

NOTICE.

THE Ordinary Meeting of the Colonial Council fixed for MONDAY the 15 inst. is, by request of Government postponed to MONDAY August 29, 1921, at one o'clock p. m.

F. COULTER,
Vice-Chairman.

AUCTION.

At the request of DOUGLAS H. LUNNEY and FRANCIS COULTER, attorneys in fact for F. LUNNEY Esq., there will be offered for sale at a Public Auction to be held at Estate ANGUILLA, Christiansted Country District, on

SATURDAY

the 20th day of August 1921

AT 1 O'CLOCK P. M.

PERSONAL PROPERTY of F. LUNNEY Esq. consisting of:

HOUSEHOLD FURNITURE

MAHOGANY BEDSTEADS,
PRESSES, TABLES,
ROCKING CHAIRS,
GLASS CASES,
SIDE-BOARDS,
SOFAS,
DRESSING TABLES,
WASH-STANDS,
CHIFFONIERS,
HAT-STANDS,
BOOKCASES,
WRITING DESKS, ETC.
DINING ROOM complete outfit,
GLASS and CHINA WARES,
KITCHEN UTENSILS.

PIANO,

SONORA MACHINE with 60 Records,
ONE FORD CAR, first class condition with self starter.
2 BUGGIES, 2 PHAETONS,
THREE SETS HARNESS,
1 LADY SIDE-SADDLE,
TWO GENTLEMEN'S SADDLES,
PLANTS etc., etc.

The conditions for the sale will be fixed at the Auction and may be seen at the Law office of Messrs. NOLL and CURRY. Mr. THOMAS RAMSAY will act as Auctioneer.

Frederiksted's Vendue Office, August 5th 1921.

G. KEYSER,
Vendue Director.

Active Middle Age May Beat Youth

Medical Science proves blood rich in iron to be a secret of great strength, energy and endurance

You may be a better man at 50 than the husky stripling of 25 if you take care of yourself and **KEEP YOUR BLOOD FILLED WITH IRON.**

In an account of a severe mountain climbing test, a New York newspaper states that 20 per cent of those who accomplished the feat were 44 years and over.

Prize-fighters, wrestlers and athletes have learned the value of plenty of plain coarse foods in their training as such a diet helps supply their blood with iron.

THERE ARE 30,000,000,000,000 RED BLOOD CORPUSCLES IN YOUR BLOOD AND EACH ONE MUST HAVE IRON.

Nature put plenty of iron in the husks of grains and the skin and peels of vegetables and fruits to enrich your blood, but modern methods of cookery throw all these things away—hence the alarming increase in recent years in Anaemia—iron starvation of the blood, with all its attendant ills. When you get up feeling tired in the morning; when you find yourself nervous, irritable and easily upset; when you can no longer do your day's work without being all fagged out at night; when your digestion all goes wrong, or you have pains across the back and your face looks pale and drawn, do not wait until you go all to pieces and collapse in a state of nervous prostration, or until in your weakened condition you contract some serious disease, but consult your family physician and have him take a specimen of your blood and make a "blood count" of your red blood corpuscles, or test the iron-power of your blood yourself by adding plenty of spinach, carrots, baked apples or other iron-containing fruits and vegetables to your daily food and take organic iron, like Nuxated Iron with them for a while and see how much your condition improves.

Thousands of people have surprisingly increased their strength, energy and endurance in two week's time by this simple experiment. But in making this test be sure that the iron you take is organic iron and not metallic iron or mineral iron which people usually take. Organic iron is like the iron in your blood and like the iron in spinach, lentils and apples, while metallic iron is iron just as it comes from the action of strong acids on small pieces of iron. Organic iron may be had from your druggist under the name of NUXATED IRON.

Your money will be refunded by the manufacturers if you do not obtain perfectly satisfactory results. At all druggists in tablet form only.

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