

THE PRAYER OF GOD,
We ask Thee, O Lord!
Thy children, O Lord!

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ADLAIDE PROCTOR

An Irish Fairy Tale

(By Seumas MacManus)

Once on a time, long, long ago,
there was a widow woman who had
three daughters.

But he was not long dead when an
old Hag came begging to the house
one day and stole the long leather
bag filled with gold and silver.

So from that day the poor woman
and her three daughters were poor,
and she had a hard struggle to live
and to bring up her daughters.

She said she was going to push her
fortune.
Said the Hag: "How would you like
to stay here with me, for I want a
girl?"

"What will I have to do?" said she.
"You'll have to wash me and dress
me and sweep the house clean, but
on the peril of your life never look
up the chimney," said the Hag.

"All right," she agreed to this.
The next day when the Hag arose
she washed her and dressed her, and
when the Hag went out she swept the
hearth clean and thought it would
be no harm to have one look up the
chimney, and there what did she see
but her own mother's long leather bag
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head for it was then night.
When the Hag came into her but
again and found the girl gone, she
ran to the chimney and looked up to
see if he had carried off her bag.

"Aye," said the horse, "it is not
long since she passed here."
So she goes on and it was not long
before she met the goat, and said
she: "Goat, goat of mine, did you see
this maid of mine, with my tag, with
my tag, with my long leather bag and
all the gold and silver I earned since
I was a maid?"

"Aye," said the sheep, "it is not
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clared them Pure and Free from any Dale-
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(Vm. ROSS, Manager.

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Telephone Main 679 360 YONGE STREET
TORONTO

LOSS OF FLESH, cough, and pain
on the chest may not mean consump-
tion, but are bad signs Allen's Lung
Balm loosens the cough and helps
inflamed air passages. Not a grain of
opium in it.

Chats With Young Men.
The habit of procrastinating to one
that an effort should be made to
overcome. As remarked by a promi-
nent business man, "it is not work,
but arrears of work that kills." Im-
portant duties are deferred from day
to day until the time comes when
they absolutely have to be done, and
in the meantime their neglect may in-
volve serious loss. The only safe rule
is to make up one's mind to perform
the most difficult task first and in
carrying this into effect the will is
not only strengthened but decision of
character gained.
Genuis has been defined as nothing
more nor less than a capacity for
hard work.
While every young man cannot be a
genius, he can be the next best thing, a
hard worker, and if with this he com-
bines a love of work, he has within
him the elements for a successful
career.
BE NOT SOLICITOUS
The true servant of God is not
solicitous about the morrow. He per-
forms faithfully what God requires of
him to-day, and will perform what
God requires of him to-
morrow and the same the next day
and the next day without a word.
Thus he unites his will, not to the
means of serving God, but to the ser-
vice and good pleasure of God. Be
not solicitous about the morrow, and
say not "What shall we eat?" or where
with shall we be clothed?" or how
shall we live?" For your Heavenly Fa-
ther knoweth that you have need of all
these things, seek first the Kingdom
of God, and all these things shall be
added unto you.—St. Francis de
Sales
CONFESSION
How many are the souls in dis-
tress, anxiety, or loneliness, whose one
need is to find a being to whom they
can pour out their feelings unheard
by the world? Tell them out they
must; they cannot tell them out to
those they see every hour. They want
to tell them and not to tell them; and
if they are not told, they wish to tell
them to one who is strong enough to
bear them, yet not too strong to de-
spise them, they wish to tell them to
one who can at once advise and can
sympathize with them, they wish to
relieve themselves of a load to gain a
solace, to receive the assurance that
there is one who thinks of them, and
one to whom they can betake them-
selves, if necessary, from time to
time, while they are in the world.
How many a Protestant's heart would
tear at the news of such a benefit,
putting aside all distinct ideas of a
sacramental ordinance, or of a grant
of pardon and the consoling grace
of it there is a heavenly idea in
the Catholic Church, looking at it
simply as an idea, surely next after
the Blessed Sacrament, Confession is
such.
And such it is ever found in fact —
the very act of kneeling, the low and
contrite voice, the sign of the cross
bending low, and the words of peace
and blessing. Oh, what a soothing
charm is there, which the world can
never give nor take away! Oh, what
a strong heart-subduing tranquility,
provoking tears of joy, is poured al-
most substantially and physically up-
on the soul, the oil of gladness, as
Scripture calls it, when the penitent
at length rises, his God reconciled to
him, his sins rolled away for ever.
This is Confession as it is in fact.—
Newman.
CHARACTER.
The corner stone of character, that
on which the whole edifice is to rest,
must be truth. Be truthful in word
and deed and act, faithful to your con-
ception of right, and you can no
more help building a noble character
than the earth can help moving in
its orbit. A boy who has the courage
to tell the truth under all circum-
stances, even when it may appear to
be to his own disadvantage, will never
do a mean, unmanly, or dishonest
thing. He will not stoop to do any-
thing questionable, no matter what
material gain it may promise.
There is nothing else in the world
which carries so great weight, which
means so much, in every walk of life,
as character. It carries its own re-
commendation wherever it goes. It
carries conviction to a human heart
as nothing else can. No smallness of
manhood, no limitation, no matter
how skillfully wrought, can take its
place. Without character, everything
is hollow and superficial, like sounding
brass or tinkling cymbals. Without it,
an author, no matter how brilliant or
cultivated, or naturally gifted he may
be, is a failure.
Every voluntary word or act of a
man's life takes on the character of
the man himself. That is why one
man's words carry so much more
weight than those of another; why the
words of one will bring conviction to
a nation, while those of another,
though he use the same language,
will convince nobody, because the
hollowness and insincerity of his life
are in some subtle way photographed
in his speech. In other words, man-
hood must stand behind every effec-
tive utterance.—Success.

ONE FACT IS BETTER THAN
TINN HEARSAYS. Ask Doctor Bur-
gess, Supt. Hospital for Insane, Mon-
treal, where they have used it for
years, for his opinion of "The D. &
L." Mental Plaster. Get the genuine
made by Davis & Lawrence Co., Ltd.

A BUILDER—ARE YOU LOSING
WEIGHT?—"The D. & L." Emul-
sion will always help and build you
up. Restores proper digestion and
brings back health. Manufactured by
the Davis & Lawrence Co., Ltd.

"O, poor cow! Poor cow!" she said,
"I'll surely do that." And she laid
down her bag and milked the cow.