lays, except the Saturday of Ember week and Holy Saturday. 4. Fish and fish are not allowed at the same

4. Fish and fish are not allowed as the same
as,
6. The use of milk, butter, cheese and eggs
is allowed on all days.
6. The use of dripping or lard (not such is
allowed as a condiment in preparing food on
all days except (sood Friday.
7. Those exempted from fasting are: all
persons under twenty one, and over six y
years of age, the sick and infirm, women carrying or nursing infants, all employed at hard
labor.

abor.
3. All who cannot fast should give more abundant alms, be more assiduous in prayer, and attend more frequently to their religious duties so as to make up for the want of corporal mortification.
N. B. Further dispensations, when occasion requires, may be obtained from the respective pastors who are hereby empowered to grant taym.

Pactors who are hereby empowered to grant blam.

Pactors are requested to exhort the faithful to abstain during Lent from all public amusements and to assis, whenever possible, at the evening devotions held in their respective parish chirches. At these public devotions the reduction of the Holy Rosay, followed by Benediction of the Blessed Sciement, is recommended for Sunday and Wednesday evenings and the Stations of the Cross for Friday evenings. A short and suitable instruction or a meditation on the sufferings of Our Lord should accompany the devotions. Further more, parents should be exhorted to observe the plous custem of holding private family devo ions every evening at home during this hely season. Such devotions are very editying and may consist of the reading of the Lives of the Saints or other pious books, followed by evening prayer and the recitation of five decodes of the Holy Rosay for the Holy Rosay.

By order of the Bishop of Hestic Easter duty of the Lives of the Bishop of Hestics.

J. P. HOLDEN, Chancellor.

To the Reverend Clergy of the Diccese of

To the Reverend Clergy of the Diocese of

Hamilton.

Very Raverend and Reverend Fathels—The holy season of Lent, now near at hand, should be observed by all the children of the Church sa a time specially devoted to prayer, penance and good works. It is also a fitting time to direct attention to certain duties that should be performed, as well as certain dangers that are to be avoided.

DUTIES TO BE PERFORMED.

31. The Essier Duty is of strictholigation, and the time for performing it expires on Trinity Sunday.

the time for performing it expires on Trinity Susday.

9. Pastors will give every facility to their people for the Easter Confession by holding Missions if necessary, in their churches, or calling in neighboring priests to assist as extra ordinary Confessors.

8. Great care should be taken to see that no sick or infirm person is deprived of Easter Communion, and for the cot venience of those too far distant from the Church, stations should be given where the people may hear Mass and receive Holy Communion.

4 In cities and towns the Linten devotions are obligatory on Wednesday and Friday evenings and in country churches at least once a week. In the later case the Rosary may be mass,

Mass.

5 Parents should keep strict watch over the class of reading in which their children induge. They should see that no immoral or dangerous books are read. Moreover, every family shauld subscribe for a Catholic paper or magazine.

6. Pastors should encourage and foster religious vocations amongst worthy young per sons in their parish, and parents should be reminded that it is a special blessing and one of the greatest honors of a family to have a daughter consecrated to God in the service of religion, or as on raised to the sublime dignity of the priesthood.

to, or a son reactive to the priesthood.

DANGERS TO BE AVOIDED.

1. During Line all public amusements are to be avoided, and Pastors should recommend the plous practice of abstaining from all intoxicating liquors, in honor of the Sacred Thirst of our Lord upon the Cross.

2. The faithful are also to be frequently warned against Secret Societies. Under the head of Secret Societies are included:

(a) Societies which demand the observance of secrecy to such an extent that it must not be disables and that high full subtribution in the control of the control

of secrecy to such an extent that it must not be disclosed to the rightful authority in Church

of secrecy to such an extent that it must not be disclosed to the rightful authority in Church or State

(b) Which exact from their members an oath or promise of blind and absolute obedience.

(c) Which make use of a Ritual and Ceremonies; since such practices are, a travesty on the priesthood and true religion.

(d) The Free Masons, Odd Frlows, Knights of Pythis and Sons of Temperance, which are condemned by name. No Catholic may join, or remain a member of any of the above mentioned or kindred societies.

3, In the case of societies of doubtful character, Catholics are to be dissuaded from joining them, and, if already members, must be ready to sever their connection with them should such societies come under the ban of the Church.

ready to sever their connection with them should such societies come under the ban of the Church

4. Should a Pastor judge that a Catholic or organization would be beneficial he may apply to the Bishop for permission to introduce it into his parish; but no such society should be established without the Episcopal permission. It will be the cuty of the Pastor to provide a chaplain for every such society. No Society not approved by the Ocunary, shail be allowed to wear regalla at Church or Cemetery, or Catholic Innerals.

5. Bazaars and picnics are not to be held in future except the written permission of the Bishop is obtained, and all public dancing parties, under whatever name purporting to be held under the patronage of the Church or of Catholic Societies, are six city forbidden.

6. Any Catholic living within three miles of Catholic Societies, are six city forbidden.

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6. Any Catholic living within three miles of Catholic Societies, are six city forbidden.

7. Pastors should frequently preach to their people on the evils of mixed marriages and warn the young against the danger of x-eping company with those who are not of our faith 8. Funcrals, when at all possible, should take place in the forence, and with Mass. Plowers at funerals, except in the case of children under seven years of ago, are to be discouraged, and the unchristian custom of bringing them into the Church on such occarious should be discontinued. Furthermore, it is expressly forbidden by the Rubries to the purpose of the alway or candidatics at Funeral or Requirm Masses are the black and purpose and purpose vell providing the charmacle come the alway or candidatics at a Funeral or Requirm Masses are the black and purpose of the property of the possible opportunity, the directions of His full property of the propert

### DIOCESE OF ST. ALBERT.

DIOCESE OF ST. ALBERT.

The occasion of the return of Bishop of Legal of St. Albert to his dlocese after an absence of seven months was the cause of much rejoicing in St. Mary's parish, Calgary, on Sunday, the 25th inst. The pealing of the chimes of the crand new bells, were the first heralders of the glad tidings to the Catholic population of the city.

His Lordship during his absence paid the usual visit to His Holiness, Plus X, from whom he 'received much encouragement, kindness, and fatherly affection and who manifested very great interest and concern in all his Lordship had to tell him of the wonderful growth and development of his diocese.

The convent pupils and the Reverend Mothers were the first to extend to His Lordship the gisd hand of welcome; here the Bishop, the clergy and many of the parishioners were entertained by the pupils to one of those rare and intellectual treats which seldom await a person except in an institution like a convent.

Dramatic plays, vocal and instrumental

DIOCESE OF HAMILTON.

Official.

REGULATIONS FOR LENT TO BE READ BY THE REVEREND CLERGY FOR THEIR RESPECTIVE FLOCKS AT ALL THE MASSES ON QUINGUES AND ALL THE MASSES AND ALL THE MASSES AND ALL THE MASSES AND ALL THE MASSES AND

To The Right Rev. E. Legal, Bishop of St.

Mary's May's To The Right Rev. E. Legal, Bishop of St. A'b'r:

My Lord-On behalf of the parishioners of St. Mary's Calgary, we extend to your Lord-ship at very sincere and heartfeld welcome home from your lorg and we hope very pleasant tour to your dear native land and the Etynal City of Rome.

Dubtless your Lordship, in the course of your travels has seen beautiful churches, rich and grand congregations, the world's advancement and culture, and the latest improvements in the arts and sciences. Yet we hope and feel that all of these combined did not asse your love and regard for your own peoplements in the arts and sciences. Yet we hope and feel that all of these combined did not asse your love and regard for your own peoplements in the arts and sciences. Yet we hope and feel that all of these combined did not assey your love and regard for your own peoplements in the arts and sciences. Yet we hope and feel that all of these combined did not assey your love and regard for your own peoplements in the way for home. You repeated to yourled! "Home Sweet Home,"

Now, my Lord though you have been far away from St. Mary's parish we have very great pleasure in conveying to your Lordship the assurance that our very dear and zealous. Father Lemarchand has been guiding and conducting the affairs of the parish in an eminently successful and practical way, and that new surpless in the way of public improvements will be in store for your Lordship and the people of the parish in the shape of a beautiful parochial hall.

Hoping that Your Lordship will enjoy your stay in our city, and that we soon again will have the pleasure of welcoming you to open up our new hall.

In behalf of the varishioners, J. W. Costello, J. R. Miquelon. D. J. Lucy.

In the afternoor, the very zealous pastor, the visiting Fathers and His Lordship to a very enjoyable bacquet. The banquet hall was very tastefully decorated, and after all had partaken of the good things, then another ad dress of welcome was presented by the choir, which was again very abl

hair respective positions.

Benediction by His Lordship and sermon in the evening by FathertLacombs brought this happy, eventful day to a close, thanks to R.v., Father Lemarchand who attended so faithfully to every thing so that all was highly oreditable to those connected with this thrice memorable day.

A PARISHIONER

#### WHAT SIR ALEX GALT SAID.

Editor Citizen —Referring to your comments in my letter on the above just allow me to say

control to the above just allow one to say that I cannot agree with you and must there to red to the lot of the province in virtue of its gleiation effected by the legislature of United Color of the lot of the province in virtue of its gleiation effected by the legislature of United Color of the lot of lot of lot of the lot of lot of

need have no fear. But what about "Vested Rights?"
As to your remark that "there is no Separate school system in Nova Scotia which was also a party to the original agreement" all I can say is that possibly had there been a Galb among the representatives of the Maritime Provinces when the agreement was being entered into a different state of affairs might prevail in that province and also in New Brusswick. The minorities in these provinces might have been protected as were the minorities in Lower Canada. Your obedient servant,

BRANNAOH.

We think our correspondent misses the

#### A CRADLE SONG,

Rock a-by, baby, the sun's in the west, Dear as you are to me, God loves you best. Close to my heart is your golden head pressed, Sieep, little baby, the sun's in the west. Earth is God's rootstool, and Heaven His

Earth 18 Out a lovescope throne.

Still H 1 is near when I leave you alone Twilight is falling, and playtime is gone. Sleep, for the sun's going down, little one. Rock-a-by, baby, the moon's in the sky, Silver that turns into gold, by and by, Crickets are crooning their soft fullaby, Sleep, little baby, the moon's in the sky, —ANON.

LEIGHTON.—At Mack ys station, Ontarion Feb. 25th, 1915, a daughter to Mr. and Mrs. J. Deighton.

MARRIED.

MCRAE MCINTOSH— At St Columba's Church, Bernien, by Rev. D. A McRae, on Jan. 31 1915. Mr. Angus McIntosh to Annie Teresa McRae, on applier of the lake John J. McRae, of West Williams.

HENNESSY — Died on the 2nd Con., North Oxford on Feb. 19.h, Miss Margaret Hennessy aged fifty-four years. May she rest in peace! O'CONNOR — On February 2nd, 1905. Mrs. Mary A. O Connor, widow of the late Elw. O'Connor, of St. Paul. Minn, aged seventy-two years. May she rest in peace! McMillay-On January 26, John G. Mc-Millan, Parkhill, Ont., aged eighty-seven years. May be rest in peace!

EMERSON —At Owen Sund, Feb. 25th, 259
Bay St., James Emerson, youngest son of Lawrence P. and Henrietta Murphy. May be reet
in peace! CONNOLLY—In this city on Feb 15, 1805. Mr. Cornelius Connelly, in his sixty ninth year. Mas he rest in peace!

#### THE BEST SCHOOLS AND ACADEM IES SHOULD USE THE BEST

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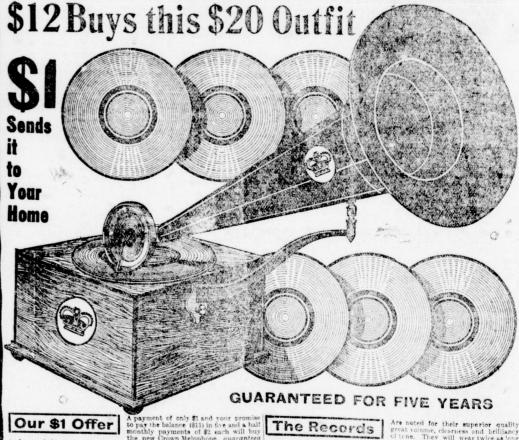
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The Catho LONDON, SATURDA

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