

St. Croix Avis

76TH YEAR.

CHRISTIANSTED V. I. U. S. A. SATURDAY 27TH AUGUST 1921.

No. 200.

THE ST. CROIX AVIS

is printed and published daily (Sundays and Holidays excepted) by G. Johansen at the Avis Office

TERMS—50 cents monthly in advance
2 cents per single copy.

Entered as second-class matter May 26th 1917 at the Post Office at Christiansted, St. Croix, V. I. of the U. S. A., under the Act of March 3, 1879.

Contribution to this paper will be gladly received when the same deals with matters of general interest, and is accompanied with the author's name, as a guarantee of good faith. The editor cannot be responsible for the views of his correspondents nor does he necessarily endorse them.

Publication.

THE District Court of the Virgin Islands of the United States, will hold the September Term of Court, which is one of the regular terms of the said District Court, at the following times and places, to wit:

For the Sub-Judicial District of Christiansted. At Christiansted, Thursday September 15, at 10 o'clock A. M., sitting at Government House.

For the Sub-Judicial District of Frederiksted. At Frederiksted Monday September 19, at 10 o'clock A. M., sitting at the Fort.

At which times and places all interested persons are notified to be present.

Done at Christiansted, St. Croix, Virgin Islands, this 24th day of August 1921.

J. F. HENRY,
Clerk of the District Court.

AMERICAN MOTOR SCHOONER

"MYSTERY"

(U. S. Contract Mail Packet)

Captain Noble

will arrive at Frederiksted on Saturdays and will leave the same day for San Juan, P. R., via St. Thomas.

Intending passengers will please apply for passage tickets not later than 4 p. m. on the previous day.

RAMSAY COOGAN & CO., INC.,
Agents.

Thousands Are Nervous Wrecks

Cross, Crabbed and Care-worn

From Weak, Thin Watery Blood

without ever suspecting the real cause of their trouble — Iron-starvation.

A New York Physician says that MORE THAN ONE HALF THE POPULATION OF AMERICA PERISHES BEFORE MIDDLE AGE and that one of the chief contributory causes of this terrible waste of human life is the devitalizing weakness brought on by lack of iron in the blood.

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

An enormous number of people who ought to be strong, vigorous and in the prime of life are constantly complaining of weak nerves, headaches, pains across the back, disturbed digestion, shortness of breath, a general "run-down" condition, melancholy, bad memory, etc., when the real cause of all their suffering is IRON STARVATION OF THE BLOOD.

The proof of this is shown by the fact that when organic iron is supplied to their blood, that all their multitude of symptoms often quickly disappear and the very men and women who were formerly so complaining become strong, healthy and vigorous, with even dispositions and sunny, cheerful natures. Nature put plenty of iron in the husks of grains and the skins and peels of vegetables and fruits to enrich your blood, but modern methods of cookery throw all these things away—the alarming increase, in recent years, in anemia—iron starvation of the blood with all attendant ills.

If you are not willing to go back to nature then you should eat more such iron-containing vegetables as spinach and carrots and reinforce them by taking a little organic iron from time to time. But be sure the iron you take is organic and not metallic iron which people usually take. Metallic iron is iron just as it comes from the action of strong acids on small pieces of iron and is therefore an entirely different

thing from organic iron. Organic iron is like the iron in your blood and like the iron in spinach, lentils and apples. It may be had from your druggist under the name of Nuxated Iron.

Nuxated Iron represents organic iron in a highly condensed form that one dose of it is estimated to be approximately equivalent (in organic iron content) to eating one-half quart of spinach, one quart of green vegetables or a dozen apples. It's like taking extract of meat instead of eating pounds of meat.

Over 4,000,000 people annually are using Nuxated Iron. It will not injure the teeth nor disturb the stomach. A few doses will often suffice to enrich your blood and revitalize worn-out, exhausted nerves. Your money is refunded by the manufacturers if you do not obtain satisfactory results. Beware of substitutes. Always insist on having genuine organic iron—Nuxated Iron. Look for the letters N. I. on every tablet. At all druggists in tablet form only.

NUXATED IRON ENRICHES THE BLOOD—GIVES YOU NEW STRENGTH AND ENERGY

DISTRIBUTORS: APOTHECARY HALL, ST. THOMAS.

EXCURSION TRIP

THE FAST SAILING SLOOP

"MIZPAH"

will be leaving here for St. Thomas on the 3rd September 1921 at 11 o'clock P. M. with the Boys of the Dreadnought No. 1 Football Club of this island to play against the St. Thomas Stars Football Club on September 5th known as LABOR DAY.

Persons desirous of taking a trip across to our sister island are liable to do so, as there will be great celebrations over there on said day, also you

will have the pleasure of seeing your home Boys in their contest.

Book your names early at Ritzberg's Cafe as there will be only a limited amount.

REUBEN J. BRUN,
Sec. D. No. 1 & 2 F. B. Cs.

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