

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