

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:

Attache cases	Boot laces, service boots and shoes;
Brilliantine in jars (not bottles)	(to Germany, civilian shoes; to
Blankets	Japan only soft slippers)
Brushes, except metal ones	Button cleaning outfits
Chewing gum	Cigarette rolling machines
Clothing: Underwear, shirts, pull-	Colored silks and unstamped embroidery
overs, pyjamas, overalls	canvas or linen
Dentifrice, solid or powder but	Kit bags, knitting needles (not metal)
not in tubes	and wool
Mending kits (except scissors)	Pencils, pipes, tobacco pouches
Picture frames	Shoe polish, solid
Safety razors and blades	Safety can openers
Shoe leather and nails and metal	Small musical instruments
studs for mending.	Soaps (not liquid) towels, sponges
Sleeping bags (not quilted)	Fountain pens, pens
Dehydrated fruits, soups and nuts	Hard chocolate, cocoa, coffee and tea
Sugar, hard candies	Curry powder and other spices

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

Cigarette papers or holders	Playing cards
Scissors and nail files	Weapons (including knives, tools, etc.)
Baggage	Pictorial illustrations and mounted
Money, stamps or stationery	photographs
Articles in tubes, tins, etc.,	Candles, matches or spirits
which cannot be easily inspected	Tobacco and cigarettes
Medical comforts	Instruments of use for naval or
Haversacks	military purposes (field glasses,
Any clothing which might be used	flashlights, compasses, etc.)
as outer civilian clothing,	
such as plain colored pyjamas	
(these must be striped)	

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

When a next-of-kin parcel is under weight or contains some article that is contrary to regulations and has to be removed by the censors, 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 835 were supplemented by Red Cross supplies. An additional 624 could not be passed and were returned to the senders 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 its practice of supplementing parcels at the point where they are opened for censorship and is encouraging its 3,000 local branches to co-operate with the next-of-kin in packing their quarterly parcels. It has authorized the use of Red Cross supplies and funds, when necessary, for this purpose. Similar services are supplied by other prisoner-of-war groups and societies in Canada.