

3. The principal Regulations are hereby amended by the deletion therefrom of Appendix A thereto and the substitution therefor of the following Appendix :—

“APPENDIX A.
(Regulation 141).

**DIET SHEET FOR ALL PRISONERS AT THE CENTRAL PRISON
AS APPROVED BY THE DIRECTOR OF MEDICAL SERVICES.**

Item	Quantity
1. Cooking butter	10 drams daily.
2. Eggs	3 weekly.
3. Cheese or Hallouni	10 drams daily.
4. Meat with bone, fish with bone or minced meat	40 drams three times weekly.
5. Brown bread	195 drams daily.
6. Rice, macaroni, boulgouri or vermicelli	20 drams daily.
7. Potatoes, carrots, kolokassi, pulles, beetroot or any other root vegetable	125 drams daily.
8. Cabbage, cauliflower, celery, lahana, spinach, marrows, lettuce, gyltiritha, cucumber or any other leafy vegetable	55 drams daily.
9. Louvi dry, fassolia, pakla kounnes, lentils, louvana, cow peas, peas, kreatofasoula or any other pulses, dry or fresh	25 drams daily.
10. Fruit or vegetable fruit, including tomatoes	100 drams daily.
11. Sugar	5 drams daily.
12. Tea	1 dram daily.
13. Salt	2 drams daily.
14. Olive Oil	15 drams daily.
15. Olives	15 drams daily.
16. Condensed milk	5 drams daily.”

Made this 11th day of March, 1957.

By Command of His Excellency the Governor,

M. R. POPHAM,

Clerk of the Executive Council.

(M.P. 1265/55.)

No. 304.

**THE CURFEWS LAWS, 1955.
LAWS 17 AND 47 OF 1955.**

ORDER MADE UNDER SECTION 2.

In exercise of the powers vested in the Governor by section 2 of the Curfews Laws, 1955, and delegated to me under section 2A of the said Laws by Notification No. 666 published in Supplement No. 3 to the *Gazette* of the 19th July, 1956, I do hereby order as follows :—

1. This Order may be cited as the Curfews (Famagusta District No. 5) Order, 1957.

2. No Greek or Turkish Cypriot born on or after the 1st January, 1930, shall be out of doors within the area prescribed in the First Schedule hereto between the hours prescribed in the Second Schedule hereto except under the authority of a written permit granted by the Commissioner of Famagusta or the Assistant Chief Constable in charge of the area:

Provided that this Order shall not apply to any member of the Executive Council, Her Majesty's Forces, or the Cyprus Police Force.

This Order shall come into force on the 25th day of February, 1957, and shall remain in force until further notice.