Change Default Length of an appointment: You cannot change the default length of an appointment when using the “New” menu button to create a new appointment or meeting. This will always be set to a duration of half an hour with the start time at the next full or half our on the clock.

BUT: I found a work around. You can change your Calendar Time Scale. Go to your calendar:

Right click on the calendar to get this menu and click on “View Settings”: 
Then you will get this menu, and click on “Other Settings“:

Change the Time Scale to what you want. Default is 30 Minutes:
I have changed it to 60 minutes, now click OK

Then OK again:

Now if you make an appointment, it should be for one hour.