

Psalm XXXII

(Written For The Catholic Bulletin by Helen Hughes Hieleber.)

Rejoice, ye upright, in the Lord, And sound His praise with heart and organs...

The Easter Violets.

I spoke by chance of modest flowers And how in all the banks and bowers...

That Mythical Hell

(Written For The Catholic Bulletin by James C. Nolan.)

When you've found a pendulum with a swing That keeps on going one way...

Itching Skin

Distress by day and night—That's the complaint of those who are so unfortunate as to be afflicted with Eczema or Salt Rheum...

Hood's Sarsaparilla

A long and never a short, Rejoice my friend, you are on the track Of something of large import.

Tales of The Festivals

ASH WEDNESDAY.

All Hail, Jesus! Mary, All Hail,

(continued from last week.)

It was a very unusual occurrence with her, and she was sentenced to kneel for penance in the middle of the room...

"My dear child," said the good nun, "you are much too young to think of fasting."

"No, indeed, I cannot, dear sister Mary Aloysia," said Marie.

is taken by people in tropical countries all the year round. It stops wasting and keeps up the strength and vitality in summer as well as winter.

approve of their living on plain food during Lent, if they themselves are willing to give up some little dainties for the sake of the sweet Jesus...

"That puts me in mind," said Marie, with a deep blush, "that I ought to go and kneel in the middle of the room, because that was the penance you gave me for not knowing my lessons, Sister Mary Aloysia."

"Well, then," said Marie, very humbly, "I will go to the school-room and finish it now, because I know I deserve it for my disobedience; and besides, if I must not fast, it will at least be doing some kind of penance for Ash Wednesday, will it not, Sister Mary Aloysia?"

"I think Marie is a real little Angel," whispered Madeline to Sister Mary Aloysia.

"You will be faithful, if you really wish to be so, my child," said the good nun.

Was Badly Run Down. Milburn's Heart and Nerve Pills Built Her Up.

Mrs. Frank Blough, Sarnia, Ont., writes—"I embrace the opportunity to write you saying that I have used Milburn's Heart and Nerve Pills, and found them very helpful to me."

Money is pitifully cheap when it is all a man has.

Minard's Liniment cures andruff.

Some are born lucky others acquire luck and still others blunder into it.

W. H. O. Wilkinson, Stratford, Ont., writes—"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price a box 50c."

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A hungry man never objects to making the thirteenth at the table.

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W. A. HUTCHINSON.

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Mary Ovington, Jasper, Ont writes—"My mother had a badly sprained arm. Nothing we used did her any good. Then father got Hagyard's Yellow Oil and it cured mother's arm in a few days. Price 25 cents."

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Coughed Almost All Night With That Dry Tickling Sensation in the Throat.

A bad cough, accompanied by that distressing, tickling sensation in the throat is most aggravating.

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Mrs. Duell Marshall, Basswood Ridge, N.B., writes—"Just a few lines to let you know what Dr. Wood's Norway Pine Syrup did for me. I took a severe cold, coughed almost all night with that dry, tickling sensation in my throat. The first bottle did me so much good, I thought I would try a second one, which I am pleased to say resulted in a complete cure. I can strongly recommend it to any one suffering from a cough or any throat irritation."

The price of Dr. Wood's Norway Pine Syrup is 25c a bottle; the large family size, 50c. It is put up in a yellow wrapper; three pine trees the trade mark, and is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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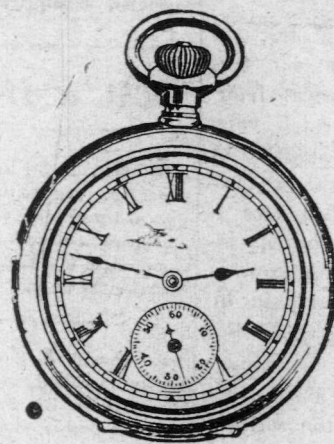
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