













About Eagles



Lethal Talons of the American Bald Eagle.

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

EAGLES usually nest in out-of-the-way places. But recently two American eagles were discovered housekeeping only 30 miles from Baltimore.

The food of birds of the hawk group is highly varied, though it is taken entirely from the animal kingdom. The larger species of falcons subsist mainly on various kinds of birds and small mammals, but the smaller kinds, such as sparrow hawks and falconets, eat lizards, grasshoppers and other insects, and mice.

Some species of hawks, particularly certain forms that range in the Tropics, eat snakes as their principal food. There is one group of species found in India and adjacent regions in which this habit is so constant that the birds are known as "serpent eagles."

The golden eagle, one of the most powerful of American birds of prey, has a varied menu. Where prairie dogs are present in large numbers, these are favored food; a pair of eagles will destroy several hundred in the course of a season.

The hand of civilization man has been raised universally against the hawk tribe, and birds of this group are shot or otherwise destroyed at every opportunity.

The fierce hairy eagle, a bird of dauntless courage, called by the Aztecs "the winged wolf," is engraved on the official coat of arms and seal of Mexico and appears on the flag of that country.

The eagles and their kin form the group of birds of the order of Falconiformes, which includes about 288 distinct species, so that in all there are recognized somewhat more than 700 living forms.

The eagles, hawks, kites, and their relatives, forming the family Accipitridae, include the largest number of forms. They are mainly birds of medium to large size, with broad wings, strong legs, feet armed with sharp claws, and strongly hooked bills.

The eagle symbol is probably derived from forms similar to our golden eagle or closely allied to that species, as several species of that type are found in the regions mentioned.

Among trained people of Central Asia, the golden eagle is trained to hunt small antelopes, foxes, and even wolves. These heavy birds are carried aloft perched on horses or on stands swung between two horses.

PUDDIN' an' PIE

by JIMMY GARTHWAITE

SUPPOSING



SUPPOSING we Were tiny elves— Say couldn't we Enjoy ourselves! We'd hide inside the sugar-bin— Or better yet—the cookie-tin!



© by Harper & Brothers—WNU Service.

PHOSPHORUS IS NEEDED IN MENU

Supplies Salts Necessary to Bony Structure.

By EDITH M. BARBER

PHOSPHORUS is the third of the three minerals for which we must take most thought when planning meals. Phosphorus works with calcium to supply the salts which make the bones and teeth strong and sturdy.

These two minerals are so intertwined that it is not only necessary to have a full quota of each, but to have each in such a proportion that it balances the other. In the absence of this the skeleton of the body may grow normal in size but not in strength, and the consequence of this lack is bowed legs and other bone deformities.

Phosphorus is also a necessary contribution to every cell in the body, but is especially important in the nerve cells. Perhaps this is what led to the ancient superstition that phosphorus stimulated the brain. It is, however, a factor in the utilization of food and in maintaining the neutrality of the blood stream.

The foods which supply phosphorus most liberally are milk, cheese, eggs, vegetables, nuts, some of the fruits, and whole cereals. All but the latter are sources of calcium to a greater or less extent.

The foods which supply phosphorus most liberally are milk, cheese, eggs, vegetables, nuts, some of the fruits, and whole cereals.

A shortage of either calcium or phosphorus, a poor balance between them or the lack of vitamin D, which has the property of stimulating the deposit of these minerals in the bones may result in rickets, mild or acute.

Sometimes adults suffer from the results of mild rickets in childhood. The bones of a foot, for instance, sometimes break down in later life. As in the case of many other diet deficiencies, effect of a less than well-qualified supply of phosphorus as well as calcium and vitamin D do not always show at the moment.

Bird lovers have taken up the fight on behalf of this great bird of freedom, declaring that he has been misrepresented and that his occasional thefts of poultry are more than offset by services in keeping our beaches clean of dead fish.

The flight and appearance of hawks and other birds, and certain of their anatomical features, were used, by the augurs of ancient times. A more prophetic use of these birds was found among the North American Indians, particularly of the Plains and Pueblo groups, when beautiful headdresses were made from the large feathers of the golden eagle, and other ornaments and decorations were fashioned from the smaller feathers of this bird and from the feathers of hawks.

The Pueblo Indians kept hawks in captivity, as they did turkeys and macaws, presumably to use their feathers in their prayers and decorations. Numbers of bones of eagles and hawks were found in the excavation of the well known Inca site at Cuzco, Peru.

From the earliest times of which we have record, hawks of various kinds have been trained by man for use in hunting.

Among trained people of Central Asia, the golden eagle is trained to hunt small antelopes, foxes, and even wolves. These heavy birds are carried aloft perched on horses or on stands swung between two horses.

The turkey vulture is a well-known species that is particularly adept in this art. In fact, it finds its method of progression so adapted to its needs that frequently it remains in its roost throughout the day when the air is heavy and still.

fresh pineapple is used increase the sugar to one cup) Mix the dry ingredients, all eggs slightly beaten and pour on the scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, add lemon and pineapple.

Peach Pudding. 1 quart sliced peaches 1 cup sugar 1/2 cup water Grated orange peel Biscuit dough

Luncheon Cheese. 1 cup milk 1/2 teaspoon salt 1 teaspoon paprika. 2 tablespoons granulated tapoca 1/2 cup shredded cheese 1/4 pound dried beef 2 tablespoons butter 6 slices toast

The comedian—While I was on I saw the young lady in box D look at me and speak to the older lady. Did you hear what she said, boy? The Ush—Yes, she said, "Please pass the ether."

Gold Strike Reported in Canadian Northwest Ottawa, Ont.—Indian prospectors have made a sensational gold strike in the Great Bear lake district of the Northwest, radio messages to the government indicated.

Days of Homesteading Still Active in West Sacramento, Calif.—The day of the homesteader has not yet passed in California, according to Ellis Purlee, register of the United States land office here.

Farm Boy Rigs Up Radio on His Corn Cultivator Washington, C. H. O.—Robert Todhunter, eighteen years old, son of Mr. and Mrs. Charles Todhunter, of near here, is an ardent believer in the old saying that "music has charms," for he has rigged up a two-tube radio set on his corn cultivator, and now as he

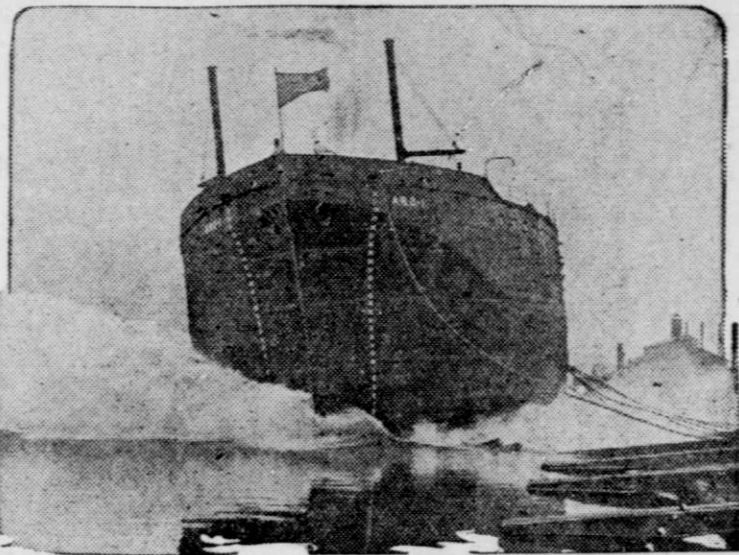
Chinch Bugs and Produce Buy Fair Tickets Farm people visiting in Chicago learned that chinch bugs were good for something during Farm week at the World's fair. Two quarts of the pesky bugs were accepted as the price of admission tickets for eight. Farm products of all kinds also were received at the gates.

Rome Finds First Christian Church Rome.—The first Christian church ever built and the original seat of the first pope 300 years after the death of Christ, was discovered recently. The discovery was made by accident. A laborer's pick struck into another wall outside the present foundations.

Revealed, which were identified as the original walls of the first church of Christendom. Vatican circles were elated by the discovery. Efforts will be made to uncover all that remains of the historic edifices to be preserved as a priceless relic of the church.

Prevent Colds Prevent colds by building up a resistance against them by eating foods rich in vitamin A such as milk, cream, butter, cheese, leafy vegetables, eggs, and cod-liver oil.

New Floating Dock for the Navy



The new floating drydock for handling destroyers and small craft is shown just as it was launched for the navy at the plant of the Dravo Constructing company in Wilmington, Del. It will be of great value for the use of ships which are based at a considerable distance from the large graving docks at the various navy yards, as many of the smaller craft of the fleet can be placed in the floating drydock without making the long trips to the navy-yard docks. The dock will be moored at the navy destroyer base at San Diego, Calif.

Lights of New York

By L. L. STEVENSON

Despite the fact that the subway systems run underground, there is none of the old-fashioned cellar effect when New York really gets warmed up. The tubes catch and retain heat so there are times when they are even warmer than street temperatures. Breezes created by speeding trains afford no relief since they are really hot blasts.

Train crews suffer more than passengers. Passengers may shed their coats, open their shirt collars and take off their ties if they so desire. Conductors and guards can't do that. Rules require that they wear their coats at all times.

When mending china, place adhesive tape over mended part. When thoroughly dry remove the tape.

"But he passed away a few minutes ago." And so far as the records of that hotel go, there is no John Doe.

Subway silhouettes: A man stroking a very black, old-fashioned handlebar mustache. Wearing a heavy gold watch chain. But the fob isn't a little basket whittled from a peach pit. It's a dog's head. Black robed nuns with clasped hands and downcast eyes. An Egyptian in white robes clinging to a strap and reading a tabloid. Young men practicing close harmony on the platform. A thin-necked, pinched-face man, swaying with the train, as he reads the stock market quotations. A Japanese with two little black-eyed children. A girl with a small grip from which comes whines. Evidently thinking herself unobserved, she opens the grip and pets a Pom. A drunk propped against a door and trying to look dignified. Bundle-laden women eyeing male seat holders. Shop girls scratching sunburned backs. A sudden lurch and compression as the train strikes a curve. A grinding of brakes as One Hundred and Fourth street is reached at last.

How It Started By Jean Newton To Turn Your Head HE WAS a charming person until success turned his head. We are all familiar with this phrase "turning one's head" to signify the change which makes one vain and conceited, depriving one of balance and a true sense of values.

Changing abruptly from heated subways to process servers, there is that gentleman who must be known here merely as John Doe. Gentlemen with papers were trailing him because of a judgment against him. They finally traced him to the mid-town hotel at which he is living. He succeeded in evading them, and when he was sure they had gone, he went up to the manager with the announcement that from this time now and on he was John Wallace. "John Doe was a good fellow while he was alive," he added.

Ozark Mountain Towns Turn Backs on Gypsies Springfield, Mo.—The Ozark region, long a retreat of gypsies, is becoming less friendly each year to the dark-skinned wanderers. Four members of a tribe recently were held in the county jail here pending arrival of officers from Newport, Ark., where they were wanted on charges of defrauding citizens with an "egg and chickens" confidence game. Another caravan was halted at the city limits of Mansfield, Mo., until the members were cleared of pocket-picking charges. Rapid communication, particularly inter-pole reports have been a drawback to the depredations of those criminally intent. Once distinguished by the quality of their horses, they now journey almost entirely by motor car.

My Neighbor Says:

THOROUGH rinsing removes all traces of soap and loosened dirt from white cotton and linen clothes. The first two rinses should be at least lukewarm hot, if convenient, in order to more easily rinse all the soap and loosened dirt out of the fabrics. The third rinse may be cold, if more convenient.

When mending china, place adhesive tape over mended part. When thoroughly dry remove the tape.

Remove lime in teakettle, boil a little vinegar in it.

When mending china, place adhesive tape over mended part. When thoroughly dry remove the tape.

Rooster Has Horns Santa Clara, Calif.—A black Minorca rooster with two horns instead of a comb, is the property of John Gomez of this city. The horns projecting from the head, are about an inch and a half long. The rooster is almost a year old.

How It Started

By Jean Newton

To Turn Your Head HE WAS a charming person until success turned his head. We are all familiar with this phrase "turning one's head" to signify the change which makes one vain and conceited, depriving one of balance and a true sense of values.

Changing abruptly from heated subways to process servers, there is that gentleman who must be known here merely as John Doe. Gentlemen with papers were trailing him because of a judgment against him. They finally traced him to the mid-town hotel at which he is living. He succeeded in evading them, and when he was sure they had gone, he went up to the manager with the announcement that from this time now and on he was John Wallace. "John Doe was a good fellow while he was alive," he added.

Ozark Mountain Towns Turn Backs on Gypsies Springfield, Mo.—The Ozark region, long a retreat of gypsies, is becoming less friendly each year to the dark-skinned wanderers. Four members of a tribe recently were held in the county jail here pending arrival of officers from Newport, Ark., where they were wanted on charges of defrauding citizens with an "egg and chickens" confidence game. Another caravan was halted at the city limits of Mansfield, Mo., until the members were cleared of pocket-picking charges. Rapid communication, particularly inter-pole reports have been a drawback to the depredations of those criminally intent. Once distinguished by the quality of their horses, they now journey almost entirely by motor car.

Chinch Bugs and Produce Buy Fair Tickets



Farm people visiting in Chicago learned that chinch bugs were good for something during Farm week at the World's fair. Two quarts of the pesky bugs were accepted as the price of admission tickets for eight. Farm products of all kinds also were received at the gates.

Rome Finds First Christian Church Rome.—The first Christian church ever built and the original seat of the first pope 300 years after the death of Christ, was discovered recently. The discovery was made by accident. A laborer's pick struck into another wall outside the present foundations. Revealed, which were identified as the original walls of the first church of Christendom. Vatican circles were elated by the discovery. Efforts will be made to uncover all that remains of the historic edifices to be preserved as a priceless relic of the church.

Prevent Colds Prevent colds by building up a resistance against them by eating foods rich in vitamin A such as milk, cream, butter, cheese, leafy vegetables, eggs, and cod-liver oil.

