FREE to every applicant for One Month only.

I want every reader of this paper to understand that I have just received a book from the publishers of the world's most valuable book on the science and art of muscular development. The book is called "Modern Methods of Muscle-Making" and it is the work of T. E. Black, who has spent many years in the study and practice of this science.

This book is a complete guide to the development of muscular strength and endurance. It is written in a clear and concise style, and is filled with practical advice and exercises. It is also illustrated with many diagrams and photographs.

I recommend this book to anyone who wants to improve their physical fitness. It is a valuable resource for anyone interested in the science of muscle development.

T. E. BLACK, Physical Culture Expert.

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