

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 service auxiliaries of the Canadian Prisoners of War Relatives Association. The object of this scheme is to assure private interest 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 labels a year are sent out to the designated next-of-kin by the Department of National War Services (division of auxiliary services) without which no parcel can be sent.

FOOD

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 check, because the diet of depot troops is a military secret not known to the United Nations, but repatriated prisoners have reported that depot troops are very poorly fed. Then again, transportation difficulties are often cited as an excuse for ration deficiencies. The following is a typical prisoner of war diet in Germany.

WEEKLY FOOD RATION OF PRISONERS OF WAR IN GERMANY

Fats (lard and dripping).....	7.28oz.
Cottage cheese.....	1.12oz.
Cheese.....	1.75oz.
Meat and Meat products.....	10.57oz.
Potatoes.....	247.10oz.(approx. 15½ lbs)
Vegetables.....	186.5 oz.(approx. 12 lbs)
Sugar.....	6.16oz.
Jam.....	6.16oz.
Bread, white or black.....	70.56oz.
Prepared foods.....	5.25oz.
Salt and pepper.....	1.41oz.
Coffee.....	2.76oz.
Total	546.62oz.(approx. 78 lbs)

Men doing heavy or "extra heavy" work on long hours, night shift or in mines below ground are allowed extra rations of meat, fats and bread. The highest increase allowed is 13 ounces of meat, 10½ ounces of fats and 56½ ounces of bread a week. Prisoners working on farms usually eat with the farmer and are likely to fare better than those engaged in other occupations.

The calorie content (2,300 calories a day) is enough to keep up or even increase 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 two sources of food. The first is the Red Cross food parcel; the other is the food sent from home in the quarterly next-of-kin parcels.

By arrangement with the British Red Cross, the Canadian Red Cross furnishes two-thirds of all food parcels sent to allied prisoners other than those from the United States, and the British Red Cross provides clothing and medical supplies.