

## SHINING PALACE

By CHIRSTINE WHETENG PARMENTER



Migratory Birds Change Their Habits
When They Take Up Quarters in South
Migratory Birds Change Their Habits
When They Take Up Quarters in South
$\qquad$ tood habits on migratory birds. Some
that
tertaine conssider dosesirablic ande ent
summer residents
are
 may be weed seed and insect de
stroyers
thereby exile they remain with
us
entabishing their economic
importance to agriculture in the
Nort, but when they reat the
South they become crop destroyers
This is apparently what happen,
with the colortul red.winged black
bird of our marshes and swales
writes Albert Stoll, Jr., in the De
troit News. While it may eat som
grain in tarmers
pering and sumper sum during the
set idit consimert of insects and weed.
seeds tound near its marsh home
This is the principal reason tederal
ofsicias phaced the brackird on on
ist of protected birds by a specia
However, when this species m
grates to the
Its with
its winter residence in Louisiana and
Texas, it becomes a different bird in

tood habits. It has proved os in
jurious to rice fields that the gov-
[
'Safe upon the solid rock the ugly houses stand; Come and see my shining palace built upon the sand!'


| Lesson for March 20 keeping the body strong <br>  |
| :---: |
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| Health. YOUNG PEOPLE AND ADULT |
| :---: |

The universe of God is perfectly
organized in every respect Beings that function in the spirit reaim are
spirit beings, not subject to the limitations of the physical worli.
who dwell and serve in the phys-
ical world are equipped with phy
it ical world are equipped with phys
ical bodies which are ideal instru-
ments for our present existerce.
With all their shortcomings and mith all their shortcomings and
frailties, our boties are indeed mare
velous machines, intricate and deli-
cate, yet unbelievaly hardy and
durable. They are a gift from God, durable. They are a gift from God,
and it is our express responsibility
to glorify God in our bodies (I Cor. 6:20).

1. How to Have a strong Body.
It is obvious that not every one
has equal physical strength and has equal physical strength and
heatith. In some measure this is by
divine providence or at least by
God's permissive will, and those of
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Clas Sifiet
TIG DEPARTMAN

not


15
Virtually 1 cent a table

Loosen Phlegm
In Chest Colds



| Neors Rectest of Current Erents |  | WHAT TO EAT AND WHY |
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| LID OF TVA BLOWN OFF Chaiman Morgan Domands Congresioional linauiry Refuses to Resign ．．Spanish Cruiser Torpedoed | $\begin{aligned} & \text { WHO'S } \\ & \text { NEWS } \end{aligned}$ | C．Houston Goudiss Discusses PROTEINS－ |
|  |  | The Foods That You Cannot Live Without |
|  | EEI | ninent Food Authority Explains Why No Protein Means No Life－Describes the Kind and Amount Required for likew of othe |
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## THE SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young


POP-Scotch Economy



## TIPS $_{\text {to }}$ Gardeners

 step toward a successful the firs The ground should be worked inches should be made as fine and loose as possible planting is to have the sation in ably moist-damp but not wet It circumstances demand that you moisten trenches before droppingthe seed. Use enough water the sced. Use enough water to
wet soil, but not enough to cake To retain moisture after plant-
ing, cover seeds with fine earth and press down firmly.
Generally, a temperature between 65 and 75 degrees when
planting is most favorable. Depth of planting is important,
and it varies, of course, with dif ferent seeds. Generally, seeds ap-
proximately the size of turnip proximately the size of turnip
seed should be covered not more
than half an inch. Larger seeds,
such as peas, beans and corn sua be planted one to two and
may be torn
one-half inches deep. Dr. Pierce's Pleasant Pellets are an effective laxative. Sugar coated.
Children like them. Buy nowl-Adv. Fight for the Good and
Now Real Economy!

 Truth is as impossible to be
siled by any outward touch as
the sunbean


- Like a family heirloom, a preference for Jewel Shortening is handed
down fom mother to daughter in
thousands of families. Jewel actually creams faster and makes mor temder
boherd foods than even the costiest
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$\mathbf{H}^{\text {siup exvaryoor }}$
One accident is all right in its place, but don't tempt Fate too often.
Thomas W. Yates, of Wallington, N. J., pulled one of those taxi
crashes at the right moment, but he doesn't recommend them as a
 If just saved his life and that's according to the facts he wrote down in his
report to me on the biggest adventure of his whole taxi-driving career
 Cleveland, Ohio. Just off the public square a man hailed him and
climbed into the cab. That toughtlooking customer gave an address in
hard-boiled sector and Tom stepped him there in record time The address Tom had was an unlighted house. And then-the
Sare says, "Buddy, I forgot to bring my dough along. Come
Tond Pil get the old bankroll."
Tom stumbled into that dark halway. He hadn't gone ten feet
anti he felt a gun Jammed against his vest buttons. And that pas-
senger was saying, "Gimme that dough." enger was saying, "Gimme that dough."
Tom had just been paid and business had been good and he had
about eighty dollars in the old jeans. And there was nothing to do but o fork it over. The the passenger said, "Now that I'm heeled, we'll be
oing places. And see that you don't stop and talk to any oops."
well, Tom sat there at the wheel with that gun in his back, wheel-
ing to the toughest spakeasies in the city. Each time the stoped
that passenger would herd Tom inside at the point of the gun and make
in take a drink. The fare was getting more and more soused at every hat passenger would herd Tom inside at the point of the gun and make
him take a drink. The fare was getting more and more soused at every
top-and also more and more reckless with that gat.
Music and Another Ride.
The mugg prodded Tom into another dive out behind the haymarket. The mugg prodded Tom into another dive out behind the haymarket.
om was leaning over the bar, trying to think upsome scheme of getting
id of that passenger and reporting him to the police. He had just




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\begin{aligned}
& \text { provide sunshine and green feed or } \\
& \text { substitutes for them during cold } \\
& \text { months, doing so is the first rec. } \\
& \text { ommendation for the improvement } \\
& \text { of tatchability The flock. of course. }
\end{aligned}
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\begin{aligned}
& \text { Well, sir, Tom opened that old bus up wide. He cut out the mufler } \\
& \text { roared through the deserted streets } \\
& \text { ight }
\end{aligned}
$$



Pretty Things for Easter



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Do you have to FORCE YOUR CHILD to take a laxative?



Rail Engines Use 600 Billion Gallons of Water Each Year, According to Report



