

Over-Worked Kidneys.

Unhealthy Kidneys Impure Blood.
All the blood in your body passes through your kidneys once every three minutes. The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work. Rheumatism, sciatica and rheumatoid people from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble. Because the heart is over-working in pumping thick, kidney-poisoned blood through the veins and arteries. It used to be considered that only urinary troubles were connected to the kidneys, but now modern medicine proves that nearly all constitutional diseases have their beginning in kidney trouble. If you are sick, you can make no mistake by first doctoring your kidneys. The mild and the extra strength of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes. You may have a sample bottle by mail. Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

Don't make any mistake, but remember the name, Swamp-Root. Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

Sylvan Valley News

DeLong & Rosse, Publishers.
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Job Printing, all branches solicited.

We give you this week to several articles on prohibition, dispensary, etc. Numerous petitions have been and are being circulated against the liquor traffic in Transylvania county. There will probably be a change in the law from prohibition to dispensary. Numerous petitions have been and are being circulated against the liquor traffic in Transylvania county. There will probably be a change in the law from prohibition to dispensary. Numerous petitions have been and are being circulated against the liquor traffic in Transylvania county. There will probably be a change in the law from prohibition to dispensary.

Nearly Forfeited
A runaway almost started a horrible accident. J. B. Orner, Frankfort. For four years it has been and all remedies. Arnica Salve had no effect on him. Equally good for bruises, skin eruptions. 25c at Z. W. Nichols.

Have you ever been in a condition of weakness? Wilson's Kidney Pills? don't you know? It is to use a little of each is almost a necessity. I believe a little of each put this man in a good condition, and his friends who are traveling it in good health would profit therefrom.

Notwithstanding Congressman [Name] is still being [Name] in the [Name].

Mysterious
One was paid [Name] other fresh and [Name] difference? [Name] with health [Name] Life Pills to [Name] arousing the [Name] pel, good digestion, [Name] stipitation. Z. W. Nichols.

Theives [Name] little to [Name].

KICKERS' KOLUM.

We like to kick. We were born kicking—and expect to depart the same way. But when we kick we have a cause for doing so. We want to direct the attention of the people to the practice of the railroads. No doubt many of your readers can call to mind instances where they have been mistreated by the above named corporations—instances in which "mistakes" were made, and always made in their (the railroads) favor. Did it ever happen that you were considerably overcharged for freight? Then what did you do? What recourse had you? Did you not have to hunt up your bill of lading (after paying the overtax before you could get possession of your freight) and put in a claim, and lose more time than the overcharge would come to in trying to collect it? You have? Then did you not feel like kicking? Of course you did—and you kicked good and strong. You swore vengeance against those who were responsible for the overcharge. But how did you go about it? Friend, there is only one remedy—just one—to stop this practice of "mistakes"; "mistakes" which (we believe) are made purposely; "mistakes" which occur every day in the week; "mistakes" which take from you that which is yours and places it in the pocket of those who have no just claim on it; "mistakes" which, as I have said, are ALWAYS made in the favor of ones making them. From these "mistakes" months throughout the year, you would buy half the goods in the country. The remedy can only be administrative. Governmental railroads will prevail; government will prevail; government will give equitable freight rates; government will insure sound freight rates. The service of railroad commissions in the United States today are not worth a cent to the people. We derive no benefit from such a commission, and none. Every congressman in the United States should be a candidate at the next election for a better government.

EYEGLASSES AND WHY.


The Increase in the Number Worn Not an Evidence of Degeneration of the Eyes.

The question is often asked, particularly by those who can recall the customs and experiences of 25 years ago: "Why do so many persons nowadays wear glasses?" The answer is easy: "The increase in the number of spectacles worn is not to be regarded as an evidence of modern degeneration of the eyes, but rather that a long-felt necessity has been met." For it should be remembered that within the past quarter of a century much has been learned about the value of glasses, and the range of their application and usefulness has been enormously extended. Of course, the eyes need more help now than formerly, as the amount of work they are required to do is much greater than at any previous period in the world's history. The sewing machine and many other inventions of its class save the labor of the hands only to add to that required of the eyes, says Bippincott's.

New employments, new amusements and new fashions are continually being introduced to increase the exertions laid upon these sensitive and delicate organs. The steady decrease of illiteracy, together with the general cheapness of literature and a spread of a taste for it, the enormous circulation of novels, magazines and newspapers, the ever-increasing use of artificial illumination, all combine to overtax the eyes and to weaken or possibly destroy the sight unless the required aid and protection be supplied through every means at our disposal. Thus it happens that the sometime luxury of properly adjusted glasses has come to be recognized and valued as one of the real necessities of life.

To Cure a Cold in One Day
Cures Grip in Two Days.
Take Laxative Bromo Quinine Tablets.
Seven Million boxes sold in past 12 months. This signature, *E. W. Brown* on every box. 25c.

The New Year Styles



A Fresh Stock of 1903 Styles Are Arriving.

It is chock full of new stuff—new leather, new lasts. They are mostly the Brown Shoe Co.'s make, therefore dependable for wear, and have many new details in style and finish never before seen. They are styles never before seen outside of custom made shoes that you will appreciate. The less expensive goods have trimness, comfort and wear. A good new year resolution will be to run in and see them.

INVENTORY.

Every year in most stores about this time brings over goods. And what we have are now cut in price on new goods coming in. We think it is better for you to lose than to carry them over to another season. We are yours faithfully,
W. P. WEIL