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Canadian Fish & Cold Storage Co. Ltd.

PRINCE RUPERT BRITISH COLUMBIA

OVERSEAS PACKAGES

Rationed Foods Overseas at Expense of Allowances; Sizes Are Limited

By PAT USSHER

OTTAWA, July 17 (P)—Canadians may include rationed foods in gift parcels mailed to civilians and servicemen in the United Kingdom, a spokesman for the post office department announced, but certain restrictions on such parcels must be observed.

PAT USSHER

A spokesman for the Wartime Prices and Trade Board said gifts of rationed foods — tea, coffee and sugar—may be mailed as long as they come out of the amount allowed to individual consumers in Canada.

In other words, you may send one-half pound of sugar to brother Tom in the Canadian army in Britain if you want to get along with that much less yourself.

Parcel sizes are limited. Gift parcels for civilians must not exceed five pounds in weight, or contain more than two pounds of any one kind of food. But the two-pound limit does not apply to clothing.

These parcels must be "unsolicited," the post office said. That is, they must not have been sent as the result of some prior communication sent to the donor by the recipient.

You can send cigarettes to civilians if you wish, but they are costly to the person who gets them, because of import duty collected.

Weight Restrictions

The limit in weight of parcels for Canadian servicemen in Britain is 11 pounds. The civilian restriction of two pounds weight for any one food does not apply. Canadians serving in the Royal Air Force also are entitled to receive such parcels.

Postal officials said servicemen's parcels should be addressed to the recipients' units.

Parcels up to 11 pounds also can be sent to Canadians serving in British units, provided they are addressed in care of Canadian Auxiliary Services, 6 Dilke Street, Chelsea, London, S.W.3, England.

Postal officials emphasized that postal regulations prohibit sending matches or other inflammable substances through the mail. They said that persons who mailed matches or lighter fluid overseas were endangering Canadian lives, ships and vital munitions because such parcels might catch fire in handling.

They added that in frequent cases fresh fruits and vegetables mailed overseas had arrived in damaged condition because of careless packing. Foods like oranges, apples and grapes should not be mailed unless packed strongly in boxes. The same applies to jam and other articles in glass containers. Sometimes the containers broke and spoiled the whole contents of the parcel.

SAVE ALL EMPTY BOTTLES

Empty Bottles are needed, along with scores of other articles normally discarded in peace time. Your local Salvage Corps will collect them, sell them, and use the proceeds for patriotic purposes.

So—put all discarded articles, including empty bottles, to one side and have them picked up by your local Salvage Corps.

Hudson's Bay Fine Old RYE

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Thomas Strain of Vancouver, general organizer of the Canadian Congress of Labor, arrived in the city this morning for a visit of a few days here. Mr. Strain was a member of the British Columbia shipyard union delegation which recently visited Ottawa to confer with the minister of labor on the seven-day week dispute. He also visited New York State to study problems in shipyards there.

Jack Heeney, former well known radio announcer of CBR at Vancouver and more recently in Britain as a commentator for the British Broadcasting Corporation, is now in Prince Rupert. He is employed at the local Dry Dock at the present time.

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Enjoy LUCKY LAGER The CHAMPAGNE OF BEERS

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25c Dozen paid for all empties

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TICKLING PALATES

And Don't Forget Tinned Meats When Sending Bundles Overseas

By HAROLD FAIR
(Canadian Press Staff Writer)

TORONTO, July 17 (P)—Include some tinned fruit or tomato juice in your "Bundles for Britain" whether for service or civilian personnel—and the parcel will be one of the most welcome ever received.

HAROLD FAIR

Wartime British food restrictions, practically banning import of fresh fruit, have deprived Britons of such breakfast delicacies as oranges and grape fruit. And nothing can take their place.

Besides the fruit juice, there are many other food gifts which rationed Britons would appreciate but fruit should have priority. That statement is based on more than a year's experience in trying to get along without it.

Last summer in England, some of us Canadians tried stewing rhubarb and drinking the juice—but it didn't work very well. For a while, we could depend on tinned apple juice—until the grocer's supply was exhausted.

Unless Britain has changed since this writer left in March, dehydrated onions will also be appreciated. Perhaps this year's onion crop will go farther to satisfy the demand than last season—but be safe and include some.

Tinned meat always is welcome, because fresh meat is rationed and tinned meat can be obtained from shops only by surrendering "point" coupons.

Cheese would be enjoyed by any Canadian and the parcel also should include some peanuts, candy, egg substitute, coffee and butter.

Above all, don't exceed the five-pound limit, including packing, for civilians, or your parcel will be confiscated by the British customs authorities. That statement comes from the bitter experience of losing two that way a year ago.

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ADDED: "Wabbit Who Came To Supper" — World News

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