

DO YOU WISH TO GAIN GREAT STRENGTH AND DEVELOPMENT ?

If so, write for particulars of my Course of Home Training. *I guarantee results or return fees.* Average increase in measurements under a Three Months' Course is, Chest, $2\frac{1}{2}$ to 4 inches; Biceps, $1\frac{1}{2}$ to $2\frac{1}{2}$ inches.



If you wish for ability to do great feats of strength, ask for particulars of my Weight-Lifting course. (I give 120 disc Barbells gratis) to pupils. *Gold & Silver Medals for Good Increase.* Send P.C. for Particulars to **CECIL S. RICHARDS**

(DEPT. H),

Physical Culture Expert,
SEDGLEY,

Disc Barbells, 120 lbs. 19/6; 170 lbs. 24/6; 224 lbs. 29/-
Lowest Prices ever offered to the Public.

INSTALMENTS ARRANGED.