

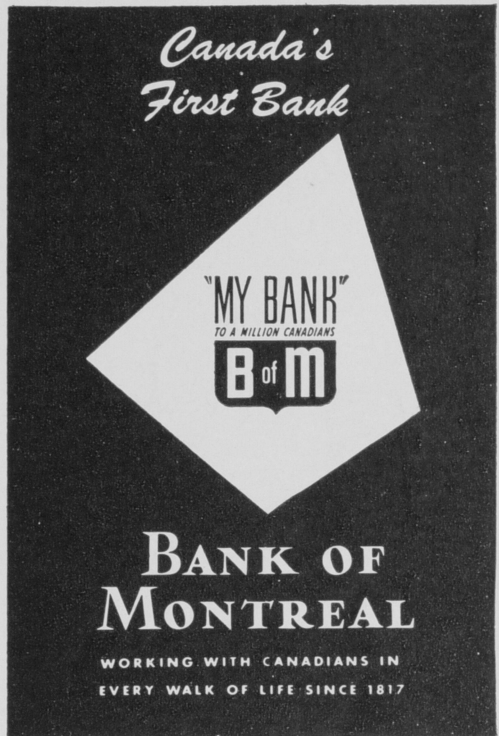
the difficulty of knowing where to issue them this allowance. Care must be exercised to insure that the parents understand the meaning of it, and apply these funds as is intended for the welfare of the child. Lastly these children require foods which are lacking in their native diet so attention must be given to selection.

Records are kept of each child and he is issued credit accordingly, in his mother's name. When a family wishes to make use of this credit they apply to the RCMP Registrar of Family Allowances, who issues a voucher for goods at the local Hudson's Bay Company Post. Milk, pabulum, sugar, flour, tomatoes and clothing are the basic requirements.

Old age pensioners are treated in the same way. Occasionally destitute rations must be issued to hungry camps or individuals and clothing and skins provided. Starvation is not uncommon in the northland.

A small store is maintained at each detachment from which native special constables may select goods in lieu of wages. Every Saturday morning—or depending upon the individual detachment—a ration of food stuffs is issued to them to supplement their native diet for the following week. Eskimo families working for white establishments lead a very comfortable life as compared with their people who must live on a meat diet and in a snow house for most of the year. These special constables are also provided with a small house, light and fuel.

All is not work, there is the social aspect of life. It is limited to a usually small group, comprised of two or three white establishments. There are two Hudson's Bay employees, a Roman Catholic priest, an Anglican missionary and his wife, the H.B.C. manager's wife and two police constables here. This is a pretty average group at any of these settlements, although at some of the more southerly points there may be a hospital with its doctor and staff of nurses.



The long winter nights are spent playing cards and games, story-telling, singing, and listening to the Northern Messenger, a CBC radio program service which brings messages to those in the North from their families, keeping one huddled close to the radio until two and three in the morning. The climax of visiting is a big lunch, for everyone in the North eats heartily.

The standard of living is high, all the departments provide their employees with a generous ration which is based upon research and careful planning to provide a well balanced diet. Vitamin pills supplement what the normal foods cannot provide.

We have to cook our own meals, wash dishes, clean the floors and walls, haul water, wash and iron clothes, cut each other's hair, and generally speaking do everything for ourselves. After a couple of years in the North one may become a fair cook, even though cooking was before disdained as woman's work. Bread baking is usually the introduction to