

Richard Forbes**Red Cross Parcels**

The first Red Cross parcel we got was when, whilst we were still in hospital and it was absolutely manna from heaven. The sort of thing you would get, a tin of sardines, tin of kippers, a large bar of chocolate, a tin of meat, some tea, some sugar, soap of, course. A bit of coffee, sometimes dried milk. Luncheon meat was another thing. Irish stew. In other words a complete balanced diet of meat and vegetables and so on.