

St. Croix Avis

76th YEAR.

CHRISTIANSTED, V. I. U. S. A. SATURDAY 3RD DECEMBER 1921

No. 220.

THE ST. CROIX AVIS

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AT

JOHN ALEXANDER,

uck's Christmas Post Cards

The most welcome, Artistic and Up-to-date

Used by Royalty, Society and the Great Public,

REPORT

OF

DEPOSITS & WITHDRAWALS

AT

THE NEW ST. CROIX SAVINGS BANK

On Saturday the 26th Nov. 1921

RECEIVERS:

In Christiansted

A. E. STAKEMANN Trustee.

In Frederiksted

R. E. HIGGINS Trustee.

Balance of deposits to 19th Nov. 1921 \$ 87,895.34

12 Deposits, of which	
9 in Christiansted	\$ 39.84
(- new)	
3 in Frederiksted	\$ 7.25
(- new)	
	\$ 47.09

\$ 87,942.43

22 withdrawals of which	
14 in Christiansted	\$ 99.20
8 in Frederiksted	\$ 147.30
	\$ 246.50

Balance of deposits to date \$ 87,695.93
Receivers for Saturday the 3rd Dec. 1921

In Christiansted

A. E. STAKEMANN Trustee.

In Frederiksted

R. E. HIGGINS Trustee.

A. E. STAKEMANN,
President.

Active Middle Age May Be at 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, lentils, 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 manufacturer if you do not obtain perfectly satisfactory results. At all druggists in tablet form only.

NUXATED IRON ENRICHES THE BLOOD GIVES YOU NEW STRENGTH AND ENERGY

DISTRIBUTORS: **APOTHECARY HALL, ST. THOMAS.**

Xmas Gifts!

Household and Personal Articles,
suitable for

Christmas Gifts,

also

A fine assortment of Toys
are now being opened out at the store of

Robert Armstrong.

Christiansted, St. Croix 1st December 1921.

The Young Women's Mission Study Class

of the

Lutheran Church

will hold a

Christmas Bazaar

TUESDAY afternoon and Evening, December 13,

in the

Parsonage King St.

Christmas Cards, gifts, candies, cakes and ice cream will be on sale. Your patronage is desired.