St. George's P.C. School. The ladies opened with a dumb-bell drill exhibition, which was well received. Miss Annie Terriss and Miss Mand Barr gave a pretty club-awinging and skipping net. The best of all was the weight-lifting and posing of E. Spencer and F. Terriss. Their lifts were-Spencer: One hand bent press, 130lb.; two-handed clean jerk, 1961b; two-handed jerk, Continental style, and Ih ; one hand snatch, rould. Terriss : lerked a selb dumb-bell so times; he then lay on his back and pulled over E. Spencer standing on his hands, which was lendly applanded. He next pulled over a taolb barbell, and supported two test, men on it. He also did a double-handed clean jerk of soulb. His weight is rost, clh. stripped. Spencer then challenged all Ulster for the ost, amateur championship and gold medal. James Wright, amateur champion, and James Hendren, City Belfast Gym., were specially invited to contest the title with him. The evening was brought to a close with the ball-punching and handbalancing of Tom Iones and Lewis Hanna. The Bros. Anchor did some clever ring work.

Another display will be given soon.

Berrant.-An excellent display was given at