

stop flight between west Florida and Panama (1400 miles). It would seem likely that the flight of birds which met disaster in Panama originated to the north in Central America; perhaps these birds were on a second lap in a trip from the southeastern United States to South America.

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TABLE 1. WEIGHTS, EXTRACTED FAT AND ESTIMATED RANGE POTENTIAL OF 17 BIRDS KILLED IN A PRE-DAWN RAINSTORM IN PANAMA, OCTOBER 13, 1963.

Species	Wet wgt. gms	Fat wgt., gms			Estimated flight range miles ²
		Total ¹	Estimated Available ²	Fat-free wgt., gms	
<i>Hylocichla ustulata</i>	32.40	6.45	5.45	25.95	646
<i>Hylocichla ustulata</i>	32.86	9.60	8.60	23.26	1135
<i>Hylocichla ustulata</i>	34.20	8.27	7.27	25.93	864
<i>Hylocichla ustulata</i>	27.84	4.17	3.17	23.67	411
<i>Hylocichla ustulata</i>	39.01	11.49	10.49	27.52	1179
<i>Hylocichla ustulata</i>	28.74	6.29	5.29	22.45	724
<i>Hylocichla ustulata</i>	32.76	7.16	6.16	25.60	741
<i>Hylocichla ustulata</i>	31.04	5.84	4.84	25.20	591
<i>Hylocichla ustulata</i>	36.30	8.26	7.26	28.04	796
<i>Hylocichla ustulata</i>	34.11	6.35	5.35	27.76	593
<i>Hylocichla ustulata</i>	35.29	6.18	5.18	29.11	547
<i>Hylocichla ustulata</i>	37.60	7.90	6.90	29.70	715
<i>Vireo olivaceus</i>	16.36	2.37	1.87	13.99	412
<i>Piranga olivacea</i>	35.53	10.15	9.15	25.38	1109
<i>Piranga rubra</i>	31.81	5.73	4.73	26.08	558
<i>Spiza americana</i>	24.36	4.44	3.44	19.95	529
<i>Dendroica fusca</i>	9.41	1.87	1.37	7.54	562

¹Dry weight of extract fat

²See text

Band Recovered from Owl Pellet.—In 1947 (*Bird-Banding*, 18: 129), I reported the recovery of two bands used on Black-capped Chickadees (*Parus atricapillus*), from the pellet of a Screech Owl (*Otus asio*) which had been using a nest-box in our yard as a winter roost. There have been several subsequent reports in *Bird-Banding* of bands recovered under similar circumstances (Berger, 24: 19; Nichols, 24: 110; Root, 24: 110), and I am now able to add another.

Early in November 1964, Mrs. George H. Hart, Wayland, Mass., reported to me the discovery of a roost of Long-eared Owls (*Asio otus*) in a pine grove near her home. On 28 December, 1964, she collected a quantity of pellets for examination and found a band (743-86630) still encircling a bird's leg bone. As the number sounded familiar to me, I checked my banding records and discovered that it had been used on 4 July 1964 to band a local young Blue Jay (*Cyanocitta cristata*) at my home station. The recovery location in Wayland is about two and one-half miles, airline, west-southwest of the banding location in Weston.—Charlotte E. Smith, 75 Westland Road, Weston, Mass.

Mist-Netting Saw-Whet Owls.—I began mist-netting birds during the summer of 1957. At first I used only one net and took it down before dark. During 1958, I placed it in the front yard of our summer home on Scenic Drive, about one mile north of Muskegon State Park, Laketon Township, Muskegon County, Michigan. I found that when I put up the net or nets in the morning I was often frightening birds from the area. Thus I began putting the nets up before dark. I always examined the nets at night after dark and just prior to daybreak in the morning. For several months they caught nothing at night. Then I caught an occasional