

CARE OF FOOD IMPORTANT IN WARM MONTHS

Properly Constructed Ice
Refrigerator Protects
Family Health.

Food can be preserved better in an ice refrigerator than by any other method, according to Henry L. Dithmer, Polar Ice and Fuel Company president.

With a properly constructed ice refrigerator and pure, clear ice, such as is manufactured by the Polar company, the humidity balance is maintained, natural flavors are preserved better and expense of operation is confined solely to purchase of ice.

Ice boxes refrigerated with artificial ice always keep food whole-some and free from odors.

This is the time of the year when proper preservation of foods and food products becomes of vital importance in the home.

Display Room Maintained

Anything that will keep the food supply wholesomely cold and provide the means of preserving its flavor and healthfulness is a good investment.

For the benefit of its constantly increasing number of ice patrons, the Polar company maintains a refrigerator display room containing a wide variety of styles in properly constructed refrigerators.

Insulation, construction and circulation are three important points in refrigerator construction which many times are overlooked by ice box purchasers.

Sales Have Grown

Because it was found that many expensive types of refrigerators were built improperly and failed to give satisfactory service, the Polar company began handling refrigerators built on scientific principles.

Sales of these Polar ice refrigerators have grown tremendously, as homemakers have learned of their satisfactory performance.

The Polar salesroom is located at 2000 Northwestern Avenue. Salesmen of the company will call at the home and take persons interested in refrigerators to the showroom, and then return them to their homes, without obligation to buy.

INSTALL LEGION LEADER

Paul Trees New Commander of Post
361; Others Take Posts.

Paul Trees was installed Friday night as commander of the new American Legion post No. 361 in the Edgewood schoolhouse. Bruce P. Robinson post No. 133 conducted the initiation of candidates.

E. A. Wiegand will be first vice-commander and Fred J. Foster, adjutant.

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TOW-IN SERVICE
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Riley 2484 Ky. Ave. & Maryland

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Spare Ribs, 35¢**
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meats over a Hickory Wood Fire
giving the Natural Food
Flavor in addition to the Hickory
Taste.

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AUTO BODY
REPAIRING
and
FENDER WORK**
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house. Just phone and our men will be on
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GREENFIELD
and intermediate points
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Terre Haute,
Indianapolis & Eastern
Traction Co.
Phone RILEY 1571 for Full
Information

ARTIFICIAL LAKE TO BE CREATED HERE

Park, 200-Acre Pool and
Recreation Center to Be
Beauty Spot.

That city so located as to have the
advantage of natural parks is most
fortunate.

Such places as Minneapoles and
Detroit, for example, nature has
been lavish in providing playgrounds
for the city population, and the
residents have beautified these
places so that they have become a
principal source of delight to the
people for recreation, health and
beauty.

Inland cities, however, must pro-
vide their own in this line. Indianapolis
has grown to its present
size with comparatively little opportunity
in this respect, and yet the
imperative need of such parks is
as great as ever.

Now the challenge is to create, as
close to the center of population as
possible, the kind of parks that will
afford rest and delight to a large
population.

That challenge has been accepted
by a group of business men and
civic leaders, and one such beauty
spot is in process of creation, with
shovels taking the place of
light.

Health Has Effect on Office Work Efficiency

Pure Drinking Water Helps
to Build Up Resistance
Against Illness.

Every man who maintains an
office of three or more employees has
to face the question of efficiency
under conditions different from the
employment of factory help.

In the latter case, usually, the
greater part of the force is em-
ployed in work that does not call for
the full exercise of a quick and alert
mentality in the office that is the
main consideration.

The use of this mentality is gov-
erned so largely by physical condi-
tions that offices generally are
selected because of their ventilation,
light and similar points. Poor ven-
tilation slows up an office worker.
Poor light actually decreases the
amount of work and lowers its qual-
ity.

There still is another factor the
employer can control which is of far
more importance than generally is
credited. That is the supply of
drinking water. The character of
the water actually has a tendency
to make people neglect the supply
of the body in this respect.

When, in addition to this, the
ordinary sanitary precautions are
omitted, the employer may expect
to find his people handicapped by
colds, headaches and lethargy. Few
people drink enough water.

The Crystal Springs Water Com-
pany has a service that actually will
place dollars in the pocket of an
employee of much office help in the
supplying of refrigerated deep spring
water.

In the outfit supplied offices are
included factors of health. One is
in the remarkably bracing effect of
the water itself.

Good spring water induces the
drinking of a proper amount, and in
this way.

10:00—Ritz
10:15—Secretary Hawkins
10:30—Doctors of melody.
10:45—The Ritz
11:00—“Andy” (NBC).
11:15—Tasteless Jesters (NBC).
11:30—“Silent.”
11:45—Baseball scores.
12:00—“Silent.”

12:30—Sign off.

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10:30—Time.

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WLW (700) Cincinnati

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WKBK (1400) Indianapolis

(Indianaapolis Broadcasting, Inc.)

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WMAQ (650) Chicago

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