

St. Croix Avis.

76th YEAR.

CHRISTIANSTED, V. I. U. S. A., SATURDAY 1st APRIL 1922.

No. 74.

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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.

REPORT

OF

DEPOSITS & WITHDRAWALS

AT

THE NEW ST. CROIX SAVINGS BANK

On Saturday the 25th March 1922

RECEIVERS:

In Christiansted

A. E. STAKEMANN Trustee.

In Frederiksted

R. E. HIGGINS Trustee.
Balance of deposits to 18th March 1922
\$ 86,238.09

11 Deposits, of which	
7 in Christiansted	\$ 64.54
(1 new)	
4 in Frederiksted	\$ 125.85
(— new)	
	\$ 190.39
	\$ 86,428.48

12 withdrawals of which	
7 in Christiansted	\$ 77.39
5 in Frederiksted	\$ 125.95
	\$ 203.34

Balance of deposits to date \$ 86,225.14
Receivers for Saturday the 1st April 1922

In Christiansted

A. E. STAKEMANN Trustee.

In Frederiksted

R. E. HIGGINS Trustee.
A. E. STAKEMANN, President.

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.

NUXATED IRON ENRICHES THE BLOOD GIVES YOU NEW STRENGTH AND ENERGY

DISTRIBUTORS: APOTHECARY HALL, ST. THOMAS.

Christiansted Post Office.
March 30, 1922.

To The General Public:

I am just informed by the Postmaster at St. Thomas, V. I., that there are frequent opportunities for forwarding mail from his office to San Juan, P. R., and, therefore, commencing April 4th., mail for Porto Rico and the United States will be made up for dispatch via the "Creole" every Tuesday afternoon. As there are now two sailings from San Juan, P. R. by the P. R. Am. S. S. Co., and the Bull Insular Line mid-weekly and on Saturday, there is decidedly an advantage in using the Tuesday dispatch from here as well as the week-end via the "Marina", and the public is encouraged to do so.

B. R. LARSEN, Postmaster.

NOTICE.

PUBLIC notice is hereby given that the annual examination of applicants for teachers' licenses will be held on April 8, 10, 11 & 12, 1922.

Any citizen of the United States or of the Virgin Islands, over sixteen years of age, who is known to be a person of good moral character, is eligible to sit at these examinations.

Information regarding said examinations may be obtained from the Director of Education or the Assistant Director of Education.

DANIEL R. NASE,
Director of Education.

ARTHUR E. LINDBORG,
Asst. Director of Education.