

SOME FOOD PRACTICES AND ATTITUDES OF
SELECTED LOW-INCOME FAMILIES IN
COTTON COUNTY, OKLAHOMA, WITH
IMPLICATIONS FOR COUNTY
EXTENSION PROGRAM
DEVELOPMENT

By

BETTY WOODS DAHMS

Bachelor of Science

Oklahoma State University

Stillwater, Oklahoma

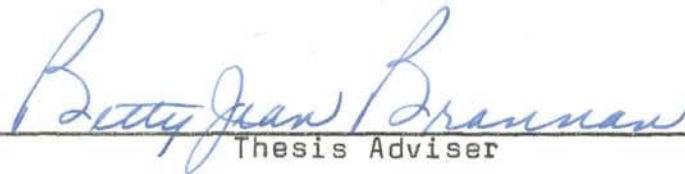
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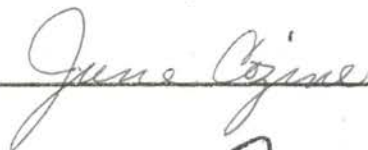
Submitted to the faculty of the Graduate
School of the Oklahoma State University
in partial fulfillment of the require-
ments for the degree of
MASTER OF SCIENCE
August, 1965

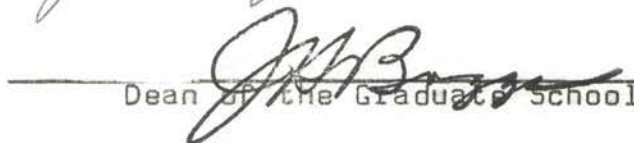
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Thesis Approved:


Thesis Adviser




Dean of the Graduate School

592742

ACKNOWLEDGMENTS

The writer expresses sincere appreciation to Dr. Betty Jean Brannan for valuable assistance, guidance, and inspiration given throughout the study. Grateful appreciation is also extended to Dr. June Cozine for her encouragement and helpful contributions given throughout the study.

The writer also expresses grateful appreciation to Mrs. Mary Johnson, Director of the Cotton County Department of Public Welfare and her staff for valuable guidance and cooperation in making this study possible.

A special thanks is extended to Jo Ann Brannan, Home Demonstration Agent in Jefferson County, Home Demonstration Club members of Jefferson County, and selected homemakers in Cotton county who were involved in pretesting the instrument.

Grateful appreciation is given to extension co-workers, home demonstration club leaders, and the two groups of homemakers who participated in the study.

Special appreciation is extended typists Mrs. Naomi Matous and Mrs. Anne Ritter in preparation of the manuscript.

The writer expresses sincere appreciation to her family and friends for thoughtful assistance and encouragement.

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CHAPTER I

DESCRIPTION OF THE PROBLEM

Today, one of the main concerns of the Cooperative Extension Service is to adapt its program content and procedures to more effectively meet the needs of various groups of clientele. One group which has received specific attention recently is the low income or disadvantaged families.

The emergence of poverty as a major issue in the United States was rather sudden. The President's Conference on Economic Progress pointed out that nearly 38 million people, one fifth of the nation, was living in poverty and named this as the United States' greatest domestic problem for the 1960's.¹

Various criteria may be used for developing a poverty index and defining low income. For this study, the level selected was an annual family income of \$3,000 or less because this is the criterion presently used by the Federal government.

During the past few months, Extension home economists have been evaluating subject matter content and teaching methods of the existing program to determine its effectiveness

¹ Leon H. Keyserling. (Chairman), Poverty and Deprivation in the United States, Conference on Economic Progress, Washington, D. C., April 1962, p. 1.

with the low income audience. However, Extension personnel at the federal, state, and county levels have recognized the need for more information about the low-income situation.

Limited research has been done to identify the food practices and attitudes of low-income families and to use this information in county extension program development. Therefore, this study will deal with identifying some of the food practices and attitudes of selected low-income families in Cotton county, Oklahoma, and proposals for developing an effective educational program to help these families with food and nutrition problems.

Reasons for Selecting the Study

The reasons for undertaking this study were:

1. The Cooperative Extension Service needs to continue to develop and revise means for identifying and effectively working with its potential clientele, and more specifically with the low-income audience.
2. Extension home economists at the state and county level and County Department of Public Welfare recognized the need for additional information about the food practices and attitudes of low-income families and have indicated an interest in this study.
3. As an Extension home economist having worked in Cotton county for nine years and assisted low-income families with food and nutrition problems, the writer recognized the need for additional information as a basis for developing a more effective educational program.

Statement of the Hypothesis and Underlying Assumptions

The major hypothesis for this study was that food practices and attitudes of selected homemakers from low-income families can be identified and may be used for developing proposals for county extension program for low-income clientele.

The following underlying assumptions were used in planning this study:

1. The home demonstration program of the Cooperative Extension Service is educational in nature and designed to meet needs of individuals in family and community living.
2. Because of a diversity of economic and population patterns throughout the nation and the state, the Extension Service program is determined to a large degree by those involved in the educational program.
3. Extension Service and the Department of Public Welfare in Cotton county endeavor to assist low-income families in solving their food and nutrition problems.

Purposes of the Study

The purposes for conducting this study were:

1. To identify some of the characteristics of low-income families, in particular, their food practices and attitudes as presented in literature.
2. To identify some of the food practices and attitudes of homemakers in selected low-income families among the home demonstration club members and non-club membership in Cotton county.

3. To compare food practices and attitudes of home demonstration club members with non-members.
4. To determine if food practices and attitudes of low-income families are related to place of residence, level of family income, and educational level of the homemaker.
5. To develop proposals for a county extension program designed to more effectively assist low-income families in solving their food and nutrition problems.

Definition of Terms

Throughout this study, the following terminology is used:

1. Extension, Extension Service, Cooperative Extension Service, or Agricultural Extension Service refers to the off-campus educational program in agriculture, home economics, and related areas sponsored jointly by the federal, state, and county governments and administered through the state land-grant college.
2. Extension Home Economist or Home Demonstration Agent is the home economist who is designated responsibility for the home economics phase of the cooperative extension program in each county.
3. Home Demonstration Club is an organized group of women whose educational program in family and community living is developed and implemented under the guidance of the county home demonstration agent.
4. Home Demonstration Club Member refers to the homemaker who belongs to a Home Demonstration Club.

5. County Department of Public Welfare refers to the county program that cooperates with the state and federal government to provide relief and care of needy, aged persons who are unable to provide for themselves and other needy persons who, on account of immature age, physical infirmity, disability, or other cause, are unable to provide care for themselves.²
6. Commodity or donated foods are the foods purchased by the federal government and given to certain designated low-income families and recipients of other government food programs.
7. Welfare client or recipient is one who receives either financial assistance or commodity foods, or both, through the County Department of Public Welfare.
8. Low income is a relative term depending upon such factors as where one lives, needs, material goods, and non-money income. Under the present government administration, families having \$3,000 or less annual income are classified as low-income families.³

Limitations of the Study

This study is limited to some of the food practices and attitudes of certain selected low-income families in Cotton

²Compilation of Social Security Laws Department of Public Welfare, Oklahoma Public Welfare Commission, Oklahoma City, Oklahoma, 1960, p. 1.

³Economic Opportunity Act, Public Law 88-452, 88th Congress Washington, D. C., August, 1964, p. 7.

county; namely, (1) the home demonstration club members reporting less than \$3,000 annual income, and (2) non-home demonstration club members receiving welfare assistance.

Data from the home demonstration club members were collected by questionnaire. These were distributed at a training meeting to club leaders and filled out at a club meeting. Data from the non-home demonstration club members were collected through a personal interview. This method was used with the latter group because it was known that some of them could not read or write and better responses could be expected. Items included on the questionnaire and interview schedule were the same with four additional items on the interview schedule. This study had the usual limitations of a questionnaire and interview schedule.

Items on food practices and attitudes which were used in both the questionnaire and interview schedule were identified from readings on low-income families.

It was recognized that the number and kind of food practices and attitudes surveyed within this study was limited, but relevant to the county situation. Therefore, the findings and program implications useful in Cotton county may or may not be applicable to other similar counties.

Procedure

Readings on research concerned with low-income families, assistance with the preparation of the Cotton County Overall Economic Development Program, and the writer's experience

in the county, gave insight into the need for a study concerned with low-income families.

From a review of literature and related studies, sample questionnaires, theses, and the writer's own experiences working with commodity recipients and other low income homemakers, a tentative instrument was developed.

The questionnaire and interview schedule were pretested in December, 1964, with five homemakers receiving commodity foods and one home demonstration club in Jefferson county. Twenty-one club members participated. The instruments were revised by incorporating suggested changes. A copy of the questionnaire and interview schedule are presented in Appendix A.

The sample of home demonstration club members was obtained by giving questionnaires to all club members and using only those reporting less than \$3,000 annual income.

The selected sample of non-home demonstration club members was drawn from a list of homemakers receiving either financial assistance or commodity foods or both through the County Department of Public Welfare. Every fifth person on the County Department of Public Welfare roll was chosen to match approximately the expected number of home demonstration club members reporting less than \$3,000 annual income.

One leader from each home demonstration club in the county attended a training meeting conducted to explain the purposes of the study and to obtain their cooperation in distributing the questionnaire to the club members and returning them to the county Extension office. Each leader was given a

packet of questionnaires according to her club's total membership. The club leaders responded to their individual questionnaires at the training meeting and returned it to the home demonstration agent. Therefore, the leader did not respond with her club, but explained the purpose of the questionnaire and gave instructions to the members. Two hundred three club members responded, with 93 reporting less than \$3,000 annual income.

After the sample of non-home demonstration club members was drawn, 91 homemakers receiving welfare assistance were interviewed personally by the writer. The interviews were conducted in the respective interviewees home. In the original sample, two homemakers preferred not to be a respondent to the interview and the physical condition of two other homemakers would not permit their being interviewed. Replacements were drawn for these homemakers from the county welfare list.

The data were hand tabulated and converted to percentages for the purpose of comparing the responses received from the two groups of homemakers.

Implications for program development were proposed as a result of findings of this investigation.

The reasons for the study, hypothesis, assumptions, purposes, procedure, and other information relevant to the development of the problem have been outlined in this chapter. In Chapter II, information relating to the home economics extension work, low social economic factors relative to low-income families, studies concerning food practices and attitudes of low-income, and disadvantaged families is presented. The

findings of the study and the writer's interpretations of these findings are presented in Chapter III. Chapter IV includes the summary of the study, conclusions, and some implications for program development based on problems indicated in this study.

CHAPTER II

FOOD PRACTICES AND ATTITUDES OF LOW-INCOME FAMILIES

The Cooperative Extension Service is endeavoring to make changes in program content and methods to more effectively serve various clientele. An effort has been made to adapt the home economics extension program to meet the needs of various groups of homemakers, particularly low-income families.

This chapter is concerned with the Cooperative Extension Service and the extension family living program; research related to low-income families, their food practices and attitudes; situation in which the county Extension program is developed; and suggested adjustments in the home economics extension program to more nearly meet the needs of low-income families as presented in literature.

The Cooperative Extension Service

The Cooperative Extension Service came into existence as a result of various educational movements. The need for educational and research programs in agriculture brought about the establishment of the United States Department of Agriculture. This was made possible by the Enabling Act of 1862 stating the purposes of the agency as:

There shall be at the seat of government a Department of Agriculture, the general design and duties of which shall be to acquire and to diffuse among the people of the United States useful information on subjects connected with agriculture in the most general and comprehensive sense of that word.¹

The Morrill Act of 1862 provided for the formulation of the land-grant institutions through a grant of land to each state.² Money from the sale of this land was to be used for the establishment and maintenance of at least one college for the purpose of teaching agriculture, mechanical arts, and military tactics, in such manner as the respective State legislature prescribed, in order to promote the liberal and practical education of the industrial classes, in the several professions of life. However, this act did not specify federal supervision of methods of instruction through the state educational institution. Thus, there were few restrictions on who or what was to be taught.

To strengthen the teachings of the land-grant institutions, the need for research was recognized. The Hatch Act of 1887 provided for research to be conducted by the land-grant institutions in cooperation with the United States Department of Agriculture.³ The act provided financial assistance to establish an agricultural research station in

¹United States Department of Agriculture and Association of Land Grant Colleges and Universities, Joint Committee Report on Extension Programs, Policies, and Goals, Washington, D. C., August, 1948, p. 12.

²Lincoln David Kelsey and Cannon Chiles Hearne, Cooperative Extension Work, Ithaca, New York, 1963, p. 31.

³Ibid., p. 27.

connection with the college. A portion of these funds were to be used for disseminating research information to the people.

The Smith-Lever Act of 1914 is the basis of the Cooperative Extension Service program in agriculture and home economics. Various enactments of legislation since 1914 have expanded the scope of Cooperative Extension work. The amended Smith-Lever Act of 1953 stated the purpose of the organization:

Cooperative Agricultural Extension work shall consist of the giving of instruction and practical demonstrations in agriculture and home economics and subjects relating thereto, to persons not attending or residents in said colleges in the several communities.⁴

This broad charter clearly identified the Extension Service as an educational organization designed to help people solve the various problems they encounter from day to day in agriculture, home economics, and related subjects.

According to the Scope Report, the Extension organization has helped people attain:

1. Greater ability in maintaining more efficient farms and better homes.
2. Greater ability to acquire higher incomes and level of living.
3. Increased competency and ability by both adults and youth to assume leadership and citizenship responsibilities.
4. Increased ability and willingness to undertake organized group action when such will contribute effectively to improving their welfare.⁵

⁴Kelsey and Hearne, p. 31.

⁵Paul A. Miller, et al., A Statement of Scope and Responsibility of the Cooperative Extension Service, Washington, D. C., April, 1958, p. 3.

The Scope Report further pointed out that to attain these objectives Extension personnel strive to help people help themselves by:

1. Identifying their needs, problems, and opportunities.
2. Study their resources.
3. Become familiar with specific methods of overcoming problems.
4. Analyze alternative solutions to their problems where alternatives exist.
5. To arrive at a promising course of action in light of their own desires, resources, and abilities.⁶

Extension home economics is one phase of the informal education program of the Cooperative Extension Service. It emphasizes the involvement of people in the planning, conducting, and evaluating of all phases of the educational program. The program content and activities are under the supervision of the home demonstration agent.

A major purpose of the county home economics extension program is to provide opportunities for individuals to develop competencies fundamental to effective family living. These competencies have been outlined by the American Home Economics Association as:

Establish values which give meaning to personal, family, and community living; select goals appropriate to these values.

Create a home and community environment conducive to the healthy growth and development of all members of the family at all stages of the family cycle.

Achieve good interpersonal relationships within the community.

⁶Miller, Ibid., p. 4.

Nurture the young and foster their physical, mental, social growth and development.

Make and carry out intelligent decisions regarding the use of personal, family, and community resources.

Establish long-range goals for financial security and work toward their achievement.

Plan consumption of goods and services, including food, clothing, and housing, in ways that will promote values and goals established by the family.

Purchase consumer goods and services appropriate to an overall consumption plan and wise use of economic resources.

Perform the tasks of maintaining a home in such a way that they will contribute effectively to furthering individual and family goals.⁷

The recent emphasis on solutions of problems of low-income families has brought into focus home economists' opportunities in developing educational programs designed specifically for this large segment of the American population. Extension, since its inception, has assisted low-income families. The increasing number of low income clientele of today is essentially different from the audience of low-income families 30 years ago. Changes in family living, the shift of population from rural to urban and rural nonfarm areas, technological advancements, and the differences in socio-economic structure bring about the need for extension home economics program adjustments, particularly in programs for low-income families.

⁷ Dorothy Scott, et al., Home Economics, New Directions, A Statement of Philosophy and Objectives, Washington, D. C., 1959.

Low-Income Families

In order for a professional worker to be able to develop effective programs with clientele, it is important that he or she have understanding of the clientele involved. The cultural characteristics of low-income families set them apart from other socio-economic groups as indicated by various authors.

Keyersling,⁸ Harrington,⁹ Phifer¹⁰ and other authorities list some of the low-income audience as being traditional within their groups, having low standards of living, low values, low level of education, low aspirations and little initiative, as well as limited economic resources. The poor do not seem to recognize their lack of education as a part of the low socio-economic complex. People in poverty usually have a feeling of marginality, rejection, helplessness, dependency, and not belonging.

In the President's¹¹ Message to Congress in March, 1964, he pointed out that some low-income families are expert in

⁸Leon H. Keyersling. (Chairman), Poverty and Deprivation in the United States, Conference on Economic Progress, Washington, D. C., April, 1962.

⁹Michael Harrington, The Other America Poverty in the United States, Baltimore, Penquin Books Inc., 1964, p. 3

¹⁰Bryan Phifer, Editor, Working With Low Income Rural Families, Washington, D. C., Federal Extension Service, United States Department of Agriculture, ESC 557, June, 1964.

¹¹Lyndon B. Johnson, Message from the President, 88th House Document 243, March, 1964.

budgeting, preparing nutritious low cost meals, keeping neat homes, and in other activities that contribute to the family well being. On the other hand, many low-income families lack the knowledge, skills, and experiences to manage these tasks and have homes that are legitimate targets of community criticism.

Low socio-economic groups tend to resent encroachment upon their tradition of patterns. To some extent, most people do resist change unless they can see compensation for the effort involved. The more immediate the forthcoming satisfaction, the more acceptable the change, particularly to the low socio-economic group. Schwarzweller¹² and others remind us that the low socio-economic class is not willing to defer gratifications for the future.

Roberts¹³ brought out in a study of low income Puerto Rican families, that although they were rural people living in poverty, they preferred to work together for pay in the fields, rather than for any family members to spend even a part of the time gardening. Low-income people are more inclined to make decisions in favor of their immediate, rather than long-term satisfactions. Various studies indicate the close family cohesiveness mentioned by Roberts. They have feelings of fear and hostility toward the larger

¹²Harry K. Schwarzweller, "Reaching New Audiences More Effectively", talk, National Conference of State 4-H Club Leaders, Theme - Youth From Low S. E. S. Families, Washington, D. C., July, 1962, p. 40.

¹³Lydia Jane Roberts and Rosa Luisa Stefani, Patterns of Living in Puerto Rican Families, Puerto Rico, 1949, p. 5.

community. The smaller neighborhood, church, or other group is "kinfolk" and isolated within the community.

Harrington¹⁴ pointed out that this interdependence is a hindrance in relocating families or individuals where there are more job opportunities and better living conditions. He said, "Old habits are stronger than the new reality." Here again educational level influences a family's adaptability.

Armstrong¹⁵ commented that ability enough to read the Readers Digest and do simple decimals, fractions, and percentages is essential to learning new skills and adjusting to relocation.

The motivation to learn is frequently nil among the low socio-economic class. They are resigned to their situation and progress slowly. For this reason, Hunter¹⁶ pointed out that benchmarks are needed for evaluating progress in education among low socio-economic people. Programs over 8 to 10 year periods would be more instrumental in motivating learning than numerous brief periods of education. According to Greenwood,¹⁷ and Phifer¹⁸ and others, low socio-economic

¹⁴Harrington, Ibid., p. 149.

¹⁵Charles M. Armstrong, "Teaching From the 1960 Census", Journal of Home Economics, LIII, November, 1961, p. 749.

¹⁶Starley M. Hunter, Winifred Eastwood, and Edward Knapp, The Families and Their Living Situation, South End Housing Development, University of Massachusetts, Amherst, Massachusetts, 1963, p. 12.

¹⁷Mary N. Greenwood, "Research and Experience in Working with Low Income Families", talk presented at Annual Meeting of American Home Economics Association, Detroit, Michigan, June, 1964.

¹⁸Phifer, Ibid., p. 3.

people can and do learn, but motivation is an essential factor of their education. Ways should be found to raise their aspirations, renew their faith in themselves, restore self respect, rekindle a desire for a better way of life, particularly for their children, and to provide opportunity for small successes to encourage greater efforts.

Although family similarities have been enumerated, family differences are important in planning educational programs designed to meet the needs of low-income families. Family needs are effected by the number of family members, their ages, conditions of health, educational levels, skills, abilities, and ambitions. It takes more than money to meet their needs.

Another manifestation of low socio-economic families is the lack of command over material resources. They have limited ability to control and manipulate their environment. Somewhere this self-perpetuating cycle needs to be disturbed. Capolovitz¹⁹ reported in The Poor Pay More that the larger percentage of families earning under \$3,500 paid a higher price for each appliance than families with higher income. They did less shopping, because they could only get credit nearby. Merchants could afford to extend credit by charging higher prices. When these families were cheated or had similar problems, one half of them did nothing about it, nearly 40 per cent complained to the merchant and only 9 per cent sought professional assistance.

¹⁹David Capolovitz, The Poor Pay More, New York, MacMillan Company, 1963.

Numerous studies reveal low physical conditions and apathy toward available community assistance.

Harrington relates health and nutrition as another phase of the poverty cycle:

The poor get sick more than anyone else in society. That is because they live in slums, jammed together under unhygienic conditions; they have inadequate diets, and cannot afford decent medical care... They are sick more often and longer than anyone else, they lose wages and work, find it difficult to hold a steady job. When there is a major illness, their prospect is to move to an even lower level, to begin the cycle, round and round toward even more suffering.²⁰

Keyersling²¹ varifies the health situation with related data on health and income in 1958. Among families with money income under \$2,000 a year, 16.5 per cent of all persons were either disabled or limited in their major activity by chronic ill health. About 8 per cent of the families with incomes ranging from \$2,000 to \$3,999 were disabled or limited to chronic illnesses; 4.8 per cent among families with \$4,000 to \$6,999 incomes; and only 4.3 per cent for families with over \$7,000 annual income. Schwartzweller²² supports this by pointing out that school absences due to high incidence of colds are related to "low living conditions" and nutritional status.

To truly understand low socio-economic families, Beavers stated that "We, [Home economists] need to get the feel, the

²⁰Harrington, Ibid., p. 22.

²¹Keyersling, Ibid., p. 62.

²²Ibid.

smell and the taste of the 'culture of poverty'."²³ In summary of what Extension home economists can contribute in developing educational programs for this audience she listed:

1. Food selection, storage, preparation, and where feasible, production and preservation
2. Use of donated foods
3. Housekeeping skills
4. Sanitation, safety, and use of available health services
5. Selection of house plans
6. Improvement of housing - storage, sleeping facilities, kitchen arrangement
7. Home furnishings - improving appearance through use of ingenuity instead of money
8. Money management and consumer education
9. Clothing - selection, care, repair, and remodeling
10. Family relationships
11. Personal appearance
12. Manners and poise²⁴

Related Studies

At the 1964 annual meeting of the American Home Economics Association, Greenwood²⁵ described some experiences of Extension home economists in special education projects with low-income families in Missouri. These projects were a joint effort between the Missouri Extension Division and related agencies and organizations who were already working with these people. The Extension home economist's educational role included:

1. Developing educational programs in family living to;

²³Irene Beavers, "Contributions Home Economics Can Make to Low Income Families", Journal of Home Economics, LVII, February, 1965, p. 110.

²⁴Ibid.

²⁵Greenwood, Ibid.

- a. help families acquire the knowledge and skills to use their available resources to achieve those daily things the family consider important
 - b. help homemakers to develop a favorable attitude toward their homemaking and community responsibilities
 - c. help homemakers gain self confidence and self reliance
 - d. help homemakers recognize community resources and educational opportunities available to them.
2. Identifying and developing leadership among low income residents.
 3. Exercising leadership in mobilizing community resources.
 4. Increasing understanding and appreciation for low income families.²⁶

Greenwood stated that a fundamental principle of adult education which was used as a basis for the project was:

...determine the situation and understand the people with whom you work. Empathy with clientele establishes a better rapport for teaching.²⁷

To gain information about the needs, interests, and habits of low-income families, formal surveys with assistance from personnel of the Federal Extension Service were conducted in selected geographic areas of St. Louis and Kansas City. Information gained through the surveys served as a basis for developing educational programs and establishing a benchmark for measuring results.

The survey in Kansas City involved 158 families residing in single housing units in a selected community. In St. Louis, a sample of 159 families were chosen from 658 families in a

²⁶Greenwood, Ibid.

²⁷Ibid.

low income housing development. In Kansas City, extension home economists did the interviewing with a resident of the community accompanying each interviewer as a "door knocker". In St. Louis, both men and women extension personnel conducted the interviews. In both surveys, the homemaker was interviewed.

Approximately 20 per cent of the persons interviewed did not belong to any organized group. The unusual circumstance of home ownership was noted among three-fourths of the sample in Kansas City. They either owned or were paying for homes even though their incomes were meager. Twenty per cent of the households reported less than \$1,000 annual income, with all but three of these, one or two person families. Another 20 per cent of the families had \$1,000 to \$2,000 income and 12 per cent reported incomes exceeding \$5,000.

A limited number of homemakers were enthused about themselves or a family member acquiring new job skills. Most of the husbands were unskilled laborers. The extension personnel felt that this factor limited the hope of a higher income, unless other family members would work for pay or be trained for other employment.

About one-third of these families spent less than \$10 per week for food. As was expected, food expenditures increased with income and number of persons per household. Unfavorable attitudes and lack of knowledge limited the use of commodity foods. Dried milk was used by only one-third of the families. One of the Kansas City interviewers summarized general information about the people involved in the study as

having a high percentage of typical low socio-economic characteristics as:

1. Few were willing to accept leadership roles.
2. The majority were suspicious of outsiders.
3. Most were indifferent toward change.
4. Many were resigned to helplessness or failure.
5. They had a tendency to isolate themselves from the remainder of the community. They desired help, but acceptance was slow.²⁸

Conclusions and implications for programming developed by researchers in the study were:

1. Low income residents do respond to educational programs.
2. The abilities and interests of low income homemakers vary. They cannot be placed into one broad category any more than all farmers.
3. Start with these people where they are...their abilities and interests.
4. The Extension home economist must have time, patience, and understanding to develop effective programs. Progress is slow. Keep the message simple...repeat and review the message frequently.
5. Simplified teaching materials and methods are necessary.
6. Leadership exists among low income residents.
7. For maximum results, Extension home economists should strive to cooperate and co-ordinate work with other agencies and organizations serving low income families.²⁹

Cornely, Bigman, and Watts³⁰ conducted a three-year study (1958-1961) to determine the cultural factors among low

²⁸Greenwood, Ibid.

²⁹Ibid.

³⁰Paul B. Cornely, M. D., Stanley K. Bigman, and Dorothy D. Watts, M. P. H., Department of Preventive Medicine, Howard University, Washington, D. C., "Nutrition Beliefs Among a Low Income Urban Population", American Dietetic Association Journal, XLII, February 1963, pp. 131-135.

income families which affect health knowledge, habits, and utilization of health resources in the community and nutritional beliefs. A total of 310 Negro and 98 white families were studied. Data were collected by personal interview.

These families were living in Washington, D. C. near Howard University. For the most part, these families were long-time residents of the area with the majority having been there twenty years or more. The educational level was low, with nearly half, having no more than eight years of formal education. Almost one-half of the heads of Negro families were in military service or common labor jobs. By contrast, over half of the whites were in the white collar or craftsman jobs. Almost three-fourths of the Negro and half of the whites had total annual incomes under \$4,000.

The respondents were asked to agree, disagree, or indicate they did not know to ten food fallacies. Not one of the fallacies was rejected by all respondents. Almost 70 per cent thought that frozen foods were not as nutritious as fresh food. It was hypothesized and disproved that a family with school age children would be more exposed to health information disseminated through the schools than those without school age children. The data provided by this study suggests that low-income families (Negro and white) have insufficient information about the essentials of an adequate diet. The authors contended that Negro families tend to retain faith in a number of erroneous folk beliefs that nutritionists have been seeking to combat for some years.

The study showed that certain personal characteristics, such as age, education, and prior residence influence the likelihood of acceptance of food fallacies.

Both Negro and white respondents were deficient in their knowledge of healthful foods. Only the vegetable fruit group was selected as healthful by the major portion of the respondents.

Young, Berresford, and Waldner³¹ conducted a study in upper New York State to determine what the homemaker knows about food. The study involved 331 homemakers in Rochester and 315 in Syracuse, New York. It was conducted in October and November of 1953. Trained interviewers pretested an open-end type questionnaire of 96 questions. No single person households were included. The study was not designed primarily as a dietary inquiry. The primary purpose of the study was to learn what the homemakers knew about food and nutrition as applied to feeding her family. Qualitative information on feeding were obtained through questions related to: (1) food served the family in the previous 24 hours; and (2) whether these meals were typical or usual and if not how they differed. There were questions about usual beverages used by adults and children. Some quantitative information was obtained by questions concerning amounts of certain foods purchased or used during the previous week.

³¹Charlotte Young, M. P. H., Kathleen Berresford, and Betty G. Waldner, "What the Homemaker Knows About Nutrition", American Dietetic Association Journal, XXXII, March, pp. 214-222; April, pp. 321-326; and May, 1963, pp. 429-434.

The performance of the homemaker upon feeding her family was considerably better than her knowledge. A high percentage of the sample used foods from the basic seven food groups, (41 per cent of the Rochester homemakers and 39 per cent of the Syracuse homemakers); six food groups (32 per cent and 37 per cent); five food groups (18 per cent and 17 per cent); four (7 per cent and 6 per cent).

The food groups least well known in terms of food value were the least used. Those least used were the green, leafy or yellow group, the citrus fruit or vegetable group, and milk.

Variation in the performance of homemakers in the various age groups was not as different as actual performance in feeding the family. However, the homemakers in the under 40 age category appeared to do a somewhat better job than did those in the over 40 years of age group. The researchers pointed out that this was probably due to the higher educational level of the younger homemakers.

Of the various factors investigated in this study, it was shown that educational attainment of the homemaker showed the greatest relationship to her nutritional knowledge and adequacy of feeding practices. In general, homemakers who graduated from high school used more recommended practices. With increased education the homemaker used all basic seven food groups. Differences were accentuated when those with less than sixth grade education were compared with those who had attended college.

Though income brought some increase in adequacy of feeding practices, both qualitatively and quantitatively, the increases were neither as consistent or great as was true with educational levels.

Regarding sources of information about food and nutrition, the three most frequently mentioned were "mother or relative", "common sense", and "magazines or newspapers". The number and kind of sources of information varied more according to educational level than according to age or income of the homemaker.

In order to determine the attitudes of the homemakers toward feeding their families, the question "what do you think about in planning food for the family", was asked. The order in which the attitudes were more frequently stated were:

- (1) "what's good for them", (2) "likes and dislikes",
- (3) "cost of food", (4) "items of different foods",
- (5) "variety and ease of preparation", (6) "special diets",
- and (7) "just fill them up".

Pontzer and Dodds³² studied the use of Government donated foods in the rural industrial community around Bellefont, Pennsylvania, during the summer of 1961. Data were collected through personal interview from a random sample of 60 families. These families were thought to be

³²Margaret E. Pontzer and Mary L. Dodds, PhD., "Using Government Donated Foods in A Rural Community", American Dietetic Association Journal, XLII, February, 1963, pp. 128-130.

representative of recipients of donated foods in non-urban areas throughout the state. Commodity foods distributed included: flour, rolled oats, rice, nonfat dry milk, lard, butter, dried pea bean, peanut butter, canned pork and gravy, and spiced beef loaf. Cornmeal and dried eggs were not distributed because the people did not seem receptive to them. There was a minimum of stockpiling of foods. Rice was the only food on hand in more than one month's supply.

One-third of these families had a garden at the time of the survey. The nutritive content based on one day recalls of the group was far below recommendations for calcium, Vitamin A, and ascorbic acid for two-thirds of these households; calories and riboflavin for over one-half; protein, thiamine, and iron for two-fifths.

When asked about where they received information about what to feed the family, "mother", "relative", or "common sense" were the most frequent replies. Two-thirds of the homemakers had meager knowledge of an adequate diet, but exerted real effort to provide food for their families. Newspapers, radio, and magazines had no influence on the use of commodity foods in any of the 60 households.

Recipes for using donated foods routinely placed on the counter at distribution center were taken by about half of the women. Only about half of these homemakers reported using them. They were conservative about trying new recipes, but satisfied with the familiar.

The authors implied that recipes should be aimed at foods of definite nutritive value rather than toward foods

already accepted. In spite of the quantity and variety of foods distributed, the nutritional evaluation revealed that these families not only needed help in using donated foods but also needed assistance in spending food money they have available.

Shank³³ studied some of the characteristics of low-income families, their nutritional intake and their communication channels. The study involved 94 households in Portage, Pennsylvania, who were on the Food Stamp Program. The homemaker in each family was personally interviewed, using a structured schedule.

The average household had four members. About one-half of the households had a husband and wife and one or more children. Only four household heads were employed. The rest were either unemployed or retired. Seventy-one (75.5 per cent) of the 94 households received some form of public assistance. The average homemaker had completed slightly under eight years of education.

Most households had a refrigerator and adequate cooking facilities. Twenty-three per cent of the families had a garden. This being a mining area, people were industry oriented rather than agricultural.

Information on food intake was based on a 24 hour dietary recall. The average intake of all nutrients except

³³ Julia Ann Shank, "Low Income Families, Their Diets and Sources of Information about Foods", The Evaluator, Pennsylvania State University, Extension Service, Number 23, February, 1964.

calcium equalled or exceeded recommended allowances. However, one-third to one-half of the households met less than two-thirds of the recommended allowances for calcium, Vitamin A, and ascorbic acid.

Certain characteristics of families were related to the number of calories in the diets. Diets were more likely to be deficient in calories when the homemaker was over 40 years of age, when she had less than seven years of formal education, and when the family was comprised of only one or two members.

Channels of communications through which these homemakers reported receiving food information were: (1) newspaper, 60 per cent; (2) relatives and friends, 57 per cent; (3) television, 42 per cent; (4) menu of the month, 20 per cent; (5) magazines, 17 per cent; (6) radio, 4 per cent; and (7) organized group, 2 per cent. When asked about which of the media they preferred for receiving food and nutrition information, 80 to 90 per cent named newsletters, newspapers, magazines and about 50 per cent named television. A slightly higher percentage of households met recommended nutritional levels when exposed to several of these media.

About one-third of the homemakers had seen the extension prepared "Menu of the Month" made available to them where they picked up their food stamps at a local bank.

Since joining the Food Stamp Program, the majority of these homemakers had bought more and better quality foods, such as meat, milk, fruits, and vegetables. This is consistent with findings reported in other studies of the Food Stamp Program.

The researcher implied that diets, although satisfactory for many, were most likely to be deficient in calcium, Vitamin A, and ascorbic acid, the same as diets of the general population. Inadequate diets were associated with older people, low educational level, and one member households.

A study on the "Effect of the Food Stamp Program Upon Food Purchasing Practices and Consumptions of Low Income Families" was conducted through joint efforts of a team of specialists in the Marketing Economic Division, Economic Research Service and nutrition specialists in the Consumer and Food Economics Division of the Agricultural Research Service.³⁴ Several other research people as well as the field personnel in Michigan and Pennsylvania also assisted.

The purpose of the study was to determine the effect of the Food Stamp Program upon food purchasing practices and consumption of low-income families and the adequacy of their diets. Two of the eight Food Stamp pilot counties selected for study were urban, Detroit, Michigan, and a rural mining area, Fayette county, Pennsylvania. Household surveys were conducted by trained interviewers among 348 families in urban Detroit and 291 families in rural Fayette county.

A comparison of the food practices were made in these households. In April and May, while these families were receiving donated foods and in September and October when

³⁴Robert B. Reece, Food Consumption and Dietary Levels under the Pilot Food Stamp Program, (Detroit, Michigan, and Fayette County, Pennsylvania), Agricultural Economic Report, No. 9 E.R.S. and A.R.S., United States Department of Agriculture.

they were using food stamps, the stamps were purchased with food allotment money. The amount of money paid for the stamps increased as the income increased. The amount of bonus stamps decreased with increased income.

It was found that the Food Stamp Program had its greatest appeal to large families. Over two-thirds of the participants had four or more family members. Relatively few one member households participated. In 75 per cent of the households included in this study, the homemaker was less than 50 years old. In 40 per cent of the Detroit households and 60 per cent of the Fayette households, the homemaker had completed less than eight years of schooling.

The average money value of foods consumed in a week was increased by \$1.68 in Detroit per person and \$0.49 per person per week in Fayette county. Meats, fruits, and vegetables were the main groups of food showing increased expenditures.

It was noted that few Detroit families reported having home produced foods, gifts of food or other supplemental foods when compared to the rural families of Fayette county. Sixty per cent of the rural families received supplemental foods valued at one dollar per household per week. In the rural areas in Fayette county, the availability of non purchased foods was greater than in the urban area.

The dietary levels improved in both groups. It was believed that those families in Detroit had a greater variety and abundance of foods available in the markets than did the families in Fayette county. The families in the rural area reported more home produced deep green and dark yellow

vegetables. The September and October diets were considerably higher in consumption of ascorbic acid and Vitamin A than the April and May diets. For all nutrients when they used food stamps compared to their receiving donated foods, the Detroit households showed an increase of 19 per cent and Fayette county a 13 per cent increase.

In the first analysis, Detroit diets showed 29 per cent meeting with recommended allowances for all eight nutrients compared to 26 per cent in rural Fayette county. The authors concluded that better selection of food is the key to better nutrition rather than more food.

Pollock³⁵ summarized in Using Donated Foods how extension home economists have been assisting with this program among low-income families.

"Donated food" is federally owned and given to needy families as determined by State and local welfare agencies. The Federal government delivers the food to states. State and local government arrange for subsequent handling, storage, and delivery to the final recipient. This food distribution and related programs of actions were designed to improve dietary levels and expand current and future markets for food.

Participation in either the Donated Food or Stamp Program is left to the discretion of each state. The Cooperative Extension Service has the primary responsibility for leadership

³⁵ Josephine Pollock, Editor, Cooperative Extension Work with Low Income Families, E.S.C.-547, United States Department of Agriculture, October, 1963.

in educational programs under the United States Department of Agriculture and is directly concerned with education related to the use of donated foods.

In carrying out educational programs, the Extension Service has cooperated, particularly with the local welfare agencies, in assisting with organization of food distribution, recipes, demonstrations using donated food, meal planning, marketing, and counseling. Out of these contacts have come other needs in clothing and home management.

Extension home economists observed improper care and storage of donated food, lack of initiative in learning to use new foods, and negative attitudes toward the foods. They noted many of the low-income families had children in 4-H Clubs. Many of these children found school work difficult, and they were frequently absent with colds and minor illnesses. The low income audience was hard to reach by mass media. Personal contacts, though time consuming, were the most rewarding. Simple visual aids and low reading level materials were more effective than regular bulletins used with other audiences. While surveys showed educational improvements, there was still great need for motivation to learn and concentrated educational programs.

County Situation

Cotton county is located in southwestern Oklahoma. It has primarily an agriculture economy with some small industries. Two out-of-county military installations and other businesses employ some of the county residents. The 1960

census reported that the county had a population of 8,031.³⁶ A decrease in the population of 21.6 per cent was noted from 1950 to 1960. According to the Cotton County Overall Economic Development Program, the population decline is expected to continue somewhat slower during the next ten years with slightly less than a 21 per cent decrease by 1970.³⁷

Walters, the county seat, is the only urban area within the county. It accounts for 35.2 per cent of the county population. The other 64 per cent, 5,206 persons, resided in rural or rural nonfarm areas. Most of them lived in one of the three small towns classified as rural nonfarm.³⁸

In April 1960, it was reported that 2,621 families were residing in the county. Of these families, 48 per cent, or 1,044 families, had an annual income of less than \$3,000. The county's median income was \$3,130, only slightly above the federally designated poverty line.³⁹

In 1950, the median age of the county population was 29.6 years. This increased to 35.6 years in 1960. The over 65 year age group increased by 54.9 per cent. This trend of increase in the older population was noted in other rural counties throughout the state. The number of youth under 18

³⁶ _____, United States Census of Population 1960, Oklahoma, P. C. (1) 38, p. 38-230.

³⁷ Ibid.

³⁸ _____, Cotton County Overall Economic Development Plan, Oklahoma State University, Stillwater, Oklahoma, April, 1964, p. 23.

³⁹ United States Census, Ibid., p. 38-98.

years of age had declined 25 per cent during the same ten year period.⁴⁰

At the time the sample of this study was drawn, 453 families were receiving welfare assistance. Of these, 46 families were receiving aid to dependent children.⁴¹ A negligible number of the remaining group were under 65 years of age.

The median number of school years completed by adults in Oklahoma was 10.4, for Cotton county it was 9.5 years. Most of the homemakers in the county would be within the classification of females over 25 years who had a median educational level of 9.9 years. This figure includes all females over 25 years regardless of amount of income.⁴²

Within the framework in which this study was developed, there were 17 home demonstration clubs in the county, with a total enrollment of 310 members. One extension home economist assumed responsibility for the family living program. The educational program was developed through committees involving the people themselves. A majority of the 17 home demonstration clubs included some low income homemakers and two clubs were made up almost entirely of homemakers from this socio-economic level.

In the past, the county extension office has cooperated with the County Department of Welfare in assisting commodity food recipients with the use of these foods and other phases

⁴⁰United States Census, Ibid.

⁴¹ , Oklahoma Department of Public Welfare
Monthly Bulletin, January, 1965, p. 11-13.

⁴²United States Census of Population, Ibid., p. 38-83.

of family living. Demonstrations using the donated foods, recipes, and suggestions on best food buys have been presented. Some assistance has been given these families with clothing problems through the County Extension office.

Summary

The Cooperative Extension Service under the Department of Agriculture working cooperatively with Land-grant institutions and county government is designed to serve all people. Its basic objective is to help people to help themselves. Home economics is recognized as an important aspect of the Extension Service. The major purpose of home economics extension work is the improvement of individual, family, and community living.

Low socio-economic families constitute a relatively large segment of the population. This group has been designated as a special audience with whom Extension will work through educational programs. Adjustments are needed in the home economics extension program to more adequately meet the needs of the disadvantaged families.

A review of literature and related studies indicates that little research has been done regarding low-income families in terms of housing, foods, clothing, home management, and consumer education. Implications are that more remains to be done because of long term low socio-economic conditions. Low educational level, place of residence, and family background tend to create apathy in this audience toward their own situation. The commodity food program and the food stamp

program in some states has been well accepted. But poor food practices, attitudes, and undesirable nutrition levels still exist. Research shows that commodity food recipients need assistance in the better use of donated foods and food buying practices to supplement their diet.

CHAPTER III

FINDINGS OF THE STUDY

The findings of this investigation are summarized in this chapter. The writer believed that a study of a selected group of low income homemakers - home demonstration club members and non-club members - representatives of low income families would make it possible: (1) to identify some of the characteristics of low income families, in particular, their food practices and attitudes; (2) to identify some of the food practices and attitudes of homemakers in selected low income families among home demonstration club members and non-club membership in Cotton county; (3) to compare food practices and attitudes of club members and non-club members; (4) to determine if food practices and attitudes of low income families are related to place of residence, level of income, and educational level of the homemaker; (5) to develop proposals for a county Extension program designed to more effectively assist low income families in solving their food and nutrition problems.

Throughout the remainder of the study, the two groups of homemakers will be identified as home demonstration club members and non-club members.

(Seventeen home demonstration club leaders) responded to the questionnaires at a training meeting conducted to obtain their cooperation in distributing the questionnaires to all club members and returning them. The questionnaires were distributed by these leaders at the next regular home demonstration club meeting to all members present. Two hundred three (203) completed the questionnaire. (Of the 203 homemakers,) 93 reported less than \$3,000 annual income. This constituted the sample of home demonstration club members. The other 110 questionnaires are being used by the agent in other aspects of county Extension program development and are not being used in the study. The sample of non-club members was selected from the county welfare roll by using every fifth name. This constituted 91 persons. Of the original sample, two homemakers refused to participate in the study and the physical condition of two other homemakers would not permit their being interviewed. Replacements for these four were drawn from the welfare list. (A total of 184 homemakers were included in the study.)

General Information

The following discussion gives general information about the respondents of the study. This information may or may not be typical of other low income families in similar counties.

Family Composition

(The club members reported a total of 196 family members in 93 homes and non-club members 202 family members in 91 homes,) as shown in Table I. (A total of 398 persons were living in the 184 families involved in this study). The average number of members per family was 2.1 persons in club member families and 2.2 persons in non-club member families, and an average of 2.16 persons per family for the 184 homemakers reporting.

The majority of the low income families were one and two person families as indicated in Table II. There were 35.9 per cent in one person families and 39.1 per cent in two person families. This was 75 per cent of the total number of families. More club member families were in the two person category. Few of the club member families had more than three persons per household, and several non-club member families had more than three persons per household, probably those receiving aid to dependent children.

Place of Residence

The total sample of this study appeared rather evenly distributed in the rural, rural nonfarm and urban categories, as noted in Table III. Cotton county is primarily rural with only one urban area, the city of Walters, within the county.

Almost 60 per cent of the club members reported living in rural areas while almost 30 per cent of them lived in rural nonfarm areas. A small portion of them lived in an urban area.

TABLE I

FAMILY COMPOSITION BY AGE GROUP AS REPORTED BY 184 HOMEMAKERS

Age Group	Total	No. in Home Demonstration Club Member Family	No. in Non Home Demonstartion Club Member Family
	No.	No.	No.
Less Than 6 Years	10	0	10
6 to 12 Years	36	9	27
13 to 19 Years	31	15	16
20 to 39 Years	30	8	22
40 to 65 Years	118	79	39
Over 65 Years	<u>173</u>	<u>85</u>	<u>88</u>
Total No. Family Members	<u>398</u>	<u>196</u>	<u>202</u>

TABLE II

NUMBER OF FAMILY MEMBERS IN EACH FAMILY AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%

Number of Family Members
in Each Family:

1 Person	66	35.9	19	20.4	47	51.6
2 Persons	72	39.1	54	58.1	18	19.8
3 Persons	22	12.0	16	17.2	6	6.6
4 Persons	10	5.4	1	1.1	9	9.9
5-8 Persons	13	7.0	3	3.3	10	11.0
9-12 Persons	1	.6	0	.0	1	1.1

Of the non-club member group, none of the homemakers lived in the rural area. Limitations by the Welfare Department on a family's assets could possibly be responsible for the situation.

The largest portion of this group (60.4 per cent) lived in an urban area. Those living in a rural nonfarm area resided mainly in the small towns in the county.

Income

The annual family income situation of the 184 homemakers is shown in Table IV. A larger portion of the homemakers reported an annual income of \$1,000-\$1,999 than in either of the other two income categories. There was a larger portion of club members reporting less than \$1,000 annual income than the non-club members. Property ownership and non-money income could make the families of club members included in this study ineligible for welfare assistance even though their income was extremely low.

Only 7.7 per cent (7 families) of the non-club members reported an income in the \$2,000-\$2,999 category.

Educational Level of Homemakers

The educational level of the homemakers included in this study is shown on Table V. Homemakers in the two groups were quite similar in their level of educational achievements. A small portion of the homemakers in either group had attended school less than four years. Slightly more than half, 50.5 per cent of the total homemakers had only a fourth to eighth

TABLE III

PLACE OF RESIDENCE AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Place of Residence:						
Rural	55	30.0	55	59.2	0	.0
Rural Nonfarm	63	34.2	27	29.0	36	39.6
Urban	66	35.8	11	11.8	55	60.4

TABLE IV

ANNUAL INCOME AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Amount						
\$999 or Less	35	19.0	23	24.7	12	13.2
\$1,000 - \$1,999	117	63.6	45	48.4	72	79.1
\$2,000 - \$2,999	32	17.4	25	26.9	7	7.7

grade education. More than half, 54.9 per cent reported not having attended high school. The portion of persons attending high school were about the same in both home demonstration club member and non-club member groups. The percentages graduating from high school for each group were also similar. A higher percentage of the club members (11.8%) attended college than of the non-club members (1.1%).

Shopping Practices

A summary of the food shopping practices of the homemakers in both groups is presented in Table VI. A comparison of the shopping practices according to the place of residence, the family's annual income, and to the homemakers educational level is made in Tables VII, VIII, and IX, respectively.

Frequency of Shopping

The majority of homemakers in both groups reported that they shopped for groceries for the family once a week. Over one-fifth of the homemakers shopped for food once or twice a month while slightly less than one-fifth of them shopped twice a week or more often.

A larger portion of the home demonstration club members reported that they shopped for food once a week compared to the non-club members. It was interesting to note that a larger percentage of the non-club members shopped twice a week or more often.

The non-club members were more likely than the club members to shop only once a month. During the interviews, ~~some~~

TABLE V

EDUCATIONAL LEVEL AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Educational Level of the Homemaker:						
Less Than 4th Grade	8	4.4	3	3.3	5	5.5
4th to 8th Grade	93	50.5	45	48.4	48	52.7
9th to 12th Grade	48	26.1	23	24.7	25	27.5
High School Graduate	23	12.5	11	11.8	12	13.2
Attended College	12	6.5	11	11.8	1	1.1

TABLE VI

FOOD SHOPPING PRACTICES AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Frequency of Shopping:						
Once a Month	18	9.8	7	7.5	11	12.1
Twice a Month	24	13.0	13	14.0	11	12.1
Once a Week	109	59.2	62	66.7	47	51.6
Twice a Week	21	11.4	9	9.7	12	13.2
More Often	12	6.5	2	2.2	10	11.0
Day of Week Groceries Are Usually Purchased:						
Monday	7	3.8	2	2.2	5	5.5
Tuesday	1	.5	1	1.1	0	.0
Wednesday	23	12.5	17	18.3	6	6.6
Thursday	36	19.6	19	20.4	17	18.7
Friday	29	15.8	13	14.0	16	17.6
Saturday	48	26.1	18	19.4	30	33.0
No Set Day	40	21.7	23	24.7	17	18.7
Where Most Groceries Were Usually Purchased:						
Nearest Supermarket	120	65.3	66	71.0	54	59.3
Neighborhood or Independent Store	56	30.4	23	24.7	33	36.3
Other	8	4.3	4	4.3	4	4.4
Person Doing Most of Food Shopping:						
Mother	169	91.9	84	90.3	85	93.4
Father	14	7.6	8	8.6	6	6.6
Children	1	.5	1	1.1	0	.0
Method of Paying for Food:						
Pay Cash	155	84.2	84	90.3	71	78.0
Charge	13	7.1	3	3.2	10	11.0
Both Cash and Charge	16	8.7	6	6.5	10	11.0

TABLE VII

A COMPARISON OF THE FOOD SHOPPING PRACTICES OF 184 HOMEMAKERS
ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members N-93						Non Home Demonstration Club Members N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Frequency of Shopping:												
Once a Month	2	3.6	4	14.8	1	9.1	0	.0	3	8.3	8	14.5
Twice a Month	7	12.8	4	14.8	2	18.2	0	.0	3	8.3	8	14.5
Once a Week	41	74.5	13	55.6	8	72.7	0	.0	22	61.2	25	45.5
Twice a Week	5	9.1	4	14.8	0	.0	0	.0	3	8.3	9	16.4
More Often	0	.0	2	.0	0	.0	0	.0	5	13.9	5	9.1
Day of the Week Groceries Are Usually Purchased:												
Monday	0	.0	2	7.4	0	.0	0	.0	3	8.3	2	3.6
Tuesday	1	1.8	0	.0	0	.0	0	.0	0	.0	0	.0
Wednesday	10	18.2	6	22.2	1	9.1	0	.0	5	13.9	1	1.8
Thursday	11	20.0	3	11.2	5	45.5	0	.0	2	5.6	15	27.3
Friday	8	14.5	2	7.4	3	27.3	0	.0	7	19.4	9	16.4
Saturday	9	16.4	7	25.9	2	18.2	0	.0	11	30.6	19	34.5
No Set Day	16	29.1	7	25.9	0	.0	0	.0	8	22.2	9	16.4
Where Most Groceries Were Usually Purchased:												
Nearest Supermarket	38	69.1	17	63.0	11	100.0	0	.0	14	38.9	40	72.7
Neighborhood or Indepen- dent Store	15	27.3	8	29.6	0	.0	0	.0	21	58.3	12	21.8
Other	2	3.6	2	7.4	0	.0	0	.0	1	2.8	3	5.5
Person Doing Most of Food Shopping:												
Mother	55	100.0	23	85.2	6	54.5	0	.0	31	86.1	54	98.2
Father	0	.0	3	11.1	5	45.5	0	.0	5	13.9	1	1.8
Children	0	.0	1	3.7	0	.0	0	.0	0	.0	0	.0
Method of Paying for Foods:												
Cash	53	96.4	21	77.8	10	90.9	0	.0	25	69.4	46	83.6
Charge	0	.0	2	7.4	1	9.1	0	.0	5	13.9	5	9.1
Both Cash and Charge	2	3.6	4	14.8	0	.0	0	.0	6	16.7	4	7.3

TABLE VIII

A COMPARISON OF THE FOOD SHOPPING PRACTICES OF 184 HOMEMAKERS
ACCORDING TO FAMILY INCOME

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Frequency of Shopping:												
Once a Month	3	13.0	4	8.9	0	.0	0	.0	8	11.1	3	42.8
Twice a Month	3	13.0	6	13.3	4	16.0	1	8.3	8	11.1	2	28.6
Once a Week	14	60.9	27	60.0	21	84.0	7	58.3	38	52.8	2	28.6
Twice a Week	1	4.3	8	17.8	0	.0	2	16.7	10	13.9	0	.0
More Often	2	8.7	0	.0	0	.0	2	16.7	8	11.1	6	.0
Day of Week Groceries												
Usually Purchased:												
Monday	0	.0	2	4.4	0	.0	0	.0	4	5.6	1	14.3
Tuesday	0	.0	0	.0	1	4.0	0	.0	0	.0	0	.0
Wednesday	5	21.7	8	17.8	4	16.0	1	8.3	5	6.9	0	.0
Thursday	7	30.5	8	17.8	4	16.0	2	16.7	13	18.1	2	28.6
Friday	2	8.7	8	17.8	3	12.0	3	25.0	11	15.3	2	28.5
Saturday	4	17.4	9	20.0	5	20.0	2	16.7	27	37.4	1	14.3
No Set Day	5	21.7	10	22.2	8	32.0	4	33.3	12	16.7	1	14.3
Where Most Groceries Were												
Usually Purchased:												
Nearest Supermarket	13	56.6	31	68.9	22	88.0	8	66.7	41	56.9	5	71.4
Neighborhood or Inde. Store	9	39.1	12	26.7	2	8.0	4	33.3	28	38.9	1	14.3
Other	1	4.3	2	4.4	1	4.0	0	.0	3	4.2	1	14.3
Person Doing Most of Food												
Shopping:												
Mother	21	91.3	41	91.1	22	88.0	7	58.3	71	98.6	7	100.0
Father	2	8.7	3	6.7	3	12.0	5	41.7	1	1.4	0	.0
Children	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0
Method of Paying for Food:												
Cash	19	82.7	42	93.3	23	92.0	9	75.0	56	77.8	6	85.7
Charge	1	4.3	1	2.2	1	4.0	1	8.3	8	11.1	1	14.3
Both	3	13.0	2	4.4	1	4.0	2	16.7	8	11.1	0	.0

TABLE IX

A COMPARISON OF THE FOOD SHOPPING PRACTICES OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93					N-91					N-91					N-91				
	Less Than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Frequency of Shopping:																				
Once a Month	2	66.7	3	6.7	1	4.3	0	.0	1	9.1	0	.0	6	12.5	3	12.0	2	16.7	0	.0
Twice a Month	0	.0	6	13.3	2	8.7	3	27.3	2	18.2	3	60.0	3	6.3	4	16.0	1	8.3	0	.0
Once a Week	1	33.3	30	66.7	16	69.6	7	63.6	8	72.7	1	20.0	29	60.4	11	44.0	6	50.0	0	.0
Twice a Week	0	.0	5	11.1	4	17.4	0	.0	0	.0	0	.0	6	12.5	4	16.0	2	16.7	0	.0
More Often	0	.0	1	2.2	0	.0	1	9.1	0	.0	1	20.0	4	8.3	3	12.0	1	8.3	1	100.0
Day of Week Groceries Are Usually Purchased:																				
Monday	0	.0	1	2.2	1	4.3	0	.0	0	.0	2	40.0	1	2.1	1	4.0	1	8.3	0	.0
Tuesday	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
Wednesday	1	33.3	7	15.6	3	13.0	2	18.2	4	36.4	1	20.0	3	6.3	1	4.0	1	8.3	0	.0
Thursday	1	33.3	7	15.6	7	30.5	0	.0	4	36.4	1	20.0	10	20.8	3	12.0	3	25.0	0	.0
Friday	0	.0	7	15.6	4	17.4	2	18.2	0	.0	0	.0	11	22.9	3	12.0	2	16.8	0	.0
Saturday	0	.0	11	24.4	2	8.7	3	27.3	2	18.1	1	20.0	17	35.4	10	40.0	1	8.3	1	100.0
No Set Day	1	33.4	11	24.4	6	26.1	4	36.5	1	9.1	0	.0	6	12.5	7	28.0	4	33.3	0	.0
Where Most Groceries Were Usually Purchased:																				
Nearest Supermarket	3	100.0	30	66.7	17	73.9	8	72.7	8	72.7	4	80.0	29	60.4	14	56.0	6	50.0	1	100.0
Neighborhood or Inde. Store	0	.0	13	28.9	4	17.4	3	27.3	3	27.3	1	20.0	18	37.5	9	36.0	5	41.7	0	.0
Other	0	.0	2	4.4	2	8.7	0	.0	0	.0	0	.0	1	2.1	2	8.0	1	8.3	0	.0
Person Doing Most of the Food Shopping:																				
Mother	3	100.0	42	93.3	20	87.0	9	81.8	10	90.9	5	100.0	44	91.7	23	92.0	12	100.0	1	100.0
Father	0	.0	3	6.7	3	13.0	1	9.1	1	9.1	0	.0	4	8.3	2	8.0	0	.0	0	.0
Children	0	.0	0	.0	0	.0	1	9.1	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
Method of Paying for Food:																				
Cash	3	100.0	40	88.9	23	100.0	7	63.6	11	100.0	2	40.0	40	83.3	18	72.0	10	83.3	1	100.0
Charge	0	.0	2	4.4	0	.0	1	9.1	0	.0	2	40.0	3	6.3	3	12.0	2	16.7	0	.0
Both Charge and Cash	0	.0	3	6.7	0	.0	3	27.3	0	.0	1	20.0	5	10.4	4	16.0	0	.0	0	.0

several of the non-club members reported that they shopped for groceries within a few days of receipt of their monthly welfare payment. This situation accounts for the large portion of homemakers in this group who reported shopping once a month.

Almost three-fourths of the club members living in a rural area and of the club members living in an urban area shopped once a week, while slightly over one-half of the club members in the rural nonfarm area shopped at a weekly interval. Home demonstration club members in the rural areas had less tendency to shop less often than once a week than they did to shop more often than once a week. Club members living in an urban area tended to shop less often than those in the other residential categories. The non-club members in the urban areas tended to shop less often than did those in the rural nonfarm areas. Among the home demonstration club members, the lower the family income the less frequently they reported shopping for food. Among the non-club members, the reverse pattern appeared, the higher the income the less frequently they shopped. In other aspects, the amount of income did not seem to have much affect upon the frequency of shopping as reported by the two groups of homemakers.

Shopping tended to be done less frequently as the educational level of the homemaker advanced.

Day of Week Groceries Were Usually Purchased

Over one-fifth of the total group of homemakers reported that they did not have a set day of the week when they did grocery shopping. Those who had a set day for shopping tended

to shop during the latter part rather than the earlier part of the week.

Almost one-fourth of the home demonstration club members reported that they had no set day for shopping. A larger portion of the club members shopped during the middle of the week than during the earlier or latter part of the week.

Non-club members showed slightly different shopping practices regarding the day of the week that they shopped for groceries. One-third of this group reported that they shopped on Saturday. Few of this group reported shopping during the early part of the week.

It was learned through the interviews that Wednesday was double stamp day at nearby supermarkets in the neighboring state. This may account for the shopping reported being done the middle of the week.

By and large, the urban home demonstration members had a set day for shopping whereas at least one-fourth of the club members in the other two categories reported no set day. Thursday and Friday were the most popular shopping days for the rural and urban club members with Saturday the most popular day for the rural nonfarm club members. ✓

The rural nonfarm non-club members tended to shop later in the week than did the non-club members in the other two categories. Among this group of homemakers, the place of residence did not seem to have any effect on their reporting no set day for shopping.

As the income of the home demonstration club members increased, a larger portion of them reported that they had

no set day for shopping. The reverse was true of non-club members.

In comparing the homemaker's educational level with the day of the week she usually shopped for groceries, those with more education were more likely to shop on a set day. The day of the week varied probably according to the area of the county where she lived. This was more evident among the club members than the non-club member homemakers.

Where Most Groceries are Usually Purchased

Almost two-thirds of the homemakers reported that food shopping for the family was done at the nearest supermarket. Nearly one-third shopped at an independent or neighborhood store. There was a limited number who reported shopping in other places, such as filling stations and small roadside markets. ✓

A larger portion of the home demonstration club members than non-club members reported shopping most of the time at the nearest supermarket. The reverse was true with respect to shopping at the neighborhood or independent store.

All of the urban home demonstration club members reported that they shopped at the nearest supermarket. There was little difference between the rural nonfarm and rural home demonstration club members as to where they shopped. Almost three-fourths of the non-club members in the urban area reported that they shopped at the nearest supermarket. One reason for this situation might be that the supermarket does not extend credit to its customers. As was expected, a majority of the

rural nonfarm, non-club members reported that they shopped at the neighborhood or independent store near where they lived rather than the supermarket in the urban area.

As the income level increased, the club member homemakers were more likely to shop at the nearest supermarket. This trend of shopping was similar among non-club members except for the families in the \$1,000 to \$1,999 income level. Non-club member households in the middle income level would likely have more family members per household than the lower income household and this might affect their place of shopping more than total income. However, the non-club member households in the higher income level showed the same trend to shop at the nearest supermarket as income increased as did all other groups. These higher income level families shopped less frequently as was noted previously.

The educational level of the homemaker in either the club member or non-club member groups did not appear to have much effect upon where she shopped.

Person Doing Most of Food Shopping

In over nine-tenths of the total households, the homemaker reported that she did most of the food shopping for the family. In a limited number of households, the shopping was done by the father or children of the family.

When comparing the home demonstration club members with the non-club members, the same pattern existed as did in the total group.

Place of residence did not seem to have much effect upon the person doing most of the food shopping for the family. It was noted, however, that almost as many of the urban home demonstration club members reported that the father did most of the food shopping as compared to those reporting that the mother did most of the food shopping.

The person doing most of the food shopping did not seem to be affected by income level among club member homemakers. Among the non-club members in the lowest income level group (\$999 or less) nearly two-fifths of the homemakers reported that the shopping was done by the father. This lowest income group of non-club members is probably one or two member households. Neither of the other income levels seemed to affect the person doing most of the food shopping.

The educational level of the homemaker tended to have little influence upon the person doing the food shopping. The mother did the food shopping in most households.

Method of Paying for Food

A large majority of the total homemakers reported that they paid cash for food when it was purchased. Less than one-tenth of the group said that they purchased most of their groceries through a charge account.

Most of the home demonstration club members paid cash for their groceries. A larger portion of the non-club members than club members bought groceries through a charge account. A limited number of homemakers in both groups bought groceries using both cash and charge. ✓

The place of residence seemed to have little effect on the method used in paying for food purchased by the family.

As the income level increased, there was a slight tendency toward paying cash for food among both the club and non-club members.

Among the home demonstration club members, the homemakers' level of education did not appear to effect the method used in paying for food. In the non-club member group, the homemakers' educational level appeared to have some influence on method of paying for food. Less credit was used for food purchasing as homemakers' education increased.

Expenditures for Food and Attitude toward Amount Spent

A summary of the weekly expenditures for food and attitude toward the amount spent is shown in Table X. A comparison of the weekly expenditures for food and attitude toward amount spent are compared with place of residence, income level, and educational attainments of the homemakers in Tables XI, XII, and XIII.

The Approximate Amount Spent for Food Each Month

The approximate amount spent for food varied from less than eight to over thirty dollars per week. Eight out of ten families reported that they spent fifteen dollars or less per week. Among club members, the majority of households were two person families; that might account for half of the home demonstration club member families spending eight to fifteen dollars per week for food. A larger number of non-club member than club member families spent less than eight dollars a

TABLE X

A COMPARISON OF WEEKLY EXPENDITURE FOR FOOD AND ATTITUDE
TOWARD AMOUNT SPENT AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
The Approximate Amount Spent for Food Each Week:						
Less Than \$8.00	69	37.5	30	32.2	39	42.9
\$8.00 to \$15.00	86	46.7	47	50.5	39	42.9
\$16.00 to \$22.00	22	12.0	14	15.1	8	8.8
\$23.00 to \$30.00	5	2.7	0	.0	5	5.5
Over \$30.00	2	1.1	2	2.2	0	.0
If You Had More Money Would You Buy More Food?						
Yes	92	50.0	31	33.3	61	67.0
No	92	50.0	62	66.7	30	33.0
If Yes, Which Foods Would You Buy More Often?*						
Meats	72	39.1	32	34.4	40	44.0
Vegetables	39	21.2	8	8.6	31	34.1
Fruits	45	24.5	21	22.6	24	26.4
Milk or Cheese	10	5.4	3	3.2	7	7.7
Eggs	7	3.8	2	2.2	5	5.5
Cereals or Breads	2	1.1	1	1.1	1	1.1
Other	4	2.2	4	4.3	4	4.4
None	38	20.7	29	31.2	9	9.9

*More Than One May be Checked

TABLE XI

A COMPARISON OF WEEKLY EXPENDITURE FOR FOOD AND ATTITUDE TOWARD AMOUNT SPENT
OF 184 HOMEMAKERS ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
The Approximate Amount Spent For Food Each Week:												
Less Than \$8.00	16	29.1	10	37.0	4	36.4	0	.0	15	41.7	24	43.6
\$8.00 to \$15.00	30	54.5	12	44.5	5	45.4	0	.0	19	52.7	20	36.4
\$15.00 to \$22.00	9	16.4	4	14.8	1	9.1	0	.0	1	2.8	7	12.7
\$23.00 to \$30.00	0	.0	0	.0	0	.0	0	.0	1	2.8	4	7.3
Over \$30.00	0	.0	1	3.7	1	9.1	0	.0	0	.0	0	.0
If You Had More Money, Would You Buy More Food?												
Yes	15	27.3	13	48.1	3	27.3	0	.0	25	69.4	36	65.5
No	40	73.7	14	51.9	8	72.7	0	.0	11	30.6	19	34.5
If Yes, Which Foods Would You Buy More Often?*												
Meats	15	27.3	15	55.6	2	18.2	0	.0	14	38.9	26	47.3
Vegetables	5	9.1	3	11.1	0	.0	0	.0	14	38.9	17	30.9
Fruits	11	20.0	4	14.8	6	54.5	0	.0	7	19.4	17	30.9
Milk or Cheese	2	3.6	1	3.7	0	.0	0	.0	1	2.8	6	10.9
Eggs	1	1.8	0	.0	1	9.0	0	.0	1	2.8	4	7.3
Cereals or Breads	1	1.8	0	.0	0	.0	0	.0	1	2.8	0	.0
Other Foods	2	3.6	2	7.4	0	.0	0	.0	3	8.3	1	1.8

*More Than One Could be Checked

TABLE XII

A COMPARISON OF WEEKLY EXPENDITURES FOR FOOD AND ATTITUDE TOWARD AMOUNT SPENT
OF 184 HOMEMAKERS ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
The Approximate Amount Spent for Food Each Week:												
Less Than \$8.00	10	43.5	18	40.0	2	8.0	4	33.3	34	47.2	1	14.3
\$8.00 to \$15.00	10	43.5	23	51.1	14	56.0	7	58.3	31	43.1	1	14.3
\$16.00 to \$22.00	1	4.3	4	8.9	9	36.0	1	8.3	5	6.9	2	28.6
\$23.00 to \$30.00	0	.0	0	.0	0	.0	0	.0	2	2.8	3	42.9
Over \$30.00	2	8.7	0	.0	0	.0	0	.0	0	.0	0	.0
If You Had More Money, Would You Buy More Food?												
Yes	6	26.1	17	37.8	8	32.0	10	83.3	45	62.5	6	85.7
No	17	73.9	28	62.2	17	68.0	2	16.7	27	37.5	1	14.3
If Yes, Which Foods Would You Buy More Often?												
Meats	10	43.5	15	33.3	7	32.0	5	41.7	28	38.9	7	100.0
Vegetables	0	.0	6	13.3	2	8.0	4	33.3	23	31.9	4	57.1
Fruits	5	21.7	13	28.9	3	21.0	4	33.3	16	22.2	4	57.1
Milk-Cheese	1	4.3	1	2.2	1	3.0	2	16.7	5	6.9	0	.0
Eggs	0	.0	2	4.4	0	2.0	2	16.7	3	4.2	0	.0
Cereals-Bread	0	.0	1	2.2	0	.0	0	.0	1	1.4	0	.0
Other	0	.0	3	6.7	1	4.0	1	8.3	3	4.2	0	.0
None	4	17.4	9	20.0	16	29.0	2	16.7	6	8.3	1	14.3

*Could Check More Than One

TABLE XIII

A COMPARISON OF WEEKLY EXPENDITURE FOR FOOD AND ATTITUDE TOWARD AMOUNT SPENT
OF 184 HOMEMAKERS ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93					N-91					N-91					N-91				
	Less Than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Approximate Food Expenditure Each Week:																				
Less Than \$8.00	2	66.7	15	33.3	4	17.4	4	36.4	5	45.5	2	40.0	25	52.1	6	24.0	6	50.0	0	.0
\$8.00 to \$15.00	1	33.3	22	49.0	13	56.5	6	54.5	5	45.5	2	40.0	21	43.7	10	40.0	5	41.7	1	100.0
\$16.00 to \$22.00	0	.0	6	13.3	6	26.1	1	9.1	1	9.0	1	20.0	2	4.2	4	16.0	1	8.3	0	.0
\$23.00 to \$30.00	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	5	20.0	0	.0	0	.0
Over \$30.00	0	.0	2	4.4	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
If You Had More Money Would You Buy More Food?																				
Yes	2	66.7	15	33.3	7	30.4	2	18.2	5	45.5	3	60.0	35	72.9	17	68.0	6	50.0	0	.0
No	1	33.3	30	66.7	16	69.6	9	81.8	6	54.5	2	40.0	13	27.1	8	32.0	6	50.0	1	100.0
If Yes, Which Food Would You Buy?*																				
Meat	1	33.3	16	35.6	9	39.1	3	27.3	3	27.3	3	60.0	20	41.7	13	52.0	4	33.3	0	.0
Vegetable	0	.0	6	13.3	1	4.3	1	9.1	0	.0	1	20.0	17	35.4	9	36.0	4	33.3	0	.0
Fruit	2	66.7	8	17.8	5	21.7	5	45.5	1	9.1	0	.0	12	25.0	9	36.0	3	26.0	0	.0
Milk or Cheese	0	.0	1	2.2	1	4.3	0	.0	1	9.1	0	.0	4	8.3	2	8.0	1	8.3	0	.0
Eggs	0	.0	1	2.2	0	.0	0	.0	1	9.1	0	.0	3	6.3	2	8.0	0	.0	0	.0
Cereals-Bread	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0	0	.0	1	4.0	0	.0	0	.0
Other	0	.0	3	6.7	0	.0	0	.0	1	9.1	0	.0	3	6.3	1	4.0	0	.0	0	.0
None	0	.0	16	35.6	7	30.4	2	18.2	4	36.4	1	20.0	5	10.4	3	12.0	0	.0	0	.0

*Homemaker Could Have Checked More Than One Item

week for food. There were more one member households among non-club members than among club members as reported earlier in this study.

The place of residence appeared to have slight effect upon the amount spent for food each week. The rural home demonstration club member families tended to spend a little less than did the rural nonfarm or the urban club member families. On the whole, the urban non-club members indicated a difference in food expenditures over the rural nonfarm non-club members.

The amount spent for food increased as the level of income increased among both home demonstration club homemakers and non-club homemakers in the \$2,000 to \$2,999 income level. The homemakers in this income level tend to spend more for food than either of the other categories among club and non-club members.

The homemakers' educational level did not show as much influence as was expected on the amount spent for foods. Homemakers in the lower educational category (less than 4th grade) tended to spend less for food than those in the other categories. As the educational level of the homemakers increased, there was an increase in the amount spent for food. This was not true, however, of homemakers who had completed high school or attended college.

Attitude Toward Amount Spent for Food

The homemakers were asked "If you had more money would you buy more food for your family?" One-half of the

homemakers reported that they would spend more for food. One-third of the home demonstration club members reported they would spend more money compared to two-thirds of the non-club members.

Meats, fruits, and vegetables were named most often as foods the homemakers would buy more of if additional money were available. They indicated less desire for more milk, cheese, cereals, or breads. A smaller portion of the club members than non-club members indicated they would buy more meats, fruits, or vegetables. The greatest difference appeared in the item vegetables. This was probably due to a greater segment of the club members than non-club members reporting a garden. The non-club members expressed the desire to buy more vegetables four times as often as did the club members.

Place of residence seemed to have no influence on the amount of money spent for food among the non-club members, but it did among the club members. Almost one-half of the rural nonfarm members reported they would spend more for food compared to slightly over one-fourth of the rural and of the urban club members.

In comparing place of residence to foods the homemakers would buy if they had more money, a contrast was noted between the urban categories of home demonstration club and non-club members. A larger portion of the urban non-club homemakers than rural nonfarm club members indicated they would buy more meat than either of the other foods listed. The reverse was true among the urban club members; fewer of them than the

rural or rural nonfarm indicated they would buy meats. More non-club members in the rural nonfarm and the urban categories than club members in these categories reported that they would buy more fruits or vegetables.

Income level did not have a particular pattern upon the homemaker's attitude as to whether or not she would buy more food if she had more to spend. Less than one-half of the club members in each of the income categories reported that they would spend more, whereas a different pattern existed among the non-club members.

The foods the homemakers would buy if they had more money did not show a definite pattern according to income level. The homemakers of families reporting \$1,000-\$1,999 income in both groups appeared to be the families who would buy a greater variety of foods. A larger portion of homemakers of the less than \$999 income non-club member group indicated that they would buy more foods than homemakers of any other category.

In comparing the homemaker's educational level to her attitude toward spending more for food if it were available, it was noted that about two-thirds of the club members having less than a fourth grade education thought they would spend more. None of the higher educational levels in the club member group had that high a portion indicating that they would spend more. Among the non-club members, half or more thought they would spend more for food if they had the money, except those at the college level. Perhaps a larger number of homemakers in this category would reflect a different attitude.

The homemaker's educational level did not show a definite influence on which foods the homemaker would buy if she had the money to spend.

Sources of Food Other Than That Purchased

A summary of foods other than that purchased is given in Table XIV. A comparison of sources of foods other than that purchased with place of residence, level of income, and the homemaker's educational level are given in Tables XV, XVI, and XVII.

Gardens

Almost one-half of the total number of low income households had a garden last year. A larger segment of home demonstration club members (59.1 per cent) than non-club members (40.9 per cent) reported a garden.

Homemakers produced a variety of vegetables in their home gardens. The vegetables grown in the garden in order of frequency named were: onions, beans, tomatoes, okra, potatoes, peas, corn, turnips, cabbage, and others (beets, cucumbers, carrots, squash, and melons).

The place of residence compared to sources of food other than those purchased indicated some relationship. More rural homemakers than rural nonfarm or urban had a garden. The smallest portion of homemakers in both club and non-club member households from the urban areas had the smallest portion of gardens.

Income level appeared to have an effect upon the club members having gardens; but not on the non-club members. As

TABLE XIV

SOURCES OF FOOD OTHER THAN THAT PURCHASED AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Did You Have a Garden Last Year?						
Yes	90	48.9	55	59.1	35	38.5
No	94	51.1	38	40.9	56	61.5
If Yes, What Foods Were Raised?*						
Potatoes	53	28.8	39	41.9	14	15.4
Onions	78	42.4	51	54.8	27	29.7
Cabbage	25	13.6	17	18.3	8	8.8
Turnips	36	19.6	22	23.7	14	15.4
Tomatoes	68	37.0	44	47.3	24	26.4
Beans	70	38.0	43	46.2	27	29.7
Peas	51	27.7	34	36.6	17	18.7
Corn	37	20.1	28	30.1	9	9.9
Okra	64	34.8	39	41.9	25	27.5
Others	37	20.1	21	22.6	16	17.6
Eggs Produced at Home:	36	19.6	25	26.9	11	12.1
Meats:						
Beef	35	19.0	31	33.3	4	4.4
Pork	8	4.3	6	6.5	2	2.2
Chicken	16	8.7	13	14.0	3	3.3
Lamb	2	1.1	1	1.1	1	1.1
Fish	5	2.7	4	4.3	1	1.1
Commodities:	75	40.8	6	6.5	69	75.8

*Check as Many as Raised

TABLE XV

A COMPARISON OF SOURCES OF FOOD OTHER THAN THAT PURCHASED
OF 184 HOMEMAKERS ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members N-93						Non Home Demonstration Club Members N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Did You Have A Garden Last Year?												
Yes	34	61.8	16	59.3	5	45.5	0	.0	21	58.3	14	25.5
No	21	38.2	11	40.7	6	54.5	0	.0	15	41.7	41	74.5
If Yes, What Foods Were Raised?												
Potatoes	25	73.5	9	56.3	5	100.0	0	.0	9	42.9	5	35.7
Onions	30	88.2	16	100.0	5	100.0	0	.0	15	71.4	12	85.7
Cabbage	13	38.2	3	18.8	1	20.0	0	.0	5	23.8	3	21.4
Turnips	13	38.2	16	100.0	3	60.0	0	.0	5	23.8	9	64.3
Tomatoes	26	76.5	13	81.3	5	100.0	0	.0	15	71.4	9	64.3
Beans	27	79.4	11	68.8	5	100.0	0	.0	15	71.4	12	85.7
Peas	21	61.8	9	56.3	4	80.0	0	.0	9	42.9	8	57.1
Corn	21	61.8	3	18.8	4	80.0	0	.0	4	19.0	5	35.7
Okra	24	70.6	11	68.8	4	80.0	0	.0	14	19.0	11	78.6
Others	15	44.1	4	25.0	2	40.0	0	.0	10	47.6	6	42.9
Eggs Produced at Home:	23	41.8	0	.0	2	18.2	0	.0	5	13.9	6	10.9
Meats (Combined):	36	65.5	3	11.1	6	54.5	0	.0	6	16.7	5	9.1
Commodity Foods:	2	3.6	3	11.1	1	9.1	0	.0	29	80.6	40	72.7

TABLE XVI

A COMPARISON OF SOURCES OF FOOD OTHER THAN THAT PURCHASED
OF 184 HOMEMAKERS ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Did You Have a Garden Last Year?												
Yes	16	69.6	26	57.8	13	52.0	2	16.7	32	44.4	1	14.3
No	7	30.4	19	42.2	12	48.0	10	83.3	40	55.6	6	85.7
If Yes, What Foods Did You Raise?*												
Potatoes	13	56.5	19	42.2	7	28.0	0	.0	13	18.1	1	14.3
Onions	16	69.6	25	55.6	10	40.0	2	16.7	24	33.3	1	14.3
Cabbage	6	26.1	8	17.8	3	12.0	1	8.3	6	8.3	1	14.3
Turnips	4	17.4	15	33.3	3	12.0	1	8.3	13	18.1	0	.0
Tomatoes	13	56.5	26	57.8	4	16.0	2	16.7	21	29.2	1	14.3
Beans	14	60.9	18	40.0	11	44.0	1	8.3	25	34.7	1	14.3
Peas	12	52.2	14	31.1	8	32.0	1	8.3	15	20.8	1	14.3
Corn	8	34.8	14	31.1	6	24.0	0	.0	9	12.5	0	.0
Okra	9	39.1	21	46.7	9	36.0	2	16.7	23	31.9	0	.0
Others	6	26.1	10	22.2	5	20.0	0	.0	1	1.2	0	.0
Other Sources of Food:												
Eggs	6	26.1	13	28.9	6	24.0	1	8.3	9	12.5	1	14.3
Meats	6	26.1	8	17.8	8	32.0	1	8.3	7	9.7	1	14.3
Commodities	4	17.4	2	4.4	0	.0	7	58.3	57	79.2	5	71.4

*Could Name More Than One

TABLE XVII

A COMPARISON OF SOURCES OF FOOD OTHER THAN THAT PURCHASED OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93										N-91									
	Less Than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Did You Have a Garden Last Year?																				
Yes	2	66.7	27	60.0	13	56.5	7	63.6	6	54.5	0	.0	20	41.7	9	36.0	5	41.7	1	100.0
No	1	33.3	18	40.0	10	43.5	4	36.4	5	45.5	5	100.0	28	58.3	16	64.0	7	58.3	0	.0
If Yes, What Did You Raise?*																				
Potatoes	1	33.3	20	44.4	14	60.9	4	36.4	1	9.1	0	.0	10	20.8	3	12.0	1	8.3	0	.0
Onions	2	66.7	23	51.1	16	69.6	7	63.6	3	27.3	0	.0	17	35.4	7	28.0	2	16.7	1	100.0
Cabbage	1	33.3	9	20.0	6	26.1	3	27.3	0	.0	0	.0	3	6.3	3	12.0	1	8.3	1	100.0
Turnips	1	33.3	12	26.7	5	21.7	3	27.3	1	9.1	0	.0	8	16.7	3	12.0	2	16.7	1	100.0
Tomatoes	2	66.7	21	46.7	13	56.5	6	54.5	2	18.2	0	.0	15	31.3	6	24.0	3	25.0	0	.0
Beans	1	33.3	19	42.2	13	56.5	6	54.5	4	36.4	0	.0	19	39.6	6	24.0	2	16.7	0	.0
Peas	1	33.3	13	28.9	12	52.2	5	45.5	3	27.3	0	.0	12	25.0	4	16.0	1	8.3	0	.0
Corn	0	.0	13	28.9	7	30.4	4	36.4	4	36.4	0	.0	5	12.5	2	8.0	1	8.3	0	.0
Okra	2	66.7	19	42.2	8	34.8	5	45.5	5	45.5	0	.0	15	33.3	5	20.0	3	25.0	1	100.0
Others	1	33.3	11	24.4	7	30.4	2	18.2	0	.0	0	.0	6	12.5	6	24.0	4	33.3	0	.0
Eggs Produced at Home:	1	33.3	9	20.0	8	34.8	3	27.3	4	36.4	2	40.0	3	6.3	3	12.0	3	25.0	0	.0
Meats Produced at Home:	0	.0	19	42.2	9	39.1	5	45.5	5	45.5	2	40.0	1	2.1	4	16.0	2	16.7	0	.0
Commodities	1	33.3	4	8.9	0	.0	0	.0	1	9.1	3	60.0	37	77.1	19	76.0	9	75.0	1	100.0

*More Than One Might Be Checked

club member family income increased, there was a smaller portion of them reporting that they had a garden. For non-club members, the less than \$999 income and \$2,000-\$2,999 categories were quite similar. Twice as many families in the middle income category had a garden as did either of the other non-club member categories.

No definite pattern of relationship appeared between the homemaker's educational attainment and whether or not the family had a home garden in either club member or non-club member groups. Portions having gardens did not increase or decrease consistently as the homemaker's educational level varied.

Eggs

Slightly less than one-fourth of the total number of households had a home supply of eggs. More than twice as many club member as non-club member homemakers reported a home source of eggs.

Place of residence did have an influence upon the home supply of eggs. Four out of ten rural club members had a home source of eggs. No egg supply was reported by rural non-farm club member residents, but nearly one-fifth of the urban club member residents indicated that they had an egg supply other than those purchased.

The educational level of the homemaker showed no influence upon having or not having a home supply of eggs.

Meats

Some households reported having meats other than that purchased. Meats included beef, chicken, pork, fish, and lamb. No families reported using wild game of the local area.

Meats were combined into one group for comparison with the variables of place of residence, level of income, and the homemaker's educational level.

The place of residence has some effect upon home produced meat supply as evidenced by nearly two-thirds of the rural club members having a home source of meat. The urban club members also had meats other than those purchased. Perhaps the urban club member families had farm interests and a means of meat production, whereas the urban welfare recipients did not.

There tended to be a slight increase in the segment of families having a home meat supply as income level increased. However, the rural nonfarm category of club members varied from this pattern.

The homemaker's educational level did not appear to be related to a home supply of meat. It seemed rather unusual that the homemakers' families with less than fourth grade education in the club member group had no meat supply and the corresponding category of non-club members had more than either of the other categories in the non-club groups.

Commodity Foods

Slightly over 40 per cent of all the homemakers in both groups reported receiving commodity foods. Six and one-half

per cent of the club member group as compared to over 75 per cent of the non-club member group received commodities.

Place of residence indicated a similar pattern among club and non-club members receiving commodities. The percentage of rural club members receiving commodities was quite small. A higher percentage of rural nonfarm club members and non-club members receive commodity foods than families in either of the other categories.

According to level of income, the percentage of families receiving commodities among the club members decreased as income increased. This was not true among non-club members.

In comparing the percentage of commodity recipients to the homemaker's educational level, there was a tendency toward more recipients in the lower educational categories only among the club members. Education seemed to have little if any bearing upon receiving commodities among the non-club member group.

Food Preservation Equipment and Practices

The food preservation equipment and practices as reported by the homemakers are shown in Table XVIII. The preservation equipment and practices are compared to the place of residence, income level, and the homemaker's educational level in Tables XIX, XX, and XXI, respectively.

Canning Done at Home

Over half of the homemakers canned food at home to supplement the family's food budget. Two-thirds of the home

TABLE XVIII

FOOD PRESERVATION EQUIPMENT AND PRACTICES AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Do You Can Any Food?						
Yes	105	57.1	63	67.7	42	46.2
No	79	42.9	30	32.3	49	53.8
If Yes, What Did You Can?*						
Meat or Poultry	2	1.1	0	.0	2	2.2
Fruits	71	38.6	44	47.3	27	29.7
Vegetables	69	37.5	42	45.2	27	29.7
Do You Have A Pressure Canner?						
Yes	83	45.1	66	71.0	17	18.7
No and No Response	101	54.9	27	29.0	74	82.3
If Yes, Do You Use the Pressure Canner?*						
Yes	52	62.7	46	49.5	6	6.6
No	31	37.3	20	21.5	11	12.1
Do You Have a Food Freezer?						
Yes	50	27.2	43	46.2	7	7.7
No and No Response	134	72.8	50	53.8	84	92.3

*Could Check More Than One

**This Percentage is Figured
on the Number Reporting
That They Had a Canner

TABLE XIX

A COMPARISON OF THE FOOD PRESERVATION PRACTICES OF 184 HOMEMAKERS
ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Do You Can Food?												
Yes	39	70.9	19	70.4	6	54.5	0	.0	17	47.2	25	45.5
No	16	29.1	8	29.6	5	45.5	0	.0	19	52.8	30	54.5
What Do You Can If You Do?												
Meats	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
Fruits	27	49.1	11	40.7	6	54.5	0	.0	9	25.0	18	32.7
Vegetables	30	54.5	8	29.6	4	36.4	0	.0	11	30.6	16	29.1
Do You Have a Pressure Canner?												
Yes	43	78.2	15	55.6	8	72.7	0	.0	10	27.8	7	12.7
No	11	20.0	12	44.4	3	27.3	0	.0	26	72.2	48	87.3
No Response	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
If Yes, Do You Use a Pressure Canner?												
Yes	30	69.8	10	66.7	6	75.0	0	.0	3	30.0	7	100.0
No	13	30.2	5	33.3	2	25.0	0	.0	7	70.0	0	.0
Do You Have a Food Freezer?												
Yes	34	61.8	7	25.9	2	18.2	0	.0	4	11.1	3	5.5
No	21	38.2	16	59.3	8	72.7	0	.0	32	88.9	52	94.5
No Response	0	.0	4	14.8	1	9.1	0	.0	0	.0	0	.0

*More Than One May be Checked

**This Percentage Is Figured
on the Number Reporting That
They Had a Pressure Canner

TABLE XX

A COMPARISON OF THE FOOD PRESERVATION PRACTICES OF 184 HOMEMAKERS
ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Do You Can Food?												
Yes	18	78.3	26	57.8	20	80.0	6	50.0	34	47.2	2	28.6
No	5	21.7	19	42.2	5	20.0	6	50.0	38	52.8	5	71.4
If Yes, What Did You Can?*												
Meat	0	.0	0	.0	0	.0	0	.0	2	2.8	0	.0
Fruit	11	47.8	21	55.6	12	48.0	4	33.3	23	31.9	0	.0
Vegetables	11	47.8	20	44.4	11	44.0	2	16.7	23	31.9	2	28.6
Do You Have a Pressure Canner?												
Yes	14	60.9	33	73.4	19	76.0	3	25.0	13	18.1	1	14.3
No	9	39.1	11	24.4	6	24.0	9	75.0	59	81.9	6	85.7
No Response	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0
If Yes, Do You Use a Pressure Canner?*												
Yes	12	85.7	23	69.7	11	57.9	0	.0	13	100.0	0	.0
No	2	14.3	10	30.3	8	42.1	3	100.0	0	.0	1	14.3
Do You Have a Food Freezer?												
Yes	13	56.5	17	37.7	13	52.0	0	.0	5	6.9	2	28.6
No	10	43.5	25	55.6	10	40.0	12	100.0	67	93.1	5	71.4
No Response	0	.0	3	6.7	2	8.0	0	.0	0	.0	0	.0

*More Than One Item Could Have Been Checked

**This Percentage Is Figured on the Number
Reporting That They Had a Pressure Canner

TABLE XXI

A COMPARISON OF THE FOOD PRESERVATION PRACTICES OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93					N-91					N-91					N-91				
	Less than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Do You Can Any Food?																				
Yes	1	33.3	33	73.3	16	69.6	8	72.7	6	54.5	1	20.0	21	43.8	12	48.0	7	58.3	1	100.0
No	2	66.7	12	26.7	7	30.4	3	27.3	5	45.5	4	80.0	27	56.2	13	52.0	5	41.7	0	.0
If Yes, What Did You Can?																				
Meats	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	1	4.0	1	8.3	0	.0
Fruits	0	.0	21	46.7	11	47.8	5	45.5	7	63.6	1	20.0	11	22.9	8	32.0	7	58.3	0	.0
Vegetables	1	33.3	20	44.4	10	43.5	6	54.5	5	45.5	2	40.0	13	27.1	6	24.0	5	41.7	1	100.0
Do You Have a Pressure Canner?																				
Yes	1	33.3	31	68.9	16	69.6	8	72.7	10	90.9	2	40.0	8	16.7	3	12.0	3	25.0	1	100.0
No	2	66.7	13	28.9	7	30.4	3	27.3	1	9.1	3	60.0	40	83.3	22	88.0	9	75.0	0	.0
No Response	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
If Yes, Do You Use It For Canning?																				
Yes	1	100.0	26	83.9	9	56.3	5	62.5	5	50.0	0	.0	3	37.5	2	66.7	1	33.3	0	.0
No	0	.0	5	16.1	7	43.7	3	38.5	5	50.0	2	100.0	5	62.5	1	33.3	2	66.7	1	100.0
Do You Have a Food Freezer?																				
Yes	0	.0	18	40.0	11	47.8	9	81.8	5	45.5	0	.0	3	6.3	2	8.0	2	16.7	0	.0
No	3	100.0	23	51.1	11	47.8	2	18.2	6	54.5	5	100.0	45	93.7	23	92.0	10	83.3	1	100.0
No Response	0	.0	4	8.9	1	4.4	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0

*More Than One Item Could Have Been Checked

**The Percentage Is Figured on the Number Reporting
That They Had a Pressure Canner

demonstration club members of this study canned foods at home. Fewer non-club homemakers said that they canned; the number who did and those who did not was more nearly the same than in the club member group.

Rural and rural nonfarm residents from both groups canned more than did urban residents. However, there were no rural non-club members.

It appeared that the lower the family income the more likely the homemaker did canning. The home demonstration club member homemakers in the higher income category (\$2,000 to \$2,999) were an exception, eight out of ten of them reported that they did canning.

On the whole, food preservation by canning increased as the education level of the homemakers increased.

Kinds of Food Canned

Over one-third of the total homemakers reported that they canned fruits and about this same portion canned vegetables. A negligible portion (1.1 per cent) canned meat. When comparing the club members with the non-club members, the same pattern appeared with an exception, no home demonstration club members reported that they canned meat.

A larger portion of club members from the rural areas and the urban areas than from the rural nonfarm areas canned fruits or vegetables. Among the non-club members, a larger segment from the urban area than from the rural nonfarm area canned fruits. Approximately 30 per cent of the club members in both the rural nonfarm and urban categories canned vegetables.

The level of income did not seem to have any effect on the kinds of food canned. A small segment of the non-club members in the lower income category (16.7 per cent) reported that they canned vegetables.

As the educational level of the homemaker increased, a larger segment of both groups reported that they canned fruits and that they canned vegetables.

Ownership of Pressure Canners

Less than half (45.8 per cent) of the homemakers had a pressure canner. Nearly three-fourths of the home demonstration club members had one compared to about one-fifth of the non-club member homemakers.

A larger segment of the rural and of the urban club members than the rural non-farm club members had a pressure canner. The opposite was true among the non-club members.

As the income level increased, the portion of homemakers in the home demonstration club group having pressure canners increased slightly. The reverse was true among non-club members.

The educational level of the home demonstration club group indicates a relationship to the possession of canning equipment. A larger segment of homemakers at each increased category of educational level reported having canners. The non-club members' formal training indicated no particular relationship to the possession of canning equipment.

Use of Canning Equipment

Slightly less than two-thirds of all the respondents who own a pressure canner reported using it. About half of the club members who had a pressure canner reported using it compared to less than one-tenth of the non-club members. Several of the homemakers indicated they had a canner, but did not use it for canning purposes.

The place of residence did not seem to influence the club members use of the pressure canner.

The use of a pressure canner tended to decrease as the income level increased among the club member households. It appeared unusual that all non-club members in the middle income level (\$1,000 to \$1,999) who had a pressure canner reported that they used it, non-club members in the other income categories did not use their canners.

The use of canning equipment according to educational level varied. Education seemed more related to the use of equipment among club member households than non-club member households.

Households with Food Freezers

Slightly over one-fourth of the total respondents reported that they had a home freezer. A larger portion of the club members (46.2 per cent) than the non-club members (7.7 per cent) reported owning a food freezer.

The place of residence appeared somewhat related to the possession of a food freezer. The same pattern appeared among both club and non-club homemakers. A larger segment of

the rural club members reported having a freezer than either of the two other categories. The portion of households having a freezer was less among the rural nonfarm families than the rural families and still less when compared to the urban families in each group.

In comparison of income level to the possession of a food freezer, it appeared probable that the higher the income level the more likely the household had a freezer in both club and non-club member groups. However, very few non-club member households had a freezer. It was interesting to note that over half of the club members in the less than \$999 income category owned a food freezer.

As the education level of the homemaker increased, it was more likely that the family had a home freezer.

Food Preparation Practices

One item of the questionnaire and interview schedule was concerned with the food preparation practices of the homemakers. This item was related to the number of meals prepared each day. Data regarding the items are presented in Tables XXII, XXIII, XXIV, and XXV.

The majority of homemakers (77.2 per cent) prepared three meals a day. Ninety-six per cent of the club members prepared three meals daily. A few more than one in five homemakers prepared two meals a day. Several homemakers who reported preparation of two meals a day stated that they had no reason to get up early; therefore, they had a late breakfast and late afternoon meal.

TABLE XXII

FOOD PREPARATION PRACTICES AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Meals Prepared Daily:						
One	1	.5	1	1.1	0	.0
Two	39	21.2	10	10.7	29	31.9
Three	142	77.2	81	87.1	61	67.0
More Than Three	2	1.1	1	1.1	1	1.1

TABLE XXIII

A COMPARISON OF FOOD PREPARATION PRACTICES OF 184 HOMEMAKERS ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	Rural		Rural Nonfarm		Urban		Rural		Rural Nonfarm		Urban	
	N-55		N-27		N-11		N-0		N-36		N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Number of Meals Homemakers Prepare Daily												
One	1	1.8	0	.0	0	.0	0	.0	0	.0	0	.0
Two	9	16.4	1	3.7	0	.0	0	.0	13	36.1	16	29.1
Three	44	80.0	26	96.3	11	10.0	0	.0	23	63.9	38	69.1
Or More	1	1.8	0	.0	0	.0	0	.0	0	.0	1	1.8

TABLE XXIV

A COMPARISON OF FOOD PREPARATION PRACTICES OF 184 HOMEMAKERS
ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
How Many Meals Do You Prepare Daily?												
One	0	.0	1	2.2	0	.0	0	.0	0	.0	0	.0
Two	4	17.4	5	11.1	1	4.0	5	41.7	24	33.3	0	.0
Three	19	82.6	38	84.4	24	96.0	6	50.0	48	66.7	7	100.0
More	0	.0	1	2.2	0	.0	1	8.3	0	.0	0	.0

TABLE XXV

A COMPARISON OF THE FOOD PREPARATION PRACTICES OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93										N-91									
	Less Than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Meals Prepared Daily:																				
One	0	.0	0	.0	0	.0	1	9.1	0	.0	0	.0	0	.0	0	.0	0	.0	0	.0
Two	0	.0	4	8.9	3	13.0	2	18.2	1	9.1	3	60.0	14	29.2	8	32.0	3	25.0	1	100.0
Three	3	100.0	41	91.1	20	87.0	7	63.6	10	90.9	2	40.0	33	68.7	17	68.0	9	75.0	0	.0
Or More	0	.0	0	.0	0	.0	1	9.1	0	.0	0	.0	1	2.1	0	.0	0	.0	0	.0

Food Preparation Practices

According to place of residence, there tended to be an increase in the portion of rural, to rural nonfarm, to urban homemakers preparing three meals a day in both club and non-club member groups.

As the income level increased, a higher percentage of the homemakers reported that they prepared three meals a day.

No definite pattern appeared in comparing the homemaker's meal preparation practices to her educational attainment. Among non-club members, a gradual increase in the portion preparing three meals was noted as the educational level of the homemaker increased, except in the college category. This was not true among club member categories.

Sources of Food Information

Respondents were asked, "Where do you get food information?" A summary of home demonstration club homemakers and non-club member homemakers' sources of food information is given in Table XXVI. Sources of food information compared to place of residence, level of income, and level of education are included in Tables XXVII, XXVIII, and XXIX, respectively.

Sources of Information

Sources of food information named in order of the frequency listed by the total number of homemakers were as follows, "mother or relative", "Extension Service", "friend or neighbor", "newspaper or magazine", "television", "others" (cookbooks, cooking schools were named), and "radio".

TABLE XXVI

SOURCE OF FOOD INFORMATION AS REPORTED BY 184 HOMEMAKERS

	Total N-184		Home Demonstration Club Members N-93		Non Home Demonstration Club Members N-91	
	No.	%	No.	%	No.	%
Source of Food Information:*						
Mother or Relative	95	51.6	50	53.8	45	49.5
Friend or Neighbor	75	40.8	43	46.2	32	35.2
Newspaper or Magazine	74	40.2	44	47.3	30	33.0
Radio	14	7.6	9	9.7	5	5.5
Television	46	25.0	30	32.3	16	17.6
Extension Service	79	42.9	48	51.6	31	34.1
Others, Specify	41	22.3	22	23.7	19	20.9
No. of Sources of Food Information Used:						
One	62	33.7	33	35.6	29	31.8
Two	34	18.5	11	11.8	23	25.3
Three	40	21.7	19	20.4	21	23.1
Four	14	7.6	12	12.9	2	2.2
Five	13	7.1	7	7.5	6	6.6
Six or More	9	4.9	8	8.6	1	1.1
No Response	12	6.5	3	3.2	9	9.9

*More Than One Could be Checked

TABLE XXVII

A COMPARISON OF SOURCES OF FOOD INFORMATION OF 184 HOMEMAKERS
ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members N-93						Non Home Demonstration Club Members N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Source of Food Information:*												
Mother or Relative	28	50.9	13	48.1	9	81.8	0	.0	28	77.8	17	30.9
Friend or Neighbor	27	49.1	10	37.0	6	54.5	0	.0	12	33.3	20	36.4
Newspaper or Magazine	31	56.4	8	29.6	5	45.5	0	.0	13	36.1	17	30.9
Radio	6	10.9	2	7.4	1	9.1	0	.0	1	2.8	4	7.3
Television	16	29.1	9	33.3	5	45.5	0	.0	6	16.7	10	18.2
Extension Service	35	58.2	10	37.0	6	54.5	0	.0	12	33.3	19	34.5
Number of Sources of Food Information Used:												
One	17	30.9	13	48.2	3	27.2	0	.0	11	30.6	18	32.6
Two	9	16.4	2	7.4	0	.0	0	.0	8	22.2	15	27.3
Three	8	14.6	7	25.9	4	36.4	0	.0	8	22.2	13	23.6
Four	5	9.1	3	11.1	4	36.4	0	.0	1	2.8	1	1.8
Five	7	12.7	0	.0	0	.0	0	.0	3	8.3	3	5.5
Six or More	7	12.7	1	3.7	0	.0	0	.0	0	.0	1	1.8
No Response	2	3.6	1	3.7	0	.0	0	.0	5	13.9	4	7.4

*More Than One Could be Checked

TABLE XXVIII

A COMPARISON OF SOURCES OF FOOD INFORMATION OF 184 HOMEMAKERS ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999	
	N-23		N-45		N-25		N-12		N-72		N-7	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Source of Food Information:*												
Mother or Relative	12	52.2	26	57.8	12	48.0	7	58.3	33	45.8	5	71.4
Friend or Neighbor	8	34.8	17	37.8	18	72.0	4	33.3	27	37.5	1	14.3
Newspaper or Magazine	9	39.1	19	42.2	16	64.0	4	33.3	24	33.3	2	28.6
Radio	1	4.3	3	6.7	5	20.0	1	8.3	4	5.6	0	.0
Television	5	21.7	18	40.0	7	28.0	2	16.7	13	18.1	1	14.3
Extension Service	6	26.1	22	48.9	20	80.0	7	58.3	22	30.6	2	28.6
Number of Sources of Food Information Used:												
One	11	47.9	15	33.3	7	28.0	5	41.7	22	30.6	2	28.6
Two	3	13.0	4	8.9	4	16.0	2	16.7	17	23.6	4	57.1
Three	5	21.7	10	22.3	4	16.0	4	33.3	16	22.2	1	14.3
Four	0	.0	8	17.9	4	16.0	0	.0	2	2.8	0	.0
Five	2	8.7	3	6.7	2	8.0	0	.0	6	8.3	0	.0
Six or More	2	8.7	3	6.7	3	12.0	1	8.3	0	.0	0	.0
No Response	0	.0	2	4.2	1	4.0	0	.0	9	12.5	0	.0

*More Than One May be Checked

TABLE XXIX

A COMPARISON OF SOURCE OF FOOD INFORMATION OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members N-93										Non Home Demonstration Club Members N-91									
	Less Than 4th Grade N-3		4-8th Grade N-45		9-12th Grade N-23		High School Graduate N-11		College N-11		Less Than 4th Grade N-5		4-8th Grade N-48		9-12th Grade N-25		High School Graduate N-12		College N-1	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Where Do You Get																				
Food Information?*																				
Mother or Relative	1	33.3	23	51.1	13	56.5	8	72.7	6	54.5	3	60.0	17	35.4	19	76.0	7	58.3	0	.0
Friend or Neighbor	0	.0	22	48.9	11	47.8	6	54.5	4	36.4	2	40.0	14	29.2	11	44.0	4	33.3	1	100.0
Newspaper or Magazine	0	.0	20	44.4	11	47.8	8	72.7	7	63.6	1	20.0	16	33.3	9	36.0	3	25.0	1	100.0
Radio	0	.0	2	4.4	3	13.0	2	18.2	2	18.2	0	.0	1	2.1	2	8.0	2	16.7	0	.0
Television	1	33.3	12	26.7	8	34.8	8	72.7	1	9.1	1	20.0	8	16.7	4	16.0	9	25.0	0	.0
Extension Service	1	33.3	21	46.7	13	56.5	8	72.7	5	45.5	0	.0	16	33.3	8	32.0	7	58.3	0	.0
Number of Sources of																				
Food Information Used:																				
One	3	100.0	18	40.0	7	30.5	2	18.2	3	27.3	2	40.0	17	35.4	10	40.0	0	.0	0	.0
Two	0	.0	5	11.1	3	13.0	2	18.2	1	9.1	0	.0	9	18.8	6	24.0	7	58.3	1	100.0
Three	0	.0	9	20.0	8	34.9	1	9.1	1	9.1	2	40.0	9	18.8	5	20.0	5	41.7	0	.0
Four	0	.0	4	8.9	3	13.0	1	9.1	4	36.3	0	.0	2	4.2	0	.0	0	.0	0	.0
Five	0	.0	3	6.7	1	4.3	2	18.2	1	9.1	0	.0	5	10.3	1	4.0	0	.0	0	.0
Six or More	0	.0	4	8.9	1	4.3	3	27.2	0	.0	0	.0	0	.0	1	4.0	0	.0	0	.0
No Response	0	.0	2	4.4	0	.0	0	.0	1	9.1	1	20.0	6	12.5	2	8.0	0	.0	0	.0

*More Than One Could be Checked

In comparing club members and non-club members, each source of information was mentioned as being used by a higher percentage of club members than non-club members. The use of Extension Service information was not as high (51.6 per cent) as might have been expected among club members. This may indicate that adjustments are needed in teaching materials prepared for the low income homemakers.

A larger percentage of club members reported that they obtained food information through mass media sources (newspaper or magazine, radio, and television) than did the non-club members. As would be expected, a larger segment of the club members than non-club members reported that they used food information made available through the Cooperative Extension Service.

In comparing sources of food information to place of residence, more urban club members than rural or rural non-farm members reported getting food information through personal contact. In the non-club member group, a different pattern appeared with a larger portion from the rural nonfarm category getting information through personal contact. A larger segment of the rural club members obtained food information through newspapers and magazines than did club or non-club members in other place of residence categories. The rural club member was more responsive to the Extension Service as a source of information than were the urban or rural non-farm club members.

As the income level increased among the club members, a larger portion of them reported that they received food

information through personal contacts, mass media, and the Extension Service, respectively. The reverse situation appeared among the non-club members.

As the homemaker's educational level increased, a larger portion of the club members reported that they received information through personal contacts, mass media, and Extension Service, respectively. This pattern existed in all categories except those homemakers having attended college. Their responses were similar to club members in the lower educational level.

The two lower educational categories of the non-club members reported a smaller portion gaining food information through the methods listed previously.

A question on source of information in the instrument asked "Name a person near you to whom you would go for food information." This question was asked for use in county extension program development rather than for data to be used in this study. The club members responded readily to this item; however, the non-club members were reluctant to reply. The club members named a neighbor or a friend that was a home demonstration club member and lived in the community, while the non-club members named a relative or very close neighbor.

Number of Sources of Food Information Used

The responses from "Where do you get food information?" were tabulated according to the number of sources of information each homemaker utilized. A third of the total sample reported that they gained information from only one source.

As indicated in other studies, low-income families do not ordinarily utilize the sources of information and help available. Less than one-fourth of the homemakers used two sources and only slightly above one-fourth used three sources of food information. Only a small portion used four, five, or six sources of information. A similar segment of club and non-club members used one source of information.

According to place of residence, no set pattern appeared regarding the number of sources of food information as reported by the home demonstration club members. In the non-club member group, a larger portion of those from the urban area reported obtaining food information from one to four sources than did the rural nonfarm homemakers.

In both the club member and non-club member groups, the homemakers in the lowest and highest income categories reported using a fewer number of sources of information, than did those in the other categories.

According to the educational level of the homemaker, those in the lowest educational levels did not use as many sources of information as did those in other educational level categories. In the college educational level category, the non-club homemaker did not use as many sources of information as the college level category club member.

Attitudes Toward Feeding the Family

The attitude of the homemakers toward feeding their families is summarized in Table XXX. The comparison of place of residence, level of income, and level of the homemaker's

TABLE XXX

ATTITUDES TOWARD FEEDING THE FAMILY AS REPORTED BY 184 HOMEMAKERS

	Total N=184		Home Demonstration Club Members N=93		Non Home Demonstration Club Members N=91	
	No.	%	No.	%	No.	%
Statements That Express Your Feelings About Feeding Family:*						
Giving Them What They Like to Eat	105	57.1	54	58.1	51	56.0
Feeding Them What They Need	98	53.3	44	47.3	54	59.3
A Job That Must be Done	36	19.6	21	22.6	15	16.5
Cooking Is a Pleasure	110	59.8	44	47.3	66	72.5
Filling Them, Satisfying Appetites	54	29.3	25	26.9	29	31.9
Other Reasons (As Special Diet)	14	7.6	6	6.5	8	8.8

*Could Check More Than One

education on the homemakers' attitudes toward feeding the family are shown in Tables XXXI, XXXII, and XXXIII.

A group of statements that express a homemaker's feeling about feeding her family were included on the data collecting instrument. Each respondent was asked to check as many statements as expressed her feeling.

Of the attitudes listed, over one-half of all the homemakers involved in the study checked "giving them what they liked to eat", "feeding them what they need", and "cooking is a pleasure". Other replies listed in order of frequency were "filling them up", satisfying appetites", and "a job that must be done". This indicates that, on the whole, the homemakers enjoy cooking for their families and that they are interested, as far as food is concerned, in the family's physical health and likes and dislikes. Several homemakers in both groups reported their attitude as "meeting the physical needs of one or more family members through a special diet".

In comparing place of residence to the homemaker's attitudes toward feeding her family, it was significant that the first two statements were frequently checked in each category. A high percentage indicates these homemakers both club and non-club members endeavor to meet the family's food needs. The urban club members did not indicate as much concern in meeting the physical needs as did each of the other categories. A larger portion of homemakers in all categories, except the urban club members, indicated more felt "cooking is a pleasure" rather than "a Job". Over 80 per cent of the urban non-club

TABLE XXXI

A COMPARISON OF ATTITUDES TOWARD FEEDING THE FAMILY OF 184 HOMEMAKERS
ACCORDING TO PLACE OF RESIDENCE

	Home Demonstration Club Members N-93						Non Home Demonstration Club Members N-91					
	Rural N-55		Rural Nonfarm N-27		Urban N-11		Rural N-0		Rural Nonfarm N-36		Urban N-55	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Statements That Express Your Feeling About Feeding Your Family:*												
Giving Family What They Like	34	61.8	15	55.6	5	45.5	0	.0	18	50.0	33	60.0
Feeding Them What They Need	30	54.5	12	44.4	2	18.2	0	.0	24	66.7	30	54.5
A Job That Must be Done	12	21.8	5	18.5	4	36.4	0	.0	5	13.9	10	18.2
Cooking Is a Preasure	29	52.7	12	44.4	3	27.3	0	.0	20	55.6	46	83.6
Filling Them, Satisfying Appetites	17	30.9	4	14.8	4	36.4	0	.0	9	25.0	20	36.4
Other Reason	1	1.8	3	11.1	2	18.2	0	.0	4	11.1	4	7.3

*Could Check More Than One

TABLE XXXII

A COMPARISON OF ATTITUDES TOWARD FEEDING THE FAMILY OF 184 HOMEMAKERS
ACCORDING TO INCOME LEVEL

	Home Demonstration Club Members						Non Home Demonstration Club Members					
	N-93						N-91					
	\$999 or Less	\$1,000-\$1,999	\$2,000-\$2,999				\$999 or Less	\$1,000-\$1,999	\$2,000-\$2,999			
	N-23	N-45	N-25				N-12	N-72	N-7			
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Statement That Express Your Feeling About Feeding Your Family:*												
Give What They Like	13	56.5	29	64.4	12	48.0	7	61.5	43	59.7	6	85.7
Giving What They Need	12	52.2	23	51.1	10	40.0	7	53.8	42	58.3	5	71.4
A Job to be Done	8	34.8	13	28.9	4	16.0	3	25.0	9	12.5	3	42.9
Cooking Is a Pleasure	9	39.1	19	42.2	16	64.0	9	75.0	53	73.6	4	57.1
Satisfying Appetites	6	26.0	14	31.1	5	20.0	4	33.3	20	27.8	5	71.4
Other Reasons	0	.0	4	8.9	2	8.0	0	.0	7	9.7	1	14.3

TABLE XXXIII

A COMPARISON OF ATTITUDES TOWARD FEEDING THE FAMILY OF 184 HOMEMAKERS
ACCORDING TO THE HOMEMAKER'S EDUCATIONAL LEVEL

	Home Demonstration Club Members										Non Home Demonstration Club Members									
	N-93										N-91									
	Less Than 4th Grade N-3	4-8th Grade N-45	9-12th Grade N-23	High School Graduate N-11	College N-11	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1	Less Than 4th Grade N-5	4-8th Grade N-48	9-12th Grade N-25	High School Graduate N-12	College N-1
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Statements That Express Your Feeling:*																				
Giving What They Like	2	66.7	24	53.3	13	56.5	6	54.5	9	81.8	5	100.0	20	41.7	15	60.0	10	83.3	1	100.0
Feeding What They Need	0	.0	22	48.9	11	47.8	5	45.5	6	54.5	3	60.0	25	52.1	16	64.0	9	75.0	1	100.0
A Job That Has to be Done	0	.0	7	15.6	7	30.4	3	27.3	4	36.4	0	.0	9	18.8	5	20.0	1	8.3	0	.0
Cooking Is a Pleasure	1	33.3	25	55.6	12	52.2	3	27.3	3	27.3	5	100.0	29	60.4	21	84.0	10	83.3	1	100.0
Filling and Satisfying	1	33.3	12	26.7	4	17.4	4	36.4	4	36.4	1	20.0	17	35.4	8	32.0	3	25.0	0	.0
Other Reasons (Diets)	0	.0	5	11.1	0	.0	1	9.1	0	.0	1	20.0	3	6.3	3	12.0	1	8.3	0	.0

*Could Check More Than One

members expressed pleasure in cooking. The statement "...satisfy appetite" was considered more of a negative attitude of pleasure toward feeding the family. A rather high percentage of urban club and non-club homemakers checked this attitude. Rural nonfarm club member homemakers gave the least response to "...satisfy appetite". On "other reasons" respondents indicated preparation of special diet for a family member was of special concern. Rural club members indicated few of these problems and urban club members were the most concerned in this category. Each of the other categories were similar in response.

Larger portions of the homemakers at each income level both club and non-club indicated concern for meeting the physical needs in feeding the family. Non-club members in the \$2,000 to \$2,999 group indicated the most concern on this item. As income increased among club member households, likewise the pleasure of cooking tended to increase. A reverse pattern existed among non-club members, those in the less than \$999 category derived more pleasure from cooking. More than two-thirds of the highest income level of non-club members checked "satisfying appetites". The \$2,000 to \$2,999 level households also indicated more special diet concerns.

In comparing the homemaker's educational level to attitudes of feeding the family at all educational levels, she was concerned with meeting the family's physical needs, particularly at the higher educational levels. The non-club member homemakers at each educational level expressed more pleasure in feeding the family than did the club members.

Only two educational levels of the club member group and each category of the non-club member group indicated some "special diet" concerns.

Commodity Food Practices and Attitudes Toward
Assistance in the Area of Foods

A summary of the commodity food practices and homemakers' attitudes toward additional educational assistance in the area of foods is presented in Table XXXIV. This data was reported by non-club members only. A comparison of commodity food practices and attitude toward additional educational food assistance according to place of residence, level of income, and the level of the homemaker's education is made in Tables XXXV, XXXVI, and XXXVII, respectively.

Commodity Food Practices

Only six club members reported receiving commodity foods; therefore, the numbers seemed too few to draw significant conclusions from data on club members.

Seventy-five per cent of the non-club members received commodity foods. Conclusions drawn upon the practices and attitudes of use of commodity foods were derived from data reported by homemakers receiving the foods. Almost one-fourth of the welfare recipients did not receive commodities.

Nearly 70 per cent of the commodity food recipients among the non-club member group reported that they usually took all commodity foods offered. These questions were analyzed together. Of the carbohydrate foods cornmeal and rolled wheat were the foods rejected by the largest portion

TABLE XXXIV

COMMODITY FOOD PRACTICES AND ATTITUDES TOWARD ASSISTANCE IN THE AREA OF FOODS

	Non Home Demonstration Club Members N-91	
	No.	%
Do You Receive Commodity Foods?		
Yes	69	75.8
No	22	24.2
If Yes, Does Family Usually Take All Commodity Foods Offered?		
Yes	48	69.6
No	21	30.4
If No, What Commodities Do You Usually Reject?		
Flour	4	5.8
Cornmeal	12	17.4
Rice	7	10.1
Rollad Wheat	10	14.5
Beans, Dry	7	10.1
Nonfat Dry Milk	10	14.5
Dried Egg Solids	11	15.9
Meat	4	5.8
Cheese	4	5.8
Peanut Butter	4	5.8
Butter	4	5.8
Lard	4	5.8
Have You Used Extension Demonstration Recipes?		
A Few of Recipes	32	35.2
Most of Recipes	12	13.2
None of Recipes	47	51.6
Would You Like Additional Assistance in the Area of Foods?		
Yes	26	28.6
No or No Response	65	71.4
These Questions Were on Interview Schedule But Were Not on Club Questionnaire		

TABLE XXXV

A COMPARISON OF COMMODITY FOOD PRACTICES AND ATTITUDES TOWARD ASSISTANCE IN
THE AREA OF FOODS AS REPORTED BY HOMEMAKERS ACCORDING TO PLACE OF RESIDENCE

Non Home Demonstration Club Members N-91						
Rural N-0		Rural Nonfarm N-36		Urban N-55		
No.	%	No.	%	No.	%	
Do You Receive Commodity Foods?						
Yes	0	.0	29	80.6	40	72.7
No	0	.0	7	19.4	15	27.3
If Yes, Does Family Usually Take All Commodity Foods Offered?						
Yes	0	.0	17	47.2	31	56.4
No	0	.0	12	33.3	9	16.4
Others, Ineligible						
If No, What Commodities Do You Usually Reject?						
Carbohydrate - Flour*	0	.0	0	.0	4	7.3
Cornmeal	0	.0	0	.0	12	21.8
Rice	0	.0	1	2.8	6	10.9
Protein	0	.0	2	5.6	8	14.5
Beans, Dry	0	.0	1	2.8	6	10.9
Nonfat Dry Milk	0	.0	2	5.6	8	14.5
Dried Egg Solids	0	.0	2	5.6	9	16.4
Meat	0	.0	1	2.8	3	5.5
Cheese	0	.0	1	2.8	3	5.5
Peanut Butter	0	.0	1	2.8	3	5.5
Butter	0	.0	1	2.8	3	5.5
Lard	0	.0	1	2.8	3	5.5
Have You Used Extension Demonstration Recipes?						
Few of Recipes	0	.0	13	36.1	19	34.5
Most of Recipes	0	.0	5	13.9	7	12.7
None of Recipes	0	.0	18	50.0	29	52.8
Would You Like Additional Assistance in the Area of Foods?						
Yes	0	.0	12	33.3	14	25.5
No or No Response	0	.0	24	66.7	41	74.5

TABLE XXXVI

A COMPARISON OF COMMODITY FOOD PRACTICES AND ATTITUDES TOWARD ASSISTANCE
IN THE AREA OF FOODS AS REPORTED BY HOMEMAKERS ACCORDING TO INCOME

Non Home Demonstration Club Members						
N-91						
\$999 or Less		\$1,000-\$1,999		\$2,000-\$2,999		
N-12		N-72		N-7		
No.	%	No.	%	No.	%	
Do You Receive Commodity Foods?						
Yes	9	75.0	55	76.4	5	71.4
No	3	25.0	17	23.6	2	28.6
If Yes, Does Family Usually Take All Commodity Foods Offered?						
Yes	5	41.7	39	54.2	4	57.1
No	4	33.3	16	22.2	1	14.3
If No, Which Ones Do You Usually Reject?						
Carbohydrate - Flour*	0	.0	4	5.6	0	.0
Cornmeal	2	16.7	9	12.5	1	14.3
Rice	2	16.7	5	6.9	0	.0
Rollod Wheat	1	8.3	8	11.1	1	14.3
Protein - Beans, Dry	0	.0	7	9.7	0	.0
Nonfat Dry Milk	1	8.3	9	12.5	0	.0
Dried Egg Solids	1	8.3	10	13.9	0	.0
Meat	0	.0	4	5.6	0	.0
Cheese	0	.0	4	5.6	0	.0
Peanut Butter	0	.0	4	5.6	0	.0
Fat - Butter	0	.0	4	5.6	0	.0
Lard	0	.0	4	5.6	0	.0
Did You Use Extension Demonstration Recipes?						
A Few of the Recipes	5	41.7	26	36.1	1	14.3
Most of Recipes	4	33.3	6	8.3	2	28.6
None of the Recipes	3	25.0	40	55.6	4	57.1
Would You Like Additional Educational Assistance In the Area of Foods?						
Yes	4	33.3	19	26.4	3	42.9
No or No Response	8	66.7	53	73.6	4	57.1

TABLE XXXVII

A COMPARISON OF COMMODITY FOOD PRACTICES AND ATTITUDES TOWARD ASSISTANCE IN
THE AREA OF FOODS AS REPORTED BY HOMEMAKERS ACCORDING TO EDUCATIONAL LEVEL

Non Home Demonstration Club Members Only										
N-91										
	Less Than 4th Grade N-5		4-8th Grade N-48		9-12th Grade N-25		High School Graduate N-12		College N-1	
	No.	%	No.	%	No.	%	No.	%	No.	%
Do You Receive Commodity Foods?										
Yes	3	60.0	38	79.2	18	72.0	9	75.0	1	100.0
No	2	40.0	10	20.8	7	28.0	3	25.0	0	.0
If Yes, Does Family Usually Take All Commodity Foods Offered?										
Yes	3	60.0	22	45.8	14	56.0	8	66.7	1	100.0
No	1	20.0	11	22.9	6	24.0	3	25.0	0	.0
Others, Ineligible	1	20.0	15	31.3	5	20.0	1	8.3	0	.0
If No, Which Ones Are Usually Rejected?										
Carbohydrate - Flour	0	.0	2	4.2	1	4.0	1	8.3	0	.0
Cornmeal	0	.0	6	12.5	4	16.0	2	16.7	0	.0
Rice	0	.0	6	12.5	0	.0	1	8.3	0	.0
Rolled Wheat	0	.0	8	16.7	0	.0	2	16.7	0	.0
Protein -										
Beans, Dry	0	.0	5	10.4	1	4.0	1	8.3	0	.0
Nonfat Dry Milk	0	.0	9	18.8	0	.0	1	8.3	0	.0
Dried Egg Solids	0	.0	8	16.7	1	4.0	2	16.7	0	.0
Meat	0	.0	3	6.3	0	.0	1	8.3	0	.0
Cheese	0	.0	2	4.2	1	4.0	1	8.3	0	.0
Peanut Butter	0	.0	2	4.2	1	4.0	1	8.3	0	.0
Fats -										
Butter	0	.0	2	4.2	1	4.0	1	8.3	0	.0
Lard	0	.0	2	4.2	1	4.0	1	8.3	0	.0
Have You Used Extension Demonstration Recipes?										
A Few Recipes	1	20.0	23	47.9	6	24.0	2	16.6	0	.0
Most Recipes	0	.0	4	8.3	2	8.0	5	41.7	1	100.0
None of Recipes	4	80.0	21	43.8	17	68.0	5	41.7	0	.0
Would You Like Additional Educational Assistance In the Area of Foods?										
Yes	1	20.0	8	16.7	10	40.0	7	58.3	0	.0
No or No Response	4	80.0	40	83.3	15	60.0	5	41.7	1	100.0

of recipients. Dried egg solids and non-fat dry milk were the protein foods rejected. No attempt was made to determine the reason for these foods being rejected. It could have been due to physical limitations as reported by some homemakers during interviews, stockpiling, lack of acceptability, or other such reasons.

In comparing place of residence to practices concerning commodity foods, the complete absence of rural non-club members is quite striking. A slightly higher portion of rural nonfarm than urban families received commodities.

According to place of residence, the urban non-club member families tended to reject a slightly lower portion of commodity foods than did the rural nonfarm residents.

The portion receiving commodities at each income level was expected since welfare income and amount of commodity food is allocated according to family composition. Approximately three-fourths of the non-club members at each income level reported receiving commodities.

As the income level increased, a larger segment of the families in each category took all of the commodities.

The educational level of the homemaker may have some effect on the practice of accepting commodity foods. A smaller portion of those with less than fourth grade education than in other education level categories indicated that they received commodity foods. Each of the other categories indicated a higher portion receiving commodities, but this pattern did not indicate a definite increase with the homemaker's educational attainment.

The acceptance of commodity foods seemed to increase somewhat as the homemaker's educational level increased from the fourth to eighth grade level up. Sixty per cent of the homemakers with less than fourth grade education usually accepted all commodities and indicated no foods rejected.

Attitude of Acceptability of Commodity Foods

Homemakers who received commodities responded to the item "Which commodity foods do you like best and which ones (commodity foods) do you dislike", as indicated in Table XXXVIII. Generally, the commodity foods were very well accepted. Of the carbohydrates group of foods, flour and rice were the most acceptable; rolled wheat the least acceptable. Meat and cheese were the most acceptable of the protein foods. Butter appeared to be the favorite food received, being named as "best liked" by 61 per cent of the homemakers. Peanut butter, a source of both protein and fat, was named by nearly one-fourth. Several mentioned lard as favorite food and no one included lard or flour among disliked foods.

Cornmeal was listed as a food disliked by more than one-third and rolled wheat nearly as often as cornmeal. Non fat dry milk and dried eggs were the most disliked. These same four foods were the same four listed as most often rejected. It was evident that a larger portion of protein than carbohydrate foods were being rejected. There was not a sufficient number of responses among the club members to draw conclusions

TABLE XXXVIII

ATTITUDE OF ACCEPTABILITY OF COMMODITY FOODS AS REPORTED BY 75 HOMEMAKERS

	Total N-75		Home Demonstration Club Members N-6		Non Home Demonstration Club Members N-69	
	No.	%	No.	%	No.	%
Commodity Food Family Liked Best:						
Flour	31	41.3	0	.0	31	44.9
Cornmeal	9	12.0	1	16.7	8	11.6
Rice	19	25.3	1	16.7	18	26.1
Rolled Wheat	3	4.0	0	.0	3	4.3
Beans, Dry	11	14.7	3	50.0	8	11.6
Non Fat Dry Milk	6	8.0	0	.0	6	8.7
Dried Egg Solids	1	1.3	0	.0	1	1.4
Meat	25	33.3	0	.0	25	36.2
Cheese	35	46.7	3	50.0	32	46.4
Peanut Butter	17	22.7	0	.0	17	24.6
Butter	46	61.3	0	.0	46	66.7
Lard	9	12.0	0	.0	9	13.0

TABLE XXXVIII, CONT'D.

ATTITUDE OF ACCEPTABILITY OF COMMODITY FOODS AS REPORTED BY 75 HOMEMAKERS

	Total N-75		Home Demonstration Club Members N-6		Non Home Demonstration Club Members N-69	
	No.	%	No.	%	No.	%
Commodity Foods Disliked:						
Flour	0	.0	0	.0	2	2.9
Cornmeal	28	37.3	0	.0	28	40.6
Rice	12	16.0	0	.0	12	17.4
Rolled Wheat	21	28.0	0	.0	21	30.4
Beans, Dry	6	8.0	0	.0	6	8.7
Non Fat Dry Milk	30	40.0	2	33.3	28	40.6
Dried Egg Solids	29	38.7	1	16.7	28	40.6
Meat	15	20.0	1	16.7	14	20.3
Cheese	5	6.7	0	.0	5	7.2
Peanut Butter	3	4.0	0	.0	3	4.3
Butter	1	1.3	0	.0	1	1.4
Lard	0	.0	0	.0	0	.0

about their attitude toward the acceptability of commodity foods. The six club members appeared to follow similar patterns to non-club members.

Educational Assistance Regarding Use of Commodity Foods

Over one-half of the non-club homemakers had not used Extension prepared recipes regarding the use of commodity foods. Frequently during the interviews, the homemaker reported that she had not received recipes or other material from the Extension office, because commodity foods were delivered to the house regularly. Therefore, they did not know about the demonstrations or recipes given. Low educational level of the homemaker and other reasons may account for seemingly poor acceptance of assistance given.

About one-fourth of the homemakers indicated a desire for additional assistance in the area of foods. The other three-fourths said, "no", "don't know", or gave no response.

In comparing the place of residence to the portion using Extension recipes, it was similar in each category.

Non-club members living in the rural nonfarm area indicated that they were more interested in additional assistance than were the urban homemakers.

In comparing the use of Extension recipes at each income level, the less than \$999 category reported greater percentage using recipes than either of the other categories.

According to income level, homemakers in the \$1,000 to \$1,999 income bracket were less concerned about additional assistance than were the other income categories. The higher income group was most interested in learning more.

No particular pattern emerged from the comparison of the homemaker's educational level to her use of Extension recipes. The homemakers with less than fourth grade educational attainment had received very little benefit from recipes. A high percentage of the homemakers with high school graduate and college level of education used the recipes. This is of particular concern in adapting materials to meet the needs of low income people.

The higher the education level from fourth grade on to high school graduation the more interested in educational assistance related to foods the homemakers seemed to be. The data at college level was too small a number on which to draw conclusions.

Summary

The findings from 184 questionnaires indicated more similarities than differences among club member and non-club member homemakers in low-income families. The majority of homemakers in both groups shopped for groceries for the family once a week. (Over one-fifth of the total reported that they did not have a set day of the week when they did grocery shopping. Those who had a set day tended to shop the latter part of the week. Almost two-thirds of the homemakers reported that shopping was done at the nearest supermarket.) In a large majority of households, the homemaker did most of the food shopping. Most of the homemakers paid cash for food. (The approximate amount spent for food varied from less than eight dollars to more than thirty dollars per week.) A

(majority of the homemakers indicated if they had more money, they would buy more meats, fruits, and vegetables.)

Almost one-half of the homemakers reported having a garden last year. A variety of vegetables were produced in the home garden. A relatively low portion of the homemakers reported having a home supply of eggs and meats.

Over one-half of the homemakers did canning of fruits and vegetables. However, only one-half of that number reported having a pressure canner. Only two-thirds of those who had a pressure canner indicated that they used the canner. All families reported having a refrigerator and over one-fourth had a home freezer. (More than three-fourths of the homemakers prepared three meals a day.)

The homemakers gained food information from a variety of sources that included personal contacts, mass media, and the Cooperative Extension Service.

On the whole, the homemakers enjoyed cooking for their families. They indicated as far as food is concerned they are interested in their family's physical health, the family's likes and dislikes.

A very small portion (six out of ninety-three) of the home demonstration club members received commodity foods. Three-fourths of the non-club members received commodity foods. Most of the recipients reported that they usually took all the commodity foods offered. Over one-half of the recipients had not used extension prepared recipes regarding the use of commodity foods. Homemakers were interested in additional assistance in the area of foods.

Such factors as place of residence, income level, and the educational level of the homemaker did seem to be associated to some degree with some of the food practices and attitudes of the low-income families.

CHAPTER IV

SUMMARY, CONCLUSIONS, AND PROPOSALS

Summary and Conclusions

This study was concerned with identifying some of the food practices and attitudes of selected low-income families in Cotton County, Oklahoma, and proposals for developing an effective educational program to help these families with their food and nutrition problems.

The findings of this study seem to validate the first part of the hypothesis, which was a study of the food practices and attitudes of selected homemakers from low-income families can be identified. The practices and attitudes identified were: when, where, how often, and by whom food shopping was done; expenditures and method of paying for food; sources of food other than that purchased; food preservation and equipment used; meal preparation; sources of food information used; the homemaker's attitude toward feeding the family; the acceptability of commodity foods, the use of information that had been given regarding commodity foods, and the attitude toward additional assistance in this area of foods.

The first purpose was to identify some of the characteristics of low-income families, in particular, their food practices and attitudes as presented in literature. A review of

literature and related research supplied information on shopping practices, sources of food, sources of information, and food practices and attitudes of low-income families. This information was used in the formulation of the survey instrument used in the study.

The review of literature tended to indicate that low-income families have certain characteristics in common which are different from other socio-economic groups. To develop effective educational programs with these people, the professional worker must have an understanding of these characteristics. Methods of teaching and materials must be adapted to their particular needs and abilities. The place of residence was associated with food practices of the family. Income level influences food practices of low-income families. Low-income people probably do not associate the lack of education with their food and nutrition problems or their other difficulties.

A second purpose was to identify some of the food practices and attitudes of homemakers in selected low-income families among home demonstration club members and non-club members.

A large portion of club members and non-club members shopped for groceries once a week. A majority of the homemakers indicated they usually shopped for food on a set day; however, the day varied among the homemakers. The shopping day tended to be toward the latter part of the week. A large percentage of the homemakers reported shopping at the nearest supermarket. Most homemakers did the shopping themselves and paid cash for food.

Food expenditures varied from less than eight dollars to over thirty dollars a week. A majority of the homemakers indicated if more money were available they would buy more meats, fruits, and vegetables.

About one-half of the families had gardens and canned fruits and vegetables. Less than one-half of those homemakers who reported canning indicated that they had a pressure canner. Slightly more than one-fourth of the households had a food freezer. Three-fourths of the homemakers prepared three meals a day.

The homemakers gained food information from a variety of sources including personal contacts, mass media, and the Cooperative Extension Service.

On the whole, the homemakers enjoyed cooking and were concerned about their family's physical needs, likes, and dislikes.

Only six of the 93 home demonstration club members reported receiving commodity foods; therefore, data from this small group was not analyzed. Three-fourths of the non-club members received commodity foods and usually took all commodities offered. Over one-half of the recipients had not used Extension Service recipes regarding the use of commodity foods. Homemakers were interested in learning more in the area of foods and nutrition.

The third purpose was to compare food practices and attitudes of home demonstration club members with non-club members. A larger portion of the club members than of the non-club members tended to: (1) shop once a week and on a set day for

groceries, (2) pay cash for food purchased, (3) raise a garden, (4) have a home egg or meat supply, (5) can fruits and vegetables, (6) have canning equipment and a food freezer, (7) prepare three meals a day, and (8) use more mass media and extension information.

More non-club than club members (1) felt they would spend more for food if money were available, (2) received commodity foods, and (3) expressed pleasure in cooking.

It was interesting that more similarities than differences appeared among the low-income families.

The fourth purpose was to determine if food practices and attitudes of low-income families were related to place of residence, the level of family income and the educational level of the homemaker. The place of residence showed little influence upon the low income homemaker's food practices and attitudes. The family's level of income had very little influence upon non-club member's food practices and attitudes, but did have influence on club members. The educational level of the homemakers in both groups did seem related to her food practices and attitudes.

The fifth purpose was to develop proposals for a county extension program designed to more effectively assist low-income families in solving their food and nutrition problems. The section which follows will include these proposals. The proposals include the involvement of the people to be taught in various phases of program development, the use of human resources within the communities, and work with other agencies, organizations, and individuals.

Proposals

As a result of the findings, the writer proposes some suggestions for the county home economics extension program that may assist low-income families in solving their food and nutrition problems:

1. Listen to and watch for needs of low-income families.
2. Involve, in so far as possible, representatives from the low income audience in the county program development activities.
3. Identify leaders and innovators among the low income audience and, wherever possible, enlist their help in teaching others. Recognize the accomplishments of leaders and followers.
4. Use more personal contacts for working with the low income audience on the part of the extension home economist and volunteers.
5. Work through 4-H Club boys and girls on food and nutrition and related projects to reach parents.
6. Work cooperatively with the County Department of Public Welfare, Farmers Home Administration, Board of County Commissioners, other organizations, and other extension personnel in planning and conducting food and nutrition and related programs.
7. Enlist the cooperation of local merchants in making available to homemakers consumer information in foods and household equipment.

8. Adapt and prepare mass media publications, visual aids, teaching and program material specifically for the low income audience.
9. Evaluate the effectiveness of teaching endeavors with this audience through observation and contacts, such as: home visits, commodity food demonstrations, homemakers as they shop in the grocery stores, home demonstration club meetings, office visits, phone calls, 4-H Club meetings, and conferences with the welfare personnel and other agency representatives designated to work with low income people.

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APPENDIX

QUESTIONNAIRE ON FOOD PRACTICES

Americans are among the better fed people of the world. But, many are getting less than minimum daily needs. To improve, more information on family food practices is needed. Your help, by checking this questionnaire will be appreciated. There are no right and wrong answers. It is important what homemakers do about feeding their families. No names are to be signed.

Most of these questions may be answered by a check (X), only a few need a word or two.

1. Do you belong to a Home Demonstration Club?
 - a. Yes _____
 - b. No _____
2. How many of your family members are in each age group:
(Give Number)
 - a. Less than 6 years _____
 - b. 6 to 12 years _____
 - c. 13 to 19 years _____
 - d. 20 to 39 years _____
 - e. 40 to 65 years _____
 - f. Over 65 years _____
3. Where do you live?
 - a. Rural farm _____
 - b. Rural nonfarm _____
 - c. Urban (town of over 2,500) _____

4. Check (X) the category describing the number of school years you completed:
- a. None _____
 - b. Less than 4th grade _____
 - c. 4th to 8th grade _____
 - d. 9th to 12th grade _____
 - e. High School graduate _____
 - f. Some college _____
 - g. College graduate _____
5. In which yearly income group is your family?
- a. Less than \$999 _____
 - b. \$1,000 to \$1,999 _____
 - c. \$2,000 to \$2,999 _____
 - d. \$3,000 to \$4,999 _____
 - e. \$5,000 to \$6,999 _____
 - f. over \$7,000 _____
6. When do you buy most of your groceries?
- a. Once a month _____
 - b. Twice a month _____
 - c. Once a week _____
 - d. Twice a week _____
 - e. More often _____
7. On what day of the week do you usually buy most of your groceries?
- a. Monday _____
 - b. Tuesday _____
 - c. Wednesday _____
 - d. Thursday _____
 - e. Friday _____
 - f. Saturday _____
 - g. No set day _____
8. Where do you buy most of your groceries? (Check one)
- a. Nearest supermarket _____
 - b. Neighborhood or independent store _____
 - c. Other, specify _____

9. When you buy food do you ...?
- a. Pay cash _____
 - b. Charge _____
 - c. Both _____
10. Who does most of the food buying in your family?
(Check one)
- a. The Mother _____
 - b. The Father _____
 - c. The Children _____
11. About how much do you spend for food each week?
- a. Less than \$8.00 _____
 - b. \$8.00 to \$15.00 _____
 - c. \$16.00 to \$22.00 _____
 - d. \$23.00 to \$30.00 _____
 - e. Over \$30.00 _____
12. If you had more money to spend, would you spend more on food?
- a. Yes _____
 - b. No _____
13. If you spent more money on food which one would you buy more often?
- a. Meats _____
 - b. Vegetables _____
 - c. Fruits _____
 - d. Milk or cheese _____
 - e. Eggs _____
 - f. Cereals or breads _____
 - g. Other _____
 - h. None _____
14. Do you have sources of foods, other than those you buy?
(Check as many as apply)
- a. Eggs _____
 - b. Garden _____

- c. Meats (1) Beef _____
 (2) Pork _____
 (3) Chicken _____
 (4) Lamb _____
 (5) Fish _____
- d. Commodities _____
e. Other, specify _____

15. Did you have a garden last year?
a. Yes _____
b. No _____
16. If yes, you had a garden last year, what did you raise?
a. Potatoes _____
b. Onions _____
c. Cabbage _____
d. Turnips _____
e. Tomatoes _____
f. Beans _____
g. Peas _____
h. Corn _____
i. Okra _____
j. Others _____
17. Do you can any food?
a. Yes _____
b. No _____
18. If yes, what did you can?
a. Meat or poultry _____
b. Fruit _____
c. Vegetables (Write in names of vegetables) _____

19. Do you have a pressure canner?
a. Yes _____
b. No _____
20. If yes, do you use pressure canner for canning?
a. Yes _____
b. No _____

21. Do you have a refrigerator?
- a. Yes _____
- b. No _____
22. Do you have a food freezer?
- a. Yes _____
- b. No _____
23. If you receive commodity foods, which three does your family like?
- a. Best _____
- b. Least _____
24. How many meals do you prepare each day?
- a. One _____ c. Three _____
- b. Two _____ d. More _____
25. Where do you get food information?
- a. Mother or relative _____
- b. Friend or neighbor _____
- c. Newspaper or Magazine _____
- d. Radio _____
- e. Television _____
- f. Extension Service _____
- g. Others, Specify _____
26. Who lives near you that people would likely ask questions about food, if help was needed?
- Name a person _____
27. Which of these statements express your feeling about feeding your family?
- a. Giving my family what they like to eat _____
- b. Feeding them what they need _____

- c. A job that must be done _____
- d. Cooking is a pleasure _____
- e. Filling them, satisfying their appetites _____
- f. Other reasons, specify _____

(The following questions were asked of non-club members only)

28. To what extent have you used demonstration recipes given you by extension?

- a. A few of the recipes _____
- b. Most of the recipes _____
- c. None of the recipes _____

29. If there is additional help, what would you like?

Specify _____

30. Did family take all commodities offered?

- a. Yes _____
- b. No _____

31. If no, they do not take all foods offered, which ones do they not take?

- | | |
|------------------------|-----------------------|
| a. Rice _____ | g. Cheese _____ |
| b. Eggs _____ | h. Lard _____ |
| c. Cornmeal _____ | i. Milk _____ |
| d. Beans _____ | j. Rolled wheat _____ |
| e. Butter _____ | k. Meat _____ |
| f. Peanut Butter _____ | l. Others _____ |

VITA

Betty Woods Dahms

Candidate for the Degree of
Master of Science

Thesis: SOME FOOD PRACTICES AND ATTITUDES OF SELECTED LOW-INCOME FAMILIES IN COTTON COUNTY, OKLAHOMA, WITH IMPLICATIONS FOR COUNTY EXTENSION PROGRAM DEVELOPMENT

Major Field: Home Economics Education

Biographical:

Personal Data: Born at Chickasha, Oklahoma, February 26, 1920, the daughter of Roy U. and Eva M. Woods.

Eduataion: Attended grade school and graduated from Verden High School, Verden, Oklahoma, 1937; attended Oklahoma College for Women, Chickasha, Oklahoma, 1937-39; received Bachelor of Science degree from Oklahoma State University, June, 1942; completed requirements for the Master of Science degree, Oklahoma State University, August, 1965.

Professional Experience: Vocational Home Economics teacher, Welch, Oklahoma, August, 1942, to June, 1943; Home Economics teacher, Lindsay, Oklahoma, September, 1943, to May, 1945; Assistant Home Demonstration Agent, Garvin County, Oklahoma, May, 1945, to March, 1946; Science teacher, Vernon, Alabama, September, 1946, to August, 1948; Science and History teacher, Hamilton, Alabama, September, 1949, to January, 1950; Home Demonstration Agent, Cotton County, Oklahoma, August, 1956, to present.

Professional Organizations: American Home Economics Association; Oklahoma Home Economics Association; National Association of Extension Home Economists; Oklahoma Home Demonstration Agents' Association; and Oklahoma Education Association.