In The Upper Room

'Naught of my Father have ye asked," He said, "In my name yet," and silence fell on them

whose eves tear-wet Could scarcely see His snowy gar-

ment bcm. Down from the mountains came the dark apage Freighted with dewy odors of the

night, Like compfires gleaming from a for est space Skimmed the stars above them, beight o'er beight.

Like highest stars His eyes were in the dusk Wistful and yearning, drawing them

from all muk

Woos weary traveller from a garden wall. Hamble and ecant of speech bow could they phrase

Their passionate loving into spoken

word?-They only knew that all their coming days

Were turned to ashes if they lost their Lord. Untutored toilers with their rough

red bands Clasped there before Him who had loved them much, How could they know that all Bis world-wide lands

Were waiting for their Christanointed touch! How could they know whose griev-

ing hearts took in Bat His 'good-bye', while bread He blessed and brake Toat all his struggling wo-ld of wo

Was waiting for the message they would take

"I will not leave you comfortless, He said

Taen whispered softly "I will come Ab, poor and blird, how could they know His tread

Should corquer bell before His words proved true. Out of the darkling duck like daffodils

His Father's stars with realms un-

He called and they had followed Him, the Christ.

higher aim, No throne, no kingdom, no exalted

No san, no shining save His spirit's

"A k and ye shall receive," He said

to them. His board.

But closer pressed they to Bis garment bem Knowing no other need but Himtheir Lard.

TERESA BRAYTON.

The Old Parishioner

By T. A. DALY.

The graybeard glories in the past And prates of "good old days," Toese times are out of joint, he growl,

And sneers at modern ways. He skakes his bead at every mov That's up-to-date and new, And everything you do is just The thing you shouldn't do. It's: "Mercy save us! Look at that!

We're slidin back, I fear. The parish isn't what it was Whin Father Mack was here. "The weddin's now are not so fine

As weddin's used to be, An', fai:b, they're not sa numerous At all, at all, says he. "Then, christenin's too were plenti

An' carried out wid style; 'Twould warm your beart to them there A-crowdin' ap the aisle

An' sermone! How the crowds would To listen! Dear, O! dear, Toe parish isn't what it was

-Whin Father Mac was here." Yet, from a study of the roll And records'twould appear The parish claimed but fifty souls When Father Mack was here.

Lost Roses

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

I caunot smell your roses when I'm Nor see their petaled depts that hold the dew;

Though banked in masses all about my bead, No sense of mine can unto then

pierce through. To me they must be if as they wer

Their all-transcending loveliness b

Why bring them when I canno know? What Shall quit your conscience

Get the Most Out of Your Food You don't and can't if your stoma is weak. A weak stomach does not d gest all that is ordinarily taken into

It gets tired easily, and what it fails t digest is wasted. Among the signs of a weak stomach are uneasiness after eating, fits of ner yous headache, and disagreeable belch

"I have been troubled with dyspeptia for years, and tried every remedy I heard of but never got anything that gave me relie until I took Hood's Sarsaparilla. I camporaise this medicine too highly for the good it has done me. I always take it in the spring and fall and would not be without." W. A. NUGENT, Belleville, Ont.

Hood's Sarsaparilla strengthens and tones the stomach and the whole digestive system.

wasteful cost? My catafalque be drapped in somber

With lighted tapers at the feet and

For so our fathers through the ages Deemed fiting when they prayed

Tales of The Festivals.

beside their dead.

ASH WEDNESDAY. All Hail, Jesus Mary, Ail Hail!

(Continued from last week.) "Certainly not, my dear obild'. Fasting was very common among

he Jews, either on occasions of private sorrow or of public repentance. Besides these, which were only vol un'ary, the law of Moses ordained a general fast on one particular day of the year, which was for this reason called the day of atonement.'

"But were the little children obiged to fast under the old law, Father Pierre?" asked Madeleine, with a shy lance at ber sister.

"Not absolutely to fast," he anwered, almost langhing at little Nina's look of consternation; "but whenever a Jawish mother consecrated one of her children to God (as was sometimes the case), she wine and certain kinds of meat. Such a child was called a Nazarite,

manner to God." continued Madeleine; "for dear old And knowing Him they knew no Madem Margaret once told me he went into the desert when he was only five years old, and that he lived there on locusts and wild honey."

"Well," cried Nins, "the wild noney was not so bad; -but the No lare beyond the wonder of His locusts! they must have been very nasty indeed, Madeleine."

'Console yourself, my dear child," said the good father, drawing the Possants and fi her folk thronged little girl gently towards him; "we shall not ask you to give up your |our Blessed Saviour?"

oney and locusts, but there is one kind of mortification which even came to Him, saying, 'Why do we got Hagyard's Yellow Oil and it li the children may and ought to and the Phrisees fast often, and your cured mother's arm in a few days practice at all times of the year, and disciples do not las? He snswered Price 25 cents." more especially during the holy that His disciples should fast when

"O's, do tell us, Father Pierre," oried Marie and Madeleine in the same instant. Father Pierre tried to look very

grave, but there was a smile lurking Nina to go without her breakfast mornings; but I do not fancy it would do her any harm, indeed I almost imagine it would be very good for her chest and lungs, If she would try and refrain from the passion of tears in which she sometimes

chooses to indulge." "Ol Father Pierre," cried Nins, lmost sobbing as she spoke, "did you really see me crying yesterday

"Yee, my child," said the Father. kindly but gravely, "I did; and when again passed by the door of your afterwards, you were still in tears; and expressions of sorrow, begged but so busy rubbing your eyes and to be received to penance and absolutearing your hair, that you did not

o go with Madeleine to see Marie," poor Nina answered in a tone of

"Well. Nina." answered Father Pierre, "should such a misfortune occur again during the time of Holy Lent, try and take it as a little penance sent you, iastead of the fast Paradise in punishment of his sinse imposed upon your elders. Remember, that it your beavenly Father does not require little children to fast, He at least expects them to be always cheerfully obedient to the will of their superiors."

"I have read in some good book." said Minette, "that every one should sanctify the Lent by taking some

is almost the worst thing for consumptives. Many of the "just-as-good" preparations contain as much as 20% of alcohol; Scott's Emulsion not a drop. Insist on having Scott's Emulsion

particular fault and try to conquer

"Your good book was quite in the ight," said Father Pierre. "The fast from sin is the great object of our Lenten mortifications, and the fast from food is chiefly to be considered as a means of obtaining this

"That is, I suppose," said old Martha, "because Almighty God rewords our penance by granting us a reater grace to resist temptation." "Basides this additional grace, which is certainly given," observed

the Father, "the soul also requires a greater command over the body; for if she can compel it to refrain rom food, which is its most natural nolinstion, she can surely curb it in its more evil propensities. It is therefore an expellent plan to take some particular fault, and to try and subsude it during this holy season, when additional graces are given ufor the purpose, Therefore, I am quite sure that my little Nina will now really begin to conquer ber temper; Madeleine will te more orderly in the care of the household and Marie will never be so late for

"That was my fault, Father Pierre," said Madeleine eagerly; "she may be described as one who can called for me, and I asked ber to split kindling without mutilating wait until I had finished the kitchen, herself Because I was too late that morn

Mass as she was ye terday more-

ng," she added, with a blush. "Well," said Father Pierre, smilng, "next time, I advise her not to wait for you, because we are not to do what is wrong, even to please our friends; and we must all, both young and old, remember that we are Adam have made a woman dress bound to try, at lesst, and lead more other than in the style of the moment pure and holy lives in Lent, those who keep the fast, in order to sanctify it, and those who are not able do so, in order to make up for it."

"Besides trying to lead better people who are not able to fast, Pills. Price a box 50c. ought to do some other good work nstead during Lent."

"They certainly should say some dditional prayers," answered the Father "and if they are rich enough, they ought to be very liberal to the poor during this holy season I am also much inclined to advise those MINARD'S LINIMENT Co. LIMITED. was obliged to make it abstain from | who do not fast to refrain from the more dain'y and agreeable kinds of food, both because they share by this But they—they only knew that from that is one set aside in a particular means in the mortifications of those of MINARD'S LINIMFNI in a "St. John the Baptist must have simple diet is, generally speaking, fasted when he was quite a child," the most conducive to health and

> strength.' "I believe the primitive Christians observed Lant much more strictly than we do. Did they not, Father

Pierre?" asked Minette. "They never even dreamed of taking food before evening and those who did so at an earlier hour were not considered and did not consider

themselves as fasting." "But, Father Pierre, who made us keep Lent firs?" asked Ninn; "was it

'I think I might almost say it was; for when the diciples of John the Bridegroom was taken from

"That is, when He went up icto heaven, I suppose," said Minette. "Just so, Minette. The Apostles without doubt fasted often in obedin the corner of his mouth, as he an | ience to this command of their Divine swered, "Why, I think it would be Master, and we find the observance very bad indeed for my poor little of Lent clearly mentioned by all ecclesiastical writers, even by those these cold and bungry-looking of the first century, when the immediate disciples of the apostles

were still slive." "But were not people made to do public penance in those days, Father

"These who were conscious of any great sin made their confessions before Lent began, and on Ash: Wednesday they repaired to the church- married? door barefooted and dressed in mean Steve-No. She has been engaged and torn garments, such as were three times; thet's what makes then always used for mourning. As look that way. soon as they were admitted into the church, they prostrated themselves cottage, three quariers of an hour on the ground, and, with many tears afterwards, you were still in tears; and expressions of sorrow, begged

tion. The Bishop then gave them ashes to strew on their heads, and "It was because I was not allowed sackcloth to cover their bodies, and after saying the penitential psalms over them, he and the clergy laid their bands upon them, in order to confirm this dedication of themselves DR. WOOD'S NORWAY o penance. He also made them a moving exhortation, telling them that as Adam was expelled from so they were now going to be driven for a time from the church; but at the same time he always encouraged

them most affectionately to persevere in doing pensace, by the bopes he beld out of the Divine forgiveness, which in this mannar they would certainly succeed in obtaining. Then he pushed them from him, and bade the lesser ministers drive them out of the church. The clergy followed them to the door, repeating this responsory to them, 'In the sweet of
thy face thou shalt eat thy bread; for

cried Marie; "ob, Father Pierre, how ery dreadfull"

(To be continued next week.)

Couldn't Do Housework HEART WAS SO BAD.

writes:—"I thought it my duty to write and tell you how much your Milburn's Heart and Nerve Pills did for me. My heart was so bad I could not sleep, eat, nor walk about the house. I could not do my housework at all, what my husand could not do had to go undone I had two small children depending on me besides three men to cook for, and it rried me to not be able to do anything husband had taken some of lls, some years ago, and insisted or me trying them, so I started, and be-fore I had taken them two weeks I was considerably better, and before I had aken two boxes I was doing my own work ust give your pills a trial. If anyone cares to write to me I will gladly give them all the information I know conerning your wonderful medicine. Milburn's Heart and Nerve Pills an soc. per box, or 3 boxes for \$1.25, at all lealers, or mailed direct on receipt of price by The T. Milburn Co., Limited,

If a woman wills, she will, Poor and content is rich and rich

A good many men mistake conven ional ty for religion. Old timer says a satisfactory wife

Minard's Liniment curse

But not all the preachers since

W. H. O. Wilkinson, Stratford,nt ays:-" It affords me much pleasure o say that I experienced great relief from Muscular Rheumatism by using lives," said Minette, "I suppose two boxes of Milburn's Rheumatic

> Life is brief, but by the manner some people spend it they appear to believe it everlasting. A wasted hour s part of life irredeemably lost-

roceived great benefit from the use who fast, and because I believe a severe attack of Laggrippe and effective in cases of Inflammation.

W. A. HUTCHINSON.

The little unplesantness in the Pankhurst family reminds one that fools rush in where angels fear to tread tempered by a gladness that there is no famale angels,

Mary Ovington, Jasper, Ont writes :- "My mother had a badly sprained arm. Nothing we used did her any good. Then father

Women admire the men who are polite to them but they marry those who are willing to work for them.

He asks you in to su; Why should it set his wrath agog When you say he is a pup? Bat it does. -Philippines Gossip.

Minard's Liniment cures

Gabe-She looks as though sh bad her share of trouble. Is she

Racked Her Terribly.

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e greatful, soothing and healing power Dr. Wood's Norway Pine Syrup, and or the racking, persistent cough, often resent in consumptive cases, it will be ound exceedingly beneficial and pleasant to take. The use of it is generally in-dicated wherever symptoms of throat, or lung troubles appear, but especially urative properites speedily remove the shalt return.' These penances did not finish with the Lant in which they were begun, and they often lasted for many years."

"And were they never allowed to enter the church all that time?"

"I used two bottles, and half gone I found relief. I used two bottles, and not be without bothered since. I would not be without the property of the shall be something that time?"

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