

QUEENSTON HEIGHTS

rude hardships, were spent in establishing hospitals and in bringing health, physical and moral, to the new *Canadiens*. Their deeds are written in the Lamb's Book of Life.

The value to Canada of the high quality of the characters of the United Empire Loyalist women cannot be over-estimated, nor can that of the present day colonizers on the lonely prairies of the Great North West; heroines all.

Upper Canada (Ontario) thinks with pride and cherishes the memory of Laura Secord whose devotion to her country helped to keep the Union Jack afloat on this continent.