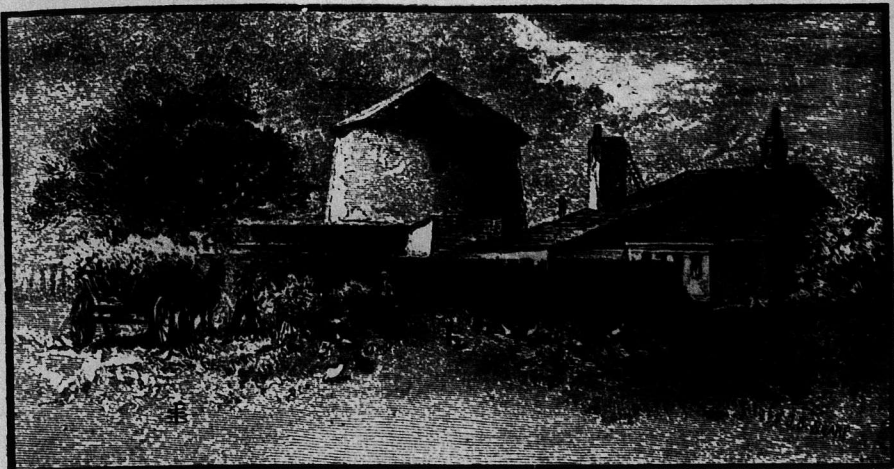




Martello Tower.—On Plains of Abraham.

Louis, on the site of the present Chateau Frontenac Hotel, and the parish church of Notre-Dame de la Recouvrance, on the site of the present Basilica.



Prescott Gate, now removed, guarded the approach to Upper Town by Mountain Hill.



Heights of Abraham.

1656. GREAT IROQUOIS RAID and massacre of the Hurons in sight of Quebec.
1660-3. CANADA threatened with extermination by Indians, by famine, by the complete downfall of the whole Colony, and by the most terrible earthquakes in her history. LAVAL, the first Bishop, and La Mere Marie de l'Incarnation, first superior of the Ursuline nuns, persuade Canadians that their country is at the beginning of a great career and not at the end of a dismal failure. Laval founded his



Wolfe's Cove.

Seminary during the seven months of continual earthquakes. The present Ursuline convent went through four sieges in 85 years, and never lacked nuns to risk their lives in trying to safeguard it under fire, or to join the Hospitaliers in nursing the sick and wounded of both sides in five battles.

1663. The Chartered Company of the Cent Associes lapses, and Quebec is declared the capital of the Royal Province of New France.
1665. The new Royal Government arrives, de Courcelles, his Lieutenant and Commander-in-Chief, the Marquis de Tracy, the great Intendant, Jean Talon, two hundred and twelve persons of title or fortune, twelve companies of French regulars and many settlers who became known as habitants.
1670. Seven hundred births are reported in the Colony during this year.
1672. Frontenac arrives and governs Canada ten years.
1688. Laval, the first Canadian bishop, founds a church, called Notre Dame des Victoires, after the saving of Quebec in 1690 and 1711. Taschereau, the first Canadian Cardinal, celebrated the bi-centenary in 1888.
1689. Frontenac returns for nine years.
1690. FRONTENAC repulses Phips and his New England Armada.
1692. Frontenac builds the first walls round Quebec.
1711. Sir Hovenden Walker wrecked on his way to attack Quebec.
1755-60. Complete inefficiency under the Governor-General, Vaudreuil, and corruption under the Intendant, Bigot.
1759. Siege of Quebec and Battle of the PLAINS OF ABRAHAM.
Inscription over Wolfe's death-place: HERE DIED WOLFE VICTORIOUS.



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OPEN A TIN



Open one tin of Gold Standard Coffee. Then set it alongside a tin of any other brand—or, better still, pour out a small pile of each on the table. Now, examine them carefully. Notice that Gold Standard is all pure brown particles of

the coffee berry while the ordinary coffee is full of dust and light colored flakes of

"chaff." This "chaff," though it looks small and harmless, contains

a large per cent. of tannic acid, and is very injurious to the stomach and digestive organs. That's why many people cannot drink ordinary coffees.

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