

SUGGESTED ESTABLISHMENTS/TABLES FOR ASSEMBLY  
CENTRE TEAMS WITH EQUIPMENT

**1. Military Team for Assembly Centre of 3,000 Displaced Persons.**

<i>Officers.</i>	Director (Captain)			1
	Deputy Director and Welfare Officer (UNRRA)			1
	Adjutant (Lt)			1
	Quartermaster (Lt)			1
<i>EM/OR.</i>	CQMS/Supply Sergeant			1
	Sergeant (Office)			1
	Sergeant (Cookhouse)/(Mess Sergeant)			1
	Corporal (RAMC/MC)			1
	Corporal (RE/EC)			1
	Clerk			1
	Storeman			1
	Driver			1
	<b>Total</b>	<b>Officers</b>	<b>4</b>	<b>including 1 UNRRA</b>
		<b>EM/OR</b>	<b>8</b>	

Note 1. A Medical Officer is not included in this team as it should be possible to rely on public health officers and doctors who happen to be among the displaced persons themselves and upon medical personnel furnished by the Allied governments and UNRRA.

2. Another driver and cook for officers' mess of Allied nationality (but not from military sources) should be attached to the team at the point of mobilization.

**2. UNRRA Team for Assembly Centre of 3,000 displaced persons.**

Director	1
Deputy Director & Administrative Officer (Secretary)	1
Clerk-Stenographer	1
Administrative Office (Supply)	1
Steward (Messing Officer)	1
Warehousing Officer	1
Welfare Officer	1
Assistant Officer	1
Medical Officer	1
Nurse	1
Cook (for UNRRA team)	1
Drivers	2
<b>Total</b>	<b>13</b>

**3. Equipment for Standard Military or UNRRA Team.**

Lorry, 3 ton	1
Truck, 15 cwt.	2
M/Cs	1
Tent, 2-man	9

Petrol Cookers No. 3	1
Cooking Utensils Sets	1
Jerricans (Water)	5
Stretchers	2
Medical Panniers	1
Medical Haversack	1
Lamps, Hurricane	4
Pails, galvanized	2
Shovels	2
Typewriters	2
DP forms and Stationery	—

4. List of Equipmeânt Likely to be Required for an Assembly Centre of 3,000.

ITEM	NUMBER
<b>General Equipment</b>	
Axes, felling	20
Axes hand	20
Axes, pick, 4/1b. complete	20
Brooms, birch	8
Brushes, scrub, hand, union	150
Buckets 13 in.	60
Bins, ash	30 (as necessary)
Balances, spring 4-1b.	4
Covers, waterproof black GS 15' x 15'	8
Crowbars 3 ft. 6 in.	2
Chisels, ripping	4
Choppers, Meat	4
Dish towels, doz.	2
Drying towels doz.	4
Hammers sledge 14 lb.	4
Hammers, claw 24 doz.	4
Knives butchers, cutting	4
Knives butchers, flaying	4
Latrine screens	35
Latrine buckets large	35
Latrine paper	(as necessary)
Pots chamber, baby	30
Chloride of Lime, lbs.	112
Lamps, Hurricane	12
Machines weighing 20 lb.—spring balance	2
Mauls, complete	4
Nail Pullers	2
Pumps, fire, hand	(as necessary)
Pliers, prs.	2
Spades	20
Scales weighing (complete with weights I.R.	2
Stoves, oil wickless	12
Safes, meat large	16
Shovels G.S.	20
Saws, tenon	4

Steels	4
Scouring powder lbs.	56
Soap scouring lbs.	224
Screwdrivers	2
Spanners adjustable	2
Stretchers, ambulance	6
Twine, packing, coarse sisal	40
Tubs, washing, round 3 1/2 gal.	100
Tubs, washing, oval 3 1/2 gal.	60
Nails, Assorted lbs.	12
Tools, Shoemakers sets	3
Pumps Insecticide (Flit-guns)	6

#### Cooking and Feeding Equipment

Blocks, chopping	4
Basins, soup	1,500 *
Bowls, mixing	12
Cans, 3 gal.	60
Castors, pepper	150 *
Containers, insulated	90
Can openers	60
Colanders	9
Dishes, meat, tin, large	60 *
Forks, carving	30 *
Forks, table	1,300 *
Forks, serving	9 *
Knives, carving	30 *
Knives, table	1,500 *

#### Cooking and Feeding Equipment (cont'd)

Knives, serving	9 *
Kettles, camp oval 12 qt.	375
Kettles	60
Ladles cooks	80
Ladles, serving	9 *
Mugs, drinking	1,500 *
Plates, dinner	1,500 *
Pots, mustard	150 *
Pots or jugs, tea	50
Peelers, vegetable	24
Stoves, soyer	40
Salt cellars	150 *
Saucepans	12
Spoons, dessert	1,500 *
Spoons, serving	54 *

\* Note: Estimated requirements based on two sittings of 1,500.

### Medical Equipment

The equivalent of one operational unit of medical equipment consisting of:

- a. drug sub-unit
- b. dressing sub-unit
- c. surgical instrument sub-unit

Note: Where these are not available the ARB/CAD Basic Medical Unit may be broken down into 20 sub-units each sufficient for 5,000 displaced persons for one month.

STANDARD LIST OF JOB CATEGORIES

**Perufzeichnungis**

- |   |   |
|---|---|
| <b>A. <i>Verwaltend, Schreiberbetreffend</i></b>                      | <b>A. <i>Administrative and Clerical</i></b>        |
| 1. Büroangestellter   | 1. Office Clerk                                     |
| 2. Dolmetscher—3Sprachen  | 2. Interpreter—3 languages                          |
| 3. Dolmetscher—English Sprechende                                     | 3. Interpreter—English Speaking                     |
| 4. Dolmetscher—Uebersetzer  | 4. Interpreter—Translator                           |
| 5. Feuerwehrmann  | 5. Fireman  |
| 6. Ladenbesitzer  | 6. Storekeeper                                      |
| 7. Lehrer   | 7. Teacher  |
| 8. Maschinenschreiber   | 8. Typist   |
| 9. Rechtsanwalt, Advokat  | 9. Lawyer   |
| 10. Schutzmann  | 10. Policeman                                       |
| 11. Speditent   | 11. Warehouseman                                    |
| 12. Stenograph—(English Schreiben)                                    | 12. Stenograph (write in English)                   |
| <br>  |   |
| <b>B. <i>Bauindustrien u. Verwandte Industrien</i></b>                | <b>B. <i>Building and Allied Trades</i></b>         |
| 13. Anstreicher   | 13. Painter   |
| 14. Architect   | 14. Architect                                       |
| 15. Ausschachtungen Zugmaschinen u. andere Baumaschinen.              | 15. Constr. Machine Operator                        |
| 16. Dachdecker  | 16. Roofer  |
| 17. Einschafisen Arbeiter   | 17. Structural steel worker                         |
| 18. Elektroinstallateure  | 18. Electrician a                                   |
| 19. Gläser  | 19. Glazier   |
| 20. Klempner, Installateur e  | 20. Plumber, pipe fitter                            |
| 21. Landmesser, Bauingenieure   | 21. Surveyor, civil engineer                        |
| 22. Leitungsmann  | 22. Lineman (wire layer)                            |
| 23. Maurer  | 23. Mason, bricklayer                               |
| 24. Pflasterer, Asphaltarbeiter                                       | 24. Paviout, Asphalter (roads)                      |
| 25. Putzer, Stukkateure   | 25. Plastorer, stuccoworker                         |
| 26. Verarbeiter, Bauwerk  | 26. Construction foreman                            |
| 27. Zeichner  | 27. Draftsman                                       |
| 28. Zimmerman   | 28. Carpenter                                       |
| 29. Zement Bauarbeiter  | 29. Cement building worker                          |
| <br>  |   |
| <b>C. <i>Verkehrwesen, Mitteilung</i></b>                             | <b>C. <i>Transportation &amp; Communication</i></b> |
| 30. Arbeitskräfte für Unterhalt u. Ausbesserung v. Eisenbahn Material | 30. Railway repair and maintenance shop workers     |
| 31. Automechaniker  | 31. Mechanic, automotive                            |
| 32. Kraftwagenführer  | 32. Chauffeur                                       |
| 33. Lastkraftwagenführer  | 33. Truck Driver                                    |
| 34. Lokomotivführer   | 34. Locomotive engineer                             |
| 35. Lokomotivheizer   | 35. Locomotive fireman                              |

36. Schaffner (Eisenbahn)
37. Schlepperführer
38. Stauer u. Dockarbeiter
39. Strassenbahn u. Autobusführer
40. Weicheverkende

D. *Gasthof u. Gaststättenindustrie*

41. Friseur
42. Kollner oder Kellnerin
43. Koch
44. Wäscharbeiter

E. *Nährungs Industrie*

45. Bäcker
46. Fleischer
47. Molker, Senner
48. Müller

F. *Bekleidungs Industrie*

49. Schneider
50. Schuhmacher
51. Textilwerker

G. *Gesundheitsbetriebe*

52. Apotheker
53. Arzt
54. Krankenpfleger
55. Tierart
56. Zahnarzt

H. *Landwirtschaft, Bergbau, u.s.w.*

57. Bergman, untergearbeiter
58. Fischer
59. Holzhauer, Fäller
60. Landwirt
61. Sägemühlearbeiter
62. Steinbrecher
63. Ubrige Bergleute

I. *Metall Industrie*

64. Ausbesserer, Schlosser
65. Blecharbeiter
66. Elementararbeiter
67. Grobschmied
68. Heier
69. Ingenieur, maschinenbaukunst
70. Kesselschlosser
71. Klempner (Dampf)
72. Lokomotivschlosser
73. Maschinist
74. Nietschlosser
75. Schmelzer

36. Conductor-guard (railway)
37. Tractor driver
38. Stevedore and dockworker
39. Tram and bus driver
40. Switchman (railway)

D. *Hotel and Catering Trades*

41. Barber
42. Waiter or waitress
43. Cook
44. Laundry worker

E. *Food Industries*

45. Baker
46. Butcher
47. Dairyman, cheesemaker
48. Miller

F. *Clothing Industry*

49. Tailor
50. Shoemaker, cobbler
51. Textile worker

G. *Health Services*

52. Pharmacist
53. Doctor
54. Nurse
55. Veterinary
56. Dentist

H. *Agriculture, Mining, etc.*

57. Miner—underground
58. Fisherman
59. Axmean, lumberman
60. Farmer
61. Sawmill worker
62. Quarryman
63. Other miner

I. *Metal Industry*

64. Repairman, utility
65. Sheet metal worker
66. Battery worker
67. Blacksmith
68. Fireman, stationery
69. Engineer, stationery
70. Boilermaker
71. Steamfitter
72. Locomotive fitter
73. Machinist
74. Riveter
75. Foudryman

76. Schweisser	76. Welder
77. Takler	77. Rigger
78. Ohne Beruf	78. Unskilled workers
79. Uebrige Arbeiter	79. Other worker
80. Uebrige technische Arbeiter	80. Other skilled workers
81. Uebrige verwaltendarbeiter oder Angestellte	81. Other clerical workers

## FEEDING INFANTS AND CHILDREN FROM ARMY RATIONS

1. Where special foods for infants and young children are not available C and K type rations (or their equivalent in British Army rations) may be used. The War Department has issued a bulletin on the subject: War Department Technica 1 Bulletin, TBMED 53, "Emergency Feeding of Infants, Children, and other Special Groups of Civil Populations," 12 June, 1944. The following paragraphe from a U.S. Children's Bureau publication may be helpful.

### 2. Modification of "C" rations for infants and young children.

The "C" biscuits and the day's cocoa allowance and the lemonade crystals provide a fairly balanced diet for a day for two small infants. Vitamin A is entirely lacking, and should, if possible, be provided from Army Medical stores.

#### a. *For infant feeding.*

*Cocoa:* Prepare 2 1/2 ounce packet in the ration according to directions on the packet, but make paste with previously boiled cool water, and add boiling water up to a total volume of one canteen cup (1 1/2 pints). Give 1/2 canteen cupful to each infant, divided into 4 feedings (4 oz.).

*"C" biscuits:* Pour boiling water over 10 "C" biscuits and allow to soak until soft. Mash with a fork. Add more water if necessary to make a soup or gruel consistency. Half the total amount, divided into 4 feedings for each infant.

*Lemonade:* Dissolve contents of 1 envelope of crystals in 1/3 canteen cup of cooled boiled water. Add 4 lumps of sugar. Stir well. Divide between two infants.

#### b. *For older infants and young children.*

In addition to above give each older infant and young child: "C" biscuits, 2 to 3 additional.

Meat and vegetable hash, 1 to 2 mess-kit spoonfuls, with water added to make proper consistency for feeding.

### 3. Modification of "K" rations for infants and young children

#### a. *For Infant feeding.*

Six "K2" biscuits and one-half a can of the American cheese and one-half the lemonade crystals contained in the ration will provide enough food for 24 hours for a small infant. The cheese and biscuit mixture should be divided into 4 equal feedings.

*Cheese and biscuit formula:* Pour boiling water over all receptacles and implements to be used in making up the mixture immediately before using them.

Pour boiling water over 12 "K2" biscuits and allow to soak. Melt 1 can of cheese over hot water. Add a few Mess Kit

spoonfuls of boiling water and stir until a smooth mixture is obtained.

Mash up the soaked biscuits and add them and the water in which they have been soaking to the melted cheese.

Add enough water to make a thin gruel which can be fed by spoon. If nursing bottles are to be used, add boiled water up to a total volume of 2 canteen cups (1 1/2 qts.). This will provide 8 feedings of 3/4 canteen cup (6 oz.). Four feedings of this amount would be required by one infant for one day.

*Lemonade:* Dissolve contents of 1 envelope in 1/3 canteen cup of cool boiled water. Add 4 lumps of sugar and stir well. Give one-half of this amount to each of 2 infants.

b. *For older infants and young children.*

Older infants may not be satisfied by the above mixture. For these additional "K2" biscuits soaked in boiling water and mashed may be fed as a cereal.

#### 4. Reconstituted milk.

- a. Dried skim milk powder should be reconstituted by adding about 9 lbs. water to 1 lb. milk powder. It should not be used for infants.
- b. Condensed milk should be reconstituted by adding an equal volume of water. It should be reserved for infants and young children, with second priority to pregnant and lactating mothers.

DISPOSAL OF SURPLUS

## PROPERTY

**1. Disposal of Excess Baggage of Repatriates.**

- a. Assembly Center Directors should make arrangements to store surplus property in a warehouse adequately proof against deterioration and pilfering.
- b. This property should be securely packed and clearly marked with a view to dispatch when conditions permit, under arrangements to be made with national authorities.
- c. Assembly Center Directors should make it clear that Military Government can assume no responsibility for the safe custody and despatch of such property, though every effort will be made in this direction.
- d. The conveyance of any property from Germany is subject to export regulations (see Mil/Gov Law No. 53 and any further instructions issued in connection therewith).

**2. Property of Deceased Displaced Persons.**

- a. The Center Director or a responsible staff member designated by him will collect the deceased's personal effects up to 25 kgs. These effects should principally include strictly personal items.
- b. Any property in excess of 25 kgs. (unless the deceased has left instructions for it to be given to other displaced persons) will be sold and the proceeds added to other personal effects.
- c. An inventory of the effects should be made out in duplicate, one copy to be kept at the Center.
- d. All money, securities, small objects of value (subject to expert regulations) and personal papers should be put in one package with a copy of the inventory.
- e. The other effects should be packed separately.
- f. Both package should be sealed and clearly marked with the name of the deceased, his home address and to address of the Reception Center to which the package will be sent.
- g. Both packages will be given into the custody of the officer in charge of the convoy, who will sign a receipt for them and retain a copy of it.
- h. He will deliver the package to the Reception Center Director and obtain his counter-signature on the copy of the receipt, which he will send through channels to SHAEF, G-5 DPX.
- i. The Centre Director will itemize the personal effects and action taken in space 24 of the original DP-2 Card, which will be sent through channels to SHAEF, G-5 DPX.

MEDICAL SUPPLIES FOR REPATRIATION CONVOYS

**1. Instruments and Dressing Kit.**

Item	No.	Item	No.
Knife, operating .....	1	Tourniquets .....	2
Forceps, tissue.....	1	Cotton obsorbants, 100 gms.	5
Scissors, surgical.....	1	Bandages, Triangular .....	3
Scissors, bandage .....	1	Bandages, combination .....	6
Hemostats .....	2	Adhesive 1" .....	2
Needle Holder .....	1	Gauze, compresses .....	12
Catgut .....	2	Bandail, inches .....	36
Needles, suture, assorted		Cresol, ounces .....	2
Suture, silk or linen.....	2	Canvas containers .....	1

**2. Drugs Kit.**

Item	Unit	No.
Iodine .....	4 cc. ampule	5
Merthiolate .....	tube	1
Alcohol .....	ounce	8
Ethyl Chloride .....	ampule	2
Ether .....	pound	1/4
Aspirin .....	tablet	100
Phenobarbital .....	tablet	50
Sodium bicarbonate .....	tablet	100
Bismuth .....	tablet	100) or
Paregoric .....	tablet	50) or
Bismuth and Paregoric .....	tablet	50
Magnesium sulphate .....	pound	1/4
Sulfanilamide .....	tablet	100
Caffein .....	ampule	10
Novocain .....	ampule	5
Adrenalin .....	ampule	5
Ergot .....	ampule	2
Sulfanilamide powder .....		
Yellow oxide mercury ointment .....	tube	2
Zinc oxide ointment .....	tube	2
Boric Acid Powder .....	ounce	1
Morphine .....	tablet	20
Canvas containers .....		

### FOOD AND NUTRITION

(a) The Food combinations discussed herein are designed to supply a basic minimum of 2,000 calories per day, conditions permitting. It is contemplated that a supplement of 2 ozs evaporated milk per day should be provided for children—6 months to 1 year, nursing mothers in full lactation, children of the 1-3 and 3-6 year age groups, and expectant mothers during the 5-9 months of pregnancy, in the order of importance as listed. For those individuals engaged in heavy labor, an additional 1,000 calories is desirable, affording a total daily consumption of 3,000 calories for this group, if possible.

(b) Classes of foods and supply planning.

The following information may be utilised in planning supplies for communal feeding and in reviewing the allotment of supplies.

Foods are grouped into classes because of their approximate similar nutritive value or due to the fact that they are unique, or appear in considerable quantity in the dietary. Most natural foods contain varying amounts of all nutrients. Some foods, such as potatoes, while low in certain constituents, are nutritionally important in view of the large quantities consumed, thereby making an important contribution to the dietary. Other foods, rich in certain of the nutritional constituents, are relatively unimportant to the dietary as a whole, due to the small quantities consumed. Many varied combinations of foods will supply an adequate (balanced) diet. If certain foods are not available, substitutions can be made, but compensation should be made for the interchange of foods which may differ in important nutritional constituents. Substitution may be made in food classes but attention must be accorded proportionate values. In making substitutions, attention must also be given to the effect they will have on the food habits of the population and the general acceptability (edibility) of the combinations of foods offered.

(c) Equivalent Foods and food substitutions.

The accompanying table lists foods in their respective classes together with their equivalents (by weight), which factors may be used in the substitution of foods. The following examples illustrate the use of the substitution factors. Assume the equivalent of 100 lbs fresh meat is desired in terms of canned meat. From the table of equivalents the substitution factor for carcass meat is established as 1.00 and for canned meat 0.8. Therefore, multiply 100 lbs by 0.8 which gives 80 lbs of canned meat required. To substitute carcass meat for 100lbs of canned meat, divide by the factor 0.8, i.e., 100 lbs divided by 0.8 equals 125 lbs of carcass meat to be used.

## (d) Foods-Listed According to Classes.

Class of Food	Items	Substitution factors (weight equivalent)
Meat, Fish and Poultry	Carcass .....	1.0
	Canned—(French 0.66) .....	0.8
	Boneless .....	0.7
	Fish salted, dried .....	0.8
	Hashes and Stews .....	1.4
	Cheese to, Meat canned) .....	(0.8 )
	(or to, Meat, carcass) .....	(0.64)
	(French 1.0)	
Milk and Products (except butter).	Whole Milk .....	1.0
	Evap " .....	0.5
	Dried " .....	0.125
	Cheese .....	0.14
Eggs	Shell .....	1.0
	Dehydrated .....	0.25
Fats	Butter or Margarine .....	(Equal values)
Other Fats		(Equal values)
Sugar and Syrups	Sugar—gran. or brown .....	1.0
	Syrup, Honey .....	1.25
	Jams, Jellies .....	1.50
Grain Products (cereals)	Bread .....	1.0
	Cereals .....	0.7
	Flour .....	0.75
	Macaroni .....	0.75
	Rice .....	0.75
	Biscuits, Army (French 0.8) .....	0.6
Dried Legumes (pulses)	Beans, dried .....	1.0
	Peas, " .....	1.0
	Beans, baked .....	3.0
Vegetables, leafy green and yellow	Canned .....	1.0
	Fresh .....	2.5
	Dehydrated .....	0.2
Tomatoes and Citrus Fruits	Fresh .....	1.0
	Canned .....	0.5
Potatoes	Irish .....	1.0
	Sweet .....	1.0
	Dehydrated .....	0.2
	(Bread plus other vegetables) .....	(0.2)
Other Vegetables. Other Fruits.	Fresh .....	1.0
	Canned .....	0.5
	Dehydrated .....	0.2

Class of Food	Items	Substitution factors (weight equivalent)
Fruits, Dried and Dried	.....	1.0
Dehydrated.	Dehydrated .....	0.4
Beverages.	Wine, or in place of wine .....	1.0
	(Bread) .....	(0.28)
	(Sugar) .....	(0.18)

(e) *Typical Food Patterns*

The table of Typical Food Patterns below illustrates the quantities of food that will supply approximately 2,000 calories in five different combination (or with supplements, 3,000 calories for working men). They are prepared with quantities of basic foods considered for rations or distribution plus certain indigenous supplies, which, if used as illustrated, will supply fairly satisfactory dietaries. The table must not, however, be constructed as definite requirements since many other combinations might do as well. Footnotes indicate certain variations:

*Typical Food Patterns—Based on available rationed food (2) (4)*  
(Expressed as ounces per capita per day)

CLASS OF FOOD	I	II	III	IV	V (3)
	OZS	OZS	OZS	OZS	OZS
Meat .....					
Corned Beef .....	4.00	4.00	4.00	4.00	2.00
Milk Products .....					
Milk, Evap (1) .....					
Cheese .....		.50	1.00	.50	1.00
Eggs .....					
Fats .....					
Butter .....	.50	.50	.50		
Oleo (fort) .....	.75	.75	.75	.50	
Fats, other (lard).....	1.25	1.00	.50		
Sugar .....					
Grain Products .....					
Bread—85 per cent. Extraction.	11.00	10.00	11.00	10.00	11.00
Flour—85 per cent. Extraction.		1.00	2.00	2.00	3.00
Legumes—Pulses .....	1.00	1.00	2.00	2.00	2.00
Vegetables .....					
Leafy Green and Yellow (5)...	4.00	4.00	4.00	5.00	4.00
Tomatoes—Citrus .....					
Potatoes .....	16.00	16.00		18.00	21.00
Other Vegetables .....			6.00	4.00	4.00
Other Fruits .....					
Fruit—Dried .....					
Beverages .....					
Coffee—Tea .....					
Wine .....					
Chocolate .....					

## Footnotes:

1. Two (2) ounces evaporated milk or equivalent for children six (6) months to one (1) year, nursing women, children one (1) to three (3) and three (3) to six (6) years of age, and pregnant women, in the order listed depending upon availability.

2. Examples are restricted in kind and amount, with the exception of vegetables, to items considered for rations or rationing.

3. This combination of foods will be difficult to consume because it lacks extra fat. It should be used only in emergencies.

4. The caloric content of the above food patterns may be increased to three thousand (3,000) calories for heavy workers as follows:

**Example I.**—Add Meat and Vegetable Stew, 2.25 ozs; Cheese .50 oz; Flour 2 ozs; Wine 4.70 ozs. Increase Bread to 21 ozs, and Legumes (Pulses) to 2 ozs.

**Example II.**—Add corned beef 2.25 ozs and Wine 4 ozs (by wt). Increase Sugar to 1.25 oz; Bread to 18 ozs; Flour to 2 ozs; Legumes (Pulses) to 2 ozs.

**Example III.**—Add Wine 5 ozs (by wt) and increase Sugar to 1.25 ozs; Bread to 24 ozs.

**Example IV.**—Add Wine 3 ozs, and increase Bread to 18 ozs; Potatoes to 30 ozs.

**Example V.**—Add Sugar 1.50 oz; Wine 3 ozs; increase Cheese to 1.50 ozs; Bread to 16 ozs; Potatoes to 33 ozs.

5. Four ounces of Leafy Green and Yellow Vegetables is a minimum quantity, more than this amount is desirable. Tomatoes actually belong to this class and are an excellent source of Vitamin C.

(f) *Caloric Value of Some Rationed Foods*

(Expressed in Terms of 100 gms and 1 oz)

ITEM	CALORIES- 100 gms.	CALORIES- 1 oz.
Meat—Fresh, Carcass (Weighted Av.).....	197	56
Fresh, Lean Meat .....	120	34
Meat & Veg. Stew & Hashes .....	120	34
Corned Beef (canned) .....	244	70
Fish, canned .....	170	48
Milk Products .....		
Milk—Fresh .....	53	15
Milk—Evap .....	140	40
Milk—POW (whole) .....	485	138
Milk—POW (skimmed) .....	360	102
Cheese, 20 per cent, Fat .....	308	87
Fats, Butter .....	745	212
Oleo (Fortified) .....	768	218
Other Fats (Lard, Oils, etc.) .....	891	253
Sugar .....	400	113
Grain Products .....		
Bread (85 per cent) .....	247	70
Flour (85 per cent) .....	346	98
Rice .....	349	99
Biscuits .....	412	117
Legumes (Pulses) .....	305	886
Soups, dehydrated .....	334	95

ITEM	CALORIES- 100 gms.	CALORIES- 1 oz.
Vegetables .....		
L.G. & Y. ....	26	8
Potatoes .....	65	18
Other vegetables .....	15	4
Beverages .....		
Wine .....	70	20
Chocolate (Vitaminized) .....	522	148

## Table of Weight Equivalents

	28.4 gms—1. oz.
	100 gms—3.5 ozs.
(1 Kg) 1,000 gms—2.2 lbs.	
	454 gms—1 lb (16 ozs).













