results of the tests indicated that there was a significant relationship at the .025 level between the method of planning meals and the age of the homemaker. The relationship of method of planning meals and the other three variables was not significant (Table 25).

Table 25. Results of Chi-Square Tests Among Four Variables and the Homemakers' Method of Planning Meals

	Variables			
	Age of Homemaker <sup>2</sup>	Employment Status of Homemaker <sup>1</sup>	Number of Children <sup>3</sup>	Area of Residence <sup>1</sup>
Method of Planning Meals	14.47***	6.78	6.07	2.03
***Critical Values of .025 Level	14.44	11.14	17.53	11.14

<sup>1</sup>d.f., 4      <sup>2</sup>d.f., 6      <sup>3</sup>d.f., 8

Chi-square tables for significant results are in the Appendix.

### Appliances Used for the Preparation and Serving of Food

The homemakers were asked to indicate the appliances which they owned and used regularly for the preparation and serving of food. Table 26 lists these appliances, ranging in order from most used to least used. All of the homemakers owned a refrigerator. All except two of the homemakers, or 98.5 percent, indicated owning and using a range. Ninety-four percent owned a toaster; 80 percent, a freezer; 79 percent, a dishwasher; 76 percent, an electric fry pan; and 67 percent, a blender. Sixty-three percent of the homemakers owned an electric mixer with stand; 59 percent, an electric can opener; 57 percent a portable electric mixer; and 51 percent, a food waste disposer. Other appliances owned and used regularly by the homemakers are shown in Table 26. Some homemakers indicated that they owned appliances which they did not use regularly; these appliances do not

Table 26. Appliances Owned and Used Regularly by Homemakers  
for the Preparation and Serving of Food

Appliances	Total Homemakers Reporting	Percent of Homemakers Reporting
Refrigerator	140	100.0
Range	138	98.5
Electric (121)		
Gas (17)		
Toaster	132	94.3
Freezer	112	80.0
Dishwasher	111	79.3
Electric Fry Pan	107	76.4
Blender	94	67.1
Electric Mixer With Stand	88	62.9
Electric Can Opener	82	58.6
Portable Electric Mixer	80	57.1
Food Waste Disposer	72	51.4
Electric Knife	49	35.0
Waffle Iron	14	10.0
Coffee Maker	14	10.0
Electric Griddle	12	8.6
Rotisserie	7	5.0
Hot Tray	7	5.0
Electric Corn Popper	5	3.6
Electric Broiler	5	3.6
Other*	29	20.7

\* Less than five homemakers (3.6 percent) indicated use of these appliances.

appear in the table.

### Use of Table Appointments

Eighty-six percent of the homemakers used paper napkins regularly on weekdays, and 74 percent used them regularly on weekends. None of the homemakers used cloth napkins regularly on weekdays; however, two percent used them on weekends. Fabric table cloths were more popular with the homemakers than were plastic ones. The fabric cloths were used regularly on weekdays in 19 percent of the homes and regularly on weekends in 20 percent of the homes. The plastic cloths were used regularly in 15 percent of the homes for weekday meals and were used regularly in ten percent of the homes for weekend meals.

Of the four types of placemats listed on the questionnaire-- plastic, bamboo, cloth, and paper--the plastic mats were used by more of the homemakers (41 percent) for weekday meals than any other type. More of the homemakers (41 percent) used cloth mats for weekend meals than any other type (Table 27).

Other table appointments used included straw, hemp, and crystal placemats and paper towels. Some homemakers used the bare, polished tabletop in place of table appointments.

The homemakers were asked if they used paper plates and cups for meal service and the occasions for which they used them. One

percent of the homemakers used paper plates and cups regularly, 94 percent used them occasionally, and five percent never used them. Of the 95 percent of homemakers who did use paper plates and cups, 93 percent used them for picnic or outdoor meals. Nineteen percent used them for guest meals, including use for children's parties; large groups of teenagers; barbecues, pizza, or hamburger parties for large groups; children's use with television trays at guest meals; and children's use at large guest meals. Ten percent used them for daily meals, including use for Saturday and Sunday evening meals, regular summer meals, hurry-up meals, children's daily lunch meals, meals when the husband was away from home, meals when neighbor children were invited for lunch, and meals when Mother did not feel well. Some of the homemakers indicated more than one use, and so percents do not add to 100.

#### Homemakers' Attitudes Toward Preparing and Serving Meals

Seventy-one percent of the homemakers said that they enjoyed cooking, particularly for special occasions. Sixteen percent said they cooked because they had to get the job done. Thirteen percent said that their attitudes depended upon how they felt or what other projects were begging for their attention. Some of the homemakers said they would like to have more time to devote to cooking and enjoyed it more when they were able to spend more time at it. Others indicated that

though they generally enjoyed cooking, the everyday routine did get tiresome at times.

Table 27. Use of Table Appointments by 140 Homemakers

Table Appointments	Use Occasionally		Use Regularly		Totals	
	Week day	Week end	Week day	Week end	Week day	Week end
Percent of Homemakers Reporting Use						
Napkins						
Paper	12	15	86	74	98	89
Cloth	33	66	0	2	33	68
Cloths						
Plastic	17	19	15	10	32	29
Fabric	43	66	19	20	62	86
Placemats						
Plastic	25	21	16	11	41	32
Bamboo	16	15	9	9	25	24
Cloth	26	30	13	11	39	41
Paper	26	24	5	2	31	26
Other	1	4	5	4	6	8

Nearly half of the homemakers said they liked to be creative in serving meals, particularly for special occasions. However, only 31 percent of them usually were creative when they served meals, while 68 percent said they used a simple, basic type of service. One percent of the homemakers did not respond to this question. Most of the homemakers' comments indicated that they had an interest in



setting an attractive, creative table but found it difficult to do with young children and busy lives. One homemaker summarized these thoughts when she said, "Hungry, hurrying teen-age boys prefer food to flowers."

### Shopping for Food

#### Major Food Shopper

The homemaker in 91 percent of the homes was the major food shopper. The husband and wife shared this task in four percent of the homes. In two percent of the homes the husband did the major shopping, and in another two percent of the homes other family members did the shopping. There was no response from one percent of the homemakers (Table 28).

Table 28. Family Members Responsible for Food Shopping

Family Member	Total	Percent
Homemaker	127	91
Husband and Wife	6	4
Husband	3	2
Other	3	2
No Response	<u>1</u>	<u>1</u>
	140	100

### Frequency of Food Shopping

Thirty-four percent of the families usually shopped for food only once per week. Thirty-nine percent made a major shopping trip once a week and made additional trips as needed during the week for such items as bread and milk and to take advantage of mid-week specials at the stores. Nine percent of the families shopped only when groceries were needed. Four percent shopped daily or every other day; four percent, every two weeks; and two percent, monthly. Seven percent of them shopped for time periods other than those mentioned above. Included in this group were shopping every five days, twice per week, and bimonthly. One percent did not respond (Table 29).

Table 29. Frequency of Food Shopping by 140 Home-makers

Frequency	Total	Percent
Daily or every other day	6	4
Weekly only	48	34
Every two weeks	6	4
Monthly	2	2
When groceries are needed	13	9
Weekly <u>and</u> as needed	54	39
Other	10	7
No response	<u>1</u>	<u>1</u>
	140	100

Some of the homemakers further described their shopping practices. One homemaker said that she shopped about every five days because that was how much storage space she had. One homemaker's shopping pattern consisted of purchasing and freezing beef once per year, purchasing other meat on sale, purchasing staples once a month, and taking advantage of weekend specials for other food items. Another homemaker purchased most of her groceries wholesale or in large quantities and purchased perishable foods and special items approximately twice a month. Another homemaker purchased meats, vegetables, and staples monthly and fresh produce and dairy products weekly. Another homemaker who shopped monthly said she could do so because her family raised its own meat and vegetables.

#### Preferred Day to Shop

Thursday and Friday were preferred equally by the homemakers for their usual grocery shopping day. Fifty-six percent preferred these days. Saturday was the shopping day for 22 percent. Thirteen percent had no particular day to shop, or they shopped irregularly; six percent shopped on other days; and three percent did not respond (Table 30).

Table 30. Day On Which Food Shopping Was Usually Done

Day	Total	Percent
Thursday	40	28
Friday	39	28
Saturday	31	22
Other days	8	6
No particular day	18	13
No response	<u>4</u>	<u>3</u>
	140	100

#### Reading Food Advertisements in Newspapers

Thirty-nine percent of the homemakers always read the food advertisements in the newspapers before shopping. Thirty-three percent usually read them, 22 percent did occasionally, and six percent said they never read them (Table 31).

Table 31. Number of Homemakers Who Read Food Advertisements in Newspapers Before Shopping

Frequency	Total	Percent
Always	55	39
Usually	46	33
Occasionally	31	22
Never	<u>8</u>	<u>6</u>
	140	100

### Money Spent for Food

The homemakers were asked to estimate the amount of money usually spent for food per family per month. From these estimated figures, the amount of money spent per person per month was computed to be \$30.71, or \$1.02 per person per day (based on 30 days per month). For 85 percent of the homemakers, the money spent for food did include some non-food items, such as toothpaste and floor wax. Nine percent said it did not, and six percent gave no response for this item.

A recent study made by home economists at Purdue University revealed that nonfoods made up an average of almost 20 percent of consumers' purchases in markets in Lafayette and Indianapolis, Indiana. A surprisingly large number of individual shoppers' purchases consisted largely or entirely of nonfoods (16, p. 11).

### Home-Delivered Foods

Eighty-four percent of the homemakers never had completely prepared dinners delivered at home, 15 percent did occasionally, and one percent did frequently. Foods such as pizza and fried chicken were never delivered to 66 percent of the homes and were occasionally delivered to 33 percent of the homes. There was no response from one percent of the homemakers. Dairy products were delivered regularly to 49 percent of the homemakers' homes, never to 49 percent, occasionally to one percent, and frequently to one percent

of them.

Other foods delivered to nine percent of the homes regularly were eggs and bread. Foods delivered occasionally were foods for special occasions, fresh fish, meat, and seasonal fruit. Eggs were delivered frequently to one home, and a bread and egg cart was brought frequently to the family living in Taiwan (Table 32).

Table 32. Use of Home Delivery of Foods Served by Homemakers

Foods Delivered	Never	Occas- ionally	Fre- quently	Regu- larly	No Response
	Percent of Homemakers Reporting				
Completely prepared dinners	84	15	1	0	0
Foods such as pizza and fried chicken	66	33	0	0	1
Dairy products	49	1	1	49	0
Other foods	--	3	1	5	--

### Entertaining Guests for Meals

#### Frequency of Inviting Guests for Meals

Thirty percent of the homemakers invited guests for meals once a month. Twenty-seven percent invited guests twice a month; 19 percent, once every three months; and 15 percent, once or twice a week. Six percent reported that the frequency varied, and six percent reported other frequencies (Table 33).

Table 33. Frequency of Inviting Guests for Meals

Frequency	Total Homemakers Reporting N = 144*	Percent of 140 Homemakers
Once a week	15	11
Twice a week	6	4
Once a month	42	30
Twice a month	38	27
Once every three months	26	19
Various	9	6
Other	8	6

\* The total is 144 rather than 140, the number of homemakers, because four of the homemakers indicated two frequencies.

#### Number of Guests Entertained at Meals

Fifty-five percent of the homemakers reported entertaining three to six guests for meals. One to two guests was the next most common number, and was reported by 41 percent of the homemakers. Twenty-one percent of the homemakers usually entertained from seven to ten guests; six percent, over 16 guests; and four percent, from 11 to 16 guests. Three percent of the homemakers said the number varied, and one percent did not respond (Table 34).

#### Treatment of Unexpected Guests at Mealtime

The homemakers were asked how they usually handled the situation when unexpected guests arrived at mealtime. Their responses

are summarized in Table 35. Sixty-four percent of the homemakers said they would invite the guests to eat with the family. The next largest group, 31 percent, said they would ask the guests if they had eaten and then prepare additional food if necessary. Nine percent indicated they would delay the meal until the guests left; eight percent would eat the meal, then ask the guests to join the family for dessert. Fourteen percent indicated they would use other methods to handle the situation. About one percent did not respond. Some homemakers reported more than one procedure.

Table 34. Number of Guests Most Often Entertained at One Time for Meals

Guests	Total Homemakers Reporting*	Percent of 140 Homemakers
One to Two	57	41
Three to Six	77	55
Seven to Ten	30	21
Eleven to Sixteen	6	4
Over Sixteen	8	6
It Varies	4	3
No Response	2	1

\*Some of the homemakers reported more than one frequency.

Three of the homemakers said they occasionally either took guests out to eat or had food such as fried chicken delivered at home and made a meal around it. Four homemakers said that if guests had



eaten or preferred not to eat with the family, the guests were asked to sit at the table with the family for coffee, dessert, or other food. Two said this occasion had never occurred in their homes.

Table 35. Treatment of Unexpected Guests at Mealtime

Procedure	Number*	Percent
Invite guests to eat with us	89	64
Ask guests if they had eaten, then prepare additional food if necessary	43	31
Delay meal until guests leave	13	9
Eat meal, then ask guests to join the family for dessert	11	8
Other	19	14
No response	1	1

\*Some of the homemakers reported more than one procedure.

### Seating Guests for Meals

The homemakers were asked how and/or where guests were served when the number of guests exceeded the seating space available at the table usually used for meal service. Thirty-four percent sometimes served on card tables, and 31 percent used buffet service. Nineteen percent served guests at the dining room table on some occasions, while 17 percent at times served children at a table separate from the adults to make enough room for everyone eating.

Some homemakers served the children in the kitchen or family room while the adults ate in the dining room; others served the children at card tables in the same room as the adults. Nineteen percent served the guests in other ways including: children and/or adults ate outdoors; fed children first, then reset table for adults; served on trays; served using lap service; served on nesting tables; guests ate standing up; squeezed closer together at table usually used for meal service; served at kitchen table; portion of guests, usually children, ate at table in room next to dining room; served on card tables in basement play room; set up large table in basement for large groups; and set up extension tables in large party room (Table 36).

Table 36. Seating Arrangements for Meal Time Guests

Where or How Guests Are Served	Number	Percent
Serve by buffet service	43	31
Serve on television trays	23	16
Serve in living room or family room	20	14
Add a leaf to table usually used for meal service	17	12
Serve on table other than one usually used for meal service		
Card table(s)	47	34
Dining room table	27	19
Serve children at table separate from adults	24	17
Other table	20	14
Other	26	19
No response	2	1

Homemakers were asked to respond to the following open-end question: Some homemakers like to have guests help with meal preparation and cleanup. Some homemakers do not like to have guests help. How do you feel?

Twenty-seven percent of the homemakers said they enjoyed help from guests while nine percent said they did not mind help. Thirty-six percent preferred no help from guests, seven percent preferred help with cleanup only, two percent preferred help with preparation only, and 19 percent said it depended upon the guests or the type of occasion.

Some of the homemakers' reactions to guest help were:

If the guests indicate they would like to help, I welcome it, for I feel I should help when I am a guest.

It's fine to have them help if they offer. I never ask for help.

I like help--makes guests feel important and appreciated while we talk.

I usually prefer my guests (family and good friends) to sit nearby and "visit" with me while my daughter and I prepare meals. These same guests may help on pick-up and dish drying. I'd not ask more formal guests to help--we do it later.

I do not like to have guests help with preparing my meals-- I try to have it all done by the time they arrive. They may help clear the table, but I would like to load dishwasher and put leftovers away.

I like guests to relax when they come to my house, so I try to have everything prepared ahead and leave the clean-up until they have left or the next day if it's late.

Guests are guests and do not help!

## SUMMARY AND DISCUSSION

This chapter includes a summary of the study, discussion, and the limitations of the study and recommendations for further research.

### Summary

The purpose of this study was to examine the meal management practices used in the homes of selected home economics graduates. A total of 296 questionnaires were mailed to Oregon State University home economics graduates for the years 1945, 1950, 1955, and 1960. Forty-nine percent (146) of the questionnaires were returned. Of these, 140 questionnaires were tabulated and analyzed. Three were not usable, and three were returned too late to be included in the study.

Of the 140 homemakers in this study, 130 were married and living with their husbands. Ten of the married homemakers and one widow had no children at home. There was an average of 2.3 children per household.

Forty-nine percent of the homemakers were residents of Oregon; 27 percent were California residents. The remaining 24 percent lived in other states, and one homemaker lived in Taiwan. Over half of the homemakers, 54 percent, lived in suburban areas, 26 percent lived in urban areas, and 18 percent lived in rural areas.

The homemakers' ages ranged from 25 to over 50. However, 32 percent were between the ages of 25 and 35, and 50 percent were between the ages of 36 and 45. Forty-nine percent of the homemakers were full-time homemakers, 27 percent were full-time-employed homemakers, and 24 percent were part-time-employed homemakers.

All homemakers had completed bachelor's degrees, and sixty percent of the homemakers had completed coursework beyond the bachelor's degree. Seventy-six percent of the husbands were college graduates. Of the 71 employed homemakers, 80 percent were employed in professional and related occupations. Nine percent were in clerical occupations. Fifty-four percent of the husbands were employed in professional and related occupations. Seventeen percent were in sales occupations; finance, insurance, and real estate.

Forty-nine percent of the employed homemakers and 55 percent of the husbands had regular hours of employment during the day Monday through Friday. Forty-two percent of the homemakers and part-time or irregular hours of employment, but only seven percent of the husbands worked irregular hours.

Thirty-one percent of the families in this study were earning incomes between \$10,000 and \$14,999. Fifty-nine percent were earning between \$10,000 and \$20,000, and 22 percent, over \$20,000.

Findings from this study show that over three-fifths of the homemakers and the children age five or under ate all meals at home.

Nearly three-fifths of the husbands and children age six to over 20 ate all meals at home except the weekday noon meal.

Homemakers indicated which meals were usually eaten together as a family. Forty percent of the families ate breakfast together every day, while 21 percent ate breakfast together on Saturday and Sunday. For the noon meal, 41 percent of the families ate together on Saturday and Sunday. Most of the families, 81 percent, ate the evening meal together every day.

Meals appeared to be on a more routine time schedule during the week than on weekends. Weekday breakfasts were eaten between 7 and 8 a. m. in 61 percent of the homes. Forty-four percent of the families ate breakfast on the weekends between 8 and 9 a. m. For 32 percent of the families there was no set time for eating weekend breakfasts. The weekday noon meal was eaten in 40 percent of the homes between 12 and 1 p. m. On the weekends, this meal was eaten between 12 and 1 p. m. in 49 percent of the homes, and there was no set time to eat lunch in 31 percent of the homes. Sixty-six percent of the families ate the weekday evening meal between 6 and 7 p. m. On the weekend, 42 percent ate between 6 and 7 p. m. and 23 percent, between 5 and 6 p. m.

Of the 140 homemakers, 119 had more than one room or area in their home for eating meals. The dining room table, the kitchen table, and a table in the family room in the order given were the most

popular areas for serving the breakfast and noon meals. The dining room table, the kitchen table, and the outdoor dining area in the order listed were the most popular areas for serving the evening meals.

In 86 percent of the homes, family members did have assigned places at the table or had regular places by habit.

Over four-fifths of the families never viewed television during meals or did so only occasionally; less than one-fifth viewed it frequently. It was viewed least frequently during breakfast and most frequently during the evening meal.

Eighty-eight percent of the homemakers felt it was important or very important for all family members to eat together as often as possible.

The homemaker carried the major responsibility for preparing the breakfast, noon, and evening meals. The husbands, daughters, and other family members assisted, however. The meal time tasks with which the homemakers received the most help were setting the table, clearing the table, washing the dishes, and serving the food. The daughters helped most with meal-time tasks.

Homemakers spent more time in preparation of the evening meal than in preparation of the other two meals, and they spent more time preparing breakfast than the noon meal. They also spent more time preparing all meals on the weekend than on weekdays. A larger percentage of homemakers spent 16 to 30 minutes preparing breakfast,

15 minutes or less preparing lunch, and 31 to 60 minutes preparing the evening meal than any other time span.

Apartment or blue-plate service, where plates are served up in the kitchen, was the most popular service for the breakfast and the noon meals. For the evening meal, country or American service, where the food is placed in serving dishes on the table and passed from person to person, was used most often.

Though a tray was used by the homemakers more often than a cart, neither was used with much regularity. Only nine percent used a tray regularly, and only two percent used a cart regularly.

Sixty-two percent of the homemakers purchased their groceries for a definite period of time and then planned their meals. Seventeen percent planned their menus first and then purchased their groceries according to their menu plans. Twenty percent combined the two methods to plan their meals.

All of the homemakers owned a refrigerator. All except two indicated owning and using a range. Over 60 percent owned a toaster, a freezer, a dishwasher, an electric fry pan, a blender, and an electric mixer with stand.

Eighty-six percent of the homemakers used paper napkins regularly on weekdays, and 74 percent used them regularly on weekends. None of the homemakers used cloth napkins regularly on weekdays, and only two percent used them on weekends. Fabric table



cloths were more popular with the homemakers than were plastic ones. Plastic mats were used most frequently for weekday meals, but cloth mats were preferred for weekend meals.

One percent of the homemakers used paper plates and cups regularly, 94 percent used them occasionally, and five percent never used them. Those who did use paper service used it for picnics or outdoor meals, some daily meals, and for guest meals. The majority of the homemakers, 71 percent, said that they did enjoy cooking, particularly for special occasions. Sixteen percent said they cooked because it was a job to be done. Thirteen percent said that their attitude depended upon how they felt or what other projects were begging for their attention. Nearly half said they liked to be creative in serving meals, particularly for special occasions; however the majority, 68 percent, used a simple, basic type of service.

The homemakers in 91 percent of the homes were the major food shoppers. The husbands and other family members did assist, however. Thirty-four percent of the families usually shopped for food once per week, while 39 percent made a major shopping trip once a week and made additional trips as needed. Thursday and Friday were preferred equally by the homemakers as their usual shopping day, with 28 percent shopping on each day. Saturday was the shopping day for 22 percent. Thirty-nine percent of the homemakers always read the food advertisements in the newspapers before shopping, and 33 percent

usually read them.

Over sixty percent of the homemakers never had completely-prepared dinners or foods such as pizza and fried chicken delivered to their homes. Dairy products, however, were delivered regularly to 49 percent of the homemakers' homes.

Fifty-seven percent of the homemakers invited guests for meals once or twice a month. Over half usually entertained from three to six guests at a time for meals, while 41 percent entertained one or two guests. When additional seating space was needed for guests, 34 percent of the homemakers served guests on card tables, 31 percent used buffet service, and 26 percent served on a table other than the table usually used for meal service or added a leaf to that table.

When asked about having guests help with meal preparation and cleanup, 36 percent of the homemakers preferred no help from guests, while 27 percent said they enjoyed help, and nine percent did not object to help. Nineteen percent said it depended upon the guests and the type of entertainment.

### Discussion

The majority of the homemakers in this study felt that it was important for family members to eat together as often as possible. One homemaker's comment expressed this, "It is an essential time for the family to share together, not only food, but ideas, experiences,

etc. It is undoubtedly our most important daily time together." The majority of the families did eat the evening meal together every day; however, less than the majority of the families ate breakfast together every day, and only a few of the families in the study ate lunch together as a family every day. The dining room table and the kitchen table were the most popular areas in the home for eating family meals.

A certain amount of formality was evident in the way the families served and ate family meals. In many of the homes family members had assigned places at the table or had regular places by habit, and in many of the homes family members were not permitted to leave the table when they finished eating unless they were excused. The majority of the families never viewed television during meals or did so only occasionally.

Another indication of some formality in meals was that only three of the 140 homemakers indicated that they preferred the bare tabletop to the use of table appointments. Only one homemaker used paper plates and cups regularly for meal service. Few of the homemakers said that the members of their families served themselves from pans on the range or that each family member prepared and served his own food. Rather, apartment or blue-plate service was the most popular service for the breakfast and noon meals. For the evening meal, country or American service was used most often. Family or compromise service, with the father serving the plates at

the table and then passing them to the family members (a somewhat formal type of service), was used in some of the homes for the evening guest meals.

The homemakers' attitudes were positive towards preparing and serving the family meals. Most of them said they enjoyed cooking, particularly for special occasions. Nearly half of them said they liked to be creative when serving meals; however, because of limited time, the majority used a more simple, basic type of service.

The homemakers assumed the major responsibility for preparing the breakfast, noon, and evening meals and for shopping for food. They did, however, receive help from family members in shopping, preparation of meals, and in meal-time tasks. The time for preparing meals was limited by the majority of the homemakers to 30 minutes or less for the breakfast and noon meals and to 60 minutes or less for the evening meal. More time was spent preparing all meals on the weekend than on weekdays.

The majority of the homemakers planned their menus after their groceries were purchased rather than purchasing the groceries to meet their menu plans.

Some appliances were owned by a larger percentage of homemakers in this study than by homemakers in the United States as a whole. Of the homemakers in this study, 80 percent owned a freezer; 79 percent, a dishwasher; 67 percent, a blender; and 51 percent, a

food waste disposer. Of the homemakers in the United States in 1968, 29 percent owned a freezer; 21 percent, a dishwasher; 26 percent, a blender; and 21 percent, a disposer.

In some contrast to the above mentioned "affluent" practices, the majority of the homemakers never had completely prepared dinners or foods such as pizza and fried chicken delivered to their homes. Perhaps cost was a factor; perhaps it was not. Whether or not these delivery services were available to the homemakers and the habits of the homemakers would also be influencing factors.

#### Limitations of the Study and Recommendations for Further Research

All of the respondents in this study were home economics graduates of Oregon State University. As such, their meal management practices might be different from homemakers who have not had this training. The respondents had higher incomes and higher educational levels than the average United States citizen. Thus it might be assumed that the socio-economic status for most or all of the respondents was higher than for the average United States citizen. These factors put limitations on the respondents which should be kept in mind when the results are studied.

Some of the questions in the questionnaire were geared more to married homemakers with families than to single homemakers. If a

similar study were again undertaken, the sample might be limited to married homemakers with at least one child at home.

The homemakers reported several responses to some of the questions; this complicated the coding of the data. The author would suggest that the respondents be asked to indicate only the most commonly used method of meal planning, type of meal service, or other information which is being sought.

If the study were to be repeated, some of the terms or phrases in the questionnaire might be defined for the respondents. Also, the questions which asked about areas in the home where meals might be eaten and where meals were usually eaten caused some confusion. The possible responses might be more clear if they were the same for both questions.

A similar study conducted with homemakers who were college graduates but who had received their training in a field other than home economics would be interesting and informative. A study which held income constant while comparing the meal management practices of the homemakers involved would also be enlightening.

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## APPENDIX

APPENDIX

Introductory Letter

Questionnaire

Summary of Frequency Distribution of Responses

Department of Home Management  
School of Home Economics  
Oregon State University  
Corvallis, Oregon 97331  
April 28, 1969

Dear Home Economics Graduate, Oregon State University:

I am a graduate student in the Department of Home Management at Oregon State University. Under the direction of Miss Martha Plonk, I am studying for my thesis project, the management practices used in family meal service. I feel that if home economics educators are more aware of the meal service practices which families are actually using, they can better prepare their students to meet these constantly changing needs.

I chose to send the questionnaires for this study to home economics graduates from O. S. U. for the years 1945, 1950, 1955, and 1960. I would greatly appreciate it if you would take the time to complete the enclosed questionnaire, answering the questions according to the current and usual practices you follow in your home. Most of the questions can be answered by simply checking the answer which best describes your practices. A stamped, self-addressed envelope is enclosed for your convenience in returning it to me.

Would you return the questionnaire at your earliest convenience or by May 15 so I can complete my study. Thank you very much for your help!

Sincerely yours,

Marlene E. Hill

Martha A. Plonk, Adviser

## GENERAL INFORMATION

- A. Year your B. S. or B. A. was earned \_\_\_\_\_
- B. Members of household at home
- | <u>Number</u> | <u>Ages</u>            |
|---------------|------------------------|
| _____         | Husband _____          |
| _____         | Sons _____             |
| _____         | Daughters _____        |
| _____         | Other occupants _____  |
| _____         | (please specify) _____ |
- C. Your age
- 25 - 30
- 31 - 35
- 36 - 40
- 41 - 45
- 46 - 50
- 51 - 60
- Over 60
- D. State in which you live
- \_\_\_\_\_
- Check the type of area in which you live
- Urban
- Suburban
- Rural
- E. Your marital status
- Single  Separated
- Married  Divorced
- Widowed
- F. Are you
- Employed full time
- Employed part time
- Full-time homemaker
- If employed, please describe the kind of work done:
- \_\_\_\_\_
- If employed, what hours do you work:  
(Example, 8 a. m. to 5 p. m. Mon. - Fri.)
- \_\_\_\_\_
- G. Your education - check the highest level you have completed
- B. S. or B. A. degree
- Course work beyond Bachelor's degree
- M. S. or M. A. degree
- Course work beyond Master's degree
- Professional degree (Ex. medicine)
- Ph. D. degree
- Other (please specify)
- \_\_\_\_\_
- H. If married, indicate education of husband - circle number of highest level completed
- |             |   |    |    |    |          |
|-------------|---|----|----|----|----------|
| Grades      | 4 | 5  | 6  | 7  | 8        |
| High School | 9 | 10 | 11 | 12 |          |
| Vocational  | 1 | 2  | 3  |    |          |
| College     | 1 | 2  | 3  | 4  | Graduate |
- Master's degree
- Professional degree
- Ph. D. degree
- Other (please specify)
- \_\_\_\_\_
- I. If married, please describe your husband's work:
- \_\_\_\_\_
- What hours does your husband work?  
(Example, 7 a. m. to 4 p. m. Mon. - Sat.)
- \_\_\_\_\_
- J. Gross income of family (include earnings of both husband and wife)
- Under \$5,000
- \$ 5,100 - \$ 7,500
- \$ 7,600 - \$10,000
- \$10,100 - \$15,000
- \$15,100 - \$20,000
- Over \$20,000

1. Which meals are usually eaten at home by each family member? Please check appropriate category for each member.

	<u>Breakfast</u>		<u>Noon Meal</u>		<u>Evening Meal</u>	
	<u>Week day</u>	<u>Weekend</u>	<u>Week day</u>	<u>Weekend</u>	<u>Week day</u>	<u>Weekend</u>
Father	_____	_____	_____	_____	_____	_____
Mother	_____	_____	_____	_____	_____	_____
Children - List Ages						
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
Other	_____	_____	_____	_____	_____	_____

2. Do you try to eat meals together as a family at certain times of the day and/or week? If so, please check the meal(s) and day(s).

	<u>Breakfast</u>	<u>Noon Meal</u>	<u>Evening Meal</u>
Sunday	_____	_____	_____
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____

3. Which family member has the major responsibility for preparing each meal?

Breakfast \_\_\_\_\_  
 Noon Meal \_\_\_\_\_  
 Evening Meal \_\_\_\_\_

4. Are family members other than Mother responsible for certain tasks at meal time? If so, please list the family member responsible for the tasks.

Setting the table \_\_\_\_\_  
 Serving food \_\_\_\_\_  
 Clearing the table \_\_\_\_\_  
 Washing dishes \_\_\_\_\_  
 Other (please list) \_\_\_\_\_



8. Please indicate the number of guests you most often entertain at one time for a meal.

_____ 1	_____ 5	_____ 8
_____ 2	_____ 6	_____ 9
_____ 3	_____ 7	_____ 10
_____ 4		_____ Other - please specify

9. When unexpected company arrives at mealtime, how do you handle such an occasion? Please check the response most like what you would do. (Assume the guests are close or quite close acquaintances.)

\_\_\_\_\_ Invite guests to eat with us

\_\_\_\_\_ Delay meal until guests leave

\_\_\_\_\_ Explain to guests that family is ready to eat and to please wait in living room

\_\_\_\_\_ Ask guests if they have eaten, then prepare additional food if necessary

\_\_\_\_\_ Eat meal, then ask guests to join the family for dessert

\_\_\_\_\_ Other - please explain \_\_\_\_\_

\_\_\_\_\_

10. How many people can be seated comfortably at the table which is most frequently used for meal service? \_\_\_\_\_

If you have more guests than seating space, how do you manage the situation?

11. Some homemakers like to have guests help them with meal preparation and cleanup. Some homemakers do not like to have guests help. How do you feel?

12. Please estimate the average amount of time spent in meal preparation each day for each meal.

<u>Week Days</u>	<u>Weekends</u>
_____ Breakfast	_____ Breakfast
_____ Noon Meal	_____ Noon Meal
_____ Evening Meal	_____ Evening Meal



13. Check the rooms which you have in your home in which you eat meals:

- |  |  |
|--|--|
| <input type="checkbox"/> Family room with eating area    | <input type="checkbox"/> Kitchen with eating area                            |
| <input type="checkbox"/> Family room without eating area | <input type="checkbox"/> Kitchen-dining combination                          |
| <input type="checkbox"/> Dining room                     | <input type="checkbox"/> Kitchen-family room combination<br>with eating area |
| <input type="checkbox"/> Living room                     | <input type="checkbox"/> Outdoor dining space                                |
| <input type="checkbox"/> Dining-living room combination  | <input type="checkbox"/> Other - please specify _____                        |

14. Where are meals usually served? Place the appropriate letter in the blanks below.

- |                                |                     |          |                    |
|--------------------------------|---------------------|----------|--------------------|
| A. Bar or nook in kitchen      |                     |          |                    |
| B. Table in kitchen            | <u>Family Meals</u> |          | Guest              |
| C. Table in dining room        | Week days           | Weekends | <u>Meals</u>       |
| D. Table in family room        | _____               | _____    | _____ Breakfast    |
| E. Table in living room        | _____               | _____    | _____ Noon Meal    |
| F. T. V. trays (indicate room) | _____               | _____    | _____ Evening Meal |
| _____                          | _____               | _____    |                    |
| G. Outdoor dining table        |                     |          |                    |
| H. Other - please specify      |                     |          |                    |
| _____                          |                     |          |                    |
| _____                          |                     |          |                    |
| _____                          |                     |          |                    |

15. Are completely-prepared dinners delivered to your home?

- Never                       Occasionally                       Frequently

16. Are foods such as pizza, fried chicken, etc. , delivered to your home?

- Never                       Occasionally                       Frequently

17. Are dairy products delivered to your home?

- Never                       Occasionally                       Frequently

18. Are any other foods delivered to your home? Please specify \_\_\_\_\_

\_\_\_\_\_ . How often?

- Occasionally                       Frequently                       Regularly

19. Do you use a tray in meal service when setting or clearing the table or when serving food?

- Regularly                       Occasionally                       Never

20. Do you use a cart when setting, serving, or clearing the table?

- Regularly                       Occasionally                       Never

21. Check the method that most nearly describes the technique used in planning meals in your home.

A. Meat and other groceries are purchased for a definite period, then meals are planned day by day.

B. Menus are planned, then groceries are purchased according to what is needed

If you use Method B for planning, for how many days are meals planned in advance?  
(Example, a week ahead, two weeks ahead, etc.)

\_\_\_\_\_

\_\_\_\_\_

C. Other - please explain \_\_\_\_\_

\_\_\_\_\_

22. Which of the following appliances do you have and use regularly?

Dishwasher

Food waste disposer

Freezer

Portable electric mixer

Refrigerator

Electric mixer with stand

Electric range

Electric fry pan

Gas range

Electric knife

Toaster

Blender

Electric can opener

Others - please list

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

23. Who does most of the grocery shopping for the family? \_\_\_\_\_

\_\_\_\_\_

24. How frequently does your family shop for groceries?

Daily

Every other day

Weekly

When groceries are needed

Monthly

Other - please explain \_\_\_\_\_

\_\_\_\_\_

25. If you do most of your shopping on a particular day of the week, which day is it?

\_\_\_\_\_

26. Do you read the newspaper advertisements from grocery stores before going shopping?

\_\_\_\_\_ Always      \_\_\_\_\_ Usually      \_\_\_\_\_ Occasionally      \_\_\_\_\_ Never

27. Approximately what do you spend per month at the grocery store?

\_\_\_\_\_. Does this include  
non-food items, such as toothpaste and floor wax?      \_\_\_\_\_ Yes      \_\_\_\_\_ No

28. Which practice most nearly describes the mealtime procedure followed in your home?

<u>Morning</u>	<u>Noon</u>	<u>Evening</u>	
_____	_____	_____	All family members are expected to be present for meal (unless excused by parents)
_____	_____	_____	Children are fed first, then parents eat alone
_____	_____	_____	Husband eats alone
_____	_____	_____	Mother eats alone
_____	_____	_____	Children and husband eat together
_____	_____	_____	Mother and children eat together
_____	_____	_____	Each person eats when he is hungry
_____	_____	_____	Other - please explain

29. Do family members have assigned places at the table for meals that are eaten together?

\_\_\_\_\_ Yes      \_\_\_\_\_ No      \_\_\_\_\_ Other - please explain

30. May family members leave the table as soon as they finish eating?

\_\_\_\_\_ Yes      \_\_\_\_\_ No      \_\_\_\_\_ Other - please explain

31. Does the family eat and watch television at the same time?

<u>Breakfast</u>	<u>Noon</u>	<u>Evening</u>
_____ Never	_____ Never	_____ Never
_____ Occasionally	_____ Occasionally	_____ Occasionally
_____ Frequently	_____ Frequently	_____ Frequently

32. If television is viewed during meal time, in which room is it viewed?

\_\_\_\_\_

33. Please indicate how frequently you use each of the following table appointments.

	<u>Week Days</u>			<u>Weekends</u>		
	<u>Never</u>	<u>Occasionally</u>	<u>Regularly</u>	<u>Never</u>	<u>Occasionally</u>	<u>Regularly</u>
Paper napkins	___	___	___	___	___	___
Cloth napkins	___	___	___	___	___	___
Plastic table cloth	___	___	___	___	___	___
Fabric table cloth	___	___	___	___	___	___
Place mats:						
plastic	___	___	___	___	___	___
bamboo	___	___	___	___	___	___
cloth	___	___	___	___	___	___
paper	___	___	___	___	___	___
other (specify)	___	___	___	___	___	___

34. Do you use paper plates and cups for serving meals?

\_\_\_ Regularly                      \_\_\_ Occasionally                      \_\_\_ Never

If used, on what occasions do you use them?

\_\_\_ Picnic or outdoor meal  
 \_\_\_ Daily meals  
 \_\_\_ Guest meals  
 \_\_\_ Other - please specify

35. In general, how do you feel about preparing meals?

\_\_\_ Greatly enjoy cooking  
 \_\_\_ Like to cook on special occasions  
 \_\_\_ Cook because I have to - a job to be done  
 \_\_\_ Dislike cooking  
 \_\_\_ Greatly dislike cooking

36. In general, how do you feel about serving meals?

\_\_\_ Like to be creative in serving meals - setting table, etc.  
 \_\_\_ See that basic service is on table - not elaborate  
 \_\_\_ No special feeling - just serve meal  
 \_\_\_ Dislike serving meals

37. Some families feel that it is important for all family members to eat together as often as possible. Other families do not feel this way at all. How do you feel?

THANK YOU VERY MUCH FOR YOUR HELP!

## SUMMARY OF FREQUENCY DISTRIBUTION OF RESPONSES

Summary of Classification of Responses on Type of Meal Service Used at the Weekday Noon Meal and Employment Status of the Homemaker.

Employment Status	Type of Meal Service			Total
	Country or American Service	Apartment or Blue-Plate Service	Other Service	
Employed Full Time	1	3	34	38
Employed Part Time	6	13	14	33
Full- Time Homemaker	6	43	20	69
Total	13	59	68	140

$$X_4^2 = 40.74 (P \leq .005)$$

Summary of Classification of Responses on Type of Meal Service Used at the Weekday Breakfast Meal and Employment Status of the Homemaker.

Employment Status	Type of Meal Service			Total
	Country or American Service	Apartment or Blue-Plate Service	Other Service	
Employed Full Time	5	19	14	38
Employed Part Time	10	16	7	33
Full- Time Homemaker	6	46	17	69
Total	21	81	38	140

$$X_4^2 = 10.80 (P \leq .05)$$

Summary of Classification of Responses on Type of Meal Service Used at the Weekday Breakfast Meal and Number of Children.

Number of Children	Type of Meal Service			Total
	Country or American Service	Apartment or Blue-Plate Service	Other Service	
0	0	15	1	16
1	6	32	10	49
2	8	24	12	48
3	3	5	4	19
Over 3	1	1	2	4
Total	21	81	38	140

$$X_8^2 = 16.07 \quad (P \leq .05)$$

Summary of Classification of Responses on Type of Meal Service at the Weekday Noon Meal and Income of Family.

Income	Type of Meal Service			Total
	Country or American Service	Apartment or Blue-Plate Service	Other Service	
\$ 7,500 or less	3	5	1	9
\$ 7,600 to \$10,000	1	8	7	16
\$10,100 to \$15,000	6	19	19	44
\$15,100 to \$20,000	3	12	24	39
Over \$20,000 and No Response	0	15	17	32
Total	13	59	68	140

$$X_8^2 = 16.16 \quad (P \leq .05)$$

Summary of Classification of Responses on Type of Meal Service at the Weekday Noon Meal and Age of the Homemaker.

Age	Type of Meal Service			Total
	Country or American Service	Apartment or Blue-Plate Service	Other Service	
25-30	1	7	3	11
31-35	5	18	11	34
36-40	3	12	12	27
Over 40	4	22	42	68
Total	13	59	68	140

$$X^2_6 = 11.14 \quad (P \leq .10)$$

Summary of Classification of Responses on Homemaker's Method of Planning Meals and Age of the Homemaker.

Method	Age				Total
	25-30	31-35	36-40	Over 40	
Groceries are purchased for a definite period, then meals are planned	8	23	15	56	102
Menus are planned, then groceries are purchased according to what is needed	0	8	9	8	25
Other	3	3	3	4	13
Total	11	34	27	68	140

$$X^2_6 = 14.47 \quad (P \leq .025)$$