

A prisoner who has no next-of-kin, or whose next-of-kin are unable to send parcels, is "adopted" by some family selected by the Department of National War Services, usually from one of the auxiliary divisions of the Canadian Prisoners of War Relatives Association. The object of this scheme is to assure private interests in his welfare and only after careful examination, and at the request or consent of the next-of-kin themselves, are they relieved of this responsibility. Prisoners are allowed to receive private parcels from only one person, and four parcels a year are sent out to the designated next-of-kin by the Department of National War Services (division of auxiliary services) without charge.

Under the Geneva convention it was agreed that the food ration of prisoners of war should be equivalent in quantity and quality to that of the depot troops of the detaining power and that they should be allowed facilities to prepare and cook their own food. All collective disciplinary measures affecting food are prohibited.

This regulation is difficult to obey, because the diet of depot troops in a military sector not known to the United Nations, but reported prisoners have reported that depot troops are very poorly fed. Their daily transportation difficulties are often cited as an excuse for their malnutrition. The following is a typical prisoner of war diet in Germany.

USUAL FOOD RATION OF PRISONERS OF WAR IN GERMANY

Wheat (land and shipping)	7.25oz.
Cottage cheese	1.12oz.
Butter	1.75oz.
Meat and fish products	10.75oz.
Tomatoes	21.10oz. (approx. 1 1/2 lbs)
Vegetables	10.5 oz. (approx. 3/4 lbs)
Eggs	0.10oz.
Oil	0.10oz.
Bread, white or black	10.5oz.
Prepared food	1.25oz.
Salt and pepper	1.12oz.
Tea	2.5oz.
Total	46.6oz. (approx. 3 1/2 lbs)

Non-English heavy or "extra heavy" work on long hours, night shift or in minor jobs are allowed extra rations of meat, fat and bread. The highest rations allowed is 13 ounces of meat, 10 1/2 ounces of fat and 28 ounces of bread a week. Prisoners working on farms usually eat with the farmer and are likely to have better than those engaged in other occupations.

The average content (2,300 calories a day) is enough to keep up an average weight, but the food is bulky and gas-producing as well as lacking in variety. It contains no milk, eggs or fruit and is low in vitamins, protein and calcium.

The prisoner of war, however, has no source of food. The first in the Red Cross food parcels, the only in the food sent from home for the prisoner's next-of-kin parcels.

By arrangement with the British Red Cross, the Canadian Red Cross maintains two kinds of all food parcels sent to allied prisoners. Other parcels from the United States, and the British Red Cross provides clothing and medical supplies.