

"Felt Like Eating"

Man and Wife, All Run-Down from Farm Work, Were Greatly Helped by Ziron.

"MY WIFE and I, after a hard spring on the farm, were tired and run-down," says Mr. E. B. Mulkey, of Route 1, Acworth, Ga. "We neither felt well. I knew my blood was bad, as I had little boils on the back of my neck. "We felt we needed a builder. We had heard of Ziron and thought it must be what we needed. It certainly was. We took it faithfully, and after a week or such a matter we began to feel better. My wife felt like cooking,

and I sure felt like eating. "Ziron sure did us good. It made us both feel stronger and better for the fall work, which everyone knows is 'some work' on a farm. My boils began to dry up, though just at first they seemed worse. "We are much better and can highly recommend Ziron, and gladly do so for it sure did us good. "Ziron is a safe, reliable, tonic medicine, good for men, women and children, when an iron tonic is indicated. It is easy to take and contains no habit-forming drugs. Ask your druggist or dealer.

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DIARRHOEA
MIXTURE
Safe for
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FLUX, Etc.

Some people spend half of their time in praising themselves and the other half in angling for praise from others.

"Why I Put Up With Rats for Years," writes N. Windsor, Farmer. "Years ago I bought some rat poison, which nearly killed our fine watch dog. It so scared us that we suffered a long time with rats until my neighbor told me about RAT-SNAP. That's the sure rat killer and a safe one." Three sizes, 35c, 65c, \$1.25. Sold and guaranteed by Allen Bros. Co.

The KITCHEN
CABINET

"If thou art worn and hard beset With sorrows thou wouldst fain forget; If thou wouldst read a lesson that will keep Thy heart from fainting and thy soul from sleep, Go to the woods and hills; no tears Dim the sweet look that nature wears."

GOOD THINGS TO EAT.
A salad is always enjoyed and any new combination welcomed.

Cheese Salad.—Take half a pound of rich American cheese, one cream cheese, one tablespoonful of cream, two green peppers and one Southern onion chopped fine. Rub the cream cheese, cream and grated or minced American cheese to a smooth paste. Add the finely chopped onion, a stalk of celery and the peppers all finely minced. Season with paprika, add salt and cayenne and mold into a loaf. Place on ice to harden. Serve with hot toasted crackers.

Lobster With Rice.—Cut the white meat of one chicken and one lobster into dice. Put two tablespoonfuls of sweet fat into a shallow frying pan, add one sweet green pepper and one sweet red pepper chopped fine; stir until they are soft. Add the lobster and chicken, one teaspoonful of salt; heat slowly, while a cupful of seasoned tomato sauce is prepared. Put two cupfuls of hot seasoned rice in the center of a platter, put the meat mixture over the top and pour over the tomato sauce and send to the table.

Cadillac Codfish.—Pick over salt codfish and separate into small pieces. Measure two-thirds of a cupful. Cover with lukewarm water, cook until soft and drain. Cut four medium-sized cooked potatoes into slices, arrange a layer of potatoes and a layer of fish, sprinkle with salt and pepper; repeat. Pour over one and one-half cupfuls of tomato sauce, sprinkle with buttered crumbs and brown in a moderate oven.

Venetian Sauce.—Melt one-fourth of a cupful of butter, add four tablespoonfuls of flour and stir until well blended; then pour on gradually while stirring, constantly two cupfuls of boiling water. Bring to the boiling point and add the juice of half a lemon, one-fourth of a cupful of capers, one tablespoonful of finely chopped parsley and two tablespoonfuls of finely chopped pickles. Again bring to the boiling point, season with salt and add two tablespoonfuls of butter bit by bit.

Nessie Maxwell

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THE MUTUAL LIFE INSURANCE COMPANY of New York has recently devised a perfect income plan for policyholders who become disabled. And it is incorporating it, on request, in its Life and Endowment policies.

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You take, for example, a \$10,000 Life form of policy, with the disability provision. Then, if you become totally and permanently disabled:

1. No further premium payments would be required. The outgo stops!
2. You would receive a monthly income of \$100 as long as you lived. Immediate first payment, and a check mailed to you the first day of each month thereafter. When you died, the full \$10,000 would be paid to your beneficiary, without deduction for the disability payments you had received or for the premiums that had been waived.
3. If the policy were an Endowment, you would receive the disability payments until the policy's maturity date, and would then receive the full amount of the policy, without deductions for disability payments and waived premiums.
4. The cash surrender value and the loan value of the policy would increase from year to year, just as they would if the premiums had continued to be paid and disability payments had not been made.
5. You would continue to receive an annual dividend, of the same amount as would have been payable if premium payments had not been waived—not a reduced dividend.

UNDER A LIFE INCOME POLICY

If you take a Life Income policy,—under which your beneficiary would receive a lifelong monthly income beginning at your death,—that monthly income would begin immediately, and be payable to you, for life, if you became totally and permanently disabled, and at your death it would be continued, for life, to your beneficiary, as originally planned.

NO DELAY!

There must be no delay in your time of need and of trouble. Disability payments, to be of the utmost benefit, should begin immediately and should be made monthly. "Immediately" doesn't mean in two months, or three or six months, or a year—it means at once!—as soon as the disability is proved. There is then no sudden stoppage of the entire income of the family. THE MUTUAL LIFE'S new disability provision provides just such an income—immediate, monthly, lifelong!

DOUBLE THE SUM INSURED

In the same policy, for a slight additional premium or deposit, you may have a provision under which the Company will pay your beneficiary double the sum insured in case of your accidental death, if death occurs within 60 days after the accident. If the policy is payable in a single sum, double that sum will be paid; if the policy is a Life Income contract, payable in monthly installments, the monthly payment will be doubled.

COMPLETE PROTECTION

In case of your death under one of these complete protection policies your family is protected after your death—you and your family are protected in case you become totally and permanently disabled—and accidental death doubles the insurance. You and yours are guarded at every point.

THE COMPANY

THE MUTUAL LIFE INSURANCE COMPANY of New York is the oldest legal reserve life insurance institution in the United States, and is one of the greatest and strongest in the world. You cannot find better policies, better service, or a better disability provision. Ask our nearest representative for details. Tomorrow isn't yours—see him, phone him, or write him TO-WAY!

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