

N. B.—If any of these Eves fall upon a Sunday, the fast day is to be kept upon the Saturday before.

When the solemnity of a Feast is translated to the Sunday, the fast day is kept on the Saturday, the eve of that Solemnity.

If the Feast fall on Saturday, the fast day is kept on Friday.

*Days of Abstinence from flesh meat,
though not fasts.*

1. **ALL** Sundays in Lent.
2. St. Mark's day, unless it falls in Easter-week.
3. Rogation days, being the three days before Ascension day.
4. All Fridays, throughout the year.
5. All Saturdays, except from Christmas day, till the solemnity of the Purification.

N. B.—If Christmas day fall on Friday or Saturday, it is not kept with abstinence from flesh.