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Supplementary Figure 1: Temperature dependence of magnetization in a magnetic field of 100 Oe in Ho.



Supplementary Figure 2: Magnetization curve at typical temperature in Ho. These data are identical to those in Fig. 2 in the main text. The unit of magnetization is emu/g.



Supplementary Figure 3: Temperature dependence of negative magnetic entropy change for a magnetic field change from $\mu_0 H = 0$ T to $\mu_0 H = 2$ T in Ho. From this data, the relative cooling power (*RCP*), defined as $RCP = \Delta S_M^{\text{max}} \cdot \delta T_{\text{FWHM}}$, can be estimated to $RCP \sim 0.5$ kJ/kg in $\mu_0 H = 2$ T in Ho, where ΔS_M^{max} is the maximum value of ΔS_M , and δT_{FWHM} is a full width at half maximum so-called working temperature span.