



MINISTRY OF FOOD

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Domestic Food Consumption and Expenditure, 1952

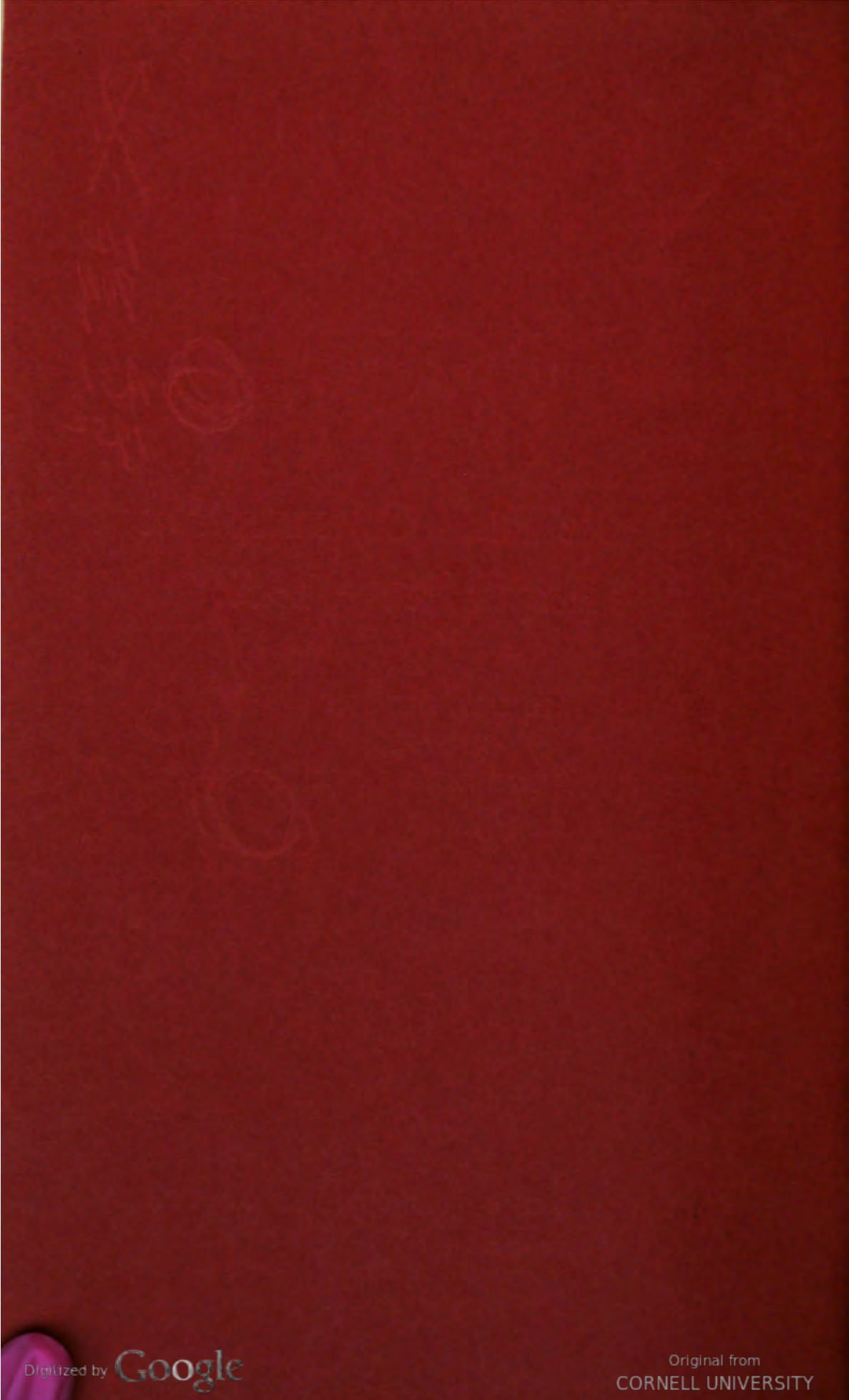
ANNUAL REPORT
OF THE
NATIONAL FOOD SURVEY COMMITTEE

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HER MAJESTY'S STATIONERY OFFICE
1954

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PREFACE

The year 1952 was the first in which the National Food Survey not only covered all sections of the population but operated throughout every individual month. Such continuity and national coverage had not previously been achieved together, but the simplified field work introduced in June 1951 ⁽¹⁾ has now made this possible.

The present volume broadly follows the lines adopted in 1950 and 1951, and it is proposed to adhere to the same general arrangement in future, while directing attention from time to time to certain special aspects of the diet. Thus the present Report includes *inter alia* very full data on the seasonal variations in the consumption of fruit and vegetables, and on the relation of the number of children in the family to food expenditure, while the place in the diet of school meals and of school milk, and more generally of meals eaten outside the home, are discussed in appendices. Detailed tables showing the contributions of different foods to the energy value and nutrient content of the diet are also contained in an appendix.

Mr. W. L. Kendall, who had been Joint Secretary of the National Food Survey Committee since 1949, was transferred to another Department at an early stage in the preparation of the Report. The sections on food consumption, expenditure and prices were in consequence prepared by Mrs. E. H. Gibson, while Mr. A. H. J. Baines undertook the later stages of revision. As in previous years Miss D. F. Hollingsworth has been responsible for the sections on energy value and nutrient composition. The Committee desire to express their thanks to these officers of the Ministry, as well as to their other colleagues in the Ministry's Statistics and Intelligence Division and Scientific Adviser's Division, for the way in which they have implemented the Committee's recommendations.

Finally, the Ministry and the Committee desire once again to express their indebtedness to the many housewives who, with the assistance of the field staff of the London Press Exchange, have provided the information on which the Survey is based.

NORMAN C. WRIGHT,
Chairman,
National Food Survey Committee

July, 1954.

¹ *Domestic Food Consumption and Expenditure, 1951*: H.M. Stationery Office, 1953

I. INTRODUCTION

1. In 1950 the National Food Survey, which had previously been confined to urban working class households and special samples, was extended to provide for the first time a national sample of household food budgets. This enabled a comparison of the diets of different social classes and different types of family to be made, and such analyses have been continued in subsequent years. During 1951 the survey technique was further improved; the changes were fully described in the Annual Report for that year (¹) and are summarized in Appendix A of the present Report, which also contains details of the composition of the sample in 1952. The new methods were continued in 1952 without further change, and made it possible to obtain a more representative sample of about 3,000 households per quarter. This was therefore the first complete year in which the Survey sample was continuous and on a national basis. In 1950 and the first half of 1951 the sample had represented all classes, but the Survey had been conducted only in the first two months of each quarter; in earlier years the Survey had been continuous but did not cover all classes.

2. The results for the second half of the year are strictly comparable with those for July–September, 1951, and comparisons of expenditure should be confined to those quarters. For total value of consumption, comparisons are possible on an annual basis, in spite of the changes in technique, but for a few individual foods the continuity of the consumption series is more doubtful. For this reason the Annual Report for 1951 did not deal with seasonal movements. In the present Report a section has been devoted to seasonal changes, with particular reference to fruit and vegetables.

3. Now that the Survey has continued on a national basis for three years, it is possible to take a broader view of the results and to describe general features with less comment on the detailed figures. In this Report, therefore, some compression is justified. The findings for 1952 are summarized in the text and more detailed results will be found in the tables. The basic tabulations of Survey data, which will be preserved for reference, give full particulars of consumption and expenditure for each social class and family type in respect of 106 foods, but in the sections of the Report dealing with social class and household composition a simplified, though nonetheless comprehensive list of 27 food groups has been used. The Report again includes tables showing the energy value and nutrient content of the diet of different groups, compared with standards based on the British Medical Association's recommendations.

II. FOOD SUPPLIES AND PRICES, 1952

4. During the early part of 1952 food supplies were adversely affected by the import restrictions which had to be imposed at the end of 1951, and the national diet, though much the same in quantity, was somewhat less varied and attractive than in the two previous years. After this initial setback the supply position improved, the extent of recovery being well illustrated in the subsequent provisional figures for 1953.

¹ *Domestic Food Consumption and Expenditure, 1951*: H.M.S.O., 1953.

5. Table 1 summarizes the changes in supply of the principal foods between 1950 and 1953 and also includes, for comparison, the position in 1934-38.

TABLE 1
Changes in Supplies of Principal Foods(a), 1950-53 and Pre-War

	lb. per head per annum				
	1934-38	1950	1951	1952	1953 (Pro- visional)
Dairy products, excluding butter (as milk solids)	38.3	54.3	54.8	51.5	52.4
Cheese (included also in dairy products)	8.8	10.1	10.5	7.7	9.3
Meat (edible weight)	110.0	95.8	76.5	84.6	93.5
Fish, poultry, game (edible weight)	32.7	27.1	30.1	28.2	25.5
Eggs (total shell egg equivalent)	28.3	31.4	27.6	26.7	27.8
Oils and fats:					
Butter	24.7	16.9	14.6	10.9	13.1
Margarine	8.7	17.0	18.7	19.3	17.8
Lard and compound cooking fats	9.3	10.8	12.1	11.0	9.7
Other edible oils and fats	9.9	8.5	9.5	8.7	9.9
Total (fat content)	46.9	47.7	49.5	45.1	45.5
Sugar and syrups (sugar con- tent) (b)	104.6	86.5	95.5	90.7	100.3
Potatoes	181.9	246.4	239.6	237.8	221.5
Pulses, nuts, etc.	9.5	11.2	10.3	9.4	10.6
Fruit, including tomatoes	137.4	126.5	131.5	123.1	132.5
Vegetables, other than potatoes	107.0	105.7	109.6	100.9	104.1
Cereal products	210.1	222.8	221.1	219.5	208.4
Tea	9.3	8.5	8.1	8.5	9.4
Coffee	0.7	1.5	1.7	1.5	1.2
Total calories per head per day	3,000	3,050	3,020	2,950	3,000

(a) Ministry of Food Bulletin No. 755, 29th May 1954, and Economic Survey, 1954 (Cmd. 9108). Some of these figures have been revised to conform with revision of supply data. Tomatoes and tomato products have been included with fruit (in terms of fresh equivalent) to conform with National Food Survey practice.

(b) Excludes usage for brewing and distilling.

6. Supplies of meat (including bacon and unrationed meats) which had fallen to a low level in 1951, increased by 11 per cent. in 1952 and a further 11 per cent. in 1953. As a corollary to this, there were corresponding decreases in supplies of fish, poultry and game and of cereal products and potatoes. Other food groups to show a significant improvement between 1951 and 1953 were tea and sugar; supplies of tea increased by 16 per cent., and although supplies of sugar and syrups decreased temporarily in 1952, this reduction was more than made good in 1953, when supplies were 5 per cent. higher than in 1951. The reductions in the supplies of certain other foods in 1952 were associated with the critical state of the balance of payments; this affected butter and cheese particularly. However, by 1953 supplies of both these foods had markedly improved.

7. Compared with the position before the war, the most important differences to note are the greatly increased supplies of milk and also of potatoes (though consumption was declining), the continued shortfall in meat supplies and the replacement of butter by margarine. Four main food groups were still 10 per cent. or more below the pre-war level in 1952, but by 1953 these were reduced to only two, namely meat, and fish, poultry and game. All the estimates are on a per head basis, and therefore make allowance for the population increase.

8. The average ration levels (normal adult entitlement per week) are shown in Table 2, and reflect the supply position.

TABLE 2
Average weekly rations, 1950-53

	1950	1951	1952	1953
Fresh carcase meat (a) ... d.	24.5	17.5	20.2	24.7
Bacon oz.	4.4	3.9	4.7	4.9
Butter oz.	4.4	3.7	2.7	3.4
Margarine oz.	4.0	4.0	4.3	4.2
Cooking Fat oz.	2.1	2.0	2.0	2.0
Cheese oz.	2.0	2.0	1.2	1.8
Sugar (b) oz.	10.6	11.8	10.9	13.3
Tea (c) oz.	2.3	2.0	2.2	—

(a) For the sake of comparability, the rations have been converted to their value at 1953 prices. In the second half of 1953 extra quantities were issued for sale off the ration: an additional 2d. worth for 8 weeks and an additional 6d. worth for 13 weeks.

(b) Sugar was derationed from 27th September 1953.

(c) Tea was derationed from 5th October 1952.

9. The most marked changes between 1951 and 1952 were increases of 15 per cent. in the bacon ration, and decreases of 27 per cent. and 40 per cent. for butter and cheese respectively. These reductions were very nearly restored, however, in 1953, when the meat and bacon rations were also raised by a further 22 per cent. and 4 per cent. to levels above those obtaining in 1950.

10. Two inter-related features of the diet in 1952 call for particular comment: the resumption of the trend towards decontrol, which had been interrupted by the Korean war, and the steady increase in food expenditure, attributable both to the inflationary movement within the national economy and to the policy of reducing or removing subsidies as a step towards the restoration of a free market. The Ministry of Labour's official statistics of earnings and retail prices show that average weekly earnings kept in step with the general price level, as follows:—

	1950	1951	1952
Index of average weekly earnings(a) ...	100	110	119
Index of retail prices	100	110	119

(a) Based on figures for April and October in each year.

11. Food prices advanced more rapidly than the general index, since the increase in the price of food was offset during 1952 by reductions in the prices of clothing and household durable goods. Household food expenditure kept pace with food prices, as follows:—

	1950	1951	1952
Index of retail food prices ¹ ...	100	112	129
Household food expenditure ¹ ...	100	113	129

12. As judged by the survey data there was, in line with the supply figures in Table 1, a slight fall in the energy value of the average diet between 1950 and 1952, both in absolute terms and in relation to estimated requirements. The

¹ Both these indices have been calculated from National Food Survey data, and household food expenditure for 1950 and the first half of 1951 has been adjusted for changes in larder stocks. The weighting of items in the official Interim Index of Retail Prices was changed in February 1952, and the food component calculated on the new basis has not been linked to the earlier series. A linked index has, however, been published in the Bulletin of the London and Cambridge Economic Service, and this gives closely similar results: 111 for 1951 and 128 for 1952 on a 1950 base of 100.

1953 survey figures, however, furnish independent evidence that this trend has since been reversed.

Per head per day	1950	1951	1952	1953
Energy value of the household diet (calories)	2,474	2,466	2,447	2,520
Energy value as percentage of recommended allowance ...	101	100	99	101

In comparing the energy value of the diet with the standard adopted, an adjustment (fixed at 10 per cent. as in previous years) has been applied to allow for plate and other wastage within the home. The basis of the calculation is such that a one or two per cent. fall below the standard is not significant. Although from Table 1 it appears that a slightly more marked decrease in energy value took place between 1950 and 1952, it should be pointed out that these "consumption level" estimates include meals obtained outside the home, sweets, ice-cream and soft drinks. Such items of personal consumption, together with small food losses and weighing-up allowances at the retail level, are responsible for the difference (about 500 calories per head) between the two sets of estimates, which are thus neither interchangeable nor directly comparable.

13. In order to meet the increased cost of the diet, consumers devoted an increasing proportion of their expenditure to food. It is estimated that food accounted for 31.1 per cent. of total personal expenditure on consumer's goods and services in 1952, compared with 29.7 per cent. in 1951 and 29.8 per cent. in 1938.

14. In Table 3 changes in domestic expenditure on food during 1952 are related to changes in prices, wage rates, estimated weekly earnings and the energy content of the household diet. Data for earlier years are not strictly comparable because of changes in Survey technique in June 1951, and in the construction of the Interim Index of Retail Prices in January 1952. Comparisons with 1950 and 1951 have therefore not been included.

TABLE 3
Household Food Expenditure, Wages and Prices, 1952

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
Weekly wage rates (a)	100	102	102	105
Estimated weekly earnings (a) (c)...	101	102	102	105
Interim Index of Retail Prices:				
All items (a)	100	103	103	104
Food (a)	100	106	107	108
Household food expenditure (b) ...	100	108	107	112
Energy value as percentage of recommended allowance ...	98	98	98	101

(a) January 1952 = 100.
 (b) January-March 1952 = 100.
 (c) Official estimates for April and October, interpolated by monthly index of weekly wage rates.

15. The gap between wages and food prices widened rapidly during the earlier part of the year, and the energy value of the diet fell slightly below the recommended allowance. Food prices reflected the first instalment of the Budget increases in June, but then showed a seasonal downward trend until September, followed by a rise in October on completion of the Budget operation. Wage

rates rose sharply in November, and the last quarter of the year may be characterised as a period of almost stationary prices and increasing food consumption and expenditure.

16. The indices shown in Table 3 are of general import only. The pattern of the diet changed during the year in a number of ways, and the diets of different social classes and of different family types showed varying trends.

III. THE HOUSEHOLD DIET IN 1952

FOOD EXPENDITURE AND PRICES

17. Changes in total food expenditure and the value of consumption during the year are shown in Table 4. The fourth quarter of 1951 is included as a link for comparison. "Free" food consists of supplies obtained free of cost from a garden, allotment or farm, or from an employer. These free supplies are valued at current prices and are added to the food expenditure to give the total value of food obtained for consumption. The value of consumption increased by 1s. 10d. per head per week between the first and second quarters and continued to rise slightly.

TABLE 4
Household Food Expenditure and Value of Food obtained for
Consumption, 1952

per head per week

	1951	1952				
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average
Expenditure on food	s. d. 18 10	s. d. 19 4	s. d. 20 11	s. d. 20 8	s. d. 21 7	s. d. 20 8
Value of free food (a)	7	7	10	1 4	6	10
Total value of consumption ...	19 5	19 11	21 9	22 0	22 1	21 6

(a) Includes withdrawals from stocks of certain home-produced foods.

18. The approach to a pre-war pattern of expenditure is illustrated in the accompanying Chart, which shows the proportion of expenditure devoted to different food groups. The pre-war percentages are based on the Survey conducted by Crawford and Broadley in 1936-37. The difference for fruit and vegetables, 18.5 per cent. in 1952 compared with 14 per cent. pre-war, is partly due to the highly seasonal character of this group, for the earlier survey was confined to the autumn and winter months. During the corresponding period from October 1952 to March 1953 the average expenditure on fruit and vegetables was 16.4 per cent. of the total.

19. Table 5 shows household expenditure on the main foods during the four quarters of 1952, the last quarter of 1951 being included for comparison.

CHART 1

Percentage Expenditure on Different Foods

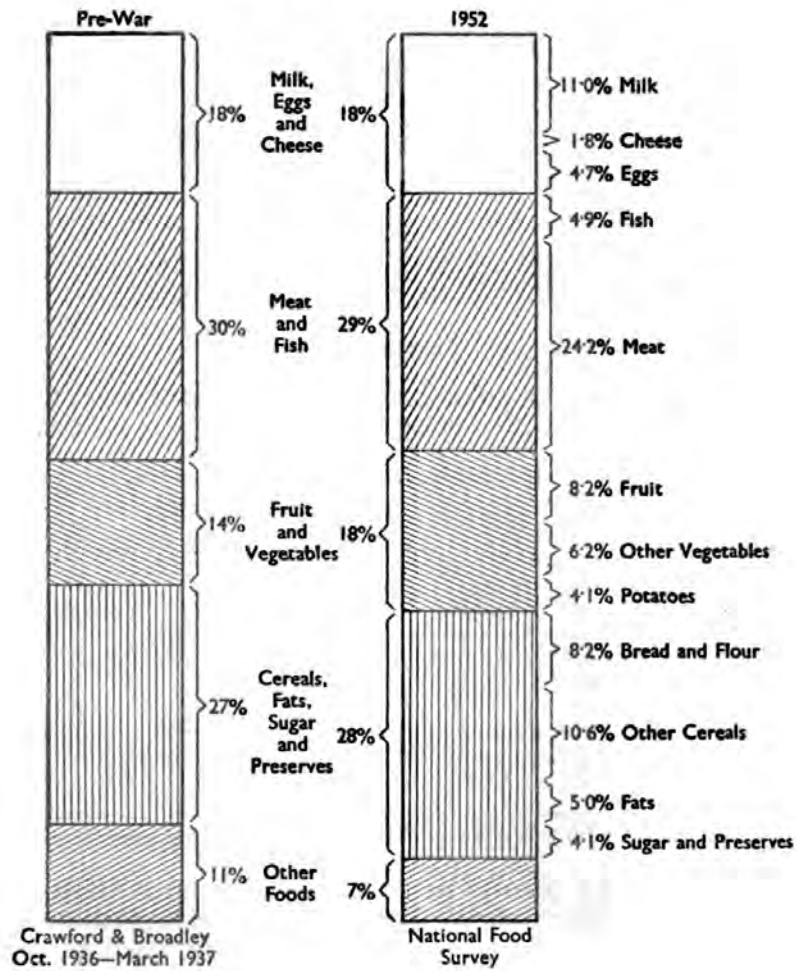


TABLE 5
Domestic Food Expenditure by all Households—
4th Quarter 1951 to 4th Quarter 1952

pence per head per week

	1951 4th Quarter	1952					Annual average	Percentage change 4th Quarter 1952 on 4th Quarter 1951
		1st Quarter	2nd Quarter	3rd Quarter	4th Quarter			
MILK—								
Liquid, retail ...	22·70	23·85	23·80	25·21	25·46	24·58	+ 12	
Liquid, welfare ...	1·24	1·13	1·13	1·22	1·16	1·16	— 6	
Other milk and cream	1·36	1·39	1·13	1·61	1·88	1·51	+ 38	
TOTAL MILK ...	25·30	26·37	26·06	28·04	28·50	27·25	+ 13	
CHEESE ...	3·40	4·67	4·52	4·32	4·19	4·42	+ 23	
MEAT—								
Rationed ...	21·83	17·78	18·46	26·99	28·00	22·81	+ 28	
Bacon ...	7·24	10·37	13·58	13·64	15·17	13·19	+ 110	
All other meat ...	23·48	24·61	22·40	21·38	28·22	24·14	+ 20	
TOTAL MEAT ...	52·55	52·76	54·44	62·01	71·39	60·14	+ 36	
FISH—								
Fresh and processed	8·57	8·88	8·14	7·50	8·57	8·28	0	
Prepared ...	4·38	3·79	4·65	3·85	3·47	3·94	— 21	
TOTAL FISH ...	12·95	12·67	12·79	11·35	12·04	12·22	— 7	
EGGS, shell, hens' ...	7·43	12·22	14·53	9·27	10·03	11·51	+ 35	
FATS—								
Butter ...	5·78	5·79	5·77	4·69	5·47	5·43	— 5	
Margarine ...	3·61	3·55	3·65	4·04	4·69	3·98	+ 30	
Cooking fats, rationed	2·01	2·00	2·03	1·96	2·27	2·06	+ 13	
Other fats ...	1·02	0·86	0·85	0·94	1·26	0·97	+ 24	
TOTAL FATS ...	12·42	12·20	12·30	11·63	13·69	12·44	+ 10	
SUGAR AND PRESERVES—								
Sugar ...	3·95	3·82	4·19	4·75	4·52	4·32	+ 14	
Honey, preserves, syrup and treacle	5·45	5·98	6·32	5·42	5·69	5·85	+ 4	
TOTAL SUGAR AND PRESERVES ...	9·40	9·80	10·51	10·17	10·21	10·17	+ 9	
VEGETABLES—								
Potatoes (a) ...	8·73	9·77	12·54	8·67	9·49	10·13	+ 9	
Fresh green ...	4·83	5·23	6·74	6·98	5·04	6·00	+ 4	
Other ...	8·95	9·71	10·10	7·69	9·65	9·28	+ 8	
TOTAL VEGETABLES OTHER THAN POTATOES ...	13·78	14·94	16·84	14·67	14·69	15·28	+ 7	

(a) Includes chips and crisps.

TABLE 5—continued

	1951 4th Quarter	1952					Percentage change 4th Quarter 1952 on 4th Quarter 1951
		1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average	
FRUIT (b)—							
Fresh	12·61	11·90	18·19	18·18	11·82	15·02	— 6
Other (c)... ..	7·31	4·10	4·41	4·45	7·09	5·01	— 3
TOTAL FRUIT ...	19·92	16·00	22·60	22·63	18·91	20·03	— 5
CEREALS—							
Bread (d)... ..	14·16	15·22	18·31	17·96	17·58	17·26	+ 24
Flour	2·47	2·58	3·14	3·16	3·29	3·04	+ 33
Other	26·57	25·86	26·11	25·85	26·78	26·14	+ 1
TOTAL CEREALS...	43·20	43·66	47·56	46·97	47·65	46·44	+ 10
BEVERAGES—							
Tea	6·00	6·04	6·44	8·40	8·28	7·29	+ 38
Coffee and cocoa drinks	3·20	3·63	2·93	2·74	2·83	3·03	— 12
TOTAL BEVERAGES	9·20	9·67	9·37	11·14	11·11	10·32	+ 21
OTHER FOODS ...	7·26	7·09	7·37	7·08	7·40	7·24	+ 2
TOTAL ALL FOODS	225·54 (18s. 10d.)	231·82 (19s. 4d.)	251·43 (20s. 11d.)	247·95 (20s. 8d.)	259·30 (21s. 7d.)	247·59 (20s. 8d.)	+ 15

(b) Includes tomatoes.

(c) Includes canned and bottled.

(d) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "other cereals".

20. Expenditure on most foods increased during 1952, mainly because of rising prices. Expenditure on cheese and bread increased by nearly a quarter, on rationed carcass meat by rather more, on eggs, flour and tea by about a third, while expenditure on bacon doubled, higher prices being accompanied by increased supplies. Expenditure on fish tended to fall, no doubt because of improved meat supplies; expenditure on butter declined because the ration was lower while the price remained controlled and subsidised; and the increased expenditure on tea during the second half of the year was partly at the expense of other beverages. The reason for the fall of 6 per cent. in expenditure on fresh fruit is not clear; prices in the last quarter were only slightly higher than a year before.

21. Table 6 shows for each quarter of 1952, and for the main food groups, the percentage increase or decrease in the average price paid by housewives compared with the corresponding quarter of 1951. The comparison has been made in this way so as to eliminate seasonal variations and to display the underlying trend of prices. The price index used is of the Fisher Ideal type (the geometric mean of a Laspeyres index and a Paasche index) and therefore reflects any change in the pattern of consumption within a food group: for example, a shift from butter to margarine.

TABLE 6
Price Changes: Quarters of 1952 compared with corresponding
quarters of 1951

	percentage change			
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
Milk and milk products	+22	+21	+19	+13
Meat, rationed	+17	+18	+22	+18
other (including bacon)	+18	+17	+21	+17
all	+18	+17	+21	+17
Fish	+12	+ 8	+ 6	+ 2
Eggs	+14	+26	+20	+ 3
Fats	+31	+25	+ 1	+15
Sugar and preserves	+11	+11	+ 4	+ 7
Vegetables	+23	+13	+ 8	+ 5
Fruit	+ 5	+11	- 3	+ 3
Cereals	+11	+19	+16	+16
Beverages	+12	+11	+17	+15
Miscellaneous (a)	+14	+16	+19	+ 8
All foods (a)	+16	+17	+13	+13

(a) Excludes a few miscellaneous items for which expenditure only is recorded.

22. The most important change in the pattern of expenditure during the year was the increasing concentration of expenditure on the basic foods. This is best illustrated by comparing indices of expenditure, price and quantity for subsidised foods and all other foods. The quantity index is obtained by dividing the expenditure index by the price index; it therefore measures changes in the standard of purchases, as measured by consumer preference, rather than in their physical volume. The comparison is confined to the second half of the year.

TABLE 7
Changes in expenditure, price and quantity: third and fourth quarters
of 1952 compared with corresponding quarters of 1951

	percentage change					
	3rd Quarter, 1951-52			4th Quarter, 1951-52		
	Expendi- ture	Price	Quantity	Expendi- ture	Price	Quantity
Subsidised foods (a)	+19	+17	+ 2	+26	+19	+ 6
Other foods (b) ...	+ 3	+ 8	- 5	+ 3	+ 6	- 3
All foods (b) ...	+11	+13	- 2	+14	+13	+ 1

(a) Liquid milk, rationed cheese, rationed carcase meat and bacon, shell eggs (hens'), rationed fats, sugar, tea, bread and flour, and potatoes.

(b) Excludes a few miscellaneous items for which expenditure only is recorded.

23. It will be seen from Table 7 that expenditure more than kept pace with the increase in prices for subsidised foods, but lagged behind prices for other foods. The diversion of expenditure to the basic foods was greater than could be explained by price changes alone; it represented a real change in the pattern of the diet. It had of course been envisaged when the original import programme for 1952 was reduced that the cuts would fall mainly on non-rationed

foods; the increase in the proportion of expenditure devoted to the main subsidised foods was therefore expected, and was attributed to the import restrictions and the reduction in food subsidies. By the end of the year, however, it had become evident that the shift had a more positive significance and might be expected to continue. Consumers were increasing their consumption of meat in spite of much higher prices, and purchases of eggs had also increased. An opinion survey carried out in the autumn showed that the demand for meat had not been fully met even during the peak period of home killings. On the other hand, the demand for fish and fruit had fallen off although their prices were only slightly higher than a year before. As a result, 53 per cent. of household food expenditure was devoted to the subsidised foods during the last quarter of 1952, compared with only 48 per cent. in the corresponding months of 1951, and this change appeared likely to persist.

CONSUMPTION

24. Table 8 summarises domestic consumption per head of the main foods during the four quarters of 1952; the fourth quarter of 1951 is included for comparison.

25. The findings confirm that in the course of the year meat (especially bacon) and eggs became more plentiful, while consumption of other animal protein foods tended to decline. Other changes were the decline in fruit consumption and the derationing of tea with its impact on other beverages. More detailed tables of consumption, expenditure and prices will be found for fruit and vegetables in Tables 9-12 and for all foods in Appendix E. The main interest of Table 8 is that it is the first attempt to display seasonal trends in consumption on the basis of a national sample covering every month of the year; it must, however, be remembered that in 1952 the pattern of free demand was still distorted to some extent by rationing and controls.

TABLE 8
Domestic Food Consumption by all Households 4th Quarter, 1951
to 4th quarter, 1952

oz. per head per week except where otherwise stated

	1951 4th Quarter	1952					Percentage change 4th Quarter 1952 on 4th Quarter 1951
		1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average	
MILK—							
Liquid, retail (pt.)...	3.99	3.98	4.05	3.91	3.90	3.96	- 2
Liquid, welfare and school (pt.) ...	0.94	0.85	0.85	0.86	0.89	0.86	- 5
Other milk and cream (pt. or eq. pt.) ...	0.23	0.26	0.22	0.28	0.27	0.26	+17
TOTAL MILK (pt.)	5.16	5.09	5.12	5.05	5.06	5.08	- 2
CHEESE ...	2.43	2.45	2.23	2.06	1.93	2.17	-21
MEAT—							
Rationed ...	12.75	10.38	10.05	13.20	13.83	11.86	+ 8
Bacon ...	3.45	4.01	5.13	5.14	5.25	4.88	+52
All other meat ...	13.38	13.74	11.73	10.14	13.40	12.25	0
TOTAL MEAT ...	29.58	28.13	26.91	28.48	32.48	28.99	+11

TABLE 8—continued

	1951 4th Quarter	1952					Percentage change 4th Quarter 1952 on 4th Quarter 1951
		1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average	
FISH—							
Fresh and processed	6.40	6.39	5.62	5.34	6.15	5.87	- 4
Prepared	1.69	1.69	1.85	1.62	1.44	1.65	-15
TOTAL FISH ...	8.09	8.08	7.47	6.96	7.59	7.52	- 6
Eggs, shell, hens' (No.)	1.86	3.10	3.84	2.47	2.37	2.95	+27
FATS—							
Butter	3.08	3.09	3.11	2.50	2.46	2.79	-20
Margarine	4.12	4.06	4.17	4.60	4.74	4.39	+15
Cooking fats, rationed	2.01	2.00	2.03	1.96	2.02	2.01	0
Other fats	0.65	0.51	0.50	0.58	0.76	0.59	+17
TOTAL FATS ...	9.86	9.66	9.81	9.64	9.98	9.78	+ 1
SUGAR AND PRESERVES—							
Sugar	10.33	10.11	11.09	12.53	10.27	11.00	- 1
Honey, preserves, syrup and treacle	5.76	6.29	6.39	5.59	5.90	6.05	+ 2
TOTAL SUGAR AND PRESERVES ...	16.09	16.40	17.48	18.12	16.17	17.05	0
VEGETABLES—							
Potatoes (a) ...	70.07	69.08	60.43	62.64	71.65	65.94	+ 2
Fresh green ...	15.10	12.77	15.80	22.27	14.69	16.37	- 3
Other	19.29	17.95	13.26	14.56	19.30	16.26	0
TOTAL VEGETABLES OTHER THAN POTATOES ...	34.39	30.72	29.06	36.83	33.99	32.63	- 1
FRUIT (b)—							
Fresh	20.23	16.44	21.01	29.13	18.23	21.21	-10
Other (c)	5.82	3.75	3.79	3.66	5.54	4.18	- 5
TOTAL FRUIT ...	26.05	20.19	24.80	32.79	23.77	25.39	- 9
CEREALS—							
Bread (d)	57.38	59.81	61.10	59.70	57.64	59.56	0
Flour	8.73	8.39	8.38	8.36	8.69	8.46	0
Other	19.56	18.63	17.64	17.24	18.09	17.89	- 8
TOTAL CEREALS ...	85.67	86.83	87.12	85.30	84.42	85.91	- 2
BEVERAGES—							
Tea	2.02	2.02	2.06	2.40	2.37	2.21	+17
Coffee and cocoa drinks	0.91	1.01	0.80	0.72	0.76	0.83	-16
TOTAL BEVERAGES	2.93	3.03	2.86	3.12	3.13	3.04	+ 7

(a) Includes chips and crisps.

(b) Includes tomatoes.

(c) Includes canned and bottled.

(d) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "other cereals".

Milk, Cheese, Eggs, Meat and Fish

26. Domestic milk consumption (including school milk) remained steady around 5·1 pints per head per week, of which 4·8 pints were liquid milk. During the first half of the year consumption of liquid milk was about 1 per cent below the corresponding figures for 1951. Consumption in the third quarter, which exhibited the normal seasonal fall, was practically the same as a year earlier, and it was thought that the two intervening price increases had been successfully absorbed; but the expected seasonal increase between the third and fourth quarters did not take place, and consumption of liquid milk during the last quarter was 3 per cent lower than a year before, a decline confirmed by Milk Marketing Board returns. It therefore appeared that the expansion of liquid milk sales which had continued until 1951 had come to a halt.

27. Cheese, eggs, meat and fish are to some extent complementary as they are all "main dish" foods which provide animal protein; they may therefore be considered together. Total consumption of cheese declined steadily during the year from nearly 2·5 oz. a week in the first quarter to 1·9 oz. in the fourth. Of this, unrationed cheese accounted for just over half an ounce. Egg consumption, following the seasonal supply, rose from 1·9 eggs per person per week in the last quarter of 1951 to 3·8 in the second quarter of 1952, declining to 2·4 in the last quarter.

28. Consumption of rationed carcass meat rose from about 10 oz. per week in the first half of the year to over 13 oz. in the second half, as supplies became more freely available. Beef and veal reached a maximum in the third quarter, mutton and lamb in the fourth, pork in the second. Unrationed meat and meat products also showed seasonal changes rather than a long-term trend; consumption was lowest in the second and third quarters of the year, when there was a summer reduction in the consumption of rabbits, sausages and meat products.

29. Cooked gammon was available off the ration at 8s. 0d. per lb. from 5th October. Total consumption of rationed bacon and cooked gammon increased from 4·8 oz. per head per week in the third quarter to 5·4 oz. in the fourth, but this was partly offset by a decrease of 0·2 oz. for canned ham which had previously been selling at about 11s. 0d. per lb. The price increases and the derationing of cooked gammon had little effect on the take-up of the bacon ration.

30. Consumption of fish showed a seasonal decline from 8·1 oz. at the beginning of the year to under 7·0 oz. in the third quarter, recovering to 7·6 oz. at the end. This was, however, still half an ounce lower than in the last quarter of the previous year, which suggests a downward tendency. The fall was chiefly in white fish of the cheaper types, such as cod. Prices remained fairly steady for this type of fish, so that the reason for the fall was probably the increased availability of meat. Fat fish (mainly herrings) showed a seasonal fall in the spring and summer, but consumption at the end of the year was slightly higher than at the beginning. It might indeed have been expected that the improved meat supplies would have had more effect on fish consumption, but the impact was lessened by the reduction in supplies of cheese and the seasonal decline in eggs.

Fats, Cereals, Sugar, Preserves and Beverages

31. The main change in the consumption of fats was a decrease from 3·1 oz. to 2·5 oz. in butter consumption in the second half of the year, due to lower imports. This was offset by a rise for margarine and unrationed fats, and total fat consumption remained steady for the first three quarters, with a slight rise to 10 oz. in the last quarter.

32. Consumption of bread, biscuits and cakes was lower in the second half of the year than in the first half; this may have been because more meat was available, making possible more cooked meals and fewer of the bread and cake type. Oatmeal and oat products showed the usual seasonal rise in the winter and fall in the summer, offset by a reverse trend for other breakfast cereals.

33. Consumption of sugar rose, as might be expected, during the soft fruit season, with a corresponding decline in the purchases of preserves. In the last quarter, sugar consumption fell but purchases of preserves remained low.

34. One of the significant changes over the year was in consumption of tea. The ration was increased from 2 to 2·5 oz. in July and from 2·5 to 3 oz. in September, with 3·5 oz. for those over 70, and rationing and price control ended altogether on the 5th October. The increase in the ration led to a rise in consumption from 2·0 to 2·4 oz. in the third quarter, but no further increase took place in the national average when tea was freed from rationing. Meanwhile the average price paid increased from 4s. 2d. in the second quarter to 4s. 9d. in the third quarter. Associated with the rise in tea consumption was a decline in coffee extracts. Demand for ground coffee was not affected despite a rise in price. Consumption of cocoa drinks was also maintained except for a seasonal fall in the summer.

TABLE 9
Fruit: Consumption and Average Prices by all Households—4th Quarter, 1951, to 4th Quarter, 1952

	Consumption (oz. per head per week)					Average prices (pence per lb.)						
	1951		1952			1951		1952				
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average
TOMATOES—												
Fresh (a)	4.22	2.56	5.21	8.32	3.33	4.86	15.84	17.61	24.00	16.48	14.91	18.64
Canned and bottled	1.00	1.14	0.83	0.51	0.82	0.82	18.11	18.01	18.06	18.28	17.26	17.94
TOTAL	5.22	3.70	6.04	8.83	4.15	5.68						
FRESH FRUIT—												
Oranges	2.58	4.15	3.30	1.56	2.22	2.81	10.58	9.50	10.84	12.77	11.31	10.66
Other citrus fruit	0.62	0.87	0.64	0.46	0.42	0.60	12.53	12.07	11.68	14.28	14.72	12.73
Apples and pears	10.42	7.17	5.71	8.95	9.70	7.88	7.98	10.72	12.87	9.78	8.63	10.39
Stone fruit	0.46	0.08	0.55	5.25	0.21	1.52	8.87	20.54	15.25	6.88	6.25	7.93
Soft fruit (a)	0.51	0.08	1.91	2.54	0.13	1.17	20.14	31.86	18.69	18.56	30.42	19.42
Bananas... ..	1.36	1.08	1.03	1.46	2.20	1.44	12.79	12.83	12.90	12.69	12.86	12.81
Other fresh fruit	0.06	0.45	2.66	0.59	0.02	0.93	14.27	13.33	5.95	10.55	14.40	8.04
TOTAL	16.01	13.88	15.80	20.81	14.90	16.35	21.94	21.51	22.46	21.73	21.68	21.85
Canned and bottled fruit	2.17	1.63	1.48	1.85	2.22	1.80	17.67	19.70	20.87	18.79	22.83	20.36
Fruit juices	0.27	0.23	0.20	0.25	0.21	0.22	16.09	18.52	15.26	15.49	15.75	15.80
Dried fruit	1.09	0.30	0.96	0.75	1.27	0.82	29.71	28.01	29.41	29.40	31.51	29.90
Nuts and fruit and nut products	1.29	0.45	0.32	0.30	1.02	0.52						
TOTAL	4.82	2.61	2.96	3.15	4.72	3.36						
TOTAL ALL FRUITS	26.05	20.19	24.80	32.79	23.77	25.39						

(a) Includes a small quantity of quick-frozen.

Fruit: seasonal changes

35. The consumption of fruit, of which details are given in Table 9, exhibited the expected seasonal pattern. Consumption of fresh tomatoes was lowest in January and December and highest in July; the price, on the other hand, was highest in May and lowest in November. Home-grown ("free") tomatoes made an important contribution in August and September, when purchases were declining. Seasonal changes in consumption of canned and bottled tomatoes were complementary to those for fresh tomatoes, with a maximum in February and a minimum in September.

36. The price of oranges rose steadily from 9d. per lb. in January to over 1s. 1d. in August, but dropped to 10½d. by the end of the year. Consumption was highest (4·6 oz. per head per week) in February and March, declined steeply to 1·4 oz. in October but recovered to 3·4 oz. before Christmas. Other citrus fruit exhibited a broadly similar trend, with the price highest and consumption lowest in October.

37. The seasonal pattern for apples and pears was so marked and characteristic that it is of interest to note the monthly figures. It will be seen from Table 10 that consumption was lowest and the price highest in June and July, before the new season's crop. Home-grown fruit appeared in the record when it was withdrawn from store for consumption, and therefore made some contribution in every month of the year.

TABLE 10
Apples and pears: consumption and prices—All households, 1952

	January	February	March	April	May	June	July	August	September	October	November	December
Quantity purchased (oz. per head per week)	5·9	7·0	7·2	6·6	5·7	4·6	4·5	7·1	9·0	9·2	9·0	8·0
Quantity "free" (oz. per head per week)	0·5	0·5	0·4	0·2	0·1	...	0·3	1·3	4·6	2·0	0·7	0·3
Price (pence per lb.)	10·1	10·9	11·1	11·7	13·3	13·8	13·3	9·9	7·8	8·1	8·8	9·6

38. The stone fruit season, June to October, showed a sharp seasonal peak in August for both purchased and home-grown fruit. At the start of the season prices were high: 1s. 0½d. per lb. in July, falling to 5½d. in August–October.

39. During the soft fruit season, extending from June to September with a peak in June for retail purchases and July for garden produce, the average price remained at about 1s. 6d. per lb. throughout. The average price of bananas remained almost constant between 1s. 0½d. and 1s. 1d. per lb. Consumption fell from 1·2 oz. per head per week in January and February to 0·8 oz. in April and then increased steadily to 2·7 oz. in December. The experience of 1950, when the food classification was more detailed, suggests that "other fresh fruit" was mostly rhubarb, though the group also included pineapples, figs, melons and pumpkins. The seasonal peak was in May, and from that month until October home-grown produce exceeded purchases. Consumption of canned and bottled fruit rose to a maximum in August and again just before

Christmas; the average price fluctuated during the year between 1s. 8d. and 2s. 3d. per lb. Home-bottled fruit was of some importance during the first quarter, at over half an ounce per head per week.

40. The Christmas trade was reflected in a high consumption in the fourth quarter of dried fruit, nuts and fruit and nut products. The consumption of fruit juices, which include syrups and purees, did not show any marked seasonal change during the year. Rather more than half the quantity consisted of Ministry of Food orange juice.

Vegetables: seasonal changes

41. Table 11 gives details of consumption and prices of the main types of vegetables for the four quarters of 1952 and the last quarter of 1951.

Vegetables: Consumption and Average Prices by all Households 4th Quarter, 1951, to 4th Quarter, 1952

	Consumption (oz. per head per week)					Average prices (pence per lb.)							
	1951				Annual average	1952				Annual average			
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter		4th Quarter	1st Quarter	2nd Quarter	3rd Quarter		4th Quarter		
POTATOES—													
Old	68.16	66.92	41.67	22.07	69.96	1.93	2.29	1.97	2.01	2.10			
New	0.01	0.27	16.68	38.73	—	9.00	5.21	2.49	—	3.48			
Chips and crisps	1.90	1.89	2.08	1.84	1.69	11.76	13.06	13.74	12.86	13.00			
TOTAL	70.07	69.08	60.43	62.64	71.65								
FRESH GREEN VEGETABLES—													
Cabbages	7.43	6.03	7.94	6.21	6.56	4.06	4.97	4.45	4.48	4.82			
Brussels sprouts	3.84	4.00	0.10	0.24	4.98	9.14	9.38	10.83	8.49	8.99			
Cauliflower	2.43	1.96	2.89	1.47	2.39	7.77	9.41	8.15	7.56	8.34			
Leafy salads	0.48	0.44	2.24	0.31	1.26	21.97	30.19	15.13	24.55	19.65			
Peas and beans ^(a)	0.83	0.08	2.14	12.17	0.37	12.41	31.96	9.08	17.36	9.73			
Other	0.09	0.26	0.49	0.14	0.08	8.44	5.97	8.25	10.32	7.74			
TOTAL	15.10	12.77	15.80	22.27	14.69								
ROOT VEGETABLES—													
Carrots	4.03	3.52	1.45	2.78	4.12	4.46	4.82	6.22	4.71	5.64			
Other	4.22	3.93	1.28	2.41	4.40	3.97	3.89	5.91	3.96	4.42			
TOTAL	8.25	7.45	2.73	5.19	8.52								
Onions, shallots, etc.	4.51	4.19	3.25	3.25	4.35	6.36	7.32	7.60	6.63	7.50			
Other fresh vegetables	1.31	0.35	1.32	2.22	1.09	12.78	26.47	12.52	14.81	17.48			
Canned pulses and canned vegetables	4.31	4.71	4.92	3.37	4.40	13.52	14.10	14.62	14.72	14.38			
Dried pulses and vegetable products	0.91	1.25	1.04	0.53	0.94	15.65	16.76	18.43	17.36	17.52			
TOTAL	11.04	10.50	10.53	9.37	10.78								
TOTAL VEGETABLES OTHER THAN POTATOES	34.39	30.72	29.06	36.83	33.99								

^(a) Includes a small quantity of quick-frozen.

42. The seasonal variation in the consumption of potatoes, and the extent to which the old and new crops overlap, is best illustrated by the monthly estimates.

TABLE 12
Potatoes: consumption and prices. All Households, 1952

	January	February	March	April	May	June	July	August	September	October	November	December
CONSUMPTION (oz. per head per week)—												
Old potatoes	67·3	69·4	64·1	63·1	49·0	12·9	0·2	...	66·1	68·8	72·6	68·5
New potatoes	0·1	0·2	0·5	2·7	10·5	36·9	54·7	61·4	—	—	—	—
PRICE (pence per lb.)—												
Old potatoes	2·01	2·11	2·14	2·25	2·32	2·34	2·09	2·00	1·97	1·99	1·98	2·10
New potatoes	8·38	8·92	9·80	8·13	7·55	4·26	2·95	2·09	—	—	—	—

43. It will be seen that the price of old potatoes increased from 2·0d. per lb. in January to 2·3d. by mid-year, when total consumption was at its lowest and old potatoes were being replaced by new. In August the average price of new potatoes had fallen to 2·1d. per lb. compared with a maximum of 9·8d. in March; after 1st September potatoes of the 1952 crop were regarded as "old". Home-grown potatoes withdrawn from store contributed to the diet throughout the year, the proportion of total consumption varying from 4 per cent. in April to 20 per cent. in September.

44. The seasonal variations for cabbage and cauliflower were less pronounced than for most vegetables. Consumption, including self-supplies, was above average between April and June, and again between September and November. The average price of cabbage was highest in April (5·7d. per lb.) and lowest in August (4·0d. per lb.). The consumption of Brussels sprouts was at its maximum (about 6 oz. per head per week) in January and November–December, the average price varying between 11·3d. per lb. at the beginning of the season and 7·6d. in November. There was a well-marked peak for leafy salads in July–August, when consumption rose to 3·4 oz. per head per week and the average price fell to 1s. 1½d. per lb. During the season for fresh peas and beans (June to October) prices remained around 9d. per lb.; for the remainder of the year there was a steady market for small quantities of the quick-frozen products at about 2s. 8d. per lb. Other fresh green vegetables, including spinach, sprouting broccoli and kale, are of small commercial importance, and most of the quantities came from gardens and allotments.

45. The consumption of carrots, which were freely available throughout the year, was highest in the winter months. The average price rose from 4·6d. per lb. in January to 1s. 0d. in June, while consumption fell from 3·6 oz. to 0·9 oz. per head per week. From June onwards home-grown carrots made a substantial contribution. The price fell to 7·6d. per lb. in July and then declined more slowly to 4·7d. at the end of the year, while consumption rose to 4·1 oz. by October and then levelled off. The seasonal variation for other root vegetables was similar: the average price rose from 3·8d. per lb. in January to 9·2d. in June, while consumption decreased from over 4 oz. per head per week to about half an ounce; prices then declined gradually to 3·7d. per lb. in December, while consumption rose again to over 4 oz. in the last three months of the year.

46. The average price of onions, with which are grouped shallots and leeks, rose from 7·1d. per lb. in January to 8·7d. in June and declined to 6·5d. in December; the corresponding variations in consumption were somewhat wider (from 4·2 oz. per head per week down to 2·6 oz. in June and back to 4·4 oz.). Canned pulses accounted for 97 per cent. of the canned vegetables group by weight. Prices showed little variation, and consumption was maintained between 4·4 oz. and 4·9 oz. except for a fall to 3·3 oz. during the third quarter. Dried pulses have been grouped with vegetable products in Table 11, but accounted for 87 per cent. of the total quantity in 1952. Demand was highest in the first four months of the year and fell sharply when fresh peas and beans became available; the price, however, remained steady.

ENERGY VALUE AND NUTRIENT CONTENT

47. The energy value and nutrient content of the household diet in 1952 has been calculated by the method described in previous reports¹. The figures shown in Table 13 represent the nutritive value of the edible portion of food purchased or obtained free for consumption at home or in packed meals carried away from home. As in previous reports other food eaten outside the home is not included, nor are sweets or soft or alcoholic drinks. No allowance has been made, in calculating the nutritive value of the diet, for kitchen or plate wastage, but the figures have been adjusted to take account of cooking losses of vitamin B₁ and C, according to the recommendations of the Medical Research Council². Welfare cod liver oil and vitamin A and D tablets have been excluded from the totals.

48. Table 13 shows the quarterly averages for all households during 1952 and suggests that the composition of the average diet was stable for the nutrients not affected by seasonal changes in consumption. The main trend of nutritional importance was the increased consumption of meat and bacon towards the end of the year, which influenced the average figures for animal protein, fat and nicotinic acid. The reduction in iron between the third and fourth quarters was caused mainly by a seasonal fall in the consumption of fresh peas and beans which counterbalanced the effects of the increased meat consumption.

TABLE 13
Energy Value and Nutrient Content of Domestic Food Consumption
All Households, 1952

	per head per day					
	1951	1952				
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average
Energy value ... Cal.	2,454	2,430	2,443	2,446	2,469	2,447
Total protein ... g.	78	78	77	76	78	77
Animal protein ... g.	38	38	37	37	39	38
Fat ... g.	94	92	94	92	97	94
Carbohydrate ... g.	323	322	323	328	321	324
Calcium ... mg.	1,059	1,054	1,064	1,027	1,028	1,043
Iron ... mg.	13·1	12·8	13·0	13·2	13·0	13·0
Vitamin A ... i.u.	3,518	3,476	3,681	3,552	3,496	3,551
Vitamin B ₁ ... mg.	1·24	1·26	1·27	1·30	1·28	1·28
Riboflavin ... mg.	1·63	1·65	1·66	1·63	1·64	1·64
Nicotinic acid ... mg.	13·4	12·9	12·4	13·0	13·5	12·9
Vitamin C ... mg.	52	41	50	71	50	53
Vitamin D ... i.u.	148	147	151	147	148	148

¹ See *Domestic Food Consumption and Expenditure, 1951*, H.M.S.O., 1953, Appendix A.

² Medical Research Council War Memorandum No. 14.

49. Table 14 gives figures illustrating the adequacy of the average household diet at the four seasons by comparison with standards based on the scale of dietary requirements of the British Medical Association¹. In this comparison adjustments have been made for meals taken outside the home and a further adjustment of 10 per cent. has been applied to make allowance for plate and other wastage or spoilage of edible food and also food bought for human consumption and given to domestic pets. Only in tables relating to the adequacy of the diet has this 10 per cent. been deducted. These calculations suggest that the average diet was of adequate nutritional value throughout the year.

TABLE 14
Comparison of the Energy Value and Nutrient Content of Domestic Food Consumption with Standards based on the British Medical Association's Recommendations

All Households, 1952

	1951	1952				
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average
	per cent.	per cent.	per cent.	per cent.	per cent.	per cent.
Energy value ...	100	98	98	98	101	99
Total protein ...	106	105	103	103	107	104
Calcium ...	111	110	111	105	107	108
Iron ...	107	104	106	107	106	106
Vitamin A ...	149	146	154	148	147	148
Vitamin B ₁ ...	127	128	129	132	131	131
Riboflavin ...	109	110	110	107	110	109
Nicotinic acid ...	138	131	125	131	139	131
Vitamin C ...	241	189	230	324	232	244

50. The balance of the diet may be assessed by evaluating the proportions of calories derived from protein, fat and carbohydrate respectively. Table 15 shows that these proportions varied very little during the year.

TABLE 15
Percentage of Calories derived from Protein, Fat and Carbohydrate
All Households, 1952

Percentage of energy value derived from	1951	1952				
	4th Quarter	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Annual average
Protein ...	12.7	12.8	12.6	12.5	12.7	12.6
Fat ...	34.6	34.2	34.5	33.9	35.3	34.5
Carbohydrate ...	52.7	53.0	52.9	53.6	52.0	52.9

¹ British Medical Association: Report of Committee on Nutrition, 1950. There is still controversy over the requirement of Vitamin C, and the recommended allowances of the National Research Council of the U.S.A. are much higher; this would result in markedly lower percentage figures for Vitamin C in Table 14, as well as in Tables 22 and 33.

IV. HOUSEHOLD DIETS OF SOCIAL CLASSES

EXPENDITURE AND CONSUMPTION

51. The classification into social classes was made as in previous years, according to the income of the head of the household, and the same income criteria were employed. Table 16 shows the number of households in each class. Because of the general upward trend in money income the results from this classification were not entirely comparable with those for previous years since a somewhat larger proportion of the sample was found in the middle and upper income grades and a smaller proportion in the lower. A detailed account of the social class changes is given in Appendix A. In view of the rise in incomes the scales by which social class is assessed have been revised in the 1953 Survey. The upward movement also affected the age composition of the social classes in that families with children become rather more numerous in Classes A and B.

52. It is possible to make a straightforward comparison between Classes A, B and C as they were similar in household composition. In each of these classes, at least two-thirds of the households comprised one man, one woman and varying numbers of children and adolescents, and the distribution of families of different size was similar.

53. The group classed together as Class D was more heterogeneous, even when Old Age Pensioner households were treated separately. The remainder of Class D included several groups with different characteristics. On the one hand there were, as in Classes A, B and C, families with one man, one woman and children, but they were few in number; on the other hand there were a large number of households of one man and one woman only, mostly elderly; these can be divided into earners and non-earners, the latter being mainly retired people. Over two-thirds of Class D households contained some combination of adults other than one man and one woman, and these again fall into several groups; a considerable number of households consisted of one elderly woman living alone, while others contained three or more adults, with or without children or adolescents. In Class D the income of the head of the household was less useful as a measure of economic status, since there were many households dependent on two or more incomes, either from pensions or from earnings. Also, since Class D households were on average smaller than others, average income per head tended to be higher than in Class C. Another source of variation was the inclusion in Class D of households where the head was an elderly person with a small income, living with other members of the family whose income might be quite high. It is, therefore, misleading to regard Class D en bloc as the lowest economic stratum of the population; it contained some poor households and others which were relatively well off. The grouping together of these different types of household resulted in an average food consumption and expenditure superficially similar to that of Class C, but this similarity was more apparent than real. The reassessment of income grades for the 1953 survey will include a further subdivision of Class D to provide more homogeneous groups.

54. In 1952 information was collected concerning total net family income from all sources (after payment of income tax). The response to this inquiry varied from class to class; the proportions of each class for which information was available were:—

	<i>Per cent.</i>
Class A	71
Class B	88
Class C	90
Class D (excluding O.A.P. households)	82
O.A.P. households	100

55. Income for the households not stating family income had to be estimated: for this purpose the sample was divided into groups homogeneous with respect to social class, family composition and number of earners, and it was assumed that the households in such a group not stating family income spent, on the average, the same proportion of family income on food as the households stating family income, with a correction for the proportion of meals eaten outside the home.

56. It was found, however, that the estimated total family incomes of the sample were substantially below estimates of total personal incomes from other sources, and a further check was made. The average incomes of heads of households in a number of occupations were compared with the average earnings in those occupations as given by the Ministry of Labour, and in every case the Survey figures were found to be too low. Since the Survey figures were based on the answers given by the housewife, it may be concluded that in general the housewife understated her husband's income, presumably because she did not know it. The understatement appeared to be of the order of 15 per cent. in those occupations for which a check was made. Nothing is known about understatement in other occupations, but such understatement may well be greater at the higher income levels and less at the lower levels, especially among Old Age Pensioner households.

57. The proportion of estimated net family income spent on food was calculated from the available data, without correction for understatement, and the results are shown in Table 16. The average for all households was 35 per cent.; if corrected by a factor of 15 per cent. this would become 30 per cent., in better agreement with other estimates of the average proportion of personal expenditure devoted to food.

58. The percentages given in Table 16 are of interest for comparison between classes. The greatest difference was between Class A at one extreme, the Old Age Pensioner households at the other, and a middle block containing Class B, Class C and the rest of Class D. Although housewives' statements of income were no doubt in many instances too low, especially in the higher income groups, there is no reason to believe that the broad relationship between classes is seriously in error. As a matter of interest, Crawford and Broadley (*The People's Food*, 1938, p. 129) found a similar relationship before the war, viz. Classes AA and A 16 per cent., Class B 29 per cent., Class C 39 per cent., Class D 47 per cent., All households 32 per cent.

TABLE 16
Food Expenditure and Social Class Distribution of Households

	Social Class					All classes
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
Number of households	1,046	3,344	4,970	2,173	905	12,438
Average size of household	3.47	3.66	3.64	2.75	1.53	3.32
Food expenditure per week:						
per person ...	23s. 11d.	21s. 3d.	20s. 0d.	20s. 0d.	18s. 5d.	20s. 8d.
per household ...	82s. 11d.	77s. 8d.	72s. 8d.	54s. 11d.	28s. 2d.	68s. 6d.
Household food expenditure as percentage of estimated net family income.	23	34	39	38	55	35

59. Expenditure and value of consumption by social class are shown for each quarter in Table 17. All classes increased their expenditure during the year; a rise in the Spring is usual, but in 1952 this was followed by a further rise in the last quarter. The year's rise in average food expenditure from the fourth quarter of 1951 to the corresponding quarter of 1952 was 15 per cent., but there were considerable class differences. The greatest increases were for Class C (16.4 per cent.) and Class D other than O.A.P. households (17.6 per cent.); Class A, with greater supplies of free food, increased their expenditure least, by only 8.5 per cent. It is worthy of note that Classes A and B and the Old Age Pensioners increased their expenditure by less than the average rise in prices over the same period (13 per cent.), whereas Class C and the remainder of Class D increased their expenditure by appreciably more. Class differences, therefore, became less during the year, apart from Old Age Pensioner households.

TABLE 17
Food Expenditure and Value of Consumption by Social Class, 1952

per head per week

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
1ST QUARTER						
Expenditure	21 10	20 1	18 10	18 8	17 2	19 4
Value of "free" food ...	2 0	5	7	5	5	7
Value of consumption ...	23 10	20 6	19 5	19 1	17 7	19 11
2ND QUARTER						
Expenditure	24 10	21 10	20 4	19 6	18 9	20 11
Value of "free" food ...	2 1	9	9	7	7	10
Value of consumption ...	26 11	22 7	21 1	20 1	19 4	21 9
3RD QUARTER						
Expenditure	24 2	21 3	19 8	20 7	18 6	20 8
Value of "free" food ...	3 1	1 1	1 4	1 2	9	1 4
Value of consumption ...	27 3	22 4	21 0	21 9	19 3	22 0
4TH QUARTER						
Expenditure	24 8	21 9	21 0	21 2	19 4	21 7
Value of "free" food ...	11	4	6	6	4	6
Value of consumption ...	25 7	22 1	21 6	21 8	19 8	22 1
ANNUAL AVERAGE						
Expenditure	23 11	21 3	20 0	20 0	18 5	20 8
Value of "free" food ...	2 0	8	9	8	6	10
Value of consumption ...	25 11	21 11	20 9	20 8	18 11	21 6
Percentage increase in expenditure—4th Quarter 1951 to 4th Quarter 1952 ...	8.5	11.1	16.4	17.6	11.6	15.0

60. This tendency for class differences to lessen is also shown by a percentage comparison of the annual average value of consumption for each class with that for all households, over the years 1950 to 1952.

TABLE 18
Value of Consumption by Households of Different Social Class
compared with All Households

	A	B	C	D		All households
				Excluding O.A.P.	O.A.P.	
1950	129	112	98	93	91	100
1951	129	108	97	94	87	100
1952	121	102	97	96	88	100

61. The comparison with previous years may be slightly affected by the modifications of Survey technique in 1951, but it also reflects the changes in the social structure of the sample referred to above. The narrowing of the differences between the classes here distinguished was partly the result of a movement of some households from the top of one class to the bottom of the next and a consequent reduction in the averages for the higher classes, which moreover now contained a higher proportion of households with children. Class D, containing a large number of non-earners, was less affected by the general rise in income, although Old Age Pensioners received an increase of pension in September 1952.

62. The widest range of consumption and expenditure occurred in fresh fruit, the consumption of Class A being 59 per cent. above the average for all households and that of Old Age Pensioner households 31 per cent. below. (Tables 19 and 20.) Class A also had a high consumption of milk, eggs, fresh fish and fresh green vegetables. For all these items the major difference was between Class A and the remainder; the difference between Class B and Class C was not very marked except for fruit. Both consumed less fresh fish than Class D, but there is a higher consumption of this food in childless households, the majority of which are found in Classes A and D. The reverse was true for canned and cooked fish.

63. Differences in the consumption of rationed meat were due to household composition, and there was little variation for bacon. Other, unrationed, meat was consumed in greatest quantity by Class A and least by O.A.P. households. Consumption of cheese, fats, and sugar showed small differences, although Class A consumed rather more than the average in each case; the largest difference among these items was for butter. The main items of which the poorer classes consumed most were bread, potatoes and tea. Expenditure followed a similar pattern, except for milk. The cost of milk to Classes A, B and C was substantially lowered by their entitlement to welfare milk for children. The Old Age Pensioner households contained no children and the rest of Class D had very few, so that their expenditure on milk was high in relation to their consumption. The expenditure of Class A on eggs was low in relation to consumption, because of their larger supplies of home-produced eggs; their relative expenditure on fresh green vegetables and fresh fish, on the other hand, was very high, indicating that they not only bought more but bought the dearer kinds.

64. Comparing the second half of 1952 with the corresponding period of 1951, all classes, with one minor exception, consumed slightly less liquid milk, cheese, fish, fruit and sugar. (Class D households other than Old Age Pensioners

showed no significant change in their consumption of milk and fruit.) The decrease in liquid milk varied from about $\frac{1}{2}$ pint in Class C and $\frac{1}{2}$ pint in Old Age Pensioner households to $\frac{3}{8}$ pint per head per week in Class A. In spite of these decreases, expenditure on milk, cheese and sugar rose slightly. In compensation all classes consumed more eggs, the increase being greatest in Class A, and more meat, although for both these items expenditure rose considerably more than consumption because of the rise in prices. All classes except Class A increased their consumption of tea, and their expenditure increased by about twice as much proportionately. The main rise in consumption took place in the third quarter when the ration was increased; no further rise took place when tea was freed from rationing in the last quarter, but the usual class gradient was reversed, Class A consuming less than Classes B and C.

TABLE 19
Domestic Food Consumption by Social Class 1952

oz. per head per week except where otherwise stated

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
MILK—						
Liquid, retail (pt.) ...	5·10	3·88	3·67	4·14	4·70	3·96
Liquid, welfare and school (pt.) ...	0·90	1·09	0·91	0·39	—	0·86
Other milk and cream (pt. or eq. pt.) ...	0·18	0·29	0·30	0·18	0·12	0·26
TOTAL MILK ...	6·18	5·26	4·88	4·71	4·82	5·08
CHEESE ...	2·29	2·10	2·21	2·12	2·01	2·17
MEAT—						
Rationed ...	12·12	11·79	11·60	12·43	13·15	11·86
Bacon ...	4·83	4·91	4·85	5·00	4·79	4·88
Other meat ...	13·25	12·10	12·41	12·12	9·83	12·25
TOTAL MEAT ...	30·20	28·80	28·86	29·55	27·77	28·99
FISH—						
Fresh and processed ...	8·36	5·78	5·29	6·30	6·17	5·87
Prepared ...	1·06	1·62	1·81	1·72	1·31	1·65
TOTAL FISH ...	9·42	7·40	7·10	8·02	7·48	7·52
EGGS, shell, hens' (No.) ...	3·63	2·96	2·93	2·68	2·39	2·95
FATS—						
Butter ...	3·04	2·78	2·76	2·74	2·92	2·79
Margarine ...	4·32	4·41	4·39	4·39	4·45	4·39
Cooking fats, rationed ...	1·93	2·03	2·00	1·95	2·07	2·01
Other fats ...	0·56	0·61	0·60	0·59	0·41	0·59
TOTAL FATS ...	9·85	9·83	9·75	9·67	9·85	9·78
SUGAR AND PRESERVES						
Sugar ...	11·24	11·08	10·91	10·96	10·83	11·00
Honey, preserves, syrup and treacle ...	6·44	5·97	6·17	5·64	6·39	6·05
TOTAL SUGAR AND PRESERVES ...	17·68	17·05	17·08	16·60	17·22	17·05

TABLE 19—continued

oz. per head per week except where otherwise stated

	Social Class					All house- holds
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
VEGETABLES—						
Potatoes (including chips and crisps)	53·25	66·86	68·95	65·29	56·46	65·94
Fresh green	18·13	16·75	16·21	15·77	15·93	16·37
Other	17·60	16·45	16·10	16·14	13·06	16·26
TOTAL VEGETABLES OTHER THAN POTATOES	35·73	33·20	32·31	31·91	28·99	32·63
FRUIT (a)						
Fresh	34·45	23·40	18·33	18·56	15·02	21·21
Other (b)	6·21	4·85	3·89	3·21	2·26	4·18
TOTAL FRUIT	40·66	28·25	22·16	21·77	17·28	25·39
CEREALS—						
Bread (c)	46·63	55·94	63·74	63·30	58·63	59·56
Flour	7·72	8·57	8·42	8·48	9·98	8·46
Other	19·80	18·54	17·74	16·62	15·24	17·89
TOTAL CEREALS	74·15	83·05	89·90	88·40	83·85	85·91
BEVERAGES—						
Tea	2·09	2·13	2·16	2·50	3·00	2·21
Coffee and cocoa drinks	1·30	0·75	0·77	0·82	0·83	0·83
TOTAL BEVERAGES	3·39	2·88	2·93	3·32	3·83	3·04

(a) Includes tomatoes.

(b) Includes canned and bottled.

(c) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "Other cereals".

TABLE 20

Domestic Food Expenditure by Social Class 1952

pence per head per week

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
MILK—						
Liquid, retail	29·10	24·42	22·81	26·36	29·82	24·58
Liquid, welfare and school	1·34	1·50	1·19	0·45	—	1·16
Other milk and cream ...	1·40	1·61	1·60	1·18	1·09	1·51
TOTAL MILK ...	31·84	27·53	25·60	27·99	30·91	27·25
CHEESE	5·12	4·36	4·43	4·20	3·80	4·42
MEAT—						
Rationed	24·29	22·91	22·13	23·57	23·64	22·81
Bacon	13·47	13·46	13·00	13·14	12·62	13·19
Other meat	28·88	24·66	23·80	22·82	16·75	24·14
TOTAL MEAT ...	66·64	61·03	58·93	59·53	53·01	60·14
FISH—						
Fresh and processed ...	14·25	8·21	7·10	8·35	7·95	8·28
Prepared	3·11	3·96	4·20	4·01	2·99	3·94
TOTAL FISH... ...	17·36	12·17	11·30	12·36	10·94	12·22
EGGS, shell, hens' (No.) ...	12·25	12·14	11·24	10·90	10·02	11·51
FATS—						
Butter	5·68	5·42	5·38	5·37	5·71	5·43
Margarine	3·92	4·00	3·98	3·98	4·04	3·98
Cooking fats, rationed ...	1·99	2·10	2·07	2·02	2·14	2·06
Other fats	1·16	1·02	0·97	0·94	0·59	0·97
TOTAL FATS ...	12·75	12·54	12·40	12·31	12·48	12·44
SUGAR AND PRESERVES—						
Sugar	4·47	4·36	4·27	4·28	4·22	4·32
Honey, preserves, syrup and treacle	6·22	5·79	5·95	5·49	6·32	5·85
TOTAL SUGAR AND PRESERVES ...	10·69	10·15	10·22	9·77	10·54	10·17
VEGETABLES—						
Potatoes (including chips and crisps)	7·22	10·55	10·62	10·06	7·99	10·13
Fresh green	8·29	6·62	5·29	5·67	4·96	6·00
Other	10·54	9·75	9·16	8·65	6·21	9·28
TOTAL VEGETABLES OTHER THAN POTATOES	18·83	16·37	14·45	14·32	11·17	15·28
FRUIT (a)—						
Fresh	24·59	17·06	12·87	12·74	9·57	15·02
Other (b)	7·75	5·99	4·47	3·61	2·34	5·01
TOTAL FRUIT ...	32·34	23·05	17·34	16·35	11·91	20·03

(a) Includes tomatoes. (b) Includes canned and bottled.

TABLE 20—continued

pence per head per week

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
CEREALS—						
Bread (c)	14·30	16·27	18·31	18·27	17·25	17·26
Flour	2·78	3·08	3·03	3·06	3·58	3·04
Other	30·55	27·65	25·60	23·44	19·32	26·14
TOTAL CEREALS ...	47·63	47·00	46·94	44·77	40·15	46·44
BEVERAGES—						
Tea	7·08	7·04	7·06	8·22	9·72	7·29
Coffee and cocoa drinks	5·53	2·82	2·67	2·95	3·01	3·03
TOTAL BEVERAGES ...	12·61	9·86	9·73	11·17	12·73	10·32
MISCELLANEOUS	11·55	7·89	6·49	5·79	5·46	7·24
TOTAL EXPENDITURE ...	286·83	254·64	239·69	239·52	221·11	247·59
	(23s. 11d.)	(21s. 3d.)	(20s. 0d.)	(20s. 0d.)	(18s. 5d.)	(20s. 8d.)

(c) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "Other cereals".

ENERGY VALUE AND NUTRIENT CONTENT

65. Tables 21 and 22 show the nutritive value and adequacy of household diets by social class. The nutritive values of the food consumption of Classes B and C and of Class D, excluding Old Age Pensioner households, are closely similar; those for Class A are slightly higher for most nutrients and those for the Old Age Pensioner households lower.

66. The average diets of all classes reached the standard for all nutrients, with the single exception of the iron content of the diet of Old Age Pensioner households which only reached 90 per cent. of the recommended standard. It is possible, however, that the standard for this mineral errs on the high side for old persons.

67. It will be seen that for the energy value of the diet and for protein, calcium and the vitamins of the B complex, the percentages showed a downward trend from Class A to Class C and rose again in Class D. For vitamins A and C and for iron, which are not related to energy requirements, there was a continuous downward gradient from Class A to Old Age Pensioner households.

68. Table 23 shows the proportion of total energy value derived from different sources in 1950 and 1952. The changes resulted from increased consumption of cereals and sugar and decreased consumption of fats, in all classes.

TABLE 21

**Energy Value and Nutrient Content of Domestic Food
Consumption 1952 by Social Class**

per head per day

	Social Class				
	A	B	C	D	
				Excluding O.A.P.	O.A.P.
Energy value Cal.	2,403	2,436	2,482	2,434	2,341
Total protein g.	78	77	78	77	73
Animal protein g.	43	38	37.	37	35
Fat g.	98	94	93	92	90
Carbohydrate g.	303	321	333	324	310
Calcium mg.	1,105	1,048	1,046	1,015	988
Iron mg.	13·1	13·1	13·2	12·9	12·0
Vitamin A (a) i.u.	3,978	3,677	3,413	3,465	3,074
Vitamin B ₁ (b) mg.	1·26	1·28	1·30	1·28	1·20
Riboflavin mg.	1·79	1·66	1·62	1·61	1·56
Nicotinic acid mg.	13·3	12·9	12·9	13·0	12·2
Vitamin C (c) (b) mg.	64	56	51	50	44
Vitamin D (a) i.u.	160	146	150	145	128

(a) Excludes Welfare fish liver oil and vitamin A and D tablets.

(b) Allowances have been made for cooking losses according to Medical Research Council War Memorandum No. 14.

(c) Includes Welfare orange juice.

TABLE 22

**Energy Value and Nutrient Content of Domestic Food Consumption 1952, as
Percentage of Standards based on the British Medical Association's
Recommendations**

	Social Class				
	A	B	C	D	
				Excluding O.A.P.	O.A.P.
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Energy value	103	100	97	99	101
Total protein	110	104	103	109	115
Calcium	116	107	107	111	112
Iron	109	108	107	103	90
Vitamin A	171	159	144	139	112
Vitamin B ₁	136	132	128	131	131
Riboflavin	125	113	104	108	111
Nicotinic acid	143	134	128	134	133
Vitamin C (a)	300	260	234	229	199

(a) See paragraph 49, footnote (1).

TABLE 23

Percentage of Energy Value of Diets derived from Protein, Fat and Carbohydrate:
1952 compared with 1950

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Protein						
1950	12·9	12·5	12·5	12·6	12·5	12·6
1952	12·9	12·6	12·6	12·7	12·5	12·6
Fat						
1950	38·6	38·1	36·5	36·6	37·7	36·8
1952	36·7	34·6	33·8	34·1	34·6	34·5
Carbohydrate						
1950	48·5	49·3	51·0	50·8	49·8	50·6
1952	50·4	52·8	53·6	53·2	52·9	52·9

V. HOUSEHOLD DIETS AND FAMILY COMPOSITION

EXPENDITURE AND CONSUMPTION

69. Earlier studies have indicated that the effect of household composition on food expenditure and consumption is greater than that of social class, and this conclusion was confirmed in 1952. Comparisons have been confined to households containing one man and one woman, with or without adolescents or children. Old Age Pensioner households are excluded. These types comprise 58 per cent. of the sample. A general discussion of the composition of the sample will be found in Appendix A. The households with children were distributed among Classes A, B and C in a manner sufficiently similar to make comparisons valid, and there were very few such households in Class D. The distribution of households without children was different, as 20 per cent. of them were in Class D. A further difference was found in the age distribution of the adults. Even when Old Age Pensioner households were excluded, the average age of the childless couples was high; in 1952 62 per cent. of them included a person aged 55 or over, whereas such persons were absent from almost all households with children. It has been found that, after the age of 55, average income and average food expenditure tend to decrease; (a high proportion of Class D households were of this type).

70. In view of these differences in age and income between childless couples and families with children, the two groups are not strictly comparable for the purpose of studying the net effect of children. However, by excluding households in which either adult is aged over 55, it is possible to obtain a class of

households consisting of one man and one woman only, which is similar to the family households in important respects. The age-structure is comparable, since analysis has shown that differences in age between 21 and 54 have little effect on food expenditure; the social class structure is similar, because most of the Class D households are excluded by the age-limit of 55; and the average net family income (after deduction of income tax) appears to be similar.

71. Table 24 shows the distribution of these households. It will be seen that the proportion of workers in physically active occupations was high among large families. The estimated proportion of net family income spent on food rose steeply from 31 per cent for younger couples with no children to 47 per cent. for households with four or more children. These estimates were based on information supplied by housewives and are believed to err on the high side (see paragraph 56 above).

TABLE 24
Food Expenditure and Social Class Distribution of Households with Varying Numbers of Children 1952

	Households with 1 male and 1 female adult and Households											
	No other			Children only								
	One or more adults aged 55 or over	Adults under 55		1	2	3	4 or more					
Class A	No. 101	No. 113	Per cent. 7.1	No. 140	No. 135	No. 43	No. 17	Per cent. 9.6	Per cent. 10.6	Per cent. 9.9	Per cent. 8.0	
Class B	No. 277	No. 292	Per cent. 19.5	No. 601	No. 530	No. 175	No. 80	Per cent. 41.0	Per cent. 41.7	Per cent. 40.4	Per cent. 37.7	
Class C	No. 568	No. 436	Per cent. 39.9	No. 689	No. 585	No. 211	No. 108	Per cent. 47.0	Per cent. 45.9	Per cent. 48.8	Per cent. 51.0	
Class D (excluding O.A.Ps.)	No. 476	No. 45	Per cent. 33.5	No. 35	No. 23	No. 4	No. 7	Per cent. 2.4	Per cent. 1.8	Per cent. 0.9	Per cent. 3.3	
TOTAL	1,422	886	100.0	1,465	1,273	433	212	100.0	100.0	100.0	100.0	
Proportion of children aged 0-4	Per cent. 34	Per cent. 58		Per cent. 52	Per cent. 46	Per cent. 41	Per cent. 39					
Proportion of men in non-sedentary occupations	s. d. 48 8	s. d. 28 6		s. d. 21 11	s. d. 18 9	s. d. 16 5	s. d. 14 9					
Average food expenditure per week—	Per cent. 33	Per cent. 31		Per cent. 38	Per cent. 40	Per cent. 44	Per cent. 47					
per person												
per household												
Estimated proportion of net family income spent on food												

72. Expenditure and value of consumption by quarters of the year are shown in Table 25 for families with varying numbers of children and families with adolescents, for couples aged under 55, and also for all childless couples (except Old Age Pensioners). Households of all types increased their expenditure between the first and second quarters, and expenditure remained at the higher level during the summer. There was a further increase in the fourth quarter for all types except the childless couples and the largest families. The latter group, unlike any of the other types, reduced their expenditure in the fourth quarter. Between the last quarters of 1951 and 1952 the increase in food expenditure varied from 10·8 per cent. for childless couples to 17·8 per cent., for households containing both children and adolescents, compared with an average rise of 13 per cent. in food prices. The childless couple showed less change than any of the other types, and they and the households with three or more children all showed an increase of under 13 per cent. over the year.

TABLE 25
Domestic Food Expenditure and Value of Consumption by Household
Composition 1952

per head per week

	Households with 1 male and 1 female adult and							
	No other		Children only				Adolescents only	Adolescents and children
	All except O.A.Ps	Both Adults under 55	1	2	3	4 or more		
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
1ST QUARTER								
Expenditure	24 1	26 8	20 5	17 6	15 9	13 5	22 6	17 6
Value of "free" food...	11	6	8	5	4	3	9	4
Value of consumption	25 0	27 2	21 1	17 11	16 1	13 8	23 3	17 10
2ND QUARTER								
Expenditure	26 3	28 5	22 1	19 2	16 9	15 7	24 5	19 3
Value of "free" food...	1 2	1 2	9	7	10	1 0	1 1	8
Value of consumption	27 5	29 7	22 10	19 9	17 7	16 7	25 6	19 11
3RD QUARTER								
Expenditure	26 11	29 0	22 2	18 8	16 1	15 5	24 2	18 0
Value of "free" food...	2 0	2 3	1 3	1 2	11	10	1 11	10
Value of consumption	28 11	31 3	23 5	19 10	17 0	16 3	26 1	18 10
4TH QUARTER								
Expenditure	26 5	29 10	23 0	19 6	17 3	14 6	24 6	19 11
Value of "free" food...	10	6	5	4	5	—	9	5
Value of consumption...	27 3	30 4	23 5	19 10	17 8	14 6	25 3	20 4
ANNUAL AVERAGE								
Expenditure	25 11	28 6	21 11	18 9	16 5	14 9	23 11	18 8
Value of "free" food...	1 3	1 1	9	7	7	7	1 2	6
Value of consumption	27 2	29 7	22 8	19 4	17 0	15 4	25 1	19 2
Percentage increase in expenditure — 4th Quarter 1951 to 4th Quarter 1952 ...	Per cent. 10·8	Per cent. n.a.	Per cent. 14·7	Per cent. 15·8	Per cent. 11·1	Per cent. 12·2	Per cent. 17·6	Per cent. 17·8
Average size of household	2·0	2·0	3·0	4·0	5·0	6·40	3·25	5·18

73. The relative levels in the various household types may be seen from their average value of consumption per head in each of the years 1950, 1951 and 1952, expressed as a percentage of the average for all households (Table 26).

TABLE 26
Value of Consumption per head of Households of Different Composition as a Percentage of All Households 1950, 1951 and 1952

	1950	1951	1952
ONE MALE AND ONE FEMALE ADULT ONLY (EXCLUDING O.A.P.)			
All	129	129	127
Containing a person aged 55 or over	n.a.	n.a.	118
Containing only persons aged 21 to 54	n.a.	n.a.	138
ONE MALE AND ONE FEMALE ADULT WITH FAMILY			
1 child	116	107	106
2 children	93	91	90
3 children	81	80	79
4 or more children	71	70	71
Adolescents only	120	113	117
Adolescents and children	92	89	91
ALL HOUSEHOLDS IN THE SAMPLE	100	100	100

74. These ratios remained remarkably constant in practically all groups, ranging from 27–29 per cent. above the average for childless couples to 29–30 per cent. below for couples with four or more children. The main exception was the household with one child, whose relative value of consumption fell from 116 per cent. in 1950 to 106 per cent. in 1952. Family households with adolescents only were nearest to the level for childless couples, as would be expected; those with children only showed a progressive decrease as the number of children rose; those with adolescents and children occupied the same level as households with two children. The pattern persisted through time, except for households with one child. The level for childless couples under 55 (computed for 1952 only) was substantially higher than that in any other group, at 38 per cent. above the average for all households.

75. Tables 28 and 29 give details of consumption and expenditure per head, and Table 27 summarises the more important differences. The composition of the diet showed differences between types of family broadly similar to those found in the two preceding years. Consumption of liquid milk ranged from 5·7 pints per head for the younger adult households to 4·3 pints in households with four or more children. Among the latter, welfare and school milk provided nearly half the total. Consumption was also as low as 4·3 pints per head in households containing both adolescents and children. The effect of cheap and free milk for children is clearly apparent from the expenditure figures, the adult households spending more than twice as much as the households with four or more children. The larger families consumed slightly more condensed and dried milk than the rest, but the maximum amount was equivalent to only half a pint of liquid milk per head. Between the second half of 1951 and the second half of 1952, the largest families (i.e., those with three or more children and those with both children and adolescents) decreased their consumption of liquid milk by about one sixth of a pint per head per week; there was little change for other types of household.

76. Consumption of rationed meat per head showed a steady decline with size of family, which could only be attributed in part to the fact that children under 5 were entitled to half the adult ration. Larger quantities of bacon and unrationed meat were also consumed by the adult households. The trend was even more marked for fresh fish; adult households consumed more than three times as much per head as those with four or more children, while the difference for prepared fish was less. This may be partly a reflection of children's tastes. Households with children also ate less cheese and fewer eggs.

TABLE 27

Consumption per head by Households with Children or Adolescents as a percentage of Consumption by Childless Couples 1952

	Households containing 1 male and 1 female adult and						
	No other (both adults under 55)	Children only				Adolescents only	Adolescents and children
		1	2	3	4 or more		
Liquid milk	100	94	88	84	75	84	76
Meat and bacon	100	74	63	56	50	85	65
Fish	100	60	47	41	37	78	52
Eggs, shell, hens'	100	84	77	70	68	88	69
Potatoes	100	94	83	87	92	100	99
Fresh green vegetables	100	70	56	47	46	79	54
Fresh fruit	100	74	63	49	37	82	57
Bread	100	83	74	76	86	102	101

77. Household differences were particularly noticeable for fresh vegetables and fresh fruit; consumption per head was highest for childless couples, and there was a steep downward gradient between households with one child and those with more than one. Differences were much smaller for cereals, sugar and preserves, and all fats. Consumption per head of bread and potatoes declined as the size of family increased up to two children, but rose again in families with three or more, probably because these are relatively cheap foods; it was greatest in households with adolescents, whose energy requirements are high.

78. It is naturally to be expected that the consumption per head of some foods would be lower in families with children, because of the smaller needs of children; but it is instructive to compare the differing ratios for different kinds of food. In general, the greatest decrease was found for the foods providing animal protein, and for fresh fruit and green vegetables, while the gradient was far less steep for cereals, sugar and fats.

TABLE 28
Domestic Food Consumption by Household Composition 1952
 oz per head per week except where otherwise stated

	Households with 1 male and 1 female adult and							
	No other		Children only				Adolescents only	Adolescents and children
	All except O.A.P.	Both Adults under 55	1	2	3	4 or more		
MILK—								
Liquid, retail (pt.) ...	5.44	5.53	4.00	3.16	2.79	2.22	4.68	3.45
Liquid, welfare and school (pt.) ...	0.07	0.19	1.37	1.85	2.01	2.09	0.10	0.87
Other milk and cream (pt. or eq. pt.) ...	0.19	0.22	0.39	0.37	0.32	0.44	0.20	0.22
TOTAL MILK ...	5.70	5.94	5.76	5.38	5.12	4.75	4.98	4.54
CHEESE ...	2.84	2.88	2.11	1.86	1.65	1.52	2.46	1.95
MEAT—								
Rationed ...	14.61	15.10	11.99	10.50	9.36	8.85	13.25	10.81
Bacon ...	5.44	5.64	5.01	4.64	4.43	4.20	5.08	4.41
Other meat ...	16.67	19.10	12.44	10.11	8.56	6.79	15.64	10.69
TOTAL MEAT ...	36.72	39.84	29.44	25.25	22.35	19.84	33.97	25.91
FISH—								
Fresh and processed ...	9.88	9.38	5.41	4.10	3.33	3.06	6.92	4.45
Prepared ...	1.83	2.28	1.61	1.38	1.42	1.24	2.23	1.66
TOTAL FISH ...	11.71	11.66	7.02	5.48	4.75	4.30	9.15	6.11
EGGS, shell, hens' (No.)	3.45	3.73	3.12	2.86	2.63	2.52	3.28	2.59
FATS—								
Butter ...	2.91	2.91	2.76	2.79	2.79	2.75	2.80	2.70
Margarine ...	4.55	4.61	4.38	4.28	4.30	4.44	4.50	4.42
Cooking fats, rationed...	2.07	2.17	2.02	1.96	1.97	2.04	2.03	2.00
Other fats ...	0.85	0.82	0.52	0.44	0.44	0.18	0.81	0.52
TOTAL FATS ...	10.38	10.51	9.68	9.47	9.50	9.41	10.14	9.64
SUGAR AND PRESERVES—								
Sugar ...	11.69	11.90	11.15	11.10	10.66	10.82	11.30	10.79
Honey, preserves, syrup and treacle ...	7.24	7.42	6.22	5.68	5.32	5.09	7.08	6.45
TOTAL SUGAR AND PRESERVES ...	18.93	19.32	17.37	16.78	15.98	15.91	18.38	17.24
VEGETABLES—								
Potatoes ^(a) ...	68.89	71.33	67.36	59.26	62.37	65.37	71.20	70.34
Fresh green ...	23.14	24.56	17.31	13.84	11.62	11.23	19.46	13.14
Other ...	19.54	22.51	17.58	14.91	13.71	11.93	19.21	15.09
TOTAL VEGETABLES OTHER THAN POTATOES	42.68	47.07	34.89	28.75	25.33	23.16	38.67	28.23

(a) Includes chips and crisps.

TABLE 28—continued
oz per head per week except where otherwise stated

	Households with 1 male and 1 female adult and							
	No other		Children only				Adolescents only	Adolescents and children
	All except O.A.P.	Both Adults under 55	1	2	3	4 or more		
FRUIT(b)								
Fresh	28·97	31·33	23·21	19·75	15·26	11·68	25·75	17·77
Other(c)	5·21	5·49	5·22	4·24	3·07	3·07	4·53	3·62
TOTAL FRUIT ...	34·18	36·82	28·43	23·99	18·33	14·75	30·28	21·39
CEREALS—								
Bread(d)	63·94	66·94	55·49	49·48	50·91	57·44	68·21	67·53
Flour	11·50	9·94	8·60	7·40	6·44	5·96	10·02	7·31
Other	21·97	24·54	19·98	16·79	15·44	13·94	20·96	16·18
TOTAL CEREALS ...	97·41	101·42	84·07	73·67	72·79	77·34	99·19	91·02
BEVERAGES—								
Tea	2·87	2·91	2·08	1·85	1·70	1·48	2·45	2·01
Coffee and cocoa drinks	1·22	1·23	0·84	0·71	0·60	0·54	0·91	0·71
TOTAL BEVERAGES ...	4·09	4·14	2·92	2·56	2·30	2·02	3·36	2·72

(b) Includes tomatoes.

(c) Includes canned and bottled.

(d) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "Other cereals".

TABLE 29
Domestic Food Expenditure by Household Composition 1952

pence per head per week

	Households with 1 male and 1 female adult and							
	No other		Children only				Adolescents only	Adolescents and children
	All except O.A.P.	Both Adults under 55	1	2	3	4 or more		
MILK—								
Liquid, retail	34·23	34·60	25·19	19·96	16·84	13·35	28·88	21·54
Liquid, welfare and school	0·11	0·28	2·14	2·70	2·68	2·59	0·02	0·79
Other milk and cream ...	1·49	1·89	2·01	1·81	1·31	1·42	1·67	1·27
TOTAL MILK	35·83	36·77	29·34	24·47	20·83	17·36	30·57	23·60
CHEESE	6·02	6·36	4·34	3·78	3·12	2·71	5·24	3·91
MEAT—								
Rationed	28·19	29·98	23·71	20·46	18·00	16·72	25·86	20·54
Bacon	14·64	15·20	13·88	12·78	11·91	11·15	14·09	11·89
Other meat	34·04	40·51	24·84	19·64	15·58	12·35	31·47	20·31
TOTAL MEAT	76·87	85·69	62·43	52·88	45·49	40·22	71·42	52·74

TABLE 29—continued

pence per head per week

	Households with 1 male and 1 female adult and							
	No other		Children only				Adolescents only	Adolescents and children
	All except O.A.P.	Both Adults under 55	1	2	3	4 or more		
FISH—								
Fresh and processed ...	14·21	13·92	7·97	6·00	4·55	4·05	9·90	6·02
Prepared ...	4·71	5·75	3·95	3·24	3·16	2·69	5·29	3·73
TOTAL FISH ...	18·92	19·67	11·92	9·24	7·71	6·74	15·19	9·75
EGGS, shell, hens' ...	12·73	14·09	12·30	11·90	10·70	10·10	12·06	10·74
FATS—								
Butter ...	5·68	5·72	5·39	5·44	5·47	5·22	5·48	5·21
Margarine ...	4·13	4·18	3·96	3·87	3·89	4·00	4·08	4·01
Cooking fats, rationed...	2·15	2·26	2·09	2·02	2·02	2·10	2·12	2·07
Other fats ...	1·41	1·37	0·83	0·74	0·72	0·29	1·27	0·85
TOTAL FATS ...	13·37	13·53	12·27	12·07	12·10	11·61	12·95	12·14
SUGAR AND PRESERVES—								
Sugar ...	4·60	4·69	4·37	4·38	4·18	4·20	4·46	4·23
Honey, preserves, syrup and treacle ...	6·99	7·28	6·12	5·51	5·07	4·74	6·85	6·16
TOTAL SUGAR AND PRESERVES ...	11·59	11·97	10·49	9·89	9·25	8·94	11·31	10·39
VEGETABLES—								
Potatoes(a) ...	10·30	11·84	10·27	9·26	9·66	9·92	11·15	11·22
Fresh green ...	8·74	10·31	6·46	5·07	3·86	3·35	7·32	4·72
Other ...	10·67	13·33	10·44	9·02	7·96	6·87	10·62	8·84
TOTAL VEGETABLES OTHER THAN POTATOES	19·41	23·64	16·90	14·09	11·82	10·22	17·94	13·56
FRUIT(b)								
Fresh ...	20·55	23·29	17·66	14·23	10·44	7·99	18·55	12·50
Other(c) ...	6·28	7·81	6·63	5·18	3·68	3·49	5·37	4·09
TOTAL FRUIT ...	26·83	31·10	24·29	19·41	14·12	11·48	23·92	16·59
CEREALS—								
Bread(d) ...	18·97	19·91	16·15	14·29	14·67	16·41	19·58	19·24
Flour ...	4·14	3·60	3·11	2·69	2·34	2·15	3·55	2·64
Other ...	31·88	37·40	30·37	24·83	22·12	18·39	31·63	23·05
TOTAL CEREALS ...	54·99	60·91	49·63	41·81	39·13	36·95	54·76	44·93
BEVERAGES—								
Tea ...	9·57	9·72	6·84	6·07	5·33	4·84	8·08	6·58
Coffee and cocoa drinks	4·75	4·92	3·01	2·58	1·96	1·64	3·40	2·36
TOTAL BEVERAGES ...	14·32	14·64	9·85	8·65	7·29	6·48	11·48	8·94
MISCELLANEOUS ...	9·73	11·73	8·91	7·07	6·13	4·23	8·88	5·61
TOTAL EXPENDITURE...	310·91	341·94	262·94	224·52	197·35	176·96	286·87	224·12
	s. d. (25 11)	s. d. (28 6)	s. d. (21 11)	s. d. (18 9)	s. d. (16 5)	s. d. (14 9)	s. d. (23 11)	s. d. (18 8)

(a) Includes chips and crisps. (b) Includes tomatoes. (c) Includes canned and bottled.
 (d) Includes rolls, muffins and crumpets. Sandwiches and fruit bread are included in "Other cereals".

EFFECT OF CHILDREN ON EXPENDITURE

79. A special analysis has been made of the Survey's findings for 1952 with a view to measuring the effect of an additional child on the food expenditure of the household. As already described, the childless couples under 55 provide a group broadly comparable in age and income with the couples with different numbers of children. The adult element in the selected group may, therefore, be regarded as similar to the adult element in the households with children, and differences in food expenditure may be primarily attributed to the presence of children. By the method of least squares, a linear regression line was fitted to the average household food expenditures of the selected group of childless households and the households with various numbers of children. The food expenditure then fell into two parts; the first could be treated as a constant corresponding to the adult element, and the second as a variable directly proportional to the number of children. Since the increase in expenditure with number of children was approximately linear, the average increment attributable to each additional child was almost the same and could be isolated. The results show that in 1952 the average expenditure for the adult element was about 57s. 3d. per week, and the addition for each child about 8s. 6d. Estimates of household food expenditure derived from these elements conform well with the observed values:—

TABLE 30
Household Food Expenditure: Computed Values for 1952

	per household	
	Observed	Fitted from regression line
	d.	d.
One male and one female adult only (both under 55)	684	687
One male and one female adult with one child	789	790
One male and one female adult with two children	898	892
One male and one female adult with three children	987	994
One male and one female adult with four or more children (average 4·4)	1,132	1,138
Constant element attributable to the adult couple		687·0
Increment for each child		102·5

80. These results do not mean that the cost of a child's food was only 30 per cent. of that of an adult at the same standard of living; for, in practice, of course, the adult standard did not remain constant at 28s. 8d. per head where there were children. This is a notional constant introduced in order to measure the actual increase in household expenditure when a child is added to the household. In fact, if the size of household increases while the family income does not, the adult standard of living falls, and part of the notional 57s. 3d. attributed to the adults was, no doubt, spent on the child, in addition to the increment of 8s. 6d. To establish true equivalent-adult scales, giving the cost of a child compared with the cost of an adult at the same standard of living, the effect of family income per head would have to be taken into account.¹

¹ Research on these lines is being undertaken by the University of Cambridge Department of Applied Economics in collaboration with the Ministry of Food. See "The Consumption of Food in Relation to Household Composition and Income", a paper read to the 15th European Meeting of the Econometric Society, August, 1953, by J. A. C. Brown, Department of Applied Economics.—*Econometrica*, vol. 22, October, 1954.

The present analysis does provide, however, a *description* of the effect of children on a household when the addition of children is associated with a fall in the level of family income per head.

81. A similar analysis has been applied to expenditure on individual foods, and the results are shown in Table 31. Naturally there was some departure here from the strictly linear form; for example, the increase in household expenditure on fruit became relatively less with each additional child, while the increase for bread became relatively greater. The averages shown for the child increment give a fairly good indication of the position, but they probably under-estimate the difference between families with one child and those with several. Even so, the results are sufficiently striking. The addition of a child produced virtually no increase in household expenditure on fresh green vegetables, and only a 3 per cent. increase for fresh fruit. The 12 per cent. increase in expenditure on milk under-estimated the increase in consumption, as Welfare milk and school milk plays a larger part in the diets of the large families; the increase in the *consumption* of liquid milk only was estimated at 32 per cent. The average increase for cheese, eggs, meat and fish was only 12 per cent. The increase of 17 per cent. in expenditure on rationed fresh meat indicated that the expenditure for a child was about one-third of that for an adult. Even for children under 5, this would suggest that the child's ration was not always fully taken up; but more than half the children were over 5 and, therefore, entitled to an adult ration. The increase for fish was only 1 per cent., possibly because children have a greater preference for other protein foods; there was a decrease of 4 per cent. for "other meat", which included liver and other offal. The low expenditure on the "protective" foods was in marked contrast to the expenditure on the cheaper, more filling foods such as potatoes, cereal foods, fats and sugar. The increase in expenditure per child was 32 per cent. for new potatoes, 42 per cent. for old potatoes, 45 per cent. for National bread, 42 per cent. for fats, and 32 per cent. for sugar and preserves. The largest increase was 61 per cent. for oatmeal and other breakfast cereals; in this single case the expenditure for a child was higher than that for an adult. No doubt this was partly because milk could conveniently be given to the child in this way, and partly because a cereal dish is very quickly prepared. Even in the cereal group, the increase was confined to the cheaper foods, and did not extend, for example, to cakes and pastries. Another indication of the economic effect was the expenditure on coffee, a relatively expensive beverage consumed mainly by the better-off households; children do not normally drink it, and the adult couple decreased their expenditure by 5 per cent. for each child.

TABLE 31
Domestic Food Expenditure per Household in 1952

pence per household per week

	Observed average expenditure per household per week					Regression estimates		
	Households with 1 male and 1 female adult and					Expenditure attributable to:		Child as percentage of couple
	No other (Both adults under 55)	Children only						
		1	2	3	4 or more	Adult couple	Each child	
	d.	d.	d.	d.	d.	d.	Per cent.	
Milk and cream	73.5	88.0	97.9	104.2	111.1	77.1	9.3	12
Cheese	12.7	13.0	15.1	15.6	17.3	12.4	1.1	9
Eggs	29.1	37.5	48.2	54.0	65.7	29.5	8.6	27
Meat—								
Rationed	60.0	71.1	81.8	90.0	107.0	60.4	10.4	17
Bacon	30.4	41.6	51.1	59.6	71.4	31.6	9.5	30
Sausages	16.9	18.2	21.6	22.5	25.2	16.7	2.1	12
Other meat	64.1	56.3	56.9	55.4	53.8	61.1	2.2	4
All meat	171.4 s. d. (14 3)	187.2 s. d. (15 7)	211.4 s. d. (17 7)	227.5 s. d. (18 11)	257.4 s. d. (21 5)	169.8 s. d. (14 1)	19.8 s. d. (1 8)	12
Fish	39.3	35.8	37.0	38.6	43.1	36.8	0.5	1
Total for milk, cheese, eggs, meat and fish	326.0 s. d. (27 2)	361.5 s. d. (30 11)	409.6 s. d. (34 1)	439.9 s. d. (36 7)	494.6 s. d. (42 2)	325.6 s. d. (27 1)	39.3 s. d. (3 3)	12
New potatoes, chips and crisps	10.1	12.7	14.9	18.5	25.0	9.5	3.0	32
Old potatoes	13.6	18.2	22.2	29.8	38.5	12.8	5.4	42
Fresh green vegetables	20.6	19.4	20.3	19.3	21.4	20.0	—	—
Other vegetables	26.7	31.3	36.1	39.8	44.0	27.1	4.2	15
All vegetables	71.0 s. d. (5 11)	81.6 s. d. (6 9)	93.5 s. d. (7 9)	107.4 s. d. (8 11)	128.9 s. d. (10 8)	69.4 s. d. (5 9)	12.6 s. d. (1 0)	18
Fresh fruit	46.6	53.0	56.9	52.2	51.2	50.1	1.7	3
Other fruit and nuts	15.6	19.9	20.7	18.4	22.3	17.5	1.2	7
Total for vegetables and fruit	133.2 s. d. (11 1)	154.5 s. d. (12 10)	171.1 s. d. (14 3)	178.0 s. d. (14 10)	202.4 s. d. (17 0)	137.0 s. d. (11 5)	15.5 s. d. (1 3)	11

TABLE 31—continued

pence per household per week

	Observed average expenditure per household per week					Regression estimates		
	Households with 1 male and 1 female adult and					Expenditure attributable to:		Child as percentage of couple
	No other (Both adults under 55)	Children only						
		1	2	3	4 or more			
	d.	d.	d.	d.	d.	d.	d.	
National bread	30.8	40.9	48.6	64.6	95.2	27.9	12.5	45
Other bread	13.7	12.7	14.0	15.1	17.0	12.7	0.7	6
Flour	7.2	9.3	10.8	11.7	13.8	7.6	1.5	20
Total bread and flour	51.7 s. d. (4 3)	62.9 s. d. (5 2)	73.4 s. d. (6 1)	91.4 s. d. (7 7)	126.0 s. d. (10 6)	48.2 s. d. (4 0)	14.7 s. d. (1 2)	31
Biscuits	d. 23.9	d. 28.8	d. 32.8	d. 34.5	d. 36.0	d. 25.3	d. 3.2	13
Cakes and pastries	31.0	34.5	32.9	35.0	34.2	32.4	0.7	2
Oatmeal and other break-fast cereals	6.7	10.0	13.6	18.7	23.4	6.3	3.8	61
Other cereals	8.5	12.6	14.4	16.0	17.0	9.8	2.2	22
Total for cereal foods	121.8 s. d. (10 2)	148.8 s. d. (12 5)	167.1 s. d. (13 11)	195.6 s. d. (16 3)	236.6 s. d. (19 9)	122.0 s. d. (10 2)	24.6 s. d. (2 1)	20
Fats	d. 27.1	d. 36.8	d. 48.3	d. 60.5	d. 74.3	d. 26.4	d. 11.0	42
Sugar and preserves	23.9	31.5	39.6	46.2	57.2	24.0	7.6	32
Coffee	7.1	5.4	5.8	5.2	5.9	6.4	0.3	5
Tea	19.4	20.5	24.3	26.6	31.0	18.6	2.7	14
Cocoa drinks	2.8	3.6	4.5	4.6	4.5	3.0	0.5	18
Miscellaneous	22.6	26.1	27.7	30.2	26.0	24.1	1.6	6
Total food expenditure	683.9 s. d. (57 0)	788.7 s. d. (65 9)	898.0 s. d. (74 10)	986.8 s. d. (82 3)	1,132.5 s. d. (94 4)	687.1 s. d. (57 3)	102.5 s. d. (8 6)	15

82. While some of these features have been broadly known from previous studies of household composition, a quantitative analysis of this kind does, perhaps, present a more graphic picture of the differences in the pattern of food expenditure associated with the presence of children.

ENERGY VALUE AND NUTRIENT CONTENT

83. The energy value and nutrient content of the average food consumption of households of different family composition are shown in Table 32. The estimates should be considered together with those in Table 33, which take into account nutritional requirements of households of different family composition.

TABLE 32

Energy Value and Nutrient Content of Domestic Food Consumption 1952 by Households with one Male and one Female Adult and varying Numbers of Children.

per head per day

	Households with 1 male and 1 female adult and						
	No Other	Children only				Adolescents only	Adolescents and children
		1	2	3	4 or more		
Energy value ... Cal.	2,792	2,503	2,256	2,172	2,166	2,716	2,421
Protein ... g.	91	79	70	66	65	87	75
Animal protein ... g.	45	40	35	32	29	42	33
Fat ... g.	108	98	88	84	81	102	88
Carbohydrate ... g.	364	327	295	288	295	362	333
Calcium ... mg.	1,199	1,106	997	956	932	1,117	1,004
Iron ... mg.	15.5	13.4	11.7	11.0	10.7	15.0	12.6
Vitamin A (a) ... i.u.	4,272	3,905	3,378	3,030	2,812	4,004	3,160
Vitamin B ₁ (b) ... mg.	1.49	1.30	1.15	1.10	1.11	1.43	1.25
Riboflavin ... mg.	1.96	1.75	1.55	1.45	1.38	1.79	1.52
Nicotinic acid ... mg.	16.4	13.1	11.3	10.6	10.2	14.8	12.4
Vitamin C (b) (c) ... mg.	64	59	50	44	43	60	49
Vitamin D (a) ... i.u.	170	155	140	137	155	152	135

(a) Excludes Welfare fish liver oil and vitamin A and D tablets.

(b) Allowances have been made for cooking losses according to Medical Research Council War Memorandum No. 14.

(c) Includes Welfare orange juice.

84. As would be expected, the intake per head per day of most nutrients decreased as the number of children in the household increased. The smaller requirements of children for all nutrients except calcium and vitamin D account for some, but not all, of these differences, as shown in Table 33.

TABLE 33

Comparison of Energy Value and Nutrient Content of Domestic Food Consumption 1952 with Standards based on the British Medical Association's Recommendations.

	Households with 1 male and 1 female adult and						
	No other	Children only				Adolescents only	Adolescents and children
		1	2	3	4 or more		
Energy value ...	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Total protein ...	105	105	101	99	101	96	93
Calcium ...	124	112	102	96	95	100	90
Iron ...	135	116	102	95	90	110	94
Vitamin A ...	118	115	106	102	101	108	99
Vitamin B ₁ ...	157	167	158	149	145	158	147
Riboflavin ...	141	140	130	129	131	127	121
Nicotinic acid ...	121	121	113	109	104	104	96
Vitamin C (a) ...	156	139	129	123	121	131	119
	290	283	249	222	213	241	206

(a) See paragraph 49, footnote (1).

85. The most noteworthy point in Table 33 is the relatively poor position of the households with three or more children and with children and adolescents in the body-building nutrients, protein and calcium. This has been a constant finding in the Survey records, and, as Table 34 shows, between 1950 and 1952 intake compared with requirements has tended to decrease for all household groups with children or with adolescents or with both. On the other hand the comparable percentages for childless households have remained almost unchanged. The energy value estimates have shown exactly the same trend.

TABLE 34
Changes in the Comparison of Energy Value and Protein and Calcium Content of Domestic Food Consumption with Standards based on the British Medical Association's Recommendations: 1950 Compared with 1952.

	Households with 1 male and 1 female adult and						
	No other	Children only				Adolescents only	Adolescents and children
		1	2	3	4 or more		
Energy value							
1950	106	109	103	104	101	100	96
1952	105	105	101	99	101	96	93
Total protein							
1950	123	117	105	102	94	103	91
1952	124	112	102	96	95	100	90
Calcium							
1950	136	120	106	102	92	114	94
1952	135	116	102	95	90	110	94

86. When the sources of the energy value of the diet are compared, as in Table 35, it will be seen that between 1950 and 1952, the changes for all household types were similar. These changes appear to be almost entirely dependent on increases in the consumption of cereals and sugar and a decrease in that of fats for all household types.

TABLE 35
Percentage of Energy Value derived from Protein, Fat and Carbohydrate: 1952 Compared with 1950

	Households with 1 male and 1 female adult and						
	No other	Children only				Adolescents only	Adolescents and children
		1	2	3	4 or more		
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Protein							
1950	13.0	12.6	12.4	12.3	12.0	12.8	12.3
1952	13.0	12.6	12.4	12.1	12.0	12.8	12.4
Fat							
1950	37.9	37.7	37.6	36.5	35.7	35.9	34.9
1952	34.8	35.0	35.2	34.8	33.6	33.8	32.6
Carbohydrate							
1950	49.1	49.7	50.0	51.2	52.3	51.3	52.8
1952	52.2	52.4	52.4	53.1	54.4	53.4	55.0

APPENDIX A

SURVEY TECHNIQUE AND COMPOSITION OF THE SAMPLE

1. An important change in technique was introduced into the National Food Survey in June 1951, and fully discussed in Appendix A of the Annual Report for 1951. No further change was introduced in 1952, so that a strict comparison is possible between 1952 and the last six months of 1951. For comparison with the first half of 1951, certain adjustments referred to below, are necessary.

2. The method of selecting the sample in 1952 remained the same; that is to say, households were selected by a random method from sixty Parliamentary divisions, stratified by region and town size. From time to time a constituency was replaced by another of the same type. During the year, the Survey was conducted in the following constituencies:

Region	Constituency	Region	Constituency
Northern and East and West Ridings	Brighouse and Spenborough	London ...	Barking
	Chester-le-Street		Battersea, N.
	Durham		Chelsea
	Middlesbrough, E.		Edmonton
	Rother Valley		E. Surrey
	Sedgefield		Finchley
	Sheffield, Heeley		Lambeth, Vauxhall
North Western	ShIPLEY	Richmond, Surrey	
	Wallsend	Stepney	
	Bolton, W.	Wandsworth, Central	
	Darwen	Watford	
	Ince	Willesden, W.	
	Liverpool, Wavertree		
	Manchester, Wythenshawe		
North Midlands and Eastern	Preston, N.	South Eastern and Southern	Ashford
	Stretford	Buckingham	
	Wallasey	Chichester	
	Belper	Faversham	
	Colchester	N. Dorset	
	Derby, N.	New Forest	
	Gainsborough	Portsmouth, W.	
Midlands ...	Hitchin	South Western	Bristol, Central
	Lincoln	Bristol, S.	
	Loughborough	Bristol, S.E.	
	Luton	Taunton	
	Mansfield	Tiverton	
	Mid-Bedfordshire	Torquay	
	Saffron Walden	Torrington	
Midlands ...	Birmingham, Aston	Wales ...	Aberdare
	Birmingham, Hall Green	Cardiff, N.	
	Birmingham, Sparkbrook	Gower	
	Birmingham, Stechford	Llanelly	
	Burton	Newport	
	Coventry, S.		
	Ludlow		
The Wrekin	Scotland ...	Berwick and East Lothian	
		Dundee, W.	
		Edinburgh, Pentlands	
		Glasgow, Woodside	
		Kirkcaldy	
		Midlothian and Peebles	
		Renfrewshire, E.	
		Roxburgh and Selkirk	

3. Housewives were asked to record food purchases for a week, together with "free" food obtained during the week from allotments and gardens or from an employer. They also recorded withdrawals from stock of such home-produced foods as are stored in quantity, namely:—

Potatoes
Beans
Bottled fruit and tomatoes
Preserves
Apples and pears
Eggs

During the first half of 1951, larger stocks had also been weighed at the beginning and end of the Survey week, and withdrawals from stock were added to purchases and free food to estimate consumption. As previously described⁽¹⁾ the procedure was found to distort the normal pattern of purchases, and it was discontinued. In comparing 1952 with the first half of 1951, therefore, the value of withdrawals from stock should be added to expenditure in the earlier period to give figures comparable to expenditure alone in 1952. This adjustment is satisfactory for total expenditure but not necessarily for each individual food.

4. The numbers of households and persons surveyed in each quarter of 1952 are shown in Table 1. An average of 3,109 households per quarter was achieved, with a mean household size of 3.32 persons, which was fairly constant during the year.

TABLE 1
Composition of the Sample 1952

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Year
URBAN HOUSEHOLDS					
Households ...	2,618	2,629	2,405	2,161	9,813
Persons ...	8,633	8,701	8,122	7,139	32,595
Persons per household ...	3.30	3.31	3.38	3.30	3.32
RURAL HOUSEHOLDS					
Households ...	726	722	708	469	2,625
Persons ...	2,390	2,445	2,328	1,549	8,712
Persons per household ...	3.29	3.39	3.29	3.30	3.32
ALL HOUSEHOLDS					
Households ...	3,344	3,351	3,113	2,630	12,438
Persons ...	11,023	11,146	10,450	8,688	41,307
Persons per household ...	3.30	3.33	3.36	3.30	3.32

⁽¹⁾ *Domestic Food Consumption and Expenditure, 1951* : H.M.S.O., 1953, Appendix A.

TABLE 2

Composition of the Sample by Social Class and Household Composition 1952

	Social Class								All Classes		Average size		
	A		B		C		D		Number	Per cent.	Persons		
	Number	Per cent.	Number	Per cent.	Number	Per cent.	Number	Per cent.					
Households containing one male and one female adult and:													
No other	214	20.5	569	17.0	1,004	20.2	521	24.0	346	38.2	2,654	21.4	2.00
1 child	140	13.4	601	18.0	689	13.9	35	1.6	6	0.7	1,471	11.8	3.00
2 children	135	12.9	530	15.8	585	11.8	23	1.1	—	—	1,273	10.2	4.00
3 children	43	4.1	175	5.2	211	4.2	4	0.2	—	—	433	3.5	5.00
4 or more children	17	1.6	80	2.4	108	2.2	7	0.3	—	—	212	1.7	6.40
Adolescents only	75	7.2	189	5.7	339	6.8	61	2.8	—	—	664	5.3	3.25
Adolescents and children	65	6.2	307	9.2	450	9.0	42	1.9	—	—	864	7.0	5.18
Other combinations of adults with or without adolescents:													
Without children	216	20.6	488	14.6	964	19.4	1,139	52.4	550	60.8	3,357	27.0	2.59
With children	141	13.5	405	12.1	620	12.5	341	15.7	3	0.3	1,510	12.1	5.07
All household types... ..	357	34.1	893	26.7	1,584	31.9	1,480	68.1	553	61.1	4,867	39.1	—
Average size of household	1,046	100.0	3,344	100.0	4,970	100.0	2,173	100.0	905	100.0	12,438	100.0	—
	3.47		3.66		3.64	2.75		1.53		3.32			

5. As before, the sample was divided into social classes, based on the gross income of the head of the household. Table 2 shows the distribution by social class and household composition in 1952. Since 1951, there appears to have been a steady shift upwards in income grade: Classes A and B increased from 6.8 per cent. and 24.0 per cent. of the total households in the second half of 1951 to 8.4 per cent. and 26.8 per cent. in 1952, while Class C declined from 45.6 per cent. to 40.0 per cent. These changes reflected changes in the level of money income. The proportion of households in Class D, which contained many households without an earner, remained almost unchanged. The average size of household continued to increase slightly in the higher income groups and to fall in Class D. This tendency was a further indication that some households in Class C had moved up the income scale; the average size of household, formerly highest in this class, became highest in Class B. The continuing tendency for money income to rise has made it necessary to reconsider the basis of comparison, and revised income scales were introduced in 1953. The average household composition of each social class is shown in Table 3.

TABLE 3

Household Composition of Social Classes 1952

	Social Class					All households
	A	B	C	D		
				Excluding O.A.P.	O.A.P.	
PERCENTAGE OF TOTAL PERSONS IN EACH SOCIAL CLASS:	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Adults, female	35.5	31.3	31.9	49.0	66.7	35.6
Adults, male ...	30.2	29.9	31.6	31.1	32.4	31.0
Adolescents (a)	7.6	7.8	9.4	7.3	0.2	8.1
Children (b) ...	26.7	31.0	27.1	12.6	0.7	25.3
AVERAGE NUMBER IN EACH HOUSEHOLD:						
Adults ...	2.28	2.24	2.31	2.20	1.52	2.21
Adolescents ...	0.26	0.28	0.34	0.20	...	0.27
Children ...	0.93	1.14	0.99	0.35	0.01	0.84

(a) 14 years to 20 years inclusive

(b) Under 14 years

6. The analysis by type of family shown in Table 2 follows the usual method of classifying in detail those households with one man and one woman with varying numbers of children and adolescents. Such households continued to comprise 61 per cent. of the total sample, if Old Age Pensioner households are included in the two-adult group, or 58 per cent. if they are excluded. The changes in class structure already described were reflected in the proportions of each household type in different income grades. Classes A and B together contained 41 per cent. of the households with one man and one woman, compared with 45 per cent. in Class C; in 1951 the respective proportions were 36 and 52 per cent. The change among households with other combinations of adults was smaller. A comparison is given in Table 4.

TABLE 4
Household Composition of Social Classes—July to December 1951,
compared with 1952

	July-December 1951			1952		
	Classes A and B	Class		Classes A and B	Class	
		C	D		C	D
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
One male and one female adult with:						
no other	28	44	28	29	38	33
1 child	41	57	2	50	47	3
2 children	43	55	2	52	46	2
3 children	44	54	2	50	49	1
4 or more children	34	62	4	46	51	3
Adolescents only	34	56	10	40	51	9
Adolescents and children	38	58	4	43	52	5
Other households	23	35	42	26	32	42

7. The change was marked among households with children only. Those with one, two or three children became more numerous in Classes A and B than in Class C, and among those with four or more children, the proportion in Class C fell from 62 to 51 per cent.

8. As before the demographic characteristics of Classes A, B and C were not dissimilar, while Class D differed widely from the others. It contained very few classified households with children or adolescents, and the bulk of the households were either childless couples or fell in the unclassified group. The average size of household, even excluding Old Age Pensioner households, was only 2.75 persons; 80 per cent. of these persons were adults, in the ratio 50 per cent. women and 30 per cent. men, whereas in the other classes men and women were nearly equal in numbers.

APPENDIX B

MEALS EATEN OUTSIDE THE HOME IN 1952

1. The main purpose of the National Food Survey is to study the pattern of the diet in the home. In order to provide a complete picture of the nutritional level of the population, meals outside the home would have to be studied in similar detail. This is beyond the scope of the resources at present available, but an attempt has been made to find out what types of household are most affected and to assess the general effect of meals out on the household diet.

2. The Survey collects certain information on meals out in order to calculate the proportion of nutrient requirements represented by the domestic diet. It is assumed that the normal pattern is that of four meals a day (breakfast, dinner, tea and supper), or 28 meals a week. The number and type of meals eaten away from home by each member of the household are recorded in the log-book, and these, deducted from the total meals, give the "net balance" of meals at home. The simple addition of meals

out would be misleading, owing to the wide difference in type of meal. The following weights are therefore given to the different meals, according to their relative nutritional importance.

						per day	per week	
Breakfast	4	28	
Dinner	5	35	
Tea	3	21	
Supper	2	14	
							—	
								98 (say 100)

Packed meals such as sandwiches provided by the housewife for outside consumption are not counted as meals out.

3. These weights have been adopted to produce an index of meals taken at home for each household. If the total for each person is taken as 100, each breakfast, dinner, tea or supper eaten out by that person is represented by a deduction of 4, 5, 3 or 2, and the remainder gives the "net balance" of meals eaten at home by that person. These balances are added together for all members of the household, and the total divided by the number of persons in the household. The result gives an index of meals at home during the Survey week for the household. An adjustment is made for visitors taking a meal in the household, such meals being given the same weights and added to the total instead of being deducted. This means that a visitor's meal cancels a similar meal taken out. This adjustment, while necessary for the normal nutrient calculations of the Survey, means that the index slightly underestimates the proportion of meals out; in households with many visitors, the index may rise above 100. The distortion is not regarded as serious, as the index does not purport to be a precise measure but an indication of comparative levels.

4. Moreover, according to the definition used in the Survey, a person does not count as a member of the household unless he takes 16 or more meals at home; if he takes less than this he is recorded as a visitor. The Survey is designed as a study of *domestic* food consumption and expenditure, for the majority of the population take their meals at home. A further limitation is that sweets, alcoholic and soft drinks, and snacks and ice cream consumed outside the home are not included, and these may be of some importance nutritionally.

5. It is not possible to distinguish meals taken out for social reasons from those taken in connection with work, but one class of meals is so important that it merits special attention—namely, school dinners. A special analysis of the uptake of school dinners has therefore been made, together with a similar analysis for school milk. This will be found in Appendix C.

Meals out by All Households and by Social Class

6. Social class differences and national averages are summarised in Table 1. Nearly half of all households took no meals out, and a further one-fifth took less than 5 per cent. of their meals out. In interpreting these results, it should be remembered that 5 per cent. represents one dinner per week for each member of the household or its equivalent in smaller meals (for example, one tea and one supper). Only 3 per cent. of the total took more than 20 per cent. of their meals out; this would be equivalent to four dinners per person per week. There was a marked class gradient; 76 per cent. of old age pensioner households took no meal out, for the rest of Class D the proportion was 56 per cent., and the proportion declined through Classes C and B to only 32 per cent. for Class A. Among households taking some meals out, the class gradient became steeper as the proportion of meals out increased; 16 per cent. of Class A took over 15 per cent. of their meals out, while only 4 per cent. of old age pensioners did so and between 7 and 9 per cent. of the intermediate classes.

7. There was, as might be expected, some association between income and the proportion of meals out even within social classes. Estimates of total family income were obtained for 87 per cent. of the sample, although some of these had to be imputed

from the details of occupation furnished by informants. They are considered to be sufficiently reliable for the comparative purposes of this Appendix. (See paragraphs 54-56 of Report.)

Estimated net family income per person is shown in Table 1 for households taking different proportions of meals out, and apart from old age pensioners those taking a substantial number of meals out had a higher income per head than those taking only a few. In all classes, income per head rose slightly among those taking no meal out, probably because this group included a higher proportion of childless households.

TABLE 1

A. Proportion of Households taking Meals outside the Home by Social Class; and
B. Estimated net Family Income per person per week of these Households

	percentage of households					
	Class A	Class B	Class C	Class D		All households
				Excluding O.A.P.	O.A.P.	
A.						
Taking:						
no meal out	32	40	46	56	76	47
1-5 per cent. meals out	19	22	21	16	12	20
6-10 per cent. meals out	20	19	16	13	6	16
11-15 per cent. meals out	13	10	9	8	2	9
16-20 per cent. meals out	9	6	5	4	1	5
Over 20 per cent. meals out	7	3	3	3	3	3
Total	100	100	100	100	100	100
B.	£ per person per week					
Taking:						
no meal out	5.5	3.1	2.5	2.6	1.7	2.8
1-5 per cent. meals out	4.7	2.9	2.4	2.5	1.7	2.7
6-10 per cent. meals out	4.7	3.0	2.4	2.5	1.7	2.8
11-15 per cent. meals out	5.5	3.1	2.5	2.8	1.5	3.0
Over 15 per cent. meals out	5.9	3.5	2.8	2.6	1.6	3.4
Average	5.2	3.0	2.5	2.6	1.7	2.8

8. Similar analyses are made in Tables 2 and 3 for households of different composition. Among households without children, the presence of adolescents was associated with a larger number of meals out, especially at the 6 to 10 per cent. level; this was probably because most adolescents were either at school or working. The type of household taking most meals at home was that containing one man and one woman only, which is known to contain a high proportion of elderly and retired people, even when old age pensioners are excluded. This group showed a particularly marked association of income per person with meals out, no doubt partly because households without an earner have a relatively low income and tend to eat at home. But in any case variations in income per person will be greater for small households.

TABLE 2

A. Proportion of Households without Children taking Meals outside the Home, by Household Composition

B. Estimated net Family Income per person per week of these Households

	percentage of households			
	Households with 1 male and 1 female adult and			Other combinations of adults (with or without adolescents)
	No other	1 adolescent	2 or more adolescents	
A.				
Taking:				
no meal out	58	38	37	51
1- 5 per cent. meals out	15	19	17	16
6-10 per cent. meals out	10	22	22	15
11-15 per cent. meals out	9	9	13	9
16-20 per cent. meals out	4	7	8	6
Over 20 per cent. meals out	4	5	3	3
Total	100	100	100	100
B.				
	£ per person per week			
Taking:				
no meal out	3.6	3.5	3.0	3.9
1- 5 per cent. meals out	4.0	3.2	2.9	3.9
6-10 per cent. meals out	4.2	3.5	3.1	4.0
11-15 per cent. meals out	4.6	3.6	3.7	4.1
Over 15 per cent. meals out	5.5	4.1	3.6	4.6
Average	4.0	3.5	3.2	4.0

9. Among households with children, there was little difference between households with different numbers of children, and the pattern was similar to that of households with adolescents. School meals played a large part in determining this pattern and as school meals were taken by all social classes the association of meals out with income was less marked than in childless households. The highest proportion of meals out was found among households containing both children and adolescents.

TABLE 3

A. Proportion of Households with Children taking Meals outside the Home, by Household Composition

B. Estimated net Family Income per person per week of these Households

	percentage of households						Other combinations of adults and children (with or without adolescents)
	Households with 1 male and 1 female adult and						
	Children				Adolescents and children		
	1	2	3	4 or more	2	3 or more	
A.							
Taking:							
no meal out	41	38	37	40	34	32	39
1- 5 per cent. meals out	21	23	26	30	20	27	24
6-10 per cent. meals out	19	21	20	17	25	20	18
11-15 per cent. meals out	11	10	11	13	14	13	11
16-20 per cent. meals out	5	5	3	—	5	5	6
Over 20 per cent. meals out	3	3	3	—	2	3	2
Total	100	100	100	100	100	100	100
B.							
	£ per person per week						
Taking:							
no meal out	2.7	2.2	1.8	1.6	2.5	1.8	2.8
1- 5 per cent. meals out	2.7	2.3	1.8	1.5	2.6	2.0	2.8
6-10 per cent. meals out	2.0	2.3	1.9	1.5	2.6	2.0	2.8
11-15 per cent. meals out	3.1	2.4	1.9	1.5	2.7	2.1	2.9
Over 15 per cent. meals out	3.1	2.5	2.0	1.6	2.9	2.5	2.8
Average	2.8	2.3	1.9	1.5	2.6	2.0	2.8

10. In Tables 4 and 5 a two-way analysis is shown, by social class within each household type. The social class effect was particularly noticeable for households containing one man and one woman only; only 30 per cent. of the Class A households in this group took no meal out, compared with 84 per cent. of old age pensioners and 70 per cent. of other class D households. Class differences were also noticeable in households containing one man and woman and adolescents, but this is a small group and the results are therefore less reliable. There was less difference for other combinations of adults and adolescents. There were much smaller class differences for households with children, both those with one man and one woman and those with other combinations of adults. Class A, B and C showed a very similar pattern. The highest level of meals out was found among those in Class A with one man and one woman with both children and adolescents. The levelling effect of children on the pattern of meals out is clearly apparent from a comparison of the summaries, given in Tables 4 and 5, for all households without children and all households with children. The distribution of households of different composition within social classes is shown in Appendix A, Table 2.

TABLE 4

**Proportion of Meals eaten outside the Home by Social Class and
Family Composition: Households without Children**

percentage of households

Social Class	A	B	C	D		All classes
				Excluding O.A.P.	O.A.P.	
Households with one male and one female adult only, taking:						
no meal out	30	51	63	70	84	58
1- 5 per cent. meals out	15	16	16	12	11	15
6-10 per cent. meals out	12	13	8	7	3	10
11-15 per cent. meals out	17	10	7	7	—	9
over 15 per cent. meals out	26	10	6	4	2	8
Total	100	100	100	100	100	100
Households with one male and one female adult and adolescents taking:						
no meal out	23	33	40	54	—	38
1- 5 per cent. meals out	9	17	23	15	—	19
6-10 per cent. meals out	28	28	19	16	—	22
11-15 per cent. meals out	16	10	9	6	—	10
over 15 per cent. meals out	24	12	9	9	—	11
Total	100	100	100	100	—	100
Other combinations of adults with or without adolescents taking:						
no meal out	38	43	45	56	72	51
1- 5 per cent. meals out	15	19	19	15	13	16
6-10 per cent. meals out	19	16	16	13	8	15
11-15 per cent. meals out	10	11	10	8	3	9
over 15 per cent. meals out	18	11	10	8	4	9
Total	100	100	100	100	100	100
All households without children taking:						
no meal out	32	45	52	60	76	55
1- 5 per cent. meals out	15	17	18	14	12	16
6-10 per cent. meals out	17	16	13	12	6	13
11-15 per cent. meals out	14	11	9	8	2	8
over 15 per cent. meals out	22	11	8	6	4	8
Total	100	100	100	100	100	100

TABLE 5

**Proportion of Meals eaten outside the Home by Social Class and
Family Composition: Households with Children**

percentage of households

Social Class	A	B	C	D		All classes
				Excluding O.A.P.	O.A.P.	
Households with one male and one female adult and one or more children taking:						
no meal out	30	38	42	46	—	39
1- 5 per cent. meals out	22	23	22	16	—	23
6-10 per cent. meals out	25	20	19	19	—	20
11-15 per cent. meals out	13	11	10	9	—	10
over 15 per cent. meals out	10	8	7	10	—	8
Total	100	100	100	100	—	100
Households with one male and one female adult with children and adolescents taking:						
no meal out	14	28	39	31	—	33
1- 5 per cent. meals out	29	27	21	31	—	25
6-10 per cent. meals out	12	23	23	19	—	22
11-15 per cent. meals out	23	13	12	17	—	13
over 15 per cent. meals out	22	9	5	2	—	7
Total	100	100	100	100	—	100
Other combinations of adults with children (with or without adolescents) taking:						
no meal out	41	38	39	38	—	39
1- 5 per cent. meals out	22	26	28	23	—	24
6-10 per cent. meals out	22	20	17	19	—	18
11-15 per cent. meals out	6	9	10	11	—	11
over 15 per cent. meals out	9	7	6	9	—	8
Total	100	100	100	100	—	100
All households with children taking:						
no meal out	31	37	41	39	—	38
1- 5 per cent. meals out	23	24	24	22	—	24
6-10 per cent. meals out	23	20	19	19	—	20
11-15 per cent. meals out	12	11	10	11	—	11
over 15 per cent. meals out	11	8	6	9	—	7
Total	100	100	100	100	—	100

The Effect of Outside Meals on Domestic Consumption

11. In addition to an analysis of the incidence of outside meals among different types of household an attempt has been made to measure the effect on household food consumption and expenditure. Only by considerable and complex analysis could all the records for 1952 be examined to provide results covering the whole sample. As a shorter method of assessing the effect of outside meals, it was decided to limit the analysis to certain comparable groups of households, one group taking some meals out and the other taking no meal out, excluding households in which visitors' meals exceeded outside meals. Class C was selected as being large enough to provide adequate sub-groups. Two pairs of samples were drawn from households in Class C containing at least one earner; one pair of samples consisted of households of one man and one woman only, and the other households with one man, one woman and two children. The two samples from each household type were matched in respect of other relevant variables, such as age distribution, nutrient requirements, and family income, so that differences in the household diet could be attributed to outside meals.

12. Taking first the households with two adults only, one selected group took no meals out and the other took an average of 6.9 per cent. of their meals out. The following differences were found in food expenditure and in consumption in terms of certain nutrients:—

	<i>per cent.</i>
Food expenditure per head per week	6.6
Nutrient value of purchased food:	
Calories	7.3
Protein	8.5
Calcium	9.1
Riboflavin	9.6

The variations between the percentages are within the sampling error; the results therefore suggest that for these households the reduction in expenditure and in nutrient value of the domestic diet when outside meals are taken is of the same order as the proportion of outside meals. The average number of calories per penny of domestic food expenditure was 65 for both groups.

13. The results for households with two children lead to the same conclusion. The two selected groups took no meal out and 8.9 per cent. of meals out respectively, and the differences in expenditure and consumption were:

	<i>per cent.</i>
Food expenditure per head per week	8.3
Nutrient value of purchased food:	
Calories	9.9
Protein	8.4
Calcium	7.0
Riboflavin	6.2

Again the variations in the percentages were within the sampling error; the average number of calories per penny was 76 for the first group and 75 for the second. Details of the sample are shown in Table 6.

14. These conclusions provide some confirmation of the normal practice adopted in the analyses of the National Food Survey. In these the calculation of nutrient intake as a percentage of requirements is made after the requirements have been reduced to allow for meals eaten outside the home, the nutritive importance of such meals being assessed as described above (paragraph 2). It is assumed in following this procedure that the outside meal has the same nutritive value as the corresponding meal at home; and these results suggest that the assumption is justified.

TABLE 6
Effect of Outside Meals in Samples of Households in Class C

	Households containing			
	One man and one woman		One man and one woman with two children	
	Proportion of meals out		Proportion of meals out	
	Nil	6·9 per cent.	Nil	8·9 per cent.
No. of households	279	211	122	122
Estimated net family income per week	£6·6	£7·0	£7·0	£7·1
COMPOSITION OF HOUSEHOLDS	per cent.	per cent.	per cent.	per cent.
Adult males under 40	10·0	10·4	75·4	71·3
Adult males over 60	28·3	33·7	0·8	0·8
Adult males, sedentary	17·6	22·8	10·7	10·7
Adult males, active	27·2	19·9	30·4	31·2
Children aged 0-1	—	—	7·8	8·2
Children aged 1-4	—	—	44·2	44·2
Children aged 5-13	—	—	48·0	47·6
Proportion of households with two earners	16·9	20·4	9·1	6·6
Domestic food expenditure per head per week	313d.	292d.	215d.	197d.
Nutrient value of purchased food per head per day:				
Calories No.	2,918	2,706	2,337	2,105
Calcium mg.	1,253	1,139	981	912
Protein g.	96	88	71	64
Riboflavin mg.	1·99	1·80	1·47	1·38
Calories per penny	65	65	76	75

APPENDIX C

THE INCIDENCE OF SCHOOL MEALS AND SCHOOL MILK

1. The general effect on the diet of meals outside the home has been discussed in Appendix B. It was not found possible to distinguish between meals taken out for social reasons and other meals; but, as already stated, school meals are of such importance that they merit special attention. Accordingly a special analysis of the uptake of school meals has been made, together with a similar analysis for school milk.

2. Log books of the National Food Survey were analysed to provide information on the use of school meals and school milk facilities by households in different social classes and of different composition. Of the log books selected, 774 were collected in January and February and 568 in September and October 1952. The periods were chosen to avoid school holidays (including half-term holidays). The 1,342 selected households contained:—

- 712 children aged 5-13 inclusive
- 54 children aged 14
- 38 children aged 15-20, described as "at school"

804 school attenders aged 5 or over.

In addition there were 468 children under 5, but it is not known how many of these attended school; 20 of them, however, had school milk or school meals. There were 235 persons aged 15-20 whose occupation was not recorded as "at school".

3. On the assumption that each person over 5 described as a schoolchild attended school on 5 days during the survey week, the average take-up of school milk may be estimated from the survey data as 78·5 per cent., and of school meals as 44·1 per cent. According to returns sent to the Ministry of Education and the Scottish Education Department, about 84 per cent. of children attending school in February and October 1952 took school milk, and about 49 per cent. took school meals. The National Food Survey results made no allowance for any children of school age who may have been absent from school during the survey week; and the sample included children attending private schools. On the other hand, the returns sent to the Education Departments included children under 5 attending school; and they related only to single days (not the same for each school) in the selected months. In view of these differences in method and coverage, no precise reconciliation between the two sets of figures is practicable, but the measure of agreement attained is considered satisfactory. Sample surveys of Ministry catering returns for the two 16-week periods ended 19th April and 29th November, 1952 gave an estimate of 3·24 million meals served daily in school canteens, feeding centres and nurseries. This represents 0·474 of a meal per school attender per day or, alternatively, 0·282 of a meal per child aged 0-14 years. The corresponding National Food Survey results are in satisfactory agreement with these figures, being 0·441 of a meal per school attender and 0·288 of a meal per child aged 0-14 years. There is good reason, therefore, to believe that the picture provided by the present Survey analysis is a representative one.

4. The variables analysed were the number of school meals eaten, and of school milk issues taken, per school attender per day. On the assumptions stated above, these figures may also be interpreted as the percentages taken up, if the decimal point is simply moved two places to the right. Social class differences, shown in Table 1, were not statistically significant. Approximate standard errors are given in brackets.

TABLE 1
Uptake of School Meals and School Milk by Social Class

Social class	No. of school attenders aged 5 or more	Average milk issues taken per school attender per day	Average school meals eaten per school attender
A	49	·79 (.06)	·50 (.07)
B	291	·80 (.02)	·45 (.03)
C	403	·78 (.02)	·41 (.02)
D	61	·75 (.06)	·57 (.06)
All households	804	·785 (.015)	·441 (.018)

5. An analysis by the composition of the household to which the schoolchild belonged reveals differences which exceed the customary 5 per cent. level of statistical significance. The results are as follows (approximate standard errors in brackets):—

TABLE 2
Uptake of School Meals and School Milk by Household Composition

Household Composition	No. of school attenders aged 5 or more	Average milk issues taken per school attender per day	Average school meals eaten per school attender per day
One man, one woman and			
1 child	74	·74 (.05)	·32 (.06)
2 children	178	·83 (.03)	·45 (.04)
3 children	95	·84 (.04)	·44 (.05)
4 or more children	65	·87 (.04)	·45 (.06)
Adolescents only	16	·47 (.12)	·40 (.12)
Adolescents and children	190	·76 (.03)	·44 (.04)
Other households containing school attenders	186	·76 (.03)	·49 (.04)
All school attenders	804	·785 (.015)	·441 (.018)

6. These findings suggest that families with one child made rather less use of the school milk and meals facilities than families with two or more children. The most marked variation, however, was caused by the reluctance of adolescents to take school milk, as shown in Table 3.

TABLE 3
Uptake of School Meals and School Milk by Age of Child

Age group	No. of school attenders	Average milk issues taken per school attender per day	Average school meals eaten per school attender per day
5-13	712	.82 (.014)	.44 (.02)
14	54	.63 (.07)	.44 (.07)
15 or more	38	.54 (.08)	.51 (.08)

7. Apart from this tendency for school children aged 14 and over to forgo their milk issue, the take-up of school milk and school meals was much the same for all social classes and did not vary widely with the composition of the household. The benefit derived by a household group from the school milk and school meals services therefore depended mainly upon the numbers attending school from each household, which are shown in Table 4. The average weekly benefit per household is shown in Table 5.

TABLE 4
Distribution of School Children

	No. of children aged 0-4 per household	No. of school attenders aged 5 or over per household	Household size	Percentage of persons (aged 5 or over) attending school
Social class:				per cent.
A	0.35	0.61	3.47	18
B	0.46	0.85	3.66	23
C	0.45	0.69	3.64	19
D	0.08	0.18	2.39	8
One man, one woman and				
1 child	0.52	0.48	3.00	16
2 children	0.92	1.08	4.00	27
3 children	1.17	1.83	5.00	37
4 or more children	2.00	2.24	6.24	36
Adolescents only	—	0.27	3.23	8
Adolescents and children	0.33	1.94	5.17	38
Other households	0.22	0.38	3.36	11
All households	0.35	0.60	3.32	18

TABLE 5
Average Benefit per Household containing Schoolchildren

	No. of school meals per household per week during school term	No. of school milk issues per household per week during school term	Value of milk (at 6½d. per pint) per week, averaged over whole year
SOCIAL CLASS:			
A	1·5	2·4	d. 4·0
B	1·9	3·4	5·7
C	1·4	2·7	4·5
D	0·5	0·7	1·1
HOUSEHOLD COMPOSITION:			
One man, one woman and			
1 child	0·8	1·8	3·0
2 children	2·4	4·5	7·5
3 children	4·0	7·7	12·8
4 or more children... ..	5·0	9·8	16·3
Adolescents only	0·5	0·6	1·0
Adolescents and children	4·3	7·4	12·2
Other households with school attenders	0·9	1·5	2·4
All households	1·3	2·4	3·9

8. In Table 5, the number of school meals and of school milk issues per household per week relate to the period when the schools were open (approximately 40 weeks in the year). Averaged over the year, the benefits per household are therefore about 23 per cent. less. The last column, showing the value of the school milk at 6½d. per pint, makes due allowance for this. Over the whole year the monetary value of school milk per household was estimated at approximately 5½d. per week for Social Class B (which contained the highest proportion of schoolchildren); 4d. and 4½d. per week respectively for Classes A and C and only 1d. per week for Class D, which contained relatively few children. For households with four or more children the value of the school milk taken was as much as 1s. 4d. per week: for those with three children or both children and adolescents it was over 1s. per week, more than three times the average benefit.

9. The relative importance of school milk in meeting the dietary requirements of schoolchildren in households of different types is indicated in Table 6, which shows (i) the percentage of requirements of schoolchildren met by school milk; (ii) the percentage of requirements of the whole household met from domestic sources including school milk, making the usual allowance of 10 per cent. for wastage.

TABLE 6
Energy Value and Nutrient Composition expressed as a
Percentage of Requirements

	Percentage of School Children's Requirements met by School Milk				Percentage of Domestic Requirements of whole household met from domestic sources (including school milk)			
	Calories	Calcium	Protein	Ribo-flavin	Calories	Calcium	Protein	Ribo-flavin
SOCIAL CLASS:								
A ...	2.7	9.8	4.1	10.3	103	116	110	125
B ...	2.7	9.9	4.2	10.3	100	107	104	113
C ...	2.5	9.4	3.8	9.8	97	107	103	104
D ...	2.6	9.6	3.9	10.1	100	111	110	109
Households of one man, one woman and								
1 child ...	2.6	9.2	3.8	9.9	105	116	112	121
2 children	3.0	10.5	4.5	11.0	101	102	102	113
3 children	2.9	10.6	4.5	11.6	99	95	96	109
4 or more children.	3.1	11.2	4.7	11.9	101	90	95	104
Adolescents only.	1.2	5.0	1.7	4.6	96	110	100	104
Adolescents and children.	2.4	8.8	3.4	8.0	93	94	90	96
Other households with adolescents and children.	2.5	9.4	3.9	9.7	n.a.	n.a.	n.a.	n.a.
All households	2.6	9.5	3.8	10.1	99	108	104	109

10. The percentage of requirements met by school milk relates to all school attenders, whether or not they actually took school milk, and to the whole year including school holidays. If the calculation were restricted to those actually taking school milk and to the school term the percentages would, of course, be greater.

11. It must be borne in mind that the individual food consumption, and hence the total nutrient intakes, of the children attending school are not known. It is only possible to compare the nutrient contribution made by the school milk with the total estimated *requirements* of the schoolchildren considered separately. The percentage of requirements actually met from all sources can only be shown for the household as a whole, and it is not known whether the nutritional level is the same for the children as for the adult members of the household.

12. It was computed that about 10 per cent. of schoolchildren's requirements of calcium and riboflavin was being met by school milk; for the total protein the proportion was nearly 4 per cent., and for energy value $2\frac{1}{2}$ per cent. In families with several children the proportions were somewhat greater.

13. It can, however, be inferred that, in households consisting of one man and one woman with three children, the average diet of the *whole household* would have fallen below the standard in calcium, though we cannot say how the shortage would have been apportioned between individuals. In households with two children the calcium intake would have been marginal without school milk; in those with four

or more children the existing shortage would have been substantially greater. The percentage for protein illustrates the importance of school milk as a source of protein in all types of household with children. The absence of school milk would also have caused a shortage of riboflavin in the household diet of families containing both children and adolescents. It should be noted that about 40 per cent. of children aged 5 to 14 live in households containing one man and woman with three or more children or with both children and adolescents.

APPENDIX D

EXPENDITURE ON SUBSIDISED FOODS

1. This Appendix differs from the remainder of the Report in that it relates to the financial year 1952-53, not to the calendar year 1952, since the trading accounts, from which unit subsidy rates are derived, cover the financial year. In general, the rate at which a subsidy is running will not be uniform throughout the year, and estimates of subsidy levels and unit subsidies relating to a shorter period may be subject to a considerable margin of error, especially where the supply of a commodity varies widely during the year. In particular it would be misleading to apply unit subsidy rates derived from the whole financial year to particular quarters, since the price increases resulting from the Budget were not fully effective until October. In previous years, changes in subsidy rates during the financial year had been smaller.

2. The greater part of the increase in the retail prices of subsidised foods in 1952-53 was attributable to a reduction in the subsidy level. On 16th March, 1952, the price of bread was increased by 1½d. per 1¼ lb. loaf, and of flour by 1¼d. per lb. The next stage of the "Budget operation" was on 15th June, when the price of carcase meat was increased by an average of 4d. per lb., and increases were permitted on all teas subject to price control in order to eliminate the subsidy on tea. There was an increase of ½d. per pint for milk on 1st July. Finally, on 5th October sugar, cheese, bacon and rationed fats were all subjected to price increases, and tea was freed from rationing and price control. No further change took place in the controlled prices of subsidised foods until the decontrol of eggs at the end of the financial year.

3. In the following paragraphs the term "subsidised foods" relates to foods subsidised at any time during the financial year; namely, liquid milk, rationed cheese, rationed carcase meat, rationed bacon, hens' shell eggs, rationed fats, sugar, National bread, flour, potatoes, and tea. As tea was subsidised for one quarter only, the cash value of the subsidy for this quarter has been averaged over the year, but expenditure on tea has been included throughout in household expenditure on subsidised foods, for the sake of comparability. Potatoes have been included both to maintain comparability with 1951 and because the Ministry continued to incur a small trading loss, although the average value of this subsidy to the consumer was too small to be separately recorded in Tables 2 and 4.

4. The average weekly expenditure by all households on the subsidised foods in 1952-53 was 11s. 3d. per head, 2s. 4d. or 24 per cent. above the average for the preceding financial year. Expenditure on subsidised foods amounted to 53 per cent. of total food expenditure in 1952-53, compared with 49 per cent. in the previous financial year. Expenditure on non-subsidised foods increased during the year at a slower rate than expenditure on subsidised foods. The diversion of expenditure to these basic foods was greater than could be explained by price changes alone; it represented a real change in the pattern of consumption. For subsidised foods, expenditure more than kept pace with the increase in prices; for other foods, it tended to lag behind prices, although they rose less.

5. The cash value of the subsidy averaged approximately 1s. 11d. per head per week for all households. Of this sum, 21 per cent. was accounted for by bread and flour, 22 per cent. by Welfare and school milk, 15 per cent. by full-price liquid milk, 12 per cent. by rationed fats and 10 per cent. by eggs. The cash value of the subsidy represented 17 per cent. of the expenditure on subsidised foods, and 9 per cent. of total domestic food expenditure.

Expenditure on subsidised foods by households of different social class

6. From Tables 1 and 2 it will be seen that expenditure on subsidised foods did not vary greatly with social class. The highest average expenditure on those foods was recorded by the lowest income group (Old Age Pensioner households) who spent 11s. 5d. per head per week on subsidised commodities. Class C recorded the lowest average expenditure of 10s. 11d. These differences in expenditure, though small, were fairly constant and arose mainly from liquid milk, expenditure on which was highest at each end of the income scale, and from tea, purchases of which were highest in Old Age Pensioner households. Social class gradation was much more marked for expenditure on non-subsidised foods; hence the percentage of total food expenditure devoted to subsidised foods ranged from 45 per cent. in Class A to 60 per cent. in the Old Age Pensioner group.

7. Because of the incidence of Welfare and school milk, the total cash value of the subsidies was greatest in those households containing the largest proportion of children and adolescents. Thus, Class B, in which children and adolescents represented 39 per cent. of the total persons obtained the highest subsidy benefit of approximately 2s. 0d. per head per week. In Old Age Pensioners households, on the other hand, the subsidy averaged only 1s. 7d. per head. Apart from milk, class differences in the cash value of the subsidy were significant for only two foods: bread and flour, for which purchases, and consequently the cash value of the subsidy, were greater in the lower income groups, and eggs, for which the subsidy was of somewhat greater cash benefit to Class A.

TABLE 1
Expenditure on Subsidised Foods by Households of Different Social Class, Financial Year 1952-53

Social Class	A	B	C	D		All households
				Excluding O.A.P.	O.A.P.	
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
Expenditure on subsidised foods:						
per head ...	11 2	11 3	10 11	11 3	11 5	11 3
per household...	38 3	40 5	39 3	30 5	17 6	37 2
As percentage of total food expenditure...	45	53	53	54	60	53
Cash value of subsidy:						
per head ...	1 10	2 0	1 11	1 8	1 7	1 11
per household...	6 5	7 5	6 11	4 7	2 5	6 4
As percentage of expenditure on subsidised foods...	17	18	18	15	14	17
As percentage of total food expenditure...	8	9	9	8	8	9

TABLE 2

Proportional Distribution of Total Subsidies between Subsidised Foods in Households of Different Social Class, Financial Year 1952-53

Social Class	A	B	C	D		All households
				Excluding O.A.P.	O.A.P.	
	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.	Per cent.
Liquid milk:						
Full price ...	17	14	14	18	22	15
Welfare and school	23	27	23	11	1	22
Cheese ...	1	1	1	1	1	1
Fats ...	13	12	12	14	16	12
Eggs...	12	10	10	11	11	10
Sugar ...	3	3	3	3	4	3
Carcass meat ...	8	7	7	9	10	8
Bacon ...	7	6	7	8	8	7
Bread and flour ...	15	19	22	24	25	21
Tea ...	1	1	1	1	2	1
	100	100	100	100	100	100

Expenditure on subsidised foods by households of different composition

8. Among households of one man and one woman with different numbers of children and adolescents, expenditure per head on both subsidised and unsubsidised foods decreased with an increase in the number of children in the household, but the gradient was much less steep for the subsidised foods. Childless couples spent 13s. 1d. per head per week on these foods, representing 49 per cent. of their expenditure on food; households with four or more children spent 8s. 11d. per head, 59 per cent. of their domestic food expenditure. On a per head basis, the childless households spent 47 per cent. more than households with four or more children on subsidised foods, and 120 per cent. more on non-subsidised foods. This difference between the two groups of commodities arose partly from the rationing system, under which a child's ration was equal to an adult's for most foods. So long as ration entitlements were taken up almost in full, this would tend to concentrate food expenditure in large families on the rationed foods, which were all subsidised.

9. The cash value of the subsidy was highest in households with four or more children at 2s. 4d. per head per week, 46 per cent. of which was accounted for by welfare and school milk. The subsidy value of welfare and school milk declined sharply with the number of children, the position being reversed for full price milk, of which the childless households bought two and a half times as much per head as the households with four or more children. Because of the considerable differences in size of family, it is important to compare the various subsidy benefits per household as well as per head. Thus, the number of persons varied from two in the childless households and 3.23 in households with adolescents to 5.15 in households with children and adolescents and 6.43 in families with four or more children. The average cash value of the subsidy, shown in Table 3, is seen to range from a minimum of 3s. 6d. for the childless couple to 14s. 9d., or more than four times as much, for the households with four or more children.

TABLE 3
Expenditure on Subsidised Foods by Households of Different Composition,
Financial Year 1952-53

per week

	Households of 1 male and 1 female adult and							
	No other	Children only				Adolescents only	Adolescents and children	All households
		1	2	3	4 or more			
	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
Expenditure on subsidised foods:								
per head ...	13 1	11 3	10 2	9 4	8 11	12 3	10 6	11 3
per household...	26 2	33 9	40 8	46 8	57 2	39 6	54 3	37 2
As percentage of total food expenditure	49	50	53	55	59	50	55	53
Cash value of subsidy:								
per head ...	1 9	2 2	2 3	2 3	2 4	1 8	1 11	1 11
per household...	3 6	6 6	9 0	11 3	14 9	5 6	9 8	6 4
As percentage of expenditure on subsidised foods ...	13	19	22	24	26	14	18	17
As percentage of total food expenditure	7	10	12	13	15	7	10	9

TABLE 4
Proportional Distribution of Total Subsidies between the Subsidised Foods
in Households of Different Composition, Financial Year 1952-53

	Households of one male and one female adult and						
	No other	Children only				Adolescents	Adolescents and children
		1	2	3	4 or more		
	per cent.	per cent.	per cent.	per cent.	per cent.	per cent.	per cent.
Liquid milk:							
Full price ...	22	13	10	9	7	19	13
Welfare and school ...	2	30	40	44	46	3	24
Cheese...	1	1	1	1
Fats ...	14	11	11	10	10	15	11
Eggs ...	13	10	9	8	7	12	10
Sugar ...	3	3	3	3	2	4	3
Carcase meat ...	11	7	6	5	5	10	7
Bacon ...	8	6	5	5	5	8	6
Bread and flour ...	24	18	15	15	17	27	24
Tea ...	2	1	1	1	1	1	1
	100	100	100	100	100	100	100

APPENDIX E

TABLES OF CONSUMPTION, EXPENDITURE AND PRICES

TABLE 1

Domestic Food Expenditure, 1952

All Households

pence per person per week

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
MILK AND MILK PRODUCTS—					
Liquid—					
Full price	23·85	23·80	25·21	25·46	24·58
Welfare	1·13	1·13	1·22	1·16	1·16
School	—	—	—	—	—
Condensed—					
Skimmed, sweetened	0·14	0·13	0·13	0·17	0·14
Whole, sweetened	0·46	0·43	0·53	0·69	0·53
Whole, unsweetened	0·45	0·23	0·54	0·65	0·47
Dried—					
Whole (N.D.M.) and half cream	0·19	0·20	0·18	0·18	0·19
Whole, branded	0·11	0·13	0·19	0·16	0·15
Other milk	0·02	...	0·03	0·02	0·02
Total milk	26·35	26·05	28·03	28·49	27·24
Cream	0·02	0·01	0·01	0·01	0·01
Cheese (rationed)	2·86	2·44	2·25	2·31	2·46
Cheese (unrationed)	1·81	2·08	2·07	1·88	1·96
MEAT AND MEAT PRODUCTS—					
Beef and veal	7·91	8·27	16·76	13·28	11·56
Mutton and lamb	8·41	7·68	8·49	13·38	9·49
Pork	1·45	2·51	1·74	1·34	1·76
Canned corned meat	0·01	—	...	—	...
Total rationed meat	17·78	18·46	26·99	28·00	22·81
Bones	0·20	0·12	0·08	0·15	0·14
Bacon (rationed)	10·01	13·19	13·24	14·43	12·72
Bacon (unrationed)	0·36	0·39	0·40	0·74	0·47
Liver	1·15	1·54	1·05	1·08	1·20
Offals (other than liver)	1·07	1·04	0·81	1·12	1·01
Poultry	1·46	0·99	1·13	2·95	1·63
Rabbit, game and other meat	2·70	0·73	0·67	2·37	1·62
Cooked and canned ham	2·82	2·39	2·11	4·37	2·92
Other cooked meat	0·99	1·04	1·27	1·52	1·20
Other canned meat	4·53	5·48	5·65	4·35	5·00
Sausages (uncooked)	5·92	5·54	5·69	6·86	6·00
Other meat products	3·77	3·53	2·92	3·45	3·42
Total bacon and unrationed meat and meat products	34·98	35·98	35·02	43·39	37·33

TABLE 1—continued

pence per person per week

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
FISH—					
White, fresh, cheap	4·53	4·35	3·97	4·22	4·27
White, fresh, expensive	1·44	1·57	1·45	1·68	1·54
Fat, fresh	0·69	0·55	0·50	0·59	0·58
White, processed	1·27	0·87	0·66	0·96	0·94
Fat, processed	0·77	0·53	0·66	0·87	0·71
Shell	0·18	0·27	0·26	0·25	0·24
Cooked... ..	2·34	2·50	2·47	2·20	2·38
Canned and bottled	1·05	1·77	1·09	0·88	1·20
Manufactured	0·40	0·38	0·29	0·39	0·36
Total fish	12·67	12·79	11·35	12·04	12·22
EGGS—					
Shell, hens'	12·22	14·53	9·27	10·03	11·51
Shell, other	0·11	0·32	0·19	0·13	0·19
Dried	0·02	0·01	0·01	0·01	0·01
Total eggs	12·35	14·86	9·47	10·17	11·71
FATS—					
Butter	5·79	5·77	4·69	5·47	5·43
Margarine	3·55	3·65	4·04	4·69	3·98
Lard and compound cooking fat	2·00	2·03	1·96	2·27	2·06
Suet and dripping	0·59	0·61	0·72	1·09	0·75
Other fats, oils and creams	0·27	0·24	0·22	0·17	0·22
Total fats	12·20	12·30	11·63	13·69	12·44
SUGAR AND PRESERVES—					
Sugar	3·82	4·19	4·75	4·52	4·32
Honey and preserves	4·85	5·33	4·50	4·54	4·80
Syrup and treacle	1·13	0·99	0·92	1·15	1·05
Total sugar and preserves	9·80	10·51	10·17	10·21	10·17
VEGETABLES—					
Old potatoes	8·19	5·65	2·17	8·14	6·04
New potatoes	0·16	5·20	4·92	—	2·57
Chips	1·27	1·49	1·37	1·21	1·34
Crisps	0·15	0·20	0·21	0·14	0·18
Carrots	1·05	0·74	0·86	1·13	0·94
Other root vegetables... ..	0·85	0·39	0·46	0·88	0·64
Cabbages	1·50	2·11	1·20	1·27	1·52
Brussels sprouts	1·61	0·03	0·15	2·08	0·97
Cauliflower	1·10	1·24	0·57	0·98	0·97
Leafy salads	0·82	2·17	1·15	0·44	1·14
Fresh legumes	0·92	3·84	0·12	1·22
Quick frozen legumes... ..	0·16	0·19	0·06	0·13	0·14
Other fresh green vegetables... ..	0·04	0·08	0·01	0·02	0·04
Onions, shallots, etc.	1·85	1·65	1·34	1·71	1·64
Miscellaneous fresh vegetables	0·52	1·81	1·35	0·88	1·14
Dried pulses	1·17	1·04	0·48	0·91	0·90
Canned pulses	3·97	4·13	2·98	3·96	3·76
Canned vegetables (other than pulses)	0·16	0·20	0·09	0·07	0·13
Vegetable products	0·14	0·14	0·13	0·11	0·13
Total vegetables	24·71	29·38	23·34	24·18	25·41

TABLE 1—continued

pence per person per week

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
FRUIT—					
Tomatoes (fresh and quick frozen)	2·81	7·74	7·75	3·01	5·33
Tomatoes (canned and bottled)	1·23	0·94	0·57	0·71	0·86
Oranges	2·46	2·22	1·24	1·54	1·86
Other citrus fruit	0·65	0·47	0·41	0·38	0·48
Apples and pears	4·50	4·49	4·20	4·79	4·50
Stone fruit	0·10	0·51	1·99	0·09	0·67
Soft fruit	0·13	1·47	1·34	0·20	0·78
Quick frozen soft fruit	0·02	0·01	0·01	0·03	0·02
Bananas	0·87	0·83	1·16	1·77	1·16
Other fresh fruit	0·36	0·45	0·08	0·01	0·22
Canned and bottled fruit	1·44	1·72	2·32	2·70	2·04
M.O.F. orange juice	0·09	0·09	0·10	0·10	0·10
Other fruit juices	0·20	0·16	0·18	0·19	0·18
Dried vine fruit	0·09	0·53	0·53	0·86	0·50
Other dried fruit	0·26	0·38	0·20	0·42	0·32
Nuts and fruit and nut products	0·79	0·59	0·55	2·11	1·01
Total fruit	16·00	22·60	22·63	18·91	20·03
CEREALS—					
Flour	2·58	3·14	3·16	3·29	3·04
National bread	12·60	15·56	15·22	14·72	14·52
Rolls and French bread, etc.	1·38	1·45	1·32	1·42	1·39
Other bread	1·24	1·30	1·42	1·44	1·35
Sandwiches and bread and butter	0·10	0·06	0·08	0·08	0·08
Fruit bread	1·67	1·71	1·56	1·73	1·67
Biscuits... ..	7·36	7·69	7·83	7·96	7·71
Cakes and pastries	10·59	10·24	9·68	10·63	10·28
Puddings	0·54	0·88	0·92	0·71	0·76
Oatmeal and oat products	1·18	0·69	0·72	1·19	0·94
Breakfast cereals	1·83	2·23	2·41	1·84	2·08
Rice and barley	0·90	0·72	0·66	0·81	0·77
Cereals, flour base	0·76	0·77	0·84	0·80	0·79
Other cereals	0·93	1·12	1·15	1·03	1·06
Total cereals	43·66	47·56	46·97	47·65	46·44
BEVERAGES—					
Cocoa and cocoa base drinks	1·27	0·95	0·90	1·18	1·08
Tea	6·04	6·44	8·40	8·28	7·29
Coffee, bean and ground	0·66	0·52	0·61	0·47	0·56
Coffee extracts and essences	1·70	1·46	1·23	1·18	1·39
Total beverages	9·67	9·37	11·14	11·11	10·32
MISCELLANEOUS—					
Patent drinks and foods	0·71	0·53	0·47	0·53	0·56
Spreads and dressings	0·18	0·57	0·48	0·17	0·35
Soups and extracts	2·19	1·62	1·45	2·37	1·91
Miscellaneous (expenditure only)	3·88	4·32	4·48	4·19	4·22
Total miscellaneous foods	6·96	7·04	6·88	7·26	7·04
TOTAL ALL FOODS ...	231·82	251·43	247·95	259·30	247·59

TABLE 2
Domestic Food Consumption, 1952
All Households

per person per week

	1st Quarter oz. (a)	2nd Quarter oz. (a)	3rd Quarter oz. (a)	4th Quarter oz. (a)	Yearly Average oz. (a)
MILK AND MILK PRODUCTS					
Liquid:					
Full price pt.	3.98	4.05	3.91	3.90	3.96
Welfare pt.	0.66	0.66	0.71	0.67	0.67
School pt.	0.19	0.19	0.15	0.22	0.19
Condensed:					
Skimmed, sweetened eq. pt.	0.02	0.02	0.02	0.02	0.02
Whole, sweetened ... eq. pt.	0.05	0.04	0.05	0.07	0.05
Whole, unsweetened eq. pt.	0.05	0.03	0.06	0.07	0.05
Dried:					
Whole (N.D.M.) and half cream eq. pt.	0.11	0.10	0.09	0.09	0.10
Whole, branded ... eq. pt.	0.02	0.02	0.03	0.02	0.03
Other milk pt.	0.01	0.01	0.03	...	0.01
Total milk	5.09	5.12	5.05	5.06	5.08
Cream	0.01	0.01	0.04	...	0.01
Cheese (rationed)	1.90	1.61	1.48	1.41	1.60
Cheese (unrationed)	0.55	0.62	0.58	0.52	0.57
MEAT AND MEAT PRODUCTS					
Beef and veal	4.63	4.64	8.21	6.52	6.00
Mutton and lamb	4.99	4.16	4.21	6.72	5.02
Pork	0.76	1.25	0.78	0.59	0.84
Canned corned meat	—	...	—	...
Total rationed meat	10.38	10.05	13.20	13.83	11.86
Bones	0.81	0.45	0.35	0.65	0.56
Bacon (rationed)	3.68	4.81	4.78	4.68	4.49
Bacon (unrationed)	0.33	0.32	0.36	0.57	0.39
Liver	0.68	0.86	0.52	0.52	0.64
Offals (other than liver)	1.04	0.88	0.67	0.94	0.88
Poultry	0.55	0.46	0.49	0.90	0.60
Rabbit, game and other meat	1.80	0.57	0.59	1.67	1.16
Cooked and canned ham	0.35	0.30	0.26	0.73	0.41
Other cooked meat	0.34	0.33	0.35	0.42	0.36
Other canned meat	1.69	2.01	1.96	1.62	1.82
Sausages, uncooked	3.97	3.53	3.15	3.85	3.63
Other meat products	2.51	2.34	1.80	2.10	2.19
Total bacon, unrationed meat and meat products	17.75	16.86	15.28	18.65	17.13
FISH					
White, fresh, cheap	3.18	3.07	2.80	2.91	2.99
White, fresh, expensive	0.74	0.81	0.72	0.85	0.78
Fat, fresh	0.75	0.51	0.58	0.78	0.65
White, processed	0.85	0.59	0.46	0.65	0.64
Fat, processed	0.80	0.55	0.69	0.86	0.72
Shell	0.07	0.09	0.09	0.10	0.09
Cooked	1.13	1.13	1.15	0.99	1.10
Canned and bottled	0.37	0.55	0.36	0.29	0.39
Manufactured	0.19	0.17	0.11	0.16	0.16
Total fish	8.08	7.47	6.96	7.59	7.52

TABLE 2—continued

per person per week

	1st Quarter oz. (a)	2nd Quarter oz. (a)	3rd Quarter oz. (a)	4th Quarter oz. (a)	Yearly Average oz. (a)
EGGS					
Shell, hens' No.	3·10	3·84	2·47	2·37	2·95
Shell, other No.	0·02	0·07	0·03	0·02	0·03
Dried
Total eggs	3·12	3·91	2·50	2·39	2·98
FATS					
Butter	3·09	3·11	2·50	2·46	2·79
Margarine	4·06	4·17	4·60	4·74	4·39
Lard and compound cooking fat.	2·00	2·03	1·96	2·02	2·01
Suet and dripping	0·41	0·40	0·48	0·70	0·50
Other fats, oils and creams ...	0·10	0·10	0·10	0·06	0·09
Total fats	9·66	9·81	9·64	9·98	9·78
SUGAR AND PRESERVES					
Sugar	10·11	11·09	12·53	10·27	11·00
Honey and preserves	4·44	4·80	4·15	4·11	4·38
Syrup and treacle	1·85	1·59	1·44	1·79	1·67
Total sugar and preserves...	16·40	17·48	18·12	16·17	17·05
VEGETABLES					
Old potatoes	66·92	41·67	22·07	69·96	50·16
New potatoes	0·27	16·68	38·73	—	13·91
Chips	1·84	2·00	1·77	1·64	1·81
Crisps	0·05	0·08	0·07	0·05	0·06
Carrots	3·52	1·45	2·78	4·12	2·96
Other root vegetables	3·93	1·28	2·41	4·40	3·00
Cabbages	6·03	7·94	6·21	6·56	6·68
Brussels sprouts	4·00	0·10	0·24	4·98	2·33
Cauliflower	1·96	2·89	1·47	2·39	2·17
Leafy salads	0·44	2·24	2·04	0·31	1·26
Fresh legumes	2·05	12·14	0·31	3·63
Quick frozen legumes	0·08	0·09	0·03	0·06	0·06
Other fresh green vegetables...	0·26	0·49	0·14	0·08	0·24
Onions, shallots etc.	4·19	3·25	3·25	4·35	3·76
Miscellaneous fresh vegetables	0·35	1·32	2·22	1·09	1·25
Dried pulses	1·11	0·94	0·43	0·85	0·83
Canned pulses	4·56	4·69	3·28	4·34	4·22
Canned vegetables (other than pulses)	0·15	0·23	0·09	0·06	0·13
Vegetable products	0·14	0·10	0·10	0·09	0·11
Total vegetables	99·80	89·49	99·47	105·64	98·57
FRUIT					
Tomatoes (fresh and quick frozen)	2·56	5·21	8·32	3·33	4·86
Tomatoes (canned and bottled)	1·14	0·83	0·51	0·82	0·82
Oranges	4·15	3·30	1·56	2·22	2·81
Other citrus fruit	0·87	0·64	0·46	0·42	0·60
Apples and pears	7·17	5·71	8·95	9·70	7·88
Stone fruit	0·08	0·55	5·25	0·21	1·52
Soft fruit	0·07	1·91	2·53	0·12	1·16
Quick frozen soft fruit	0·01	...	0·01	0·01	0·01

TABLE 2—continued

per person per week

	1st Quarter oz. (a)	2nd Quarter oz. (a)	3rd Quarter oz. (a)	4th Quarter oz. (a)	Yearly Average oz. (a)
FRUIT—contd.					
Bananas	1.08	1.03	1.46	2.20	1.44
Other fresh fruit	0.45	2.66	0.59	0.02	0.93
Canned and bottled fruit	1.63	1.48	1.85	2.22	1.80
M.O.F. orange juice	0.11	0.11	0.13	0.12	0.12
Other fruit juices	0.12	0.09	0.12	0.09	0.10
Dried vine fruit	0.09	0.56	0.53	0.95	0.53
Other dried fruit	0.21	0.40	0.22	0.32	0.29
Nuts and fruit and nut products	0.45	0.32	0.30	1.02	0.52
Total fruit	20.19	24.80	32.79	23.77	25.39
CEREALS					
Flour	8.39	8.38	8.36	8.69	8.46
National bread	53.29	55.07	53.57	51.57	53.37
Rolls and French bread, etc.	2.51	2.42	2.22	2.19	2.34
Other bread	4.01	3.61	3.91	3.88	3.85
Sandwiches and bread and butter	0.04	0.03	0.03	0.04	0.04
Fruit bread	2.01	1.86	1.71	1.86	1.86
Biscuits	4.75	4.76	4.85	4.86	4.80
Cakes and pastries	5.75	5.40	5.01	5.46	5.41
Puddings	0.37	0.60	0.63	0.44	0.50
Oatmeal and oat products	1.58	0.90	1.00	1.66	1.28
Breakfast cereals	1.36	1.58	1.66	1.31	1.48
Rice and barley	1.31	1.00	0.79	1.00	1.02
Cereals, flour base	0.81	0.77	0.83	0.79	0.80
Other cereals	0.65	0.74	0.73	0.67	0.70
Total cereals	86.83	87.12	85.30	84.42	85.91
BEVERAGES					
Cocoa and cocoa base drinks	0.47	0.35	0.32	0.41	0.39
Tea	2.02	2.06	2.40	2.37	2.21
Coffee, bean and ground	0.17	0.13	0.15	0.11	0.14
Coffee extracts and essences	0.37	0.32	0.25	0.24	0.30
Total beverages	3.03	2.86	3.12	3.13	3.04
MISCELLANEOUS					
Patent drinks and foods	0.24	0.18	0.16	0.18	0.19
Spreads and dressings	0.08	0.22	0.18	0.07	0.14
Soups and extracts	1.51	1.02	0.88	1.50	1.23

(a) Except where otherwise stated.

TABLE 3
Domestic Food Prices 1952
All Households

	Average Prices paid(a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
	d.	d.	d.	d.	d.
MILK AND MILK PRODUCTS—					
Liquid:					
Full price	6·13	6·15	6·65	6·67	6·38
Welfare	1·71	1·72	1·73	1·74	1·73
School	—	—	—	—	—
Condensed:					
Skimmed, sweetened ...	6·43	6·79	6·93	7·13	6·81
Whole, sweetened ...	9·22	9·38	10·03	10·24	9·73
Whole, unsweetened ...	8·13	8·41	8·76	8·87	8·56
Dried:					
Whole (N.D.M.) and half cream	1·81	1·88	2·08	1·92	1·91
Whole, branded	6·80	6·07	6·38	7·55	6·85
Other milk	10·27	10·33	7·82	12·86	9·26
Cream	73·19	52·19	81·86	73·33	71·02
Cheese (rationed)	24·03	24·33	24·30	26·16	24·56
Cheese (unrationed)	52·62	53·81	56·99	58·23	55·16
MEAT—					
Beef and veal	27·34	28·56	32·72	32·62	30·71
Mutton and lamb	27·01	29·61	32·48	32·03	30·20
Pork	30·81	31·98	36·08	36·44	33·39
Canned corned meat	27·05	—	29·33	—	27·56
OTHER MEAT AND MEAT PRO- DUCTS—					
Bones	3·89	4·30	3·81	3·64	3·90
Bacon (rationed)	43·54	43·85	44·36	49·20	45·10
Bacon (unrationed)	17·67	19·72	17·83	20·34	19·01
Liver	27·53	28·48	32·35	33·22	29·86
Offals (other than liver) ...	16·62	18·93	19·29	19·41	18·39
Poultry	52·72	50·38	51·64	53·40	52·28
Rabbit, game and other meat	25·12	23·03	21·88	23·58	23·99
Cooked and canned ham ...	130·47	129·19	130·21	96·54	117·13
Other cooked meat	46·77	50·21	56·85	57·86	53·14
Other canned meat	42·81	43·58	46·05	43·24	44·00
Sausages, uncooked	23·91	25·18	28·94	28·44	26·36
Other meat products	24·07	24·18	25·96	26·15	24·92
FISH—					
White, fresh, cheap	22·89	22·68	22·65	23·26	22·85
White, fresh, expensive ...	31·29	31·22	32·06	31·10	31·41
Fat, fresh	14·73	17·24	13·93	12·26	14·45
White, processed	23·80	23·45	23·11	23·36	23·50
Fat, processed	15·46	15·51	15·37	16·02	15·59
Shell	41·45	48·41	47·12	41·40	44·87
Cooked	33·28	35·68	34·44	35·98	34·76
Canned and bottled	44·90	51·50	48·73	48·25	48·75
Manufactured	34·09	36·64	41·52	39·24	37·25
EGGS—					
Shell, hens'	4·65	4·72	4·76	4·66	4·70
Shell, other	6·94	5·32	6·61	7·36	6·09
Dried	107·14	67·76	126·40	114·00	101·97

TABLE 3—continued

	Average Prices paid(a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
	d.	d.	d.	d.	d.
FATS—					
Butter	30.09	30.05	30.15	35.59	31.06
Margarine	14.00	14.00	14.04	15.80	14.43
Lard and compound cooking fat	16.03	16.03	16.06	17.92	16.44
Suet and dripping	22.98	24.45	23.68	24.61	23.97
Other fats, oils and creams ...	40.33	38.13	36.26	42.99	38.94
SUGAR AND PRESERVES—					
Sugar	6.05	6.05	6.06	7.00	6.24
Honey and preserves	17.87	18.03	18.07	18.05	18.00
Syrup and treacle	9.81	9.89	10.28	10.28	10.04
VEGETABLES—					
Old potatoes	2.08	2.29	1.97	2.01	2.10
New potatoes	9.46	5.21	2.49	—	3.48
Chips	11.09	11.97	12.41	11.82	11.82
Crisps	48.78	43.95	44.06	46.82	45.47
Carrots	4.82	8.93	6.22	4.71	5.64
Other root vegetables	3.89	5.67	5.91	3.96	4.42
Cabbages	4.97	5.13	4.45	4.48	4.82
Brussels sprouts	9.38	8.69	10.83	8.49	8.99
Cauliflower	9.41	8.16	8.15	7.56	8.34
Leafy salads	30.19	19.43	15.13	24.55	19.65
Fresh legumes	17.17	9.01	8.98	12.34	9.05
Quick frozen legumes	32.80	31.87	32.11	32.48	32.31
Other fresh green vegetables ...	5.97	8.25	9.67	10.32	7.74
Onions, shallots, etc.	7.32	8.55	7.60	6.63	7.50
Miscellaneous fresh vegetables ...	26.47	23.10	12.52	14.81	17.48
Dried pulses	16.70	17.77	17.86	17.25	17.29
Canned pulses	14.00	14.18	14.62	14.65	14.32
Canned vegetables (other than pulses)	16.41	14.19	16.24	17.86	15.50
Vegetable products	16.47	21.88	19.58	17.95	18.84
FRUIT—					
Tomatoes (fresh and quick- frozen)	17.61	24.00	16.48	14.91	18.64
Tomatoes (canned and bottled) ...	18.01	18.06	18.28	17.26	17.94
Oranges	9.50	10.84	12.77	11.31	10.66
Other citrus fruit	12.07	11.68	14.28	14.72	12.73
Apples and pears	10.72	12.87	9.78	8.63	10.39
Stone fruit	20.54	15.25	6.88	6.25	7.93
Soft fruit	31.03	18.65	18.44	29.77	19.23
Quick frozen soft fruit	39.49	29.23	37.78	35.11	35.81
Bananas	12.83	12.90	12.69	12.86	12.81
Other fresh fruit	13.33	5.95	10.55	14.40	8.04
Canned and bottled fruit	21.51	22.46	21.73	21.68	21.85
M.O.F. orange juice	13.44	13.53	13.25	13.47	13.42
Other fruit juices	25.30	30.25	24.98	33.90	27.96
Dried vine fruit	15.39	15.30	16.02	14.51	15.17
Other dried fruit	19.89	15.21	14.20	19.98	16.96
Nuts and fruit and nut products	28.01	29.41	29.40	31.51	29.90
CEREALS—					
Flour	4.91	6.00	6.04	6.05	5.73
National bread	3.77	4.53	4.55	4.57	4.34
Rolls and French bread, etc. ...	8.76	9.60	9.55	10.31	9.49
Other bread	4.94	5.81	5.83	5.95	5.60

TABLE 3—continued

	Average Prices paid(a)				
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Yearly average
	d.	d.	d.	d.	d.
CEREALS—contd.					
Sandwiches and bread and butter	35·25	35·74	33·51	50·46	37·40
Fruit bread	13·24	14·69	14·58	14·93	14·30
Biscuits	24·76	25·88	25·84	26·09	25·62
Cakes and pastries	29·48	30·49	30·96	31·08	30·44
Puddings	22·98	23·86	23·60	25·15	23·82
Oatmeal and oat products	11·93	12·33	11·56	11·43	11·80
Breakfast cereals	21·58	22·63	23·24	22·69	22·56
Rice and barley	10·90	11·50	13·34	13·01	11·97
Cereals, flour base	14·98	15·94	16·14	16·33	15·81
Other cereals	22·90	24·06	24·94	24·62	24·12
BEVERAGES—					
Cocoa and cocoa base drinks	42·79	43·72	45·28	45·85	44·21
Tea	47·85	49·95	56·11	55·91	52·48
Coffee, bean and ground	60·52	61·80	65·13	68·77	63·31
Coffee extracts and essences	72·28	72·99	78·49	75·00	74·26
MISCELLANEOUS—					
Patent drinks and foods	48·32	46·38	48·00	47·65	47·62
Spreads and dressings	38·41	41·88	41·54	40·85	41·16
Soups and extracts	23·02	25·36	26·36	25·48	24·78

(a) Pence per lb. except pence per pint of liquid and other milk and cream, pence per equivalent pint of condensed and dried milk, and pence per shell egg.

APPENDIX F

CONTRIBUTION OF DIFFERENT FOODS TO THE NUTRIENT CONTENT OF THE DIET

1. In the Annual Report for 1950 the principal sources in the diet of energy and nutrients were shown. The present series, Tables 1 to 20, show similar data for households according to social class and family composition. A complete set of similar tables was not given in the Annual Report for 1951 and therefore the 1952 data have had to be compared with those for 1950.

2. Compared with 1950 there was, in 1952, a fall in the amounts of rationed meat and total fats (especially butter) consumed coupled with a rise in cereals, vegetables and fruits. The effects of these changes have been discussed in the main report⁽¹⁾. Broadly speaking, the diets for all classes and households of different composition became slightly more bulky because a smaller proportion of the total energy was derived from fat.

3. In August 1950, the extraction rate of flour was reduced from 85 per cent. to 80 per cent. so that its contribution to the totals for iron, vitamin B₁ and riboflavin fell. The rise in the nicotinic acid contribution from bread and flour was the result of an increase in the quantity of brown bread with a much higher nicotinic acid content. This rise, together with the marked fall in the amount of rationed meats, placed cereals as the chief source of nicotinic acid in the diets of all classes except Class A in 1952 (Table 8).

4. The contribution of vegetables to the vitamin A in the diet was greater than that from fats for all classes except the Old Age Pensioner Households (Table 5). In 1950 that from fats exceeded vegetables by amounts ranging from 10 per cent. to over 50 per cent. As there was an increase in the margarine ration in 1952 to compensate to some extent for the smaller ration of butter available, the amount of vitamin D (Table 10) from margarine was considerably greater for all classes than in 1950. In all classes there was a rise in the amount of vitamin C from potatoes which for Classes C and D provided, as in 1950, nearly 40 per cent. of the total quantity. There was a considerable rise in the amount obtained from this source by the Old Age Pensioner group. Green vegetables became a slightly more important source of vitamin C for Classes C and D (Table 9).

5. Similar tables for the year 1950 for different groups of households according to family composition were not prepared and it is not possible, therefore, to make detailed comparisons. The contributions of different foods to the total nutritive value for the period April–May 1950 were published and except for vitamins A and C, influenced by seasonal changes, the general pattern was probably fairly similar for the year. The slight changes between 1950 and 1952 were, as for social class data, caused by the increased consumption of bread and flour and the reduction in the quantities of rationed meats and fats.

6. In 1952 the proportion of protein from animal sources was slightly less for nearly all groups of households, the lowest percentage being 44 in households containing both children and adolescents (Table 12). From milk and cereals the percentages of calcium derived were between 86.4 and 90.0 in 1950, compared with 84.5 to 88.0 in 1952 (Table 13). The ranges were small because in both years in households with 2 or more children the lowest milk consumption was accompanied by the highest consumption of bread and flour. Between different types of households the proportions of vitamin B₁ (Table 16) and riboflavin (Table 17) from bread and flour were of the same order as in 1950, but lower because of changes in the extraction rate of flour. As in social class comparisons, cereals became the chief source of nicotinic acid in the diets of all groups of households (Table 18). In 1950 the contribution from meats was greater than from cereals in households containing up to 2 children. A higher consumption of margarine made this food more important as a source of vitamin D for all types of household (Table 20).

⁽¹⁾ Paragraphs 65 to 68 and 83 to 86.

TABLE 1
Energy Value of Domestic Food Consumption, 1952, by Social Class

	Social Class												All households				
	A			B			C			D							
	Cal.	Per cent. of total		Cal.	Per cent. of total		Cal.	Per cent. of total		Cal.	Per cent. of total			Cal.	Per cent. of total		
Bread and flour (a)	582	24.2	...	692	28.4	...	771	31.0	...	768	31.5	...	739	31.5	...	727	29.7
Other cereal products	274	11.4	35.6	252	10.3	38.7	239	9.6	40.6	224	9.2	40.7	210	9.0	40.5	243	9.9
Fats	315	13.1	...	314	12.9	...	311	12.5	...	309	12.7	...	314	13.4	...	313	12.8
Meat, rationed (including bacon)	190	7.9	...	188	7.7	...	185	7.5	...	194	8.0	...	200	8.5	...	188	7.7
Meat, other	105	4.4	12.3	105	4.3	12.0	110	4.4	11.9	106	4.4	12.4	84	3.6	12.1	106	4.3
Milk-All	321	13.4	...	273	11.2	...	256	10.3	...	246	10.1	...	252	10.8	...	265	10.8
Potatoes (including chips)	132	5.5	...	173	7.1	...	180	7.3	...	170	7.0	...	142	6.1	...	171	7.0
Other vegetables and fruit	111	4.6	10.1	93	3.8	10.9	83	3.4	10.7	78	3.2	10.2	65	2.8	8.9	87	3.6
Sugar and preserves	241	10.0	...	232	9.6	...	233	9.4	...	228	9.3	...	234	10.0	...	233	9.5
Other foods	132	5.5	...	114	4.7	...	114	4.6	...	111	4.6	...	101	4.3	...	114	4.7
Total	2,403	100.0	...	2,436	100.0	...	2,482	100.0	...	2,434	100.0	...	2,341	100.0	...	2,447	100.0

(a) Bread includes rolls, breadcrumbs, currant and malt bread, muffins and crumpets.

TABLE 2

Protein Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												per head per day	
	A			B			C			D				All households
	g.	Per cent. of total		g.	Per cent. of total		g.	Per cent. of total		g.	Per cent. of total			
ANIMAL PROTEIN														
Milk ...	18	23.0	14	18.2	13	16.7	14	18.2	14	18.2	12	16.5	14	18.2
Cheese ...	2	2.6	3	3.9	2	2.6	2	2.6	2	2.6	2	2.7	2	2.6
		25.6		22.1		19.3		20.8		20.8		19.2		20.8
Meats ...	15	19.2	14	18.2	14	17.8	14	18.2	14	18.2	14	19.2	14	18.1
Fish ...	4	5.1	4	5.2	4	5.2	4	5.2	4	5.1	4	5.5	4	5.2
Eggs ...	3	3.8	3	3.9	3	3.8	3	3.9	2	2.6	2	2.7	3	3.9
Other foods ...	1	1.3	—	—	1	1.3	1	1.3	1	1.3	1	1.4	1	1.3
Total animal protein	43	55.0	38	49.4	37	47.4	37	47.4	37	47.4	35	48.0	38	49.3
VEGETABLE PROTEIN														
Bread and flour ...	20	25.7	24	31.2	27	34.6	27	34.6	26	33.8	26	35.6	25	32.5
Other cereal products ...	6	7.7	5	6.5	5	6.4	5	6.4	5	6.5	4	5.5	5	6.5
		33.4		37.7		41.0		41.0		40.3		41.1		39.0
Potatoes and vegetables	6	7.7	8	10.3	7	9.0	7	9.0	7	9.1	6	8.2	7	9.1
Other foods ...	3	3.9	2	2.6	2	2.6	2	2.6	2	2.6	2	2.7	2	2.6
Total vegetable protein	35	45.0	39	50.6	41	52.6	41	52.6	40	52.0	38	52.0	39	50.7
Total protein ...	78	100.0	77	100.0	78	100.0	78	100.0	77	100.0	73	100.0	77	100.0

TABLE 3
Calcium Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												per head per day		
	A			B			C			D				All households	
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total		mg.	Per cent. of total
Milk	602	54.5	510	48.7	474	45.4	459	45.2	468	47.4	493	47.3	493	47.3	
Cheese	76	6.9	70	6.8	73	7.0	69	6.8	66	6.7	70	6.7	70	6.7	
Bread and flour	219	19.8	276	26.3	311	29.7	306	30.1	291	29.4	291	27.9	291	27.9	
Other cereal products	44	4.0	41	3.9	40	3.8	37	3.7	34	3.4	40	3.8	40	3.8	
Vegetables	65	5.9	67	6.4	67	6.4	65	6.4	59	6.0	66	6.3	66	6.3	
Eggs	16	1.4	13	1.2	13	1.2	12	1.2	10	1.0	13	1.3	13	1.3	
Other foods (a)	83	7.5	71	6.7	68	6.5	67	6.6	60	6.1	70	6.7	70	6.7	
Total	1,105	100.0	1,048	100.0	1,046	100.0	1,015	100.0	988	100.0	1,043	100.0	1,043	100.0	

(a) Excludes Welfare vitamin A and D tablets.

TABLE 4

Iron Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												per head per day		
	A			B			C			D				All households	
	mg.	Per cent. of total	Per cent. of total	mg.	Per cent. of total	Per cent. of total	mg.	Per cent. of total	Per cent. of total	mg.	Per cent. of total	Per cent. of total		mg.	Per cent. of total
Bread and flour ...	2.9	22.1	3.5	26.5	3.8	28.8	3.8	29.4	3.6	30.0	3.6	27.8	3.6	27.8	
Other cereal products ...	1.8	13.7	1.6	12.2	1.5	11.4	1.3	10.1	1.2	10.0	1.2	11.5	1.5	11.5	
		35.8		38.7		40.2		39.5		40.0		39.3		39.3	
Meat, rationed (including bacon) ...	1.5	11.5	1.5	11.6	1.5	11.4	1.6	12.4	1.7	14.2	1.7	11.5	1.5	11.5	
Meat, other ...	1.4	10.7	1.4	10.7	1.3	9.8	1.4	10.8	1.2	10.0	1.2	10.8	1.4	10.8	
		22.2		22.3		21.2		23.2		24.2		22.3		22.3	
Vegetables...	2.2	16.8	2.5	19.1	2.6	19.7	2.4	18.6	2.1	17.5	2.1	19.2	2.5	19.2	
Eggs ...	0.8	6.1	0.6	4.6	0.6	4.5	0.6	4.7	0.5	4.2	0.5	4.6	0.6	4.6	
Other foods ...	2.5	19.1	2.0	15.3	1.9	14.4	1.8	14.0	1.7	14.1	1.7	14.6	1.9	14.6	
Total ...	13.1	100.0	13.1	100.0	13.2	100.0	12.9	100.0	12.0	100.0	12.0	100.0	13.0	100.0	

TABLE 3
Calcium Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												All households
	A		B		C		D				mg.	Per cent. of total	
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	Excluding old age pensioner households		Old age pensioner households				
Milk	602	54.5	510	48.7	474	45.4	459	45.2	468	47.4	493	47.3	47.3
Cheese	76	6.9	70	6.8	73	7.0	69	6.8	66	6.7	70	6.7	6.7
Bread and flour	219	19.8	276	26.3	311	29.7	306	30.1	291	29.4	291	27.9	54.0
Other cereal products	44	4.0	41	3.9	40	3.8	37	3.7	34	3.4	40	3.8	31.7
Vegetables	65	5.9	67	6.4	67	6.4	65	6.4	59	6.0	66	6.3	6.3
Eggs	16	1.4	13	1.2	13	1.2	12	1.2	10	1.0	13	1.3	1.3
Other foods (a)	83	7.5	71	6.7	68	6.5	67	6.6	60	6.1	70	6.7	6.7
Total	1,105	100.0	1,048	100.0	1,046	100.0	1,015	100.0	988	100.0	1,043	100.0	100.0

(a) Excludes Welfare vitamin A and D tablets.

TABLE 4
Iron Content of Domestic Food Consumption, 1952, by Social Class
 per head per day

	Social Class															
	A			B			C			D			All households			
	mg.	Per cent. of total		mg.	Per cent. of total		mg.	Per cent. of total		mg.	Per cent. of total		mg.	Per cent. of total		
Bread and flour ...	2.9	22.1		3.5	26.5		3.8	28.8		3.8	29.4		3.6	27.8		
Other cereal products ...	1.8	13.7	35.8	1.6	12.2	38.7	1.5	11.4	40.2	1.3	10.1	39.5	1.2	10.0	40.0	
Meat, rationed (including bacon) ...	1.5	11.5		1.5	11.6		1.5	11.4		1.6	12.4		1.7	14.2		
Meat, other ...	1.4	10.7	22.2	1.4	10.7	22.3	1.3	9.8	21.2	1.4	10.8	23.2	1.2	10.0	24.2	
Vegetables...	2.2	16.8		2.5	19.1		2.6	19.7		2.4	18.6		2.1	17.5	19.2	
Eggs ...	0.8	6.1		0.6	4.6		0.6	4.5		0.6	4.7		0.5	4.2	4.6	
Other foods ...	2.5	19.1		2.0	15.3		1.9	14.4		1.8	14.0		1.7	14.1	14.6	
Total ...	13.1	100.0		13.1	100.0		13.2	100.0		12.9	100.0		12.0	100.0	13.0	100.0

TABLE 5
Vitamin A Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												per head per day			
	A			B			C			D				All households		
	Per cent. of total		i.u.	Per cent. of total		i.u.	Per cent. of total		i.u.	Per cent. of total		i.u.		Per cent. of total	i.u.	Per cent. of total
	i.u.	Per cent. of total		i.u.	Per cent. of total		i.u.	Per cent. of total		i.u.	Per cent. of total					
Fats	809	20.3	773	21.0	762	22.4	796	25.9	771	21.7						
Root vegetables	806	20.3	638	17.4	587	17.2	544	17.7	627	17.7						
Other vegetables	273	6.9	208	5.7	189	5.5	176	5.7	199	5.6						
		27.2		23.1		22.7		23.4		23.3						
Milk	566	14.2	479	13.0	447	13.1	437	14.2	465	13.1						
Cheese	122	3.1	112	3.1	117	3.4	106	3.4	113	3.2						
		17.3		16.1		16.5		17.6		16.3						
Meat, rationed (including bacon)	21	0.5	20	0.5	20	0.6	23	0.8	21	0.6						
Meat, other	642	16.1	807	21.9	701	20.5	789	22.7	745	20.9						
		16.6		22.4		21.1		18.9		21.5						
Eggs	261	6.6	212	5.8	193	5.6	171	5.6	212	6.0						
Other foods (a)	478	12.0	428	11.6	382	11.2	375	10.8	398	11.2						
Total	3,978	100.0	3,677	100.0	3,413	100.0	3,074	100.0	3,465	100.0	3,551	100.0	100.0	100.0		

(a) Excludes Welfare fish liver oil and vitamin A and D tablets.

TABLE 6
Vitamin B₁ Content of Domestic Food Consumption, 1952, by Social Class
Allowing for Cooking Losses (a)

	Social Class												per head per day		
	A			B			C			D				All households	
	mg.		Per cent. of total	mg.		Per cent. of total	mg.		Per cent. of total	mg.		Per cent. of total			
	mg.	Per cent. of total		mg.	Per cent. of total		mg.	Per cent. of total		mg.	Per cent. of total				
Bread and flour ...	0.38	30.2	0.43	33.6	0.47	35.7	0.48	37.5	0.44	37.2	0.45	35.1	0.08	6.3	41.4
Other cereal products ...	0.09	7.2	0.09	7.0	0.08	6.2	0.07	5.5	0.07	5.8	0.08	6.3			
Potatoes ...	0.17	13.5	0.22	17.3	0.23	17.8	0.21	16.4	0.19	16.7	0.23	17.9	0.08	6.3	24.2
Other vegetables ...	0.09	7.2	0.09	7.0	0.08	6.2	0.08	6.3	0.08	6.6	0.08	6.3	0.21	16.4	16.4
Meats ...	0.21	16.5	0.20	15.6	0.21	16.3	0.21	16.4	0.20	16.5	0.21	16.4	0.16	12.5	12.5
Milk ...	0.19	15.1	0.16	12.5	0.15	11.6	0.15	11.7	0.15	11.7	0.15	11.7	0.07	5.8	5.5
Other foods ...	0.13	10.3	0.09	7.0	0.08	6.2	0.08	6.2	0.07	5.8	0.07	5.8	1.28	100.0	100.0
Total ...	1.26	100.0	1.28	100.0	1.30	100.0	1.28	100.0	1.20	100.0	1.28	100.0	1.28	100.0	100.0

(a) To allow for losses of vitamin B₁ in cooking 15 per cent. has been deducted from all figures as suggested in Medical Research Council War Memorandum No. 14.

TABLE 7
Riboflavin Content of Domestic Food Consumption, 1952, by Social Class

	Social Class												per head per day							
	A				B				C				D				All households			
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total		
Milk	0.76	42.3	0.65	39.1	0.60	37.0	0.56	34.8	0.59	37.9	0.63	38.4	0.59	37.9	0.63	38.4	0.59	37.9	0.63	38.4
Cheese	0.04	2.2	0.04	2.4	0.04	2.5	0.04	2.5	0.04	2.5	0.04	2.4	0.04	2.6	0.04	2.4	0.04	2.6	0.04	2.4
		44.5		41.5		39.5		37.3		37.3		40.8		40.5		40.8		40.5		40.8
Bread and flour	0.15	8.4	0.17	10.3	0.19	11.7	0.19	11.8	0.18	11.5	0.18	11.0	0.18	11.5	0.18	11.0	0.18	11.5	0.18	11.0
Other cereal products	0.08	4.5	0.07	4.2	0.07	4.3	0.07	4.4	0.06	3.8	0.07	4.3	0.06	3.8	0.07	4.3	0.06	3.8	0.07	4.3
		12.9		14.5		16.0		16.2		15.3		15.3		15.3		15.3		15.3		15.3
Meats	0.25	14.0	0.26	15.6	0.25	15.4	0.27	16.7	0.24	15.4	0.25	15.2	0.24	15.4	0.25	15.2	0.24	15.4	0.25	15.2
Vegetables	0.19	10.7	0.21	12.6	0.22	13.6	0.21	13.0	0.19	12.2	0.21	12.8	0.19	12.2	0.21	12.8	0.19	12.2	0.21	12.8
Eggs	0.12	6.7	0.09	5.5	0.09	5.6	0.09	5.6	0.08	5.1	0.09	5.5	0.08	5.1	0.09	5.5	0.08	5.1	0.09	5.5
Other foods	0.20	11.2	0.17	10.3	0.16	9.9	0.18	11.2	0.18	11.2	0.18	10.4	0.18	11.2	0.18	10.4	0.18	11.2	0.18	10.4
Total	1.79	100.0	1.66	100.0	1.62	100.0	1.61	100.0	1.56	100.0	1.64	100.0	1.56	100.0	1.64	100.0	1.56	100.0	1.64	100.0

TABLE 8
Nicotinic Acid Content of Domestic Food Consumption, 1952, by Social Class
 per head per day

	Social Class										All households	
	A		B		C		D				mg.	Per cent. of total
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total		
Bread and flour ...	3.4	25.6	3.6	27.9	4.0	31.0	4.0	30.8	3.9	32.0	3.7	28.7
Other cereal products ...	0.7	5.3	0.7	5.4	0.6	4.7	0.5	3.8	0.5	4.0	0.6	4.6
		30.9		33.3		35.7		34.6		36.0		33.3
Meat, rationed (including bacon) ...	2.3	17.3	2.3	17.8	2.2	17.0	2.4	18.5	2.5	20.5	2.3	17.8
Meat, other ...	2.0	15.0	1.7	13.2	1.6	12.4	1.7	13.1	1.4	11.5	1.7	13.2
		32.3		31.0		29.4		31.6		32.0		31.0
Vegetables ...	2.5	18.8	2.9	22.5	2.9	22.5	2.8	21.5	2.4	19.7	2.8	21.7
Fish ...	0.6	4.5	0.4	3.1	0.5	3.9	0.5	3.8	0.5	4.1	0.5	3.9
Other foods ...	1.8	13.5	1.3	10.1	1.1	8.5	1.1	8.5	1.0	8.2	1.3	10.1
Total ...	13.3	100.0	12.9	100.0	12.9	100.0	13.0	100.0	12.2	100.0	12.9	100.0

TABLE 9
Vitamin C Content of Domestic Food Consumption, 1952, by Social Class
Allowing for Cooking Losses (a)

per head per day

	Social Class										All households		
	A		B		C		D						
	Excluding old pensioner households		Old age pensioner households		Excluding old pensioner households		Old age pensioner households		Excluding old pensioner households			Old age pensioner households	
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total		mg.	Per cent. of total
Potatoes	15	23.4	20	35.7	20	39.2	19	38.0	16	36.4	19	35.8	
Fruit (b)	30	46.9	20	35.7	15	29.4	15	30.0	12	27.3	18	34.0	
Fresh green vegetables ...	8	12.5	7	12.5	7	13.7	7	14.0	7	15.9	7	13.2	
Other vegetables	3	4.7	2	3.6	3	5.9	3	6.0	3	6.8	3	5.7	
Other foods (c)	8	12.5	7	12.5	6	11.8	6	12.0	6	13.6	6	11.3	
Total	64	100.0	56	100.0	51	100.0	50	100.0	44	100.0	53	100.0	

(a) Allowances for cooking losses are those suggested in Medical Research Council War Memorandum No. 14.
 (b) Includes tomatoes.
 (c) Includes Welfare orange juice.

TABLE 10
Vitamin D Content of Domestic Food Consumption, 1952, by Social Class
 per head per day

	Social Class										All households	
	A		B		C		D					
	i.u.	Per cent. of total	i.u.	Per cent. of total	i.u.	Per cent. of total	i.u.	Per cent. of total	Excluding old age pensioner households	Old age pensioner households		
Margarine ...	55	34.3	58	39.7	56	37.4	56	38.6	56	43.7	56	37.8
Other fats ...	8	5.0	7	4.8	7	4.6	7	4.8	7	5.5	7	4.7
		39.3		44.5		42.0		43.4		49.2		42.5
Fish ...	54	33.8	37	25.3	38	25.4	42	29.0	37	28.9	40	27.0
Eggs ...	18	11.3	14	9.6	14	9.3	13	9.0	12	9.4	14	9.5
Other foods (a) ...	25	15.6	30	20.6	35	23.3	27	18.6	16	12.5	31	21.0
Total ...	160	100.0	146	100.0	150	100.0	145	100.0	128	100.0	148	100.0

(a) Excludes Welfare fish liver oil and vitamin A and D tablets.

TABLE 11
Energy Value of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult
and varying Numbers of Children

per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only						Adolescents only		Adolescents and children			
			1		2		3		4 or more		Cal.	Per cent. of total	Cal.	Per cent. of total
Bread and flour ...	814	29.2	689	27.5	610	27.1	673	28.2	611	31.1	839	30.8	795	32.9
Other cereal products ...	299	10.7	274	10.9	232	10.3	196	9.8	214	9.0	280	10.3	218	9.0
				38.4		37.4		38.0		40.1		41.1		41.9
Fats ...	333	11.9	311	12.4	303	13.4	301	13.9	303	13.9	325	12.0	308	12.8
Meat, rationed (including bacon) ...	223	8.0	192	7.7	172	7.6	149	7.2	157	6.9	207	7.6	171	7.1
Meat, other ...	141	5.0	110	4.4	89	4.0	63	3.5	76	2.9	135	5.0	95	3.9
		13.0		12.1		11.6		10.7		9.8		12.6		11.0
Milk—All forms ...	297	10.6	302	12.1	279	12.4	249	12.3	267	11.5	260	9.6	238	9.8
Potatoes, including chips ...	173	6.2	174	7.0	154	6.8	172	7.6	164	7.9	188	6.9	185	7.6
Other vegetables and fruit ...	108	3.9	96	3.8	84	3.7	61	3.2	69	2.8	101	3.7	78	3.2
		10.1		10.8		10.5		10.8		10.7		10.6		10.8
Sugar and preserves ...	257	9.2	238	9.5	231	10.2	220	10.1	220	10.2	249	9.2	233	9.6
Other foods ...	147	5.3	117	4.7	102	4.5	82	4.2	91	3.8	132	4.9	100	4.1
Total ...	2,792	100.0	2,903	100.0	2,256	100.0	2,166	100.0	2,172	100.0	2,716	100.0	2,421	100.0

Protein Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children

per head per day

	Households with 1 male and 1 female adult and												
	No other	Children only				Adolescents only				Adolescents and children			
		g.	Per cent. of total	1	2	3	4 or more	g.	Per cent. of total	g.	Per cent. of total	g.	Per cent. of total
ANIMAL PROTEIN—													
Milk ...	15	16.5	20.2	21.4	21.2	20.0	13	16.1	14	16.1	12	16.0	
Cheese ...	3	3.3	2.5	2.9	3.0	3.1	2	2.3	2	2.3	2	2.7	
			19.8	24.3	24.2	23.1		18.4				18.7	
Meats ...	18	19.8	19.0	17.1	16.7	13.8	9	19.6	17	19.6	13	17.3	
Fish ...	5	5.5	3.8	4.3	3.0	3.1	2	5.7	5	5.7	3	4.0	
Eggs ...	3	3.3	3.8	2.9	3.0	3.1	2	3.5	3	3.5	2	2.7	
Other foods ...	1	1.1	1.3	1.4	1.5	1.5	1	1.1	1	1.1	1	1.3	
Total animal protein	45	49.5	50.6	50.0	48.4	44.6	29	48.3	42	48.3	33	44.0	
VEGETABLE PROTEIN—													
Bread and flour ...	29	31.8	30.3	30.0	31.8	35.4	23	33.3	29	33.3	28	37.3	
Other cereal products	6	6.6	6.4	7.1	7.6	7.7	5	6.9	6	6.9	5	6.7	
			36.7	37.1	39.4	43.1		40.2				44.0	
Potatoes and vegetables	8	8.8	10.1	10.0	10.7	10.8	7	9.2	8	9.2	7	9.3	
Other foods ...	3	3.3	2.6	2.9	1.5	1.5	1	2.3	2	2.3	2	2.7	
Total vegetable protein	46	50.5	49.4	50.0	51.6	55.4	36	51.7	45	51.7	42	56.0	
Total protein ...	91	100.0	100.0	100.0	100.0	100.0	65	100.0	87	100.0	75	100.0	

TABLE 13
Calcium Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult
and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only								Adolescents only		Adolescents and children	
			1		2		3		4 or more		mg.	Per cent. of total	mg.	Per cent. of total
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total
Milk ...	553	46.1	561	50.7	522	52.4	499	52.2	465	49.9	482	43.3	444	44.1
Cheese ...	94	7.8	69	6.2	61	6.1	54	5.6	50	5.4	81	7.2	64	6.4
		—53.9		—56.9		—58.5		—57.8		—55.3		—50.5		—50.5
Bread and flour ...	316	26.4	276	25.0	244	24.5	249	26.1	275	29.5	335	30.0	323	32.2
Other cereal products	50	4.2	45	4.1	37	3.7	33	3.4	30	3.2	48	4.3	36	3.6
		—30.6		—29.1		—28.2		—29.5		—32.7		—34.3		—35.8
Vegetables ...	80	6.7	70	6.3	59	5.9	56	5.9	54	5.8	75	6.7	63	6.3
Eggs ...	15	1.2	13	1.2	12	1.2	11	1.2	11	1.2	14	1.2	11	1.1
Other foods (a) ...	91	7.6	72	6.5	62	6.2	54	5.6	47	5.0	82	7.3	63	6.3
Total...	1,199	100.0	1,106	100.0	997	100.0	956	100.0	932	100.0	1,117	100.0	1,004	100.0

(a) Excludes Welfare vitamin A and D tablets

TABLE 14
Iron Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only								Adolescents only		Adolescents and children	
	mg.	Per cent. of total	1		2		3		4 or more		mg.	Per cent. of total	mg.	Per cent. of total
Bread and flour ...	4.0	25.8	3.4	25.4	3.0	25.6	3.0	27.3	3.3	30.8	4.1	27.3	3.8	30.2
Other cereal products	1.8	11.6	1.6	11.9	1.5	12.8	1.4	12.7	1.3	12.2	1.7	11.3	1.4	11.1
Meat, rationed (including bacon) ...	1.8	11.6	1.6	11.9	1.4	12.0	1.3	11.8	1.2	11.2	1.7	11.3	1.4	11.1
Meat, other ...	1.9	12.3	1.4	10.5	1.1	9.4	0.9	8.2	0.7	6.5	1.7	11.3	1.1	8.7
Vegetables ...	2.8	18.1	2.6	19.4	2.2	18.8	2.2	20.0	2.2	20.6	2.9	19.4	2.5	19.8
Eggs ...	0.7	4.5	0.7	5.2	0.6	5.1	0.6	5.4	0.6	5.6	0.7	4.7	0.6	4.8
Other foods ...	2.5	16.1	2.1	15.7	1.9	16.2	1.6	14.6	1.4	13.1	2.2	14.7	1.8	14.3
Total...	15.5	100.0	13.4	100.0	11.7	99.9	11.0	100.0	10.7	100.0	15.0	100.0	12.6	100.0

TABLE 15
Vitamin A Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and														
	No other			Children only						Adolescents only		Adolescents and children			
	i.u.	Per cent. of total		1		2		3		4 or more		i.u.	Per cent. of total	i.u.	Per cent. of total
Fats ...	807	18.9		766	19.6	763	22.6	766	25.3	767	27.3	789	19.7	759	24.0
Root vegetables ...	772	18.1		737	18.9	614	18.2	519	17.1	447	15.9	701	17.5	552	17.5
Other vegetables ...	284	6.7	24.8	222	5.7	179	5.3	137	4.5	136	4.8	235	5.9	170	5.4
					24.6		23.5		21.6		20.7		23.4		22.9
Milk ...	498	11.7		530	13.6	495	14.6	472	15.6	448	15.9	450	11.2	416	13.2
Cheese ...	150	3.5	15.2	110	2.8	98	2.9	87	2.9	81	2.9	130	3.2	102	3.2
					16.4		17.5		18.5		18.8		14.4		16.4
Meat, rationed (including bacon) ...	25	0.6		21	0.5	19	0.6	16	0.5	15	0.5	23	0.6	19	0.6
Meat, other ...	984	23.0	23.6	853	21.8	656	19.4	545	18.0	478	17.0	939	23.5	596	18.9
					22.3		20.0		18.5		17.5		24.1		19.5
Eggs ...	248	5.8		222	5.7	204	6.0	191	6.3	182	6.5	238	5.9	185	5.8
Other foods (a) ...	504	11.8		444	11.4	350	10.4	297	9.8	258	9.2	499	12.5	361	11.4
Total...	4,272	100.1		3,905	100.0	3,378	100.0	3,030	100.0	2,812	100.0	4,004	100.0	3,160	100.0

(a) Excludes Welfare Fish liver oil and vitamin A and D tablets.

TABLE 16
Vitamin B₁ Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
Allowing for Cooking Losses (a)
 per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only								Adolescents only		Adolescents and children	
			1		2		3		4 or more		mg.	Per cent. of total	mg.	Per cent. of total
Bread and flour ...	0.51	34.2	0.42	32.3	0.37	32.1	0.37	33.6	0.40	36.1	0.51	35.7	0.48	38.4
Other cereal products	0.09	6.0	0.08	6.2	0.08	7.0	0.07	6.4	0.07	6.3	0.09	6.3	0.07	5.6
Potatoes ...	0.23	15.4	0.22	16.9	0.19	16.5	0.20	18.2	0.21	18.9	0.24	16.8	0.23	18.4
Other vegetables ...	0.11	7.4	0.09	6.9	0.07	6.1	0.07	6.4	0.06	5.4	0.10	7.0	0.08	6.4
Meats ...	0.26	17.4	0.21	16.2	0.19	16.5	0.16	14.5	0.16	14.4	0.24	16.7	0.18	14.4
Milk ...	0.18	12.2	0.18	13.8	0.17	14.8	0.16	14.5	0.15	13.5	0.16	11.2	0.14	11.2
Other foods ...	0.11	7.4	0.10	7.7	0.08	7.0	0.07	6.4	0.06	5.4	0.09	6.3	0.07	5.6
Total...	1.49	100.0	1.30	100.0	1.15	100.0	1.10	100.0	1.11	100.0	1.43	100.0	1.25	100.0

(a) To allow for losses of vitamin B₁ in cooking 15 per cent. has been deducted from all figures as suggested in Medical Research Council War Memorandum No. 14.

TABLE 17
Riboflavin Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only						Adolescents only		Adolescents and children			
			1		2		3		4 or more		mg.	Per cent. of total	mg.	Per cent. of total
Milk	0.69	35.2	0.70	40.0	0.65	41.9	0.62	42.8	0.60	43.2	0.60	33.5	0.56	36.8
Cheese	0.06	3.1	0.04	2.3	0.04	2.6	0.03	2.1	0.03	2.2	0.05	2.8	0.04	2.6
		38.3		42.3		44.5		44.9		45.4		36.3		39.4
Bread and flour	0.21	10.7	0.17	9.7	0.15	9.7	0.15	10.3	0.16	11.6	0.21	11.7	0.19	12.5
Other cereal products	0.09	4.6	0.08	4.6	0.07	4.5	0.06	4.1	0.06	4.4	0.09	5.0	0.07	4.6
		15.3		14.3		14.2		14.4		16.0		16.7		17.1
Meats	0.34	17.4	0.27	15.4	0.22	14.2	0.19	13.1	0.16	11.8	0.30	16.8	0.22	14.5
Vegetables	0.24	12.2	0.22	12.6	0.19	12.3	0.19	13.1	0.20	14.5	0.24	13.4	0.21	13.8
Eggs	0.10	5.1	0.10	5.7	0.09	5.8	0.08	5.5	0.08	5.8	0.11	6.2	0.08	5.3
Other foods	0.23	11.7	0.17	9.7	0.14	9.0	0.13	9.0	0.09	6.5	0.19	10.6	0.15	9.9
Total...	1.96	100.0	1.75	100.0	1.55	100.0	1.45	100.0	1.38	100.0	1.79	100.0	1.52	100.0

TABLE 18
Nicotinic Acid Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only						Adolescents only		Adolescents and children			
			1		2		3						4 or more	
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total
Bread and flour ...	4.5	27.4	3.5	26.7	3.3	29.3	3.0	28.3	3.3	32.4	4.3	29.0	4.0	32.3
Other cereal products	0.7	4.3	0.7	5.3	0.6	5.3	0.6	5.7	0.5	4.9	0.7	4.8	0.6	4.8
		—31.7		—32.0		—34.6		—34.0		—37.3		—33.8		—37.1
Meat, rationed (including bacon) ...	2.8	17.1	2.3	17.6	2.0	17.7	1.9	17.9	1.8	17.7	2.5	16.9	2.1	16.9
Meat, other	2.5	15.2	1.7	13.0	1.3	11.5	1.1	10.4	0.8	7.8	2.2	14.9	1.4	11.3
		—32.3		—30.6		—29.2		—28.3		—25.5		—31.8		—28.2
Vegetables ...	3.2	19.5	2.9	22.1	2.5	22.1	2.6	24.5	2.6	25.5	3.1	20.9	2.9	23.4
Fish ...	0.8	4.9	0.5	3.8	0.4	3.5	0.3	2.8	0.3	2.9	0.6	4.0	0.4	3.2
Other foods	1.9	11.6	1.5	11.5	1.2	10.6	1.1	10.4	0.9	8.8	1.4	9.5	1.0	8.1
Total...	16.4	100.0	13.1	100.0	11.3	100.0	10.6	100.0	10.2	100.0	14.8	100.0	12.4	100.0

TABLE 19
Vitamin C Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult
and Varying Numbers of Children
Allowing for Cooking Losses (a) per head per day

	Households with 1 male and 1 female adult and													
	No other		Children only								Adolescents only		Adolescents and children	
			1		2		3		4 or more		mg.	Per cent. of total	mg.	Per cent. of total
	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total	mg.	Per cent. of total
Potatoes ...	21	32.7	21	35.6	17	34.0	17	38.6	19	44.2	21	35.0	20	40.8
Fruit (b) ...	23	36.0	21	35.6	18	36.0	14	31.8	11	25.6	20	33.3	15	30.7
Fresh green vegetables	9	14.0	7	11.8	6	12.0	5	11.4	5	11.6	8	13.3	6	12.2
Other vegetables ...	4	6.2	3	5.2	3	6.0	2	4.6	2	4.7	4	6.7	2	4.1
Other foods (c) ...	7	11.1	7	11.8	6	12.0	6	13.6	6	13.9	7	11.7	6	12.2
Total...	64	100.0	59	100.0	50	100.0	44	100.0	43	100.0	60	100.0	49	100.0

(a) Allowances for cooking losses are those suggested in Medical Research Council War Memorandum No. 14.

(b) Includes tomatoes.

(c) Includes Welfare orange juice.

TABLE 20
Vitamin D Content of Domestic Food Consumption, 1952, by Households with one Male and one Female Adult and varying Numbers of Children
 per head per day

	Households with 1 male and 1 female adult and														
	No other			Children only						Adolescents only		Adolescents and children			
	i.u.	Per cent. of total		1		2		3		4 or more		i.u.	Per cent. of total	i.u.	Per cent. of total
Margarine ...	59	34.7		57	36.8	55	39.3	55	40.2	57	36.8	59	38.8	57	42.2
Other fats ...	7	4.1		7	4.6	7	5.0	7	5.1	7	4.6	7	4.6	7	5.2
					41.4		44.3		45.3		41.4		43.4		47.4
Fish ...	63	37.1		35	22.5	27	19.3	25	18.2	26	16.8	46	30.3	31	23.0
Eggs ...	17	10.0		15	9.7	14	10.0	13	9.5	12	7.7	16	10.5	12	8.9
Other foods (a) ...	24	14.1		41	26.4	37	26.4	37	27.0	53	34.1	24	15.8	28	20.7
Total...	170	100.0		155	100.0	140	100.0	137	100.0	155	100.0	152	100.0	135	100.0

(a) Excludes Welfare fish liver oil and vitamin A and D tablets

O

Oatmeal and oat products, *see* Cereals
Offal, *see* Meat
Old-age pensioners, *see* Social Classes
Oranges, *see* Fruit, citrus

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