

**SELF-SUPPORTING INDIANS**

Red Men in Ontario and Many in the West Earn Their Living

Making of a crop of \$3,000 of wheat grown by the Indians near Calgary, the Minister of Indian Affairs, said.

"In Ontario and Quebec the Indians are completely self-supporting, most



**"THE OLD ORDER CHANGETH"**  
Indians with painted faces and feather head-dresses are still occasionally seen on the Western plains, but in another decade or two they will be but a memory.

of them, like those in Caughnawaga Reserve, being a very good type of citizen and furnishing many skilled workers. The department contributes not a cent towards their maintenance except, perhaps that it helps out a few of the old people in the reserves. In the West the same thing is being accomplished. Here is a sample, for instance, of No. 1 hard wheat, grown on the farm of an Indian named Broad Scalp Lock, in the Blackfoot Reserve. In 1919 these people sold

part of their reserve and with the money thus obtained, went into farming. They adopted modern methods, using traction engines and plows.

**UNLIMITED DIGESTIVE POWERS**

The Eskimo Suffers No Ill Effects From His Great Appetite

The Eskimo is said to defy all the laws of hygiene and thrive. He eats until he is satisfied, but is said to never be satisfied while a shred of the feast remains unconsumed. His capacity is limited by the supply and by that only.

The Eskimo cannot make any mistake about the manner of cooking his food, since, as a rule, he does not cook it. Nor, so far as the blubber or fat of the Arctic animal is concerned, is the Eskimo concerned about his manner of eating it. Indeed he may be said not to eat it at all. He cuts it into long strips an inch wide and an inch thick and then lowers the strip down his throat as one might lower a rope down a well.

Despite all this, the Eskimo does not suffer from indigestion. He can make a good meal of the flesh and skin of the walrus, provisions so hard and gritty that in cutting up the animal the knife must be continually sharpened.

The teeth of the little Eskimo child will, it is said by those in a position to know, meet in a bit of walrus skin as the teeth of a Canadian child will meet in the flesh of an apple, although the hide of the walrus is from half an inch to an inch in thickness and bears considerable resemblance to the hide of an elephant. The Eskimo child will bite it and digest it and never know what dyspepsia means.

**A Dependent Tree**

The mapalo tree is one of the curiosities of the tropics. This variety of tree never grows without the aid of another tree. It at first resembles a vine, and usually selects a young palm tree as its aid in its upward growth. In a few years' time it has grown until it has completely surrounded the palm and has choked out the life that aided it.

**Our Dust-producing Cities**

Modern cities are dust producers. Streets and pavements and even sidewalks are worn by friction of the traffic, especially in this age of the railroad and automobile; car wheels are ground to metallic dust; fabrics turn to lint; fuel burns with products of smoke and ashes. Dust is being continually produced both within and without our factories and houses.

**CAPE BRETON'S ATTRACTIONS**

What the Island Offers to the Tourist and Sportsman

The landscape of Cape Breton is varied with mountains, valleys and meadows, rivers and inlets. The mountain ranges, which are low, run chiefly through the northwestern part of the island. In the northern peninsula the scenery is rugged and grand. Here hunting and fishing are excellent and the sportsman can wander for miles through absolutely wild lands.

The feature of Cape Breton's attractiveness that is most peculiar to itself is made up of the great arms of land enclosing bays of the sea, which caused the Indians to term Cape Breton the "Island of the Sea." The French people named these waters the Bras d'Or lakes, and it is under that name that they stir the interest of travellers from any country and bear comparison to the lochs of Scotland.

These lakes comprise about one-sixth of the area of Cape Breton and are deemed invaluable both commercially and from the viewpoint of scenery lovers, pleasure seekers and tourists.



**JOSEPH E. DAVIES**  
of Wisconsin who was appointed by President Wilson as Commissioner of Corporations, to investigate which form of industrial organization, the monopolistic or the competitive form, can produce articles the most cheaply consistent with other beneficial conditions to society. In other words "What to do with the trusts."

or a man can write a better book, preach a better sermon or make a better mouse trap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door.—Ralph Waldo Emerson

**MOOSE VERSUS DEER**

Savage Battle Fought on Railway Tracks While Train Waited

The passengers on a train near Cobalt saw a sight that few human beings have ever witnessed, and that was a battle between two buck deer and a moose. The engineer, turning a curve in a forest, saw the animals on the track ahead. He whistled several times and slowed down, coming to a stop within forty yards of the strugglers but they took no notice so bent were they on tearing each other to pieces.

Many of the passengers alighted and ran to the front of the engine; some threw stones but still no heed was given and for about five minutes the watchers witnessed a magnificent struggle.

The antlers of the two bucks had become entangled but it could not be seen whether the horns of the moose were caught or not as he kept his head down and fought with his feet, snorting angrily. The two weaker animals were exhausted and seemed to be staving off defeat as long as possible. The sides of all were rent with wounds and blood streamed on the tracks. Finally the moose drew back about five yards and with a plunge bowled both of his opponents into a ditch beside the track. Then, for the first time, he seemed to notice the human beings, and bounded off into the woods.

The passengers and trainmen climbed on board and the train started leaving the two beaten animals lying weak and exhausted beside the track with their horns still locked.



A caricature of Caruso, the famous singer, drawn by himself, only numerical figures entering into the composition. Caruso is quite clever as a black and white artist, and has frequently stated that he would rather be a cartoonist than an opera singer. At the latter calling, however, he earns about \$200,000 a year.

**EUGENICS DEFINED**

Sir Francis Galton's definition of eugenics is "the study of agencies under social control, that may improve or impair the racial qualities of future generations, either physically or mentally." He has also defined eugenics as "the science which deals with all influences that improve and develop the inborn qualities of a race." He appears, however, to have referred more particularly to hereditary influences, for in this connection he adds: "The aim of eugenics is to represent each class or sect by its best specimens, causing them to contribute more than their proportion to their next generation; that done, to leave them to work out their common civilization in their own way." Another high authority has drawn a clear distinction between "race improvement through heredity" eugenics—and "race improvement through environment" for which a new term "euthenics" has been coined. In this stricter definition "eugenics" is concerned specially with the improvement of the human race through marriage and parenthood associated, as these are, with the problems of heredity, race culture and race development.

**Peculiar Way to Cool Water**

In central Nicaragua the native women cool water in one of the most peculiar ways imaginable. They take an earthen jar, fill it perhaps three-quarters full of water and when anybody wishes a cool drink they grasp the jar by two leather handles and swing it through the air as if it were an enormous dumbbell. The con-

water from flying out and yet it is all the time moving rapidly within the jar. In a few moments the water is comparatively cool and is relished by the thirsty passerby.

**Hogs and Hens Bad Neighbors**

No fowl is safe, that eats with hogs. No one can tell what moment a hog may decide to have chicken for a relish. The more choice the fowl the greater the risk.

**BLANKETING THE HORSE**

Judgment Should be Used or Animals Will Suffer

There are horse blankets and horse blankets, all classes of horses and every kind of weather and condition in which to use them, but horses often are forced to suffer through their use, or rather misuse.

The common practice of blanketing horses along in the fall, when their winter coat begins to come in, to keep the animal looking "fine," is a source of, to say the least, discomfort to the animal; to keep a horse in a warm stable, heavily blanketed, and then work him throughout the day, without this "wrap," shows lack of judgment. No doubt a sleek coat can be maintained in this way, but it is rather hard on the horse. The use of heavy blankets under normal conditions cannot be condemned too much. Their place is for use in severe weather, where horses have to stand outside or in open sheds during the winter. For stable use a light sheet only should be used. Even during fall months, the horse, unless very hot, should receive only a light covering.

The heavy blanket, while it is valuable to protect the horse in certain conditions, and should always be in a handy place on the farm ready for use, can be greatly abused and indiscriminate use can cause the horse as much or more discomfort than if it were taken away entirely. Blanket the horse for protection, and not for show.

**Sandy Run For Poultry**

A sandy soil makes a good poultry run. Filth is sooner washed into it and after a rain it is soonest dry. Then there is the grit.

About 350,000 of its notes are destroyed by the Bank of England every week.

**Sign Boards in China**

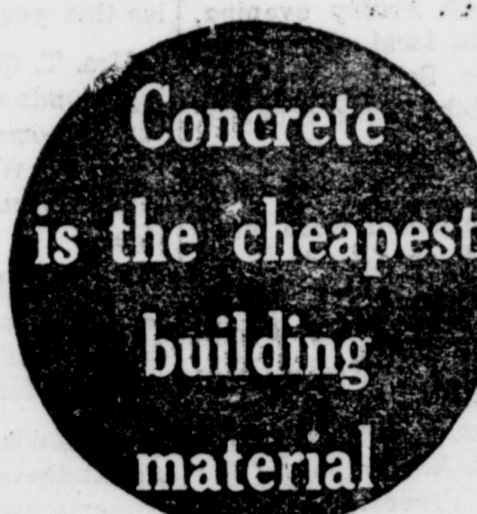
Tradesmen in China have quite a high appreciation of the value of advertising as any other people in the world. In China the biscuits bear the imprint of the baker, and the ducks bought in Celestial markets frequently show on their backs a big red stamp bearing the name of the seller. Chinese shops have large sign boards which show an odd mixture of the poetic and the commercial traits of the people. Here are a few examples: "Shop of Heaven-sent Luck," "Tea shop of Celestial Principles," "The Ten Virtues—All Complete," "Flowers Rise to the Milky Way." A charcoal shop in Canton calls itself the "Fountain of Beauty," and a place for the sale of coal indulges in the title of "Heavenly Embroidery."

**Mi-o-na**

An Excellent Stomach Remedy

Mrs. J. R. Whyte, Killarney, Manitoba, who says: "I have found great comfort and relief from Mi-o-na. I had been greatly troubled for months with heartburn and a heavy burning feeling in my stomach. A fair meal would disturb me so much that I would have to sit up at night—the food would sour on my stomach and form a gas which would cause belching and dizzy spells. These distressing troubles disappeared after using Mi-o-na and I shall always speak highly of this excellent stomach remedy."

Mi-o-na is the best prescription for stomach trouble ever written. It gives quick relief and cures permanently. Mi-o-na is put up in tablet form and is small and easy to swallow. Sold by leading druggists everywhere. 50 cents, with a guarantee to cure or refund your money. Or postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. You will search the world over and not find a stomach remedy half so good as Mi-o-na. Sold and guaranteed by E. W. Malt.



**WHETHER** for a silo, a milk-house, or a million bushel grain elevator, concrete is the most economical building material in use today. Concrete never requires repairs, and the saving in repair-expense alone makes the greater economy of using concrete more apparent every day. The cost of other building materials is constantly increasing. The cost of concrete is being reduced.

**Canada Cement**  
which Canadian farmers use, with their own sand, stone and gravel to make concrete, is the only ingredient you have to buy. We have, by reason of our large output and scientific methods, been able to bring the price of "Canada" Cement so low that it is within the reach of everyone. An increase in demand results in a greater economy of production, and when conditions have warranted it, we have, from time to time, shared this saving with the consumer by reducing the price of Canada Cement. This demand will continue to increase—as fast as farmers learn of concrete's superiority over other materials. When you buy cement, see that you get "Canada" Cement; by so doing you will assure the complete success of all your concrete work. Send a post card for our book "What the Farmer Can do With Concrete." It is free. There is a Canada Cement dealer in your neighborhood. **Canada Cement Company Limited** - Montreal

