

The following food items, subject to their being available, are permitted under the new regulations:

1. Dehydrated fruits and berries up to one pound in weight.
2. Dehydrated soups up to  $\frac{1}{2}$  pound.
3. Shelled nuts up to one pound.
4. Hard chocolate and/or cocoa up to 2 pounds.
5. Coffee up to one pound.
6. Tea up to  $\frac{1}{4}$  pound
7. Sugar or hard candies up to 2 pounds.
8. Dried chipped beef up to  $\frac{1}{2}$  pound.
9. Spices up to 2 ounces.
10. Curry powder up to 2 ounces.

Senders may not substitute one food item for another in their parcels; that is to say, for instance, they may not include an extra pound of chocolate to replace a pound of nuts.

The individual items should be packed, as far as possible, in cellophane bags; but paper containers or thin wooden boxes (the latter preferably with sliding tops) may be used if necessary for proper packing. In making up the parcels it should be remembered that they will undergo thorough examination by the German or Italian censorship. In order to avoid undue delay in delivery the contents should therefore be arranged so that their examination will not be made unnecessarily difficult.

Where possible the contents should be placed in strong cardboard boxes and wrapped in heavy paper. It has been found that numbers of parcels are still being damaged in transit as the result of improper packing.

With the exception of some small changes with respect to the non-food items permitted the existing regulations will remain unaltered.

Following are the changes:

Since markings of any kind are regarded by enemy censors as possible communications in code, plain linen or canvas for embroidery should not carry patterns. Only striped pyjamas should be included in parcels to combatant prisoners of war in Germany, since it is claimed by the German authorities that suits of plain color have been used as civilian clothing in attempts to escape. Shoes, garters and suspenders containing rubber (in elastic or other form) should not be included. Where possible, as for instance in the case of combs or brushes, personal items should be made of wood or plastics rather than of metal. Chocolate should not be included in parcels going to North Africa since climatic conditions there are unsuitable.