THE STANDARD ST. JOHN, N. B., SATURDAY, FEBRUARY 7 1914

## DEEDS THAT W N THE EM PIRE---Historic Battle Scenes

12



Perfection

coast, destroying batteries, off supplies from the French lowing up coast roads, and perspiring battallons of the marching to and fro to meet pents. On the French coast, bochrane held large bodies of asts as to find full en

he French isl ay, and to a guadron of fr

alysed by his sin-oposed to the Eng-take possession of in the Bay of Bis-him, with a small sional reward for hi tinued on page 13)

## "Eat More Bread"

Of course you should "eat more bread"—and less meat—but be sure your "bread" contains all the body-building material in the whole wheat prepared in digestible form. The only "bread" that fulfils all these requirements is



steam-cooked, shredded and baked. It is a natural, elemental food and is not treated or compounded with anything. Its purity, cleanliness and food value stand unchallenged, being endorsed by the highest health and dietetic authorities in Canada and the United States.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted Triscuit, the Shredded Wheat wafer, for Juncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



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WRITE ST. JOHN AGENCY, NO WATER STREET.



OIVIN, WILSON & CO., LIMITED, MONTREAL.



little whisky in the house—a whisky that is absolutely pure and wholesome, that is up to the full strength standard and that has the mature flavor and digestibility of natural age. McCallum's Perfection Scotch adequately meets these requirements of the medical fraternity.

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and, instead of and divert from eimply anxious with the utmost French, meanw ieir e nemy lyin nt in the ed as th d as their show af

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pan for destroying The Scotchman Cochrane in this clined the daven that to send a y execute such an regarded as an fleet, and he woo hand against hi however, was pe rane yielded, but ading fleet was wrath from all they asked, "was We could have well as he. Why let us do it?" La failen into a sor melancholy, was in distributing tr

melancholy, was in distributing tr than in trying to and Harvey, his an old Trafalgar rane arrived with terviewed his ad-in a white-heat deck, and ended "if Nelson had dock, and ended "if Nelson had not have ancho Roads at all, bu at the enemy at no doubt, reliev feelings, but it che was court-ma ed from the ser ance.

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Cochrane, how Cochrane, how charcteristic dar carry out his tas consisted of one i two of 80 guns, 50-gun ship, and fourtecen ahing up in two lines powerful shore h gates as out-gun against fire-ship been constructed forming two sidd the apet towards er this huge floo beat squadrons k Cochrane's plan by real genius. explosion vessel the largest scale to by real genius. explosion vessel the largest scale the hundred b bound tragether wedges and mo' four betwixt th one gigantic boo of gunpowdtr fo top of this huge piled, as a sort ment, hundreds c sands of hand gr every form of m pacted into a soi tuceh a floor what ever lived, at his foes thro qualcon, calculated

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Boils in themse rouble, but still ery painful, an id of them is to impurities. Clea

years ago, withe doctor