**Preston Remembers**

**Prisoners of War from Lancashire Regiments - Resource on Mylearning.org**

WWI Prisoner of War Parcels - Four variations of Parcels’ were sent on rotation to add variety and supplement the meagre diet that prisoners experienced in Germany.

**Parcel A**1 lb Beef  
½ lb Vegetables - cabbage, brussels sprouts, turnips, carrots or onions  
1 lb Sausages  
1/2 lb Cheese - tin  
¼ lb Tea  
½ lb Nestles Milk  
½ lb Sugar  
½ lb Margarine or dripping  
1 lb Jam  
1 lb Biscuits  
50 Cigarettes or 2 oz Tobacco and papers  
1 Tin Sardines  
1 Tablet soap

**Parcel B**1 lb Tin Rations  
1 lb Tin Herrings  
1 tin Oxo Cubes or Marmite  
1 lb Biscuits  
¼ lb Cocoa  
½ lb Bacon  
½ lb Dripping  
1 tin Baked Beans  
50 cigarettes  
½ lb Nestles Milk  
1 lb Syrup  
1 lb Rice  
1 Tablet Soap

**Parcel C**1 lb Beef  
1 lb Tin Salmon  
½ lb Ration Biscuits  
½ lb Milk  
¼ lb Tea  
½ lb Sugar  
1 lb Tin Fruit or dried fruit  
1 tin Oxo Cubes  
¼ lb Chocolate  
½ lb tin Beef, Ham or Veal loaf  
1 lb Suet Pudding  
½ lb Margarine or drippingQuaker Oats or Grape Nuts1 Tablet Soap

**Parcel D**1 lb Tin Beef or Rations½ lb Bacon1 lb Tin Sardines1 lb tin Baked Beans3 Soup Squares¼ lb Tea½ lb Nestles Milk½ lb tin Beef, Ham or Veal loaf½ lb Biscuits½ lb Dripping½ lb Current Biscuits50 Cigarettes1 lb Tin Marmalade or JamQuaker Oats1 Tablet Soap

The Ban on personal parcels brought in early in the war caused great resentment and on 1 December 1917 a ***personal parcel*** scheme was introduced where next of kin were allowed to send one parcel each quarter weighing between 3 - 11 lb and containing any of the following contents:

Tobacco Pipe Hair Brush

Sponge Tooth Brush

Pencils Clothes Brush

Tooth powder Buttons

Pomade Chess

Draughts Cap Badge or Badges of rank

Shaving Brush Dominoes

Safety Razor Dubbin

Bootlaces (mohair) Hobnails

Pipe Lights Sweets (8oz only)

Housewife (sewing kit) Medal Ribbons

Handkerchiefs (one per quarter) Brass polish

Shaving Soap (one stick per quarter) Mittens (one pair per quarter)

Health salts Mufflers (one per quarter)

Insecticide powder Combs

Braes and belts (if they were made of webbing and include no rubber or leather)