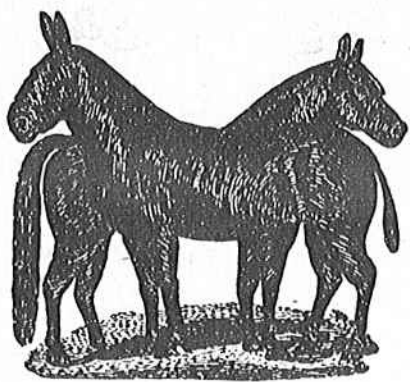


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### DIRECTIONS FOR KNITTING SOCKS

Week before last the latest sock directions were printed. By mistake a part of these directions was left off. Below are the correct directions:

There is a large supply of sock wool on hand. All ladies who knit socks are urged to do so.

**Medium Size Sock.**  
56 stitches on three needles, 20 on 1st needle, 20 on 2nd needle and 16 on 3rd needle.  
Knit 2, Purl 2, for 3 inches.  
Knit plain 8 inches.

**Heel.**  
Divide stitches: 28 on 1st needle (for heel), 14 on 2nd needle and 14 on 3rd needle.  
1st needle (\*) knit 1 row, turn, Purl 1 row, turn. Repeat from (\*) until you have 27 rows. Always slip 1st stitch.  
Begin to turn heel on wrong side.  
**To Turn Heel.**  
Slip 1, Purl 15, Purl 2 together, Purl 1, turn.  
Slip 1, knit 5, slip 1, knit 1, pass slipped stitch over knit stitch, knit 1, turn.  
Slip 1, purl 6, purl 2 together, purl 1, turn.  
Slip 1, knit 7, slip 1, knit 1, pass slipped stitch over knit stitch, knit 1, turn.  
Slip 1, purl 8, purl 2 together, purl 1, turn.  
Slip 1, knit 9, slip 1, knit 1, pass slipped stitch over knit stitch, knit 1, turn.  
Continue until there are 16 stitches on needle.

**Gusset.**  
(1st needle).  
Pick up 13 stitches on side of heel. Knit stitches of 2nd and 3rd needles on to one needle. (2nd needle).  
Pick up 13 stitches on other side of heel and take 8 stitches from first needle. (3rd needle).  
1st needle. (A) Knit to within 3 stitches of end, knit 2 together, knit 1.  
2nd needle. (B) Knit plain.  
3rd needle. (C) Knit 1, slip 1, knit 1, pass slipped stitch over knit stitch, knit to end.  
(D) Knit around plain.  
Repeat A, B, C, D until you have 14 stitches on 1st needle, 28 stitches on 2nd needle, 14 stitches on 3rd needle.  
Knit plain 5 1/2 inches.

**Kitcher Toe.**  
1st needle. (E) Knit to within 3 stitches of end. Knit 2 together, knit 1.  
2nd needle. (F) Knit 1, slip 1, knit 1, pass slipped stitch over knit stitch, knit to within 3 stitches of end, knit 2 together, knit 1.  
3rd needle. (G) Knit 1, slip 1, knit 1, pass slipped stitch over knit stitch, knit to end.  
(H) Knit 2 rows plain.  
Repeat E, F, G, H 3 times (making 4 times in all).  
Then narrow every other row 5 times.  
Knit the 5 stitches of your 1st needle on to your 3rd needle.  
You now have 10 stitches on each of the needles.  
Break wool (leaving 12 inch length) and thread it into worsted needle.  
Hold sock so that the worsted

needle is at your right and, always keeping wool under knitting needles, weave front and back together as follows:

(\*) Pass worsted needle through 1st stitch of front knitting needle as if knitting and slip stitch off the knitting needle.  
Pass through 2nd stitch as if purling and leave stitch on the knitting needle.  
Pass through 1st stitch of back needle as if purling and slip stitch off the knitting needle.  
Pass through 2nd stitch of back needle as if knitting and leave stitch on knitting needle.  
Repeat from (\*) until all stitches are off needles.  
In order to avoid ridge across end of toe, fasten wool down the side.  
Laid on a level surface the finished sock should measure: Foot, length 11 1/2 inches, but 10 1/2 to 12 1/2 is acceptable; leg, length 14 inches, circumference 8 inches; cuff, circumference, unstretched 6 inches, stretched to fullest extent 13 1/2 inches.  
**To Toe Sock.**  
(So as to have no knots and a perfectly shaped toe.)  
Knit to where there are 14 stitches on needle.  
Turn sock wrong side out. Press with hot iron and damp cloth to keep chinelle needle, weave.  
The following are the names of those who collected seven or more pounds of nuts and hulls in response to an appeal from the conservation committee: Nevelle Sprout, Cornelia Sprout, Jim Sprout, Mary Edith Plowden and Mr. Manning, Lee.

**INFLUENZA DEATH TOLL GREAT.**  
Columbia, Jan. 2.—The epidemic of Spanish influenza which ravaged the State brought an estimated death list of between 4,000 and 5,000 and the number of cases was between 150,000 and 170,000, according to the report of Capt. C. V. Akin, M. D., passed assistant surgeon, United States Public Health Service, who had charge of the epidemiological work in South Carolina. The report is made to the executive committee of the State health board in connection with the disease. There were actually reported 86,415 cases and 3,600 deaths. The reported deaths among the white negroes reached 1,395 and among the negroes they aggregated 2,205.  
Capt. Akin's report shows that the disease first made its appearance in Abbeville County on September 21, 1918, and rapidly spread through the congested Piedmont section of the State, and thence throughout every other part of South Carolina. The disease reached its apex during October and began to recede during the first week of November. The United States Public Health Service employed thirty physicians and the American Red Cross furnished forty nurses to fight the disease and, says the report, they saved thousands of lives. There were hundreds of volunteer workers in the field.  
**Capt. Akin's Summary.**  
In summing up the epidemic and the lessons to be learned by the people of the State, Capt. Akin said: "Nations and States and even in-

**Keep Well**

Do not allow the poisons of undigested food to accumulate in your bowels, where they are absorbed into your system. Indigestion, constipation, headache, bad blood, and numerous other troubles are bound to follow. Keep your system clean, as thousands of others do, by taking an occasional dose of the old, reliable, vegetable, family liver medicine.

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## Black-Draught

Mrs. W. F. Pickle, of Rising Fawn, Ga., writes: "We have used Thedford's Black-Draught as a family medicine. My mother-in-law could not take calomel as it seemed too strong for her, so she used Black-Draught as a mild laxative and liver regulator. . . . We use it in the family and believe it is the best medicine for the liver made." Try it. Insist on the genuine—Thedford's. 25c a package. E-75

Individuals have always paid a heavy tribute for unpreparedness. The forty-five counties in South Carolina followed the long established precedent when stricken with the epidemic of influenza. More than 4,000 lives will have been wasted and untold suffering experienced in vain if the people of this State do not make immediate and everlasting use of the terrible lesson so pointedly expressed by the helpless condition into which they were thrown when influenza struck a population 90 per cent of which was without adequate health organization. The necessity for efficient county health units, so pressing urged by the State health officer, must now be apparent to every citizen of South Carolina. When a nation is stricken each State must look out for itself, and when a State is helpless in the grip of disease each county must take care of its own problem. It is impossible to estimate the saving of life and needless suffering had each of the forty-five counties in South Carolina been properly equipped to combat influenza. It must not be forgotten that there are other disease conditions which menace the health of the people of this State and 'tomorrow' is not time to get ready to meet an enemy, the appearance of which may not be definitely anticipated."

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