

Whole milk powder	- 1 lb.	Sardines	- 8 oz.
Butter	- 1 lb.	Raisins	- 8 oz.
Jam or marmalade	- 1 lb.	Dried prunes	- 8 oz.
Pilot biscuits	- 1 lb.	Sugar	- 8 oz.
Cheese	- 4 oz.	Tea (or coffee)	- 4 (or 6) oz.
Corned Beef	- 12 oz.	Eating chocolate	- 8 oz.
Pork lunch meat	- 10 oz.	Salt and pepper	- 1 oz.
Salmon	- 8 oz.	Soap	- 2 oz.

During 1942, approximately 800 tons of chocolate bars and 2,635 tons of dried whole milk were purchased for prisoners of war parcels packed in Canada. Laid down in Geneva, each parcel costs about \$2.50. The overseas office of the Canadian Red Cross also sends "capture" parcels of clothing and toilet articles to each Canadian prisoner of war and internee after his camp is known.

Blood donor clinics of the Canadian Red Cross have been established in 37 centres, and two mobile units are reaching points where clinics have not been established as well as going into industrial establishments. Voluntary donations from men and women have been increasing steadily each month. In 1942, 181,000 donations were received, and the rate of donations has increased in 1943. An objective of 12,000 a month has been set for 1943. Each donation takes 450 cc., or about 3/4 of a pint, of blood.

Volunteer women workers are engaged in supplementing next-of-kin parcels for prisoners of war in cases where these are underweight for some reason. In some cases postal censors have removed prohibited articles and the Red Cross brings these parcels up to standard weight with comforts and articles.

The Canadian Red Cross Corps was formed early in the war to provide a trained and disciplined body of volunteer women workers, wearing identifying uniforms, to be available for Red Cross and other forms of national service. By March, 1943, the Corps numbered 100 detachments with 4,300 members. It operates through five sections - Transport Service, Nursing Auxiliary Service, Office Administration Service, Food Administration Service, and University Training detachments. Corps members are part-time volunteers. Many former members have gone on active service with the three Canadian women's services, and some with uniformed women's services in Britain. The first contingent of the Corps to be sent outside Canada arrived in Britain in February, 1943, and others have gone since.

About seven members of the overseas Corps have been on duty as hospital welfare workers with Allied forces in the Mediterranean area, undertaking duties designed to raise the morale of soldiers. They participate in instructional duties, supply reading matter, comforts and supplies, and write letters.

The Nursing Auxiliary Service takes an active part in military hospitals, blood donor clinics and A.R.P. work, and its members are generally prepared for war and emergency service.

The Food Administration Corps provides nourishment for donors in blood clinics, performs canteen and lunchroom duty, and provides hot lunches in some cafeterias.

The Office Administration Service does work for the Red Cross and for government or other civilian services when needed.

The Transport Service assists in Red Cross and civilian duties.

Several women volunteers help to staff the Red Cross Enquiry Bureau at Ottawa, through which is provided such information as is in accordance with International Red Cross policy.

While carrying on its war duties, the Canadian Red Cross Society maintains several peacetime services, which are all operated through volunteer committees. Expenditures of the Society for 1942 totalled \$12,737,606.41.