

which may be a maximum weight of 11 pounds and may contain certain clothing items. Content of all parcels is limited to articles which could not be used to aid escapes.

The following are articles which may be included in next-of-kin parcels:

- Foot laces, sewing tools and sheets (to Germany, civilian shoes; to Japan only self-shippers)
- Button cleaning outfit
- Cigarette rolling machines
- Colored silk and unstamped embroidery canvas or linen
- Kit bags, knitting needles (not metal) and wool
- Panels, pipes, tobacco pouches
- Shoe polish, solids
- Safety can openers
- Small medical instruments
- Soaps (not liquid), towels, sponges
- Toiletry pens, pens
- Hard chocolate, cocoa, coffee and tea
- Curry powder and other spices

The following articles are on the prohibited list and may not be sent:

- Cigarettes, papers or holders
- Weapons (including knives, tools, etc.)
- Historical illustrations and mounted photographs
- Candles, matches or spirit lamps
- Tobacco and cigarettes
- Instruments of use for naval or military purposes (field glasses, binoculars, compasses, etc.)
- Playing cards
- Books, papers or stationery
- Articles in tin, glass, etc., which cannot be easily inspected
- Medical comforts
- Alcohol
- Any clothing which might be used as other clothing
- Any articles which are prohibited by law and are plain colored
- Books must be shipped

No postage is required on parcels of war parcels, nor is there any customs inspection. Every parcel is, of course, examined by both Canadian and army customs to see that nothing is sent contrary to regulations.

When a next-of-kin parcel is under weight or contains more articles than the regulations allow and has to be removed by the censor, the Canadian Red Cross supplements the parcel by adding articles that bring it up to the permitted weight of 11 pounds.

During 1943, 12,837 next-of-kin parcels were cleared through the Canadian postal censorship of which 812 were supplemented by Red Cross supplies. An additional 624 could not be passed and were returned to the sender with explanatory letters. When any article is removed from a next-of-kin parcel it also is returned and the reason for its removal explained.

The Canadian Red Cross is gradually eliminating the practice of supplementing parcels at the point where they are opened for censorship and is concentrating the 3,000 local branches to co-operate with the next-of-kin in packing their parcels. It has authorized the use of Red Cross supplies and funds when necessary for this purpose. Similar services are supplied by other partners-of-war groups and societies in Canada.