

mistreatment involving the regular Stalag Luft 3 guard complement may be narrowed down to two.

About 2200 hours, 29 Dec. 1943, a guard fired a number of shots into one barrack without excuse or apparent purpose. One bullet passed through the window and seriously wounded the left leg of Lt. Col. John D. Stevenson. Although Col. Stevenson spent the next 6 months in hospitals, the wound has left him somewhat crippled.

About 1230 hours, 9 April 1944, during an air raid by American bombers, Cpl. Cline C. Miles was standing in the cookhouse doorway. He was facing the interior. Without warning a guard fired at "a man" standing in the doorway. The bullet entered the right shoulder of Cpl. Miles and came out through his mouth killing him instantly.

#### FOOD

German rations, instead of being the equivalent of those furnished depot troops, compared with those received by non-working civilians - the lowest in Germany. While insufficient, these foods provided the bulk of staples, mainly through bread & potatoes. A PWs average daily issue of foods, with caloric content included, follows:

TYPE OF FOOD	GRAMS	CALORIES
Potatoes	390	331
Bread	350	910
Meat	11	20
Barley, Oats, Etc	21	78
Kohlrabi	247	87
Dried vegetable	14	38
Margarine	31	268
Cheese	10	27
Jam	25	69
Sugar	25	100
TOTALS	1124	1928

A conservative estimate of the caloric requirement of a person sleeping 9 hours a day and taking very little exercise is 2,150 calories. German rations, therefore, fell below the minimum requirement for healthy nutrition.

Food came from 4 other sources: Red Cross parcels, private parcels, occasional canteen purchases and gardens. Of the Red Cross parcels, after the spring of 1943, 40% were American, 25% British, 25% Canadian and 10% miscellaneous such as New Zealand parcels, Christmas parcels and bulk issue from the British colony in Argentina. These were apportioned at the rate of 1 per man per week during periods of normal supply. If the International Red Cross at Geneva felt that transportation difficulties would prevent the usual delivery, it would notify the camp parcel officer to limit the issue to  $\frac{1}{2}$  parcel per man per week. Such a situation arose in Sept. 1944 when all Stalag Luft 3 went on  $\frac{1}{2}$  parcels. Average contents of American & British parcels were as follows:

AMERICAN		BRITISH	
Food	Weight (OZ)	Food	Weight (OZ)
Spam	12	Meal Roll	10
Corned Beef	12	Stew	12
Salmon	8	Cheese	4
Cheese	8	Dried fruit	6
Dried Fruit	16	Biscuit	10
Biscuits	7	Condensed milk	14
Klim	16	Margarine	8
Margarine	16	Tea	2
Soluble	4	Cocoa	6
Orange Powder	4	Jam	10
Liver Paste	6	Powdered eggs	2
Chocolate	4	Chocolate	4
		Vegetables	8