

SAMARITAN'S PROGRESS



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FOR QUAKER RELIEF IN GERMANY



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DECEMBER, 1946

NEW YORK, N. Y.

Reich Children Get U. S. Food

BERLIN.—The "Arbeiter-Wohlfahrt," through its secretary Fritz Ripp, made the following report:

"To the American Friends' Service Committee,
Philadelphia, U. S. A.

"With gratitude we wish to extend to your committee, not only our warmest thanks for the donation allocated to us by the German Central Committee but also to give you a report of the use we made of the donation, which included the following items:

- 15 barrels of chocolate powder, 1.8 tons
- 250 containers of powdered eggs, 2.7 tons
- 4,000 containers of powdered milk, 67.1 tons

"The German Central Committee decided to have this shipment distributed by us. In accordance with the wishes of the donors, we distributed it in such a way that (a) only children received from this shipment, and (b) we tried, after due physical examination, to choose a group of children that were the most undernourished and needed the benefit of this food donation.

"In accordance with the tradition of our organization and also in accordance with your wishes, we chose the children regardless of the present or past political convictions of their parents.

How Donations Were Distributed

"The individual laender did not receive binding instructions from us as to how they were to carry on this distribution among their needy people, but experience has shown that the distribution was carried out in very much the same manner everywhere. In general we can say that through careful and purposeful planning, in the entire U.S. zone (that is Bremen, Greater Hessen, Wuerttemberg-Baden and Bavaria) about 20,000 children have been provided for. In some instances these children received a breakfast in school. The helpers of the "Arbeiter-Wohlfahrt" in the various cities gave their services voluntarily without asking for compensation. In some places kettles had to be dug out from under dirt and ashes. Much hard physical

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Into The Sunshine

The dark tunnel of pain, hunger and fear through which our sad world travels will surely end. Some day we will come out into the sunshine. The flowers of peace will yet gladden the hearts of men in life's journey and this world will become again a fit habitation for children.

Let this faith be the mainspring of our deeds and thoughts. Let us work with confidence that what we do to repair the ravages of war will not be in vain.

You who have become "Samaritans" in the cause of Germany's hungry children are advancing the day when those who sit in darkness will see the light; when men will know one another as friends, though they come from opposite ends of the earth.

This is the great task to which our generation is called and I welcome you into the fellowship of workers who are building the foundations of peace.

Clarence Pickett

Executive Secretary,
American Friends' Service Committee

A. F. S. C. Renders Help In All German Occupation Zones

The first relief shipment from the United States to Germany was made in March, 1946, shortly after CRALOG had been organized.

Even before that month, the American Friends' Service Committee had purchased relief supplies in Sweden which were shipped from there into the British Occupation Zone. The shipments of relief supplies made by the American Friends' Service Committee until November 15, 1946, totaled 2,774,612 pounds and were valued at \$1,234,148.42.

Allotment of this total has been made as follows among the zones of occupation:

British	\$367,056.19	893,575 pounds
American	\$819,237.23	1,830,917 pounds
Russian	\$ 47,855.00	50,120 pounds

The value of these shipments does not include the cost of ocean freight, sorting, packing and handling of the gifts of clothing, shoes and food.

In the beginning, most relief was given in the American Zone, because facilities were more quickly available there. The "Arbeiter-Wohlfahrt" and the "Evangelisches Hilfswerk" were most active in the distribution in that zone.

CRALOG supplies in the British Zone are channeled through the British Red Cross which distributes it to seven relief agencies including the British Quakers.

In The French Zone

It took several months' negotiations before CRALOG was allowed to operate in the French Zone. But before American relief was admitted, Swiss teams operated in that zone. Now one important relief project in the French Zone is a Quaker team of 21 transport workers with trucks which link the cities with the rural areas. These teams at one

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Mills Donate 'Relief Cereal'

The American Friends' Service Committee in Philadelphia receives many gifts in kind for use in Germany. Everybody knows of the clothing collection, but some very unusual and valuable gifts received by the Quakers, may not be known to many people.

One firm, for instance, gave the Quakers several hundred hearing aids, which are now being packed for shipment in the A.F.S.C. warehouse in Philadelphia.

Another gift recently offered to and accepted by the Quakers was a complete professional dental outfit which was originally designed for the American Army and can be used in places where no electricity is available.

A midwestern concern offered several hundred artificial teeth for distribution in Germany and arrangements are being made to have these packed and delivered as quickly as possible.

The American Friends' Service Committee is anxious that all such unusual gifts be packed for ocean transport and be shipped to a port designated by the A.F.S.C. Anyone who wants to make gifts of this type should first communicate with the Committee at 20 South 12th Street, Philadelphia 7, Pa.

Many farming communities in the Middle West deliver grain to the Quakers; arrangements have been made with the Ralston Purina Mills to process these grains into "relief cereal."

Relief Cereal is made of 70% oats, 20% wheat and 10% soybeans. It is high in nutritive value, appetizing, and easy to prepare.

The arrangement with Ralston Mills provides that they make the grain available to the Quakers without shipping cost wherever needed in the United States, no matter where the original grain was delivered by the contributing farmers. The entire cost for processing one bag of this cereal and to ship it to Europe amounts to \$8.00 per 100 lbs bag.

One such bag provides 800 servings, which means that the actual cost to the Quakers to give one serving of this cereal to a child in Germany amount to exactly one cent.



GIVE . . . THAT THEY MAY LIVE



SAMARITAN'S PROGRESS

Published monthly by "The Samaritan Fund For Quaker Relief in Germany" (American Friends' Service Committee).

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DECEMBER, 1946

GIVE . . . That They May Live!

Christmas Thoughts

The Christmas holidays are not far off. Young and old in America think of the joyous days ahead—of happy parents and rejoicing children under the green tree that speaks of Hope; of many gifts that were bought with love and thoughtfulness; of dinner tables that bear witness to the amplitude of this, our rich and blessed country.

Is it not fitting at this time to give serious thought to those who will spend the day of the birth of Jesus of Nazareth, of the Heavenly Message, in misery and despair?

Let us remember all those in dire need on the other side! Let us remember those who, young and old alike, will be forced to spend Christmas in miserable hovels and shelters; sick, cold and hungry, bereft of hope, thrown into utter darkness!

We can help them and we must help them!—Especially at this time when the Jesus child comes to Earth again.

Will not our own Christmas be immeasurably richer and more joyous, in and through the knowledge that we have made an extra effort in order to bring a ray of sunshine into the lives of those whom an awful fate has overtaken?

Let us think of them!

Let us act NOW!

Let us all stand together and, in the spirit of true Christian charity, lift our voices in the glad tidings of these Days of Love: **PEACE ON EARTH AND GOOD WILL TO MAN!**

Do YOUR Share!

The Samaritan Fund will be as successful as you Samaritans will make it. Bring in your five con-

Reich Children Get U. S. Food

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work was necessary before it was even possible to cook.

"This applies especially to two cities in Wuerttemberg—Baden, Heilbronn and Pforzheim, which suffered most from the effects of the war. There, as reports in the community show, we reached practically all grade-school children. In the morning, the helpers prepared either cocoa or milk, and a pudding made of powdered eggs and powdered milk to which was added a little flour from our own reserves. Cocoa and pudding had become strange names for our children in Germany. They were familiar with these things only through having heard about them.

"Through Mr. Field and Mr. Sternberg we sent you pictures of the child feeding in Pforzheim. These pictures showed that the need among the adults and the helpers is great too, but in this help action it was enough for the helpers to know that they could give the children something they had to do without so long.

"Because of the great need, only certain regions or a few cities could be considered. Where we did help we wanted to help in such a way that it was purposeful.

"Our community committees for 'Arbeiter-Wohlfahrt' in Munich was the only community committee in Bavaria that could receive part of this donation. They carried out a child feeding program similar to those in Pforzheim and Heilbronn.

65,000 Children Examined

"Our land committee in Greater Hessen also used these shipments in the cities that were hardest hit by the war: Frankfurt, Darmstadt, Offenbach, Hanau, Giessen and Kassel. There 65,000 children were examined. Through these examinations it was ascertained that among three-year-old children there was a weight deficiency up to 5 kg. and an average deficiency of 3.5 kg. Among five-year-old children the weight deficiency was 4.5 kg. These figures come mainly from one com-

tributors as quickly as you possibly can.

The Fund MUST grow. The temporary receipt and the first contribution should be sent in as soon as received; do not wait until all five are signed up!

The sooner your new Samaritans get their receipt book, the quicker will they be able to do their share.

All that is expected from you is to make your contributions as promised and to solicit your five Samaritans. Then see to it that they do THEIR share.

Find out from them TODAY whether they have five others.

If necessary, help them!

munity of 15,000 inhabitants (Neu-Issenburg), from where many go to work at Gross-Frankfurt. It is to be noted that this community has not even all the characteristics of a city, and the conditions in the cities are of course much worse.

"Our friends in Bremen followed a somewhat different line in their distribution. With this shipment they considered, in the main, children's recreation homes, kindergartens and large families with undernourished children. Powdered eggs and powdered milk were given to the medical association in Bremen in small amounts. It is very hard for the physicians when they constantly find sickness among their patients that are caused by a lack of certain foods, such as sugar and fat, not to have some means by which they could alleviate the condition. By this assignment, the Land Bremen wanted to help the physicians.

No Opportunity To Cook

"In 1945, we tried to help everywhere, with our own means to alleviate the suffering. In many communities mass feeding for grown-ups was arranged. This was necessary because many thousands of families did not have an opportunity to cook. After the schools opened, child feeding out of their own German reserves was attempted in some communities. In this way, for example, the city of Mannheim gave 15,000 children a bowl of warm soup daily from October 1945 to April 1946. This feeding was carried out in some instances by the 'Arbeiter-Wohlfahrt' alone; in other cases with the cooperation of other welfare organizations.

"These meals, of course, did not have a high caloric value, but they helped some. The 'Arbeiter-Wohlfahrt' has as its aim to use systematically and purposefully all donations coming to us from foreign countries, especially from the U. S. A. We hope we will succeed in the U. S. Zone with your donations, especially with your milk donations, and in cooperation with other organizations to carry out child-feeding projects in our largest needy communities.

"The name of the American Friends' Service Committee in the U. S. A. has been known in Germany not only through this most recent help, but since the terrible years of the first world war, 1914-1918. Today, after the close of this relief project, we wish to thank you heartily in the name of 20,000 children who benefited from your donations. We hope and wish that for Germany a day will dawn when in cooperation with the relief of the world, it can work for peace and friendship and out of its own strength be able to help others."

(A.F.S.C.)

The Supreme Commander of the Allied Powers has approved the monthly shipment of 200 tons of food and clothing to Japan and 500 tons to Korea by the American Council of Voluntary Agencies. Two Commissioners, one of whom is a representative of the AFSC, have gone to Japan to arrange for the reception and distribution of supplies.

Children Fed in Heilbronn

An "Arbeiter Wohlfahrt" representative sends the following report describing the Heilbronn child-feeding project:

"We were happy to receive the extremely valuable food supplies by the American Friends' Service Committee, Philadelphia, which enabled us to treat our children in Heilbronn who find themselves in especially great need. From these gifts we were able to supply about 3,500 school children with cocoa or milk each morning over a period of eight weeks. We were also able to make a pudding from the chocolate powder and egg powder. This was given to the children during the course of this project.

"The selection of the children according to medical considerations was very difficult, because in a school for 500 children there were only about 32 who were not in absolute need of this additional food. For this reason, all children participated in the feeding and no child was discriminated against because of his religion or the former political affiliations of his parents.

"We wish to express our warmest thanks to the donors, particularly because the suffering of the children from Heilbronn is extremely great. It needs hardly to be explained that the state of health of the children suffered particularly during the past six years due to nervous tension. Heilbronn was one of the German cities that suffered most from destruction. Even now there is scarcely a place available where people can live."

"The distribution was handled by helpers from the 'Arbeiter-Wohlfahrt.' It was very difficult to find places where cooking could be done. But our helpers enjoyed the work, approaching it with the conviction that they could help the children by doing it.

"Should it be possible for the American Friends' Service Committee to let us have more such gifts, we should be very happy to serve everyone rather than just one religion or party."

ATTENTION!

The envelope with this month's issue of "Samaritan's Progress" also contains copies of a new pamphlet, entitled "An Appeal to Americans of Goodwill." Read this booklet carefully. It gives you a picture of what the "Samaritan Fund" plans to accomplish, how it works and how the American Friends' Service Committee operates in Germany.

In addition, you will get some excellent "pointers" from the contents of the pamphlet whenever it should prove necessary to convince your friends that quick help is needed in order to forestall a disaster.

Pass the booklets on to your friends and tell them to go to work in the cause of the Good Samaritan!

Body Weight Is Very Low

BERLIN.—The body weight of the average German in the American Occupation Zone increased slightly in September but remained "unsatisfactorily low," a survey by Military Government nutritional teams revealed, on November 9th, 1946.

Refugees arriving in Germany are in better health than regular residents of Germany, the teams reported. Their findings are based on examinations of 700,000 persons.

The report warned that many persons probably would die of starvation or disease if the present ration was not increased. The official ration of 1,500 calories in the British and American zones is calculated to supply 65 per cent of minimum bodily requirements. Actually, the nutrition teams said, the food issued in the cities surveyed supplied only 58 per cent of the minimum requirements.

Other conclusions of the survey were:

Children between 7 and 17 need preferential rations to meet growth requirements.

Nutritional deficiency diseases have increased in some localities, and rickets is prevalent.

What YOUR \$ \$ Will Buy

YOUR \$2.00 contribution will give one meal daily to a hungry child for one month!

* * *

YOUR \$2.00 contribution will spread 130 pieces of bread with peanut butter!

* * *

YOUR \$2.00 contribution will buy enough wool to knit a sweater and a pair of mittens!

* * *

YOUR \$10.00 contribution will provide cod liver oil daily to 79 children for one month!

* * *

YOUR \$10.00 contribution will give 205 infants their powdered milk requirements for one day!

* * *

YOUR \$10.00 contribution will give 400 children a glass of milk!

* * *

YOUR \$100.00 contribution will provide shoes for 40 men, none of whom could work and support his family without them!

* * *

YOUR \$100.00 contribution will provide 500 calories for each of 5,306 men, if used to buy relief cereals!

* * *

YOUR \$100.00 contribution will provide one hot meal with milk every day for 68 children during a period of six months!

Quaker - Food.

We sit in the class, the schoolbell rings,
The teacher comes, and the lesson begins.
But while we are sobbing
About sentence and rule,
Our senses are far
Of learning and school.
When we hear a noise
Like a car on the street
We run out of the room
With flying feet.
And carry the cans into the hall.
Then with our pots we are waiting all,
For here we get the food;
Oh, that is always good,
And eat, clapping with pot and spoon;
You can think, that we are ready soon.
Then we think of the Quakers,
Who have worked all the day
For us, and thank them
In our way.

Darmstadt, 24th September 1946

Lotte Glühm Kl. 3

Facsimile of a letter of thanks written as a poem and sent by a young German school girl in Darmstadt to the Quakers in Philadelphia

Blankets For Russian Zone

The following letter signed by the Central Committee of the Volkssolidarität in Berlin, is an account of the receipt and distribution of 7,535 woolen blankets given by the American Friends' Service Committee to the Committee for the Distribution of Foreign Gifts in the Russian zone.

"The Central Committee of the 'Volkssolidarität,' Berlin, together with the representatives of the 'Volkssolidarität' in the counties and provinces, thank you donors for the precious gift. The woolen blankets were distributed to the counties and provinces in the Russian zone and resettlers, returning people, children's homes and hospitals benefitted by them. The following list will give you a picture of how the gift was distributed.

1,000 blankets for the Heimkehrerlager Cronfelde in Frankfurt-Oder;

1,396 blankets for the Heimkehrerlager Furstenwalde-Brandenburg;

(these are camps for returning refugees);

40 blankets for the Children's Home, Königswusterhausen-Brandenburg;

750 blankets for the Resettlers Camp, Engelsburg-Brandenburg;

500 blankets for the Returners Camp, Pinow-Brandenburg;

100 blankets for the Hospital Klein - Machnow - Brandenburg;

400 blankets for the Resettler's Camp, Dransieden - Ruegen, Mecklenburg-Vorp.;

12,00 blankets for the Resettler's Camp, Bergen-Ruegen-Mecklenburg-Vorp.;

290 blankets for the Children's Transit Camp, Schwerin-Mecklenburg-Vorp.;

How CRALOG Works Abroad

Like all other American relief agencies that send relief supplies to Germany, the American Friends' Service Committee ships through CRALOG (Council of Relief Agencies Licensed to Operate in Germany). This council is the only authorized agency for handling American contributions for civilian relief in Germany.

CRALOG is composed of various established relief agencies that are members of the American Council of Voluntary Agencies for Foreign Service and are interested in this field of relief. The component agencies licensed by the President's War Relief Control Board to solicit and receive contributions for relief in Germany are: American Friends' Service Committee, Brethren Service Committee, Christian Science War Relief Committee, Church Committee on Overseas Relief, Reconstruction - Federal Council of Churches of Christ, International Rescue and Relief Committee, Inc., Labor League for Human Rights (AFL), Lutheran World Relief, Inc., Mennonite Central Committee, National CIO Community Service Committee, Unitarian Service Committee, and War Relief Services - National Catholic Welfare Conference.

In Germany, the goods are assigned to the German Central Committee, which allocates them to various welfare agencies for distribution.

Help From The Dumps!

A Quaker field worker reports from Hanover: "We have been making visits to the dump at Hanover and have been fortunate in obtaining wood for making furniture, old leather, and rubber boots, kitchen utensils including dixies, basins, knives and forks, ground sheets in large quantities, and capes. We are glad to be able to supply several workshops which are turning out most necessary goods, particularly beds from the wood, and complete pairs of boots from worn-out army boots; another interesting item was a frying pan which had been made out of an old army petrol can. We are amazed by the ingenuity of the people who seem able to turn out useful and attractive goods from what might appear at first sight to be more or less rubbish. The latest project now receiving close study is to produce footwear from 20,000 feet of heavy fire-hose. The problem is to obtain the necessary wood for the soles and the small tacks for fixing the uppers to the wood."

150 blankets for the Children's Homes in Grahl - Murriz-Mecklenburg-Vorp.;

354 blankets for the Provinzialverband, Potsdam-Brandenburg;

1,445 blankets for the Resettler's Headquarters, Bergen-Ruegen-Mecklenburg-Vorp.

"The above mentioned homes and camps will express their special thanks to the International Society of the Quakers."

All Germans Want To Share Equitably

Face The Same Problems in Post-War Era

One of the difficulties which the Samaritans encounter when soliciting others, is the argument that all available funds of the prospective Samaritans are used for sending individual packages to relatives in Germany.

Of course such packages should be sent. Everyone should help his own relatives to the best of his ability, but he should not stop there!

It is not economical to buy and ship "retail." The Quakers not only buy "wholesale," but often "at cost." Therefore, they are able to render help at a cost which is far below that of most individual food packages.

A very concise and useful argument against those who want to help only their own relatives is contained in a bulletin issued by "American Relief for Central Europe, Inc. (of New Jersey)." We reprint it with their permission:

To those who want to help ONLY their own relatives:

So, you would like to help those poor people in the old country but only your own relatives? I am sure you don't really mean it when you give it a little more thought.

In the first place, can you take care of ALL your relatives alone or would you stop with your first cousins and let the second or third cousins be taken care of by others? Or just where would you stop?

Most likely at least some of your relatives were bombed out of their homes. Don't you want their neighbors who shovelled them out but have no relatives in America get some help too?

Have you ever tried to make a fire by heating each coal separately? Even if you succeeded in getting them to burn, how much heat would you get from the same number of coals all scattered around instead of in one heap?

The Quakers have a lot of experience in relief work. They tell us that, when they start working in a certain section, they usually have not nearly enough money and goods to take care of everybody. But as soon as they open a relief center and their spirit of unselfish service catches on, people bring the Quakers the things they kept back "for the worst" and there is suddenly enough to go around.

Also don't forget when the Good Samaritan found that man lying in the road, he did not turn him around to see whether or not he was a relative of his before he made up his mind to help him.

I am sure your folks in the old

\$50,000 Contributed During First Month

From October 25 to November 26, 1946, the total contributions and pledges received by the "Samaritan Fund for Quaker Relief in Germany" amounted to \$50,206.

The number of the Samaritans has grown from 151 who subscribed at the original meeting, to 744. The total monthly pledges of these Samaritans amounts to \$3,027.50 which corresponds to an annual contribution of \$36,330.

In addition to these annual pledges, single contributions paid to the Samaritan Fund amount to \$13,876.00. Of the pledges an amount of \$8,783 has been received bringing the total cash receipts during the first month to \$22,659, which, together with outstanding pledges of \$27,547, amount to \$50,206.

46 of the original 151 Samaritans have brought in their five contributors thereby becoming "Good Samaritans."

The amount collected has been paid to the American Friends' Service Committee without any deductions.

Administration expenses of the Samaritan Fund have been contributed separately and are not contained in the foregoing figures.

country would want you to support general relief agencies who guarantee equitable distribution according to need. That does not mean, that you should not send special tokens of love directly to your own relatives.

Our people abroad, yours and ours, have gone through so much together and are all facing the same problems that they fully realize their only hope of survival lies in their willingness to work together and to share equitably what resources they have left. And that is how we, who want to help them, should feel too!

As far as the sending of individual food packages is concerned, we offer herewith some suggestions from Dr. Hertha Kraus, who has recently returned from Germany, where she made a survey of conditions for the Quakers.

What To Send

Select one or several items from each of the following groups unless you send packages very frequently to the same recipient. In this case, concentrate on one or two groups for each package, which would simplify your task. It is, under present conditions, important that people will receive not only high caloric foods, but the raw materials for making up entire meals providing satisfaction for hunger. They also need greatly some stimulants and food which will help to make their very monotonous meals a little more tasty. Their main diet consists of vegetable soups and

A. F. S. C. Renders Help

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time saved the population of Freiburg in Breisgau by providing the necessary flour to keep the bakeries going which were threatened by a shutdown due to the lack of supplies.

7,535 woolen blankets were sent by the Quakers into the Russian Zone and taken over by the Central Committee of "Volks-Solidaritaet" in Berlin. These blankets were distributed to all the sections of the Russian Zone; resettlers, returning people, children's homes and hospitals benefited by them.

Supplies now ordered by the American Friends' Service Committee will be distributed as follows:

American Zone	\$53,726.21
British Zone	85,733.73
French Zone	51,889.40
Clothing purchased abroad (all zones)	80,000.00
	\$271,349.34

Minimum Anticipated Purchases through December 31, 1946:

British Zone	\$78,670.00
French Zone	61,132.68
	\$139,802.68

Other Anticipated Expenses through December 31, 1946:

Handling and shipping cost	\$40,000.00
Personnel	43,175.00
Administration	22,500.00
	\$105,675.00

Total minimum anticipated expenses through December 31, 1946 \$516,827.02

Other Programs

Other programs of the Quakers include the following:

(1) Establishment of centers all over Germany for "Self-Help," which are neighborhood centers where supplies and tools for the repair of shoes, clothes and furniture will be made available. Barracks for this purpose are being brought in from Sweden.

(2) A student center was established in Freiburg in barracks brought in for this purpose from Switzerland.

(3) Clothing and books are sent to 200,000 Germans still interned in Denmark. They are well treated and sufficiently fed. Their repatriation, however, is slow due to lack of transportation and overcrowding in Germany.

(4) Funds are set aside for food and books for German prisoners of war in France.

(5) In March, the Quakers made some funds available to the International Red Cross to be spent for radio broadcasts that were made for the purpose of reuniting families separated during the war.

potatoes. Their main beverage is substitute coffee without milk or sugar, except for small children who receive a little milk in their rations.

The most desired and most urgently needed foods are fats and sweets which should be included in every package in as generous quantities as you can afford.

The Germans are extremely short of notions and comfort articles which are not available in stores. All materials for mending clothing and shoes are in urgent demand.

I. Beverages

Coffee, tea, cocoa (preferably sweetened), powdered milk.

II. Cereals

Flour, rolled oats, cream of wheat, corn starch, rice, barley.

III. Fats

Canned butter, vegetable shortening, margarine, oil in cans, bacon in cans, peanut butter.

IV. Eggs, Meat and Fish

Powdered eggs, canned luncheon meats, beef stew (canned), pork sausages (canned), sardines in oil,

canned mackerel, salmon, tuna fish.

V. Sweets

Sugar, dextrose, saccharine, honey (in cans), corn syrup, jam, hard candy, candy bars, chocolate.

VI. Dried Fruit

Apples, prunes, pears, peaches, apricots, raisins.

VII. Legumes

Dried lentils, dried peas, dried beans, dried soy beans - - tomato puree (canned).

VIII. Notions and Miscellaneous

Elastic, shoe laces, darning cotton and thread, sewing needles, snaps, buttons, mending tape.

Soap, combs, toothbrushes, zinc ointment, aspirin, cough drops.

Shoe repair materials, rubber soles and heels.

Stationery, pencils, pen points.

Packages may weigh up to 11 pounds if sent by parcel post. The rate is 14c a pound. Obtain the necessary forms to be attached to each package at your post office. An 11-pound package composed of one or two items from each of the groups listed in addition to notions will cost \$3 to \$4.