



Shot-loading Dumbbells and Barbells of improved patterns are now being offered by Prof. Inch (160, Bishop's Road, Fulham, London, S.W.). No. 1 illustrates what is generally known as a stage barbell. The bar being of large diameter makes one hand lifting especially much more easy than with a smaller bar. The prices are exceptionally low, and readers interested should send 1d. stamp for a price list. The No. 3 is especially well adapted for two-handed lifting, or for the single hand snatch lift.

I have received some samples of Hugh Mapleton's Foods. These are evidently most carefully prepared, whilst retaining the original flavours. They comprise nut butter, coconut butter, walnut butter, almond cream butter, fruitarian cake (made from fruit and nuts only), salted peanuts, salted almonds, banana and nut food, and almond nut meat. A full descriptive price list will be sent on application to Mr. Hugh Mapleton, Colonial House, Ardwick Green, Manchester.