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Mules and Horses



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FULL LINE OF Buggies, Wagons, Harness, Lap Robes and Whips.

COFFEY & RIGBY
Manning, S. C.

INSTEAD OF SUGAR PAINLESS SUBSTITUTES

Honey, Syrups, Molasses, and Sweet Fruits, in These Several Forms, Will You Economize With the War Commodity.

There are many sweets to be used instead of sugar—honey, sirup, corn sirup, sorghum sirup, maple sirup, molasses, fruit sirups, and sweet dried fruits. Cereals need sweetening for most of us, but we need not use sugar. All of the sirups are good on them, and only a little is needed to give the flavor. They can all be used in cooking and delicious desserts made with them.

Puddings can easily be made without any sugar. Brown Betty is good with any of the sirups. Put a layer of bread, then a layer of apples, moisten with sirup or honey, and repeat until the dish is full.

Oatmeal Betty is an unusual use for leftover oatmeal that is very good.

Oatmeal Betty

2 cups cooked oatmeal
1-2 cup raisins
4 apples cut in small pieces
3-4 cup honey or sirup
Mix and bake for one-half hour. Serve hot or cold.

Indian Pudding

Indian pudding needs no sugar. It is a very nutritious dessert and can be used as the main part of a meal.

4 cups milk
1-4 cup corn meal
1-2 cup molasses
3-4 teaspoonful salt
1 teaspoon ginger
Cook milk and meal in a double-boiler for 20 minutes; add molasses, salt and ginger. Pour into a buttered baking dish and bake two hours in a slow oven or use a fireless cooker.

Rice pudding is good with 3-4 cup of sirup to 3 cups cooked rice. Raisins may be added. Bake for half an hour.

Honey and maple custards have a very delicate flavor. Corn sirup or fruit sirup may be used, too.

Boiled Honey Custard

2 cups milk
3 egg yolks
1-8 teaspoon salt
1-3 cup honey
Mix the honey, eggs and salt. Scald the milk and pour it over the eggs. Cook in a double-boiler until the mixture thickens.

Honey Drop Cakes

These cakes are delicious. Try them instead of cakes made with sugar.
3-4 cup honey
1-4 cup butter
1-2 teaspoon cinnamon
1-8 teaspoon cloves
1 egg
1 1-2 to 2 cups flour
1-2 teaspoon soda
2 tablespoons water
1 cup raisins, cut in small pieces.
Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When it is cold add part of the flour, the egg well beaten, the soda dissolved in the water, and the raisins. Add enough more flour to make a dough that will hold its shape. Drop by spoonfuls on a buttered tin and bake in a moderate oven.

Soft Honey Cake

1-2 cup butter
1 cup honey
FRED LESESNE,
Attorney at Law,
Loans Negotiated on Real Estate Security.
Office Over Home Bank & Trust Co.
MANNING, S. C.

LOANS NEGOTIATED,
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Attorneys and Counselors at Law.

To Cure a Cold in One Day.
Take LAXATIVE BROMO Quinine. It stops the Cough and Headache and works off the Cold. Druggists refund money if it fails to cure. H. W. GROVE'S signature on each box, 30c.

1 egg
1-2 cup sour milk
1 teaspoon soda
1-2 teaspoon cinnamon
1-2 teaspoon ginger
4 cups flour
Rub the butter and honey together; add the egg well beaten, then the sour milk and the flour sifted with the soda and spice. Bake in a shallow pan.

Sugarless Gingerbread
Use gingerbread instead of the richer cakes. It requires no sugar and everybody likes it.
2 cups flour
1 1-2 teaspoons soda
1 teaspoon ginger
1-4 teaspoon salt
1 cup molasses
1 cup thick sour milk
1 egg
Mix and sift the dry ingredients; add molasses, milk, and egg, and beat well; pour into a greased pan and bake in a moderate oven for 25 minutes.

USE POP CORN—THREE WAYS

There is one good American food of which we have an abundance and we can use as much of it as we like—corn. Use all kinds and in many ways Pop corn is one of the kinds everyone likes. It is a good food just simply popped, and can also be made into such a wholesome, inexpensive sweet that it should be wisely used. Here is the way to pop it and several ways to use it.

Shell the corn if it is on the cob and pop the dried corn in a covered iron frying-pan or a regular popper, shaking vigorously. If a wire popper is used, do not pop the corn directly over the flame or it will scorch. Shake it quite high over the flames, or baster over coals or on the top of the stove. Take just enough corn to cover the bottom of the popper. A cup of pop-corn makes about three quarts when popped.

Pop corn is good, of course, seasoned with salt. A common way of serving is to mix a very little melted butter and then sprinkle with salt. But have you ever tried it as a breakfast food eaten with milk or cream? It makes a good cereal.

To make a sweet of pop corn boil together 1 cup of corn sirup and 1 tablespoon of vinegar until a few drops harden in water and pour it over the freshly popped corn while it is hot. As soon as it is cool enough to handle, grease the hands and form into balls. This amount of sirup covers 3 quarts of pop corn.

Chocolate pop corn is delicious. Cook 1 cup of corn sirup for five minutes. Add 2 ounces of chocolate (two squares), and stir until melted. Cook slowly until a soft ball is formed in water. Beat until thick. Have the popped corn in a greased dish. Pour the sirup over it and form into balls when cool enough to handle. This amount covers 1 1-2 quarts of pop corn.

Farmers' Bulletin 553 tells how to grow pop corn. Why not have a few rows of pop corn in your garden next spring?

BEST USE FOR SKIM MILK

All skim milk should be used—none wasted. It should furnish the maximum of food to human beings and does this better when used direct, as cottage cheese, prepared buttermilk, or other by-products, than when fed to animals and converted into meat. Surplus skim milk, of course, may be used economically to feed hogs, yet 100 pounds of it will produce 15 pounds of cheese, produce only 4.8 pounds of dressed pork if fed with corn. Skim milk, if made into cottage cheese, furnishes nearly seven times as much protein and nearly as much energy as the dressed pork it would produce. Of course the most nourishment is obtained when skim milk is used direct, either for drinking or cooking. As far as possible, therefore, skim milk should be used for human food and only the excess fed to live stock.

That we have the physical resources to win this war, if they are properly conserved, I entertain no doubt; that we have these in larger measure than any other nation in the world is a matter of common knowledge.—Secretary Houston.

USE MILK, BUT SAVE IT

How can the consumer help the milk supply? By judicious use, good care, and by utilizing it in all its forms. That half cup of milk which was poured into the sink today because it was allowed to sour—it would have made a substantial amount of cottage cheese or could have been. In many households quite a little milk is wasted—left uncovered in glasses—regarded useless because the

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In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.



Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for woman's ailments I ever saw."—Mrs. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years' experience is your service.

cream has been skimmed off, allowed to sour—poured down the sink or thrown away. Half a cup of milk—whole, skimmed or sour—seemingly a trifling matter, hardly worth the trouble to keep or use.

But if every one of the twenty million homes should waste on the average one-half cup daily, it would mean 2,500,000 quarts daily for the country—912,500,000 quarts a year—the total product of more than 400,000 cows. It takes a lot of grass and grain to make that much milk and an army of people to produce it and deliver it. Maybe this estimate is too high. Suppose that one-half cup is wasted in only one out of 100 homes. The waste which this would make is still intolerable when milk is so nutritious, when skim milk can be used in mak-

ing such wholesome soups and cereal dishes, when sour milk can be used in bread making or for cottage cheese.

OHIO MINERS ARE FACING STARVATION

Columbus, O., Jan. 7.—Declaring that hundreds of Ohio miners' families face starvation because mines are unable to operate on account of car shortage, Governor Cox wired Railway Director McAdoo today to send a man to Ohio to survey the car shortage situation.

Many miners it was learned, have not been able to earn enough to pay rent, while their grocery bills have piled up so credit is no longer extended to them.

U. S. WILL TEACH GIRLS SHORTHAND

Washington, Jan. 6.—The government is going to open a school for stenographers.

Shortage of office help has compelled Uncle Sam to train his own stenographers and typists. Through the Washington office of the United States employment bureau, schools are to be established for "intensive" training of girls and women. Applicants with the fundamentals of typing and stenography will be rushed through a course, and put in the offices for which they are best fitted. Offices are to be opened Monday at 3410 Pennsylvania avenue.

The Consumption Evil

There is no ailment to which the body is subjected that is so far reaching in its injurious effects as constipation. It means a congestion of the bowels and usually causes such annoying pains in the back, sour stomach, salivary complexion, offensive breath or loss of appetite. When you suffer from any of these ills, take a few doses of Cranger Liver Regulator. You will be surprised how quickly it restores your normal health. Cranger Liver Regulator contains an enamel and produces none of the distressing effects. It has, however, all the corrective value of enamel, and may be freely given to children as well as to adults. Cranger Liver Regulator is also free from alcohol. A box of it lasts long, and a few doses relieve ordinary cases of biliousness. Cranger Liver Regulator is sold by druggists everywhere at 25c a box. Refuse all substitutes as there is no other medicine just like Cranger Liver Regulator.

BEST DRUGS AT Reasonable Prices

Nothing but the very best materials go into our prescriptions and they are compounded just the way your physician says.

RUBBER GOODS and TOILET ARTICLES and a full and complete line of STATIONERY.

We have A MODERN SODA FOUNTAIN We keep a Full Line of CIGARS, TOBACCOS and CANDIES. **BROWN'S DRUG STORE,** Below Bank of Manning. Manning, S. C.

Fertilizers!

We are Manufacturing this year our old line of High-grade MEAL MIXED FERTILIZERS.

Ammoniated goods with a Potash content as high as 3 per cent. Also.

COTTON SEED MEAL. ACID PHOSPHATE AND POTASH

at attractive prices for those who wish to do their own mixing.

See us before you buy and save money.

MANNING OIL MILL

For The Housekeeper!

The best line Ranges, Oil and Gasoline Cook Stoves ever shown in Manning.

For the Farmer

The best Corn and Cotton Planters, Guano Distributors, Harrows and all Farm Tools. One or two of those splendid two-horse Disc Harrows left at less than cost. Come and see.

Plowden Hardware Company.

VALUABLE LANDS FOR SALE

I have for sale the following lands belonging to estate of S. A. Rigby:
Tract (1): 279 acres at Davis Station, being the place heretofore farmed by Mr. J. W. Childers.
Tract (2): 115 acres adjoining lands of R. J. Stukes, of William Witherspoon and of others; said tract being situated between Manning and Summerton and being the place formerly owned by Mr. Ashby Richbourg.
Tract (3): 32 acres 2 miles from Manning where the Manning and Fulton and Raccoon public roads cross; said place adjoining lands of R. H. Davis; of Mrs. Ridgill and of others.
Tract (4): 228 acres in Sammy Swamp Township known as the John F. McLeod place.
Tract (5): That lot in the Town of Manning known as the Central Hotel lot.

J. A. WEINBERG, Manning, S. C.