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Warman, Edward Barrett, 1847-

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Scientific Physical Training

INDIAN CLUB EXERCISES

By EDWARD B. WARMAN
CHICAGO

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SCIENTIFIC PHYSICAL TRAINING

INDIAN CLUB EXERCISES

By Edward B. Warman
CHICAGO

15
95-51

AUTHOR OF

The Care of the Body. Physical Training Simplified. The Voice —How to Train It, How to Care for it. Gestures and Attitudes; Delsarte Philosophy of Expression. How to Read, Recite and Impersonate. Practical Orthoepy and Critique.

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WARMAN'S INDIAN CLUB SYSTEM

ONE CLUB

GENERAL DIRECTIONS

Grasp the club firmly, but easily, the little finger resting against the knob. As these exercises are intended for physical development and not for the purpose of displaying "fancy" or "snake movements"—very good in their way and for the purpose designed—it is advisable and necessary that the knob of the club should never slip to the thumb and forefinger; neither should the thumb extend up the handle of the club. Place the idle arm at the side, with the back of the fingers resting gracefully against the side of the body. Do not allow the club to wabble. When a movement is made requiring the arm to be extended, hold the club firmly, yet as gracefully as if it were a part of that extension. Imagine that you are standing between perfect circles at right angles with each other—large and small on either side; large in front and small behind. The clubs should follow these lines perfectly in all the small circles and sweeps.

Be satisfied to practice with one club until all the single moves have been mastered; the double moves will then be more readily attained, as they are combinations of the single.

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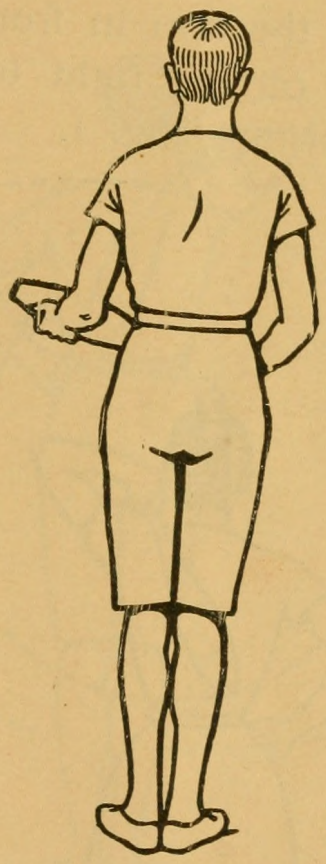
Practice each move separately, as shown in the illustration of the same. Learn the *name* of each move, and it will be helpful, inasmuch as it is suggestive.

Do not be ambitious to handle heavy clubs. Judicious practice regularly taken with a pair of *light* clubs will prove more beneficial than spasmodic or overwork with *heavy* clubs. Stand firmly, but not rigidly. Place the feet in as graceful and comfortable a position as the nature of the movement will allow. Do not quite touch the heels, nor place them too far apart, when facing an audience.

SIZE OF CLUBS.

I have observed that, as a general thing, a lady of average strength can use a three-pound club with ease; a gentleman a five-pound club. These are sufficiently heavy for beginners, especially when taking my entire system of exercises, giving each movement three times. Too light a club is as objectionable as too heavy a club, but in a different degree.

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POSITION.

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Place the club in the hands, as shown in POSITION. Toss the club a little higher than the head, placing the left hand against the side of the body, the back of the fingers touching the body. Pass the right hand back of the head at the right side, and allow the club to drop and form a complete small circle back of the head, which I designate as the *small inward*. Follow this movement with a full sweep of the arm in front toward the left side, bringing it up on the right to make *two* small inwards, etc., thus forming Fig. 1.

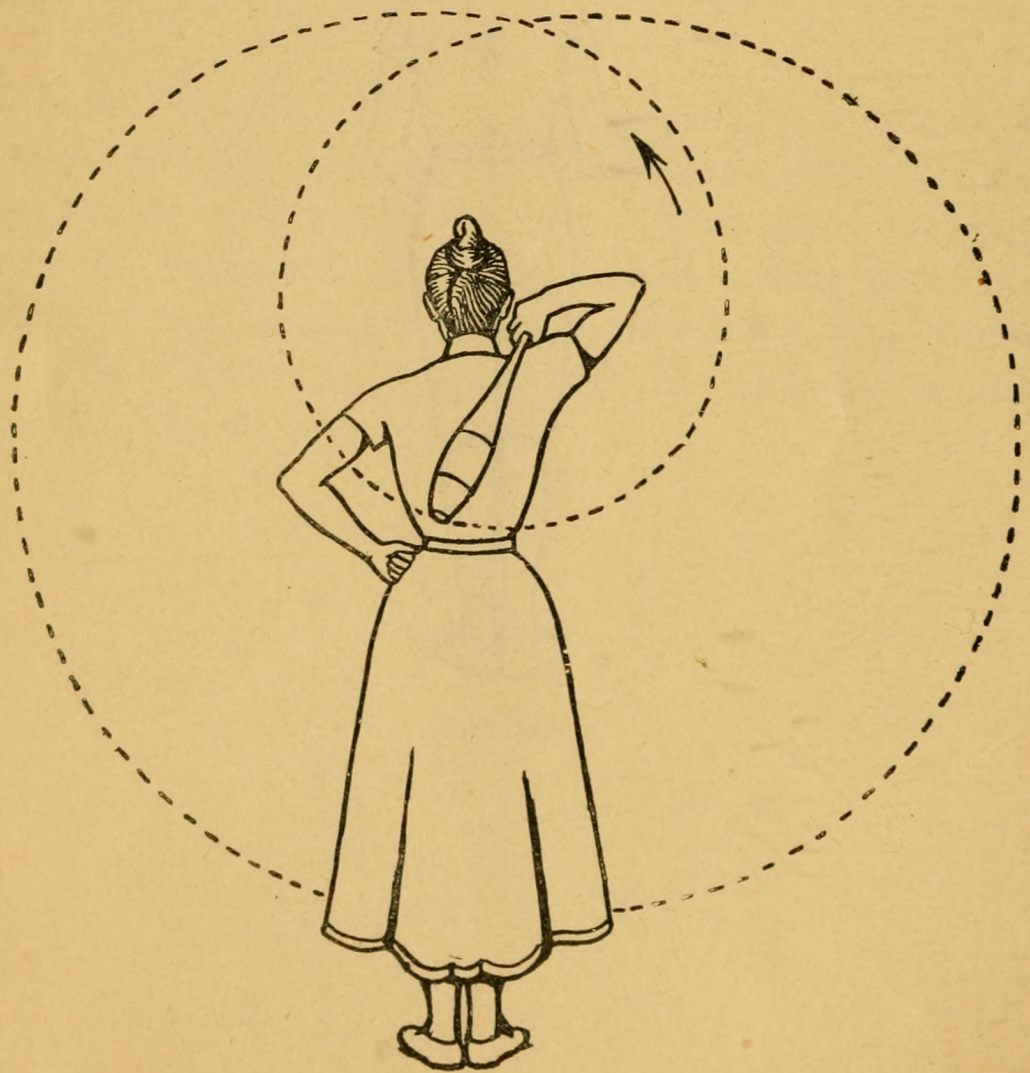


FIG. 1.

Inward—Right—Small circle inward—Sweep in front (three times).

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CHANGE.—By halting the club, just as it sweeps up the right side, a little higher than the shoulder, and reverse the movement.

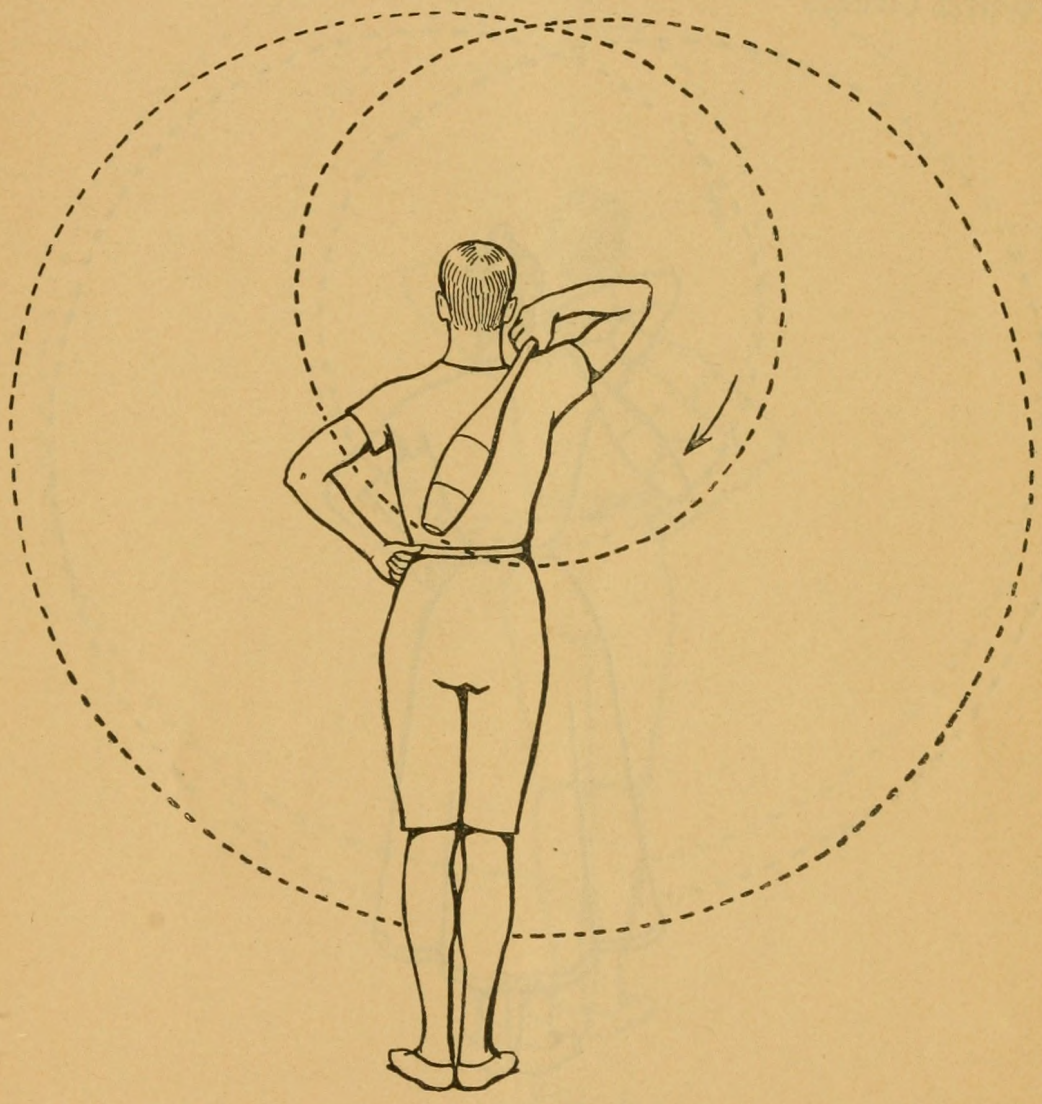


FIG. 2.

OUTWARD—RIGHT.

1. Small circle outward—Sweep in front.
2. " " " " " "
3. " " " " " "

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CHANGE—By passing the club to the left hand just as it sweeps up toward the left side the third time. When a little higher than the shoulder, let it fall to a small outward circle.

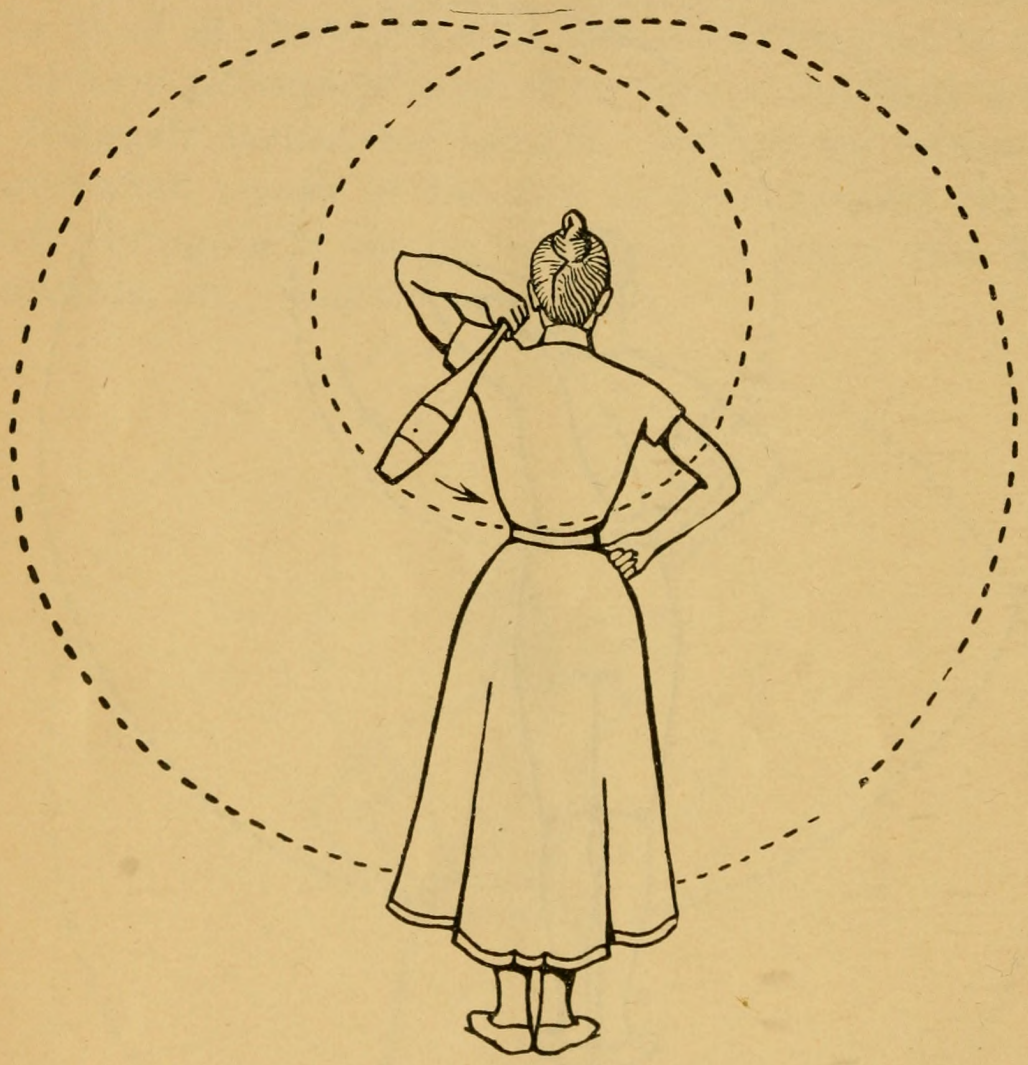


FIG. 3.

OUTWARD—LEFT.

1. Small circle outward—Sweep in front.
2. " " " " " "
3. " " "

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CHANGE—By omitting the third sweep outward, but instead drop the club in front of the face, following with a full sweep inward, bringing up the club on the left side and making a small inward circle.

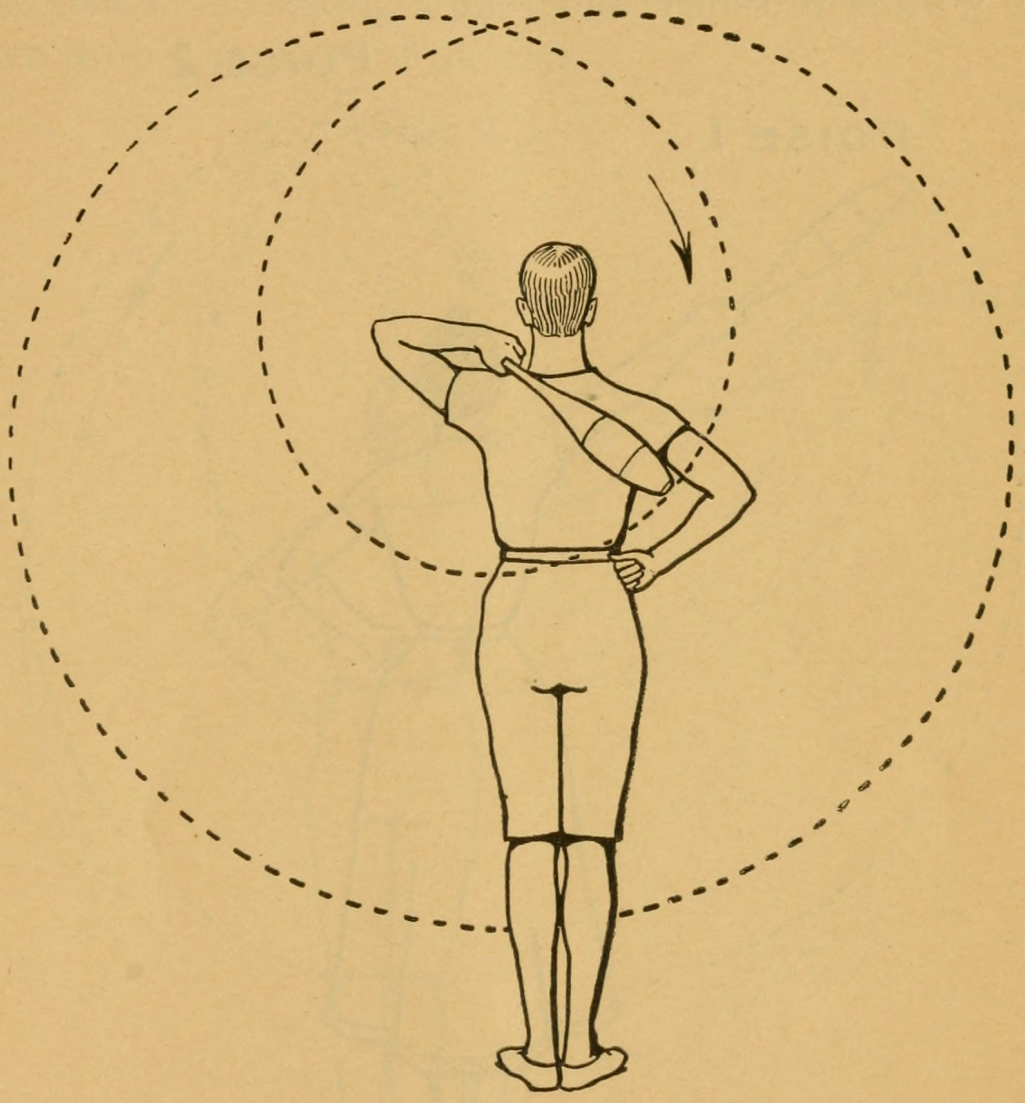


FIG. 4.

INWARD—LEFT.

1. Small circle inward—Sweep in front.
2. " " " " " "
3. " " " " " "

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CHANGE—By halting the club when it sweeps up the left side the third time, poising it at *Poise 1*, as shown in the illustration. Let it fall as if to make an outward, but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

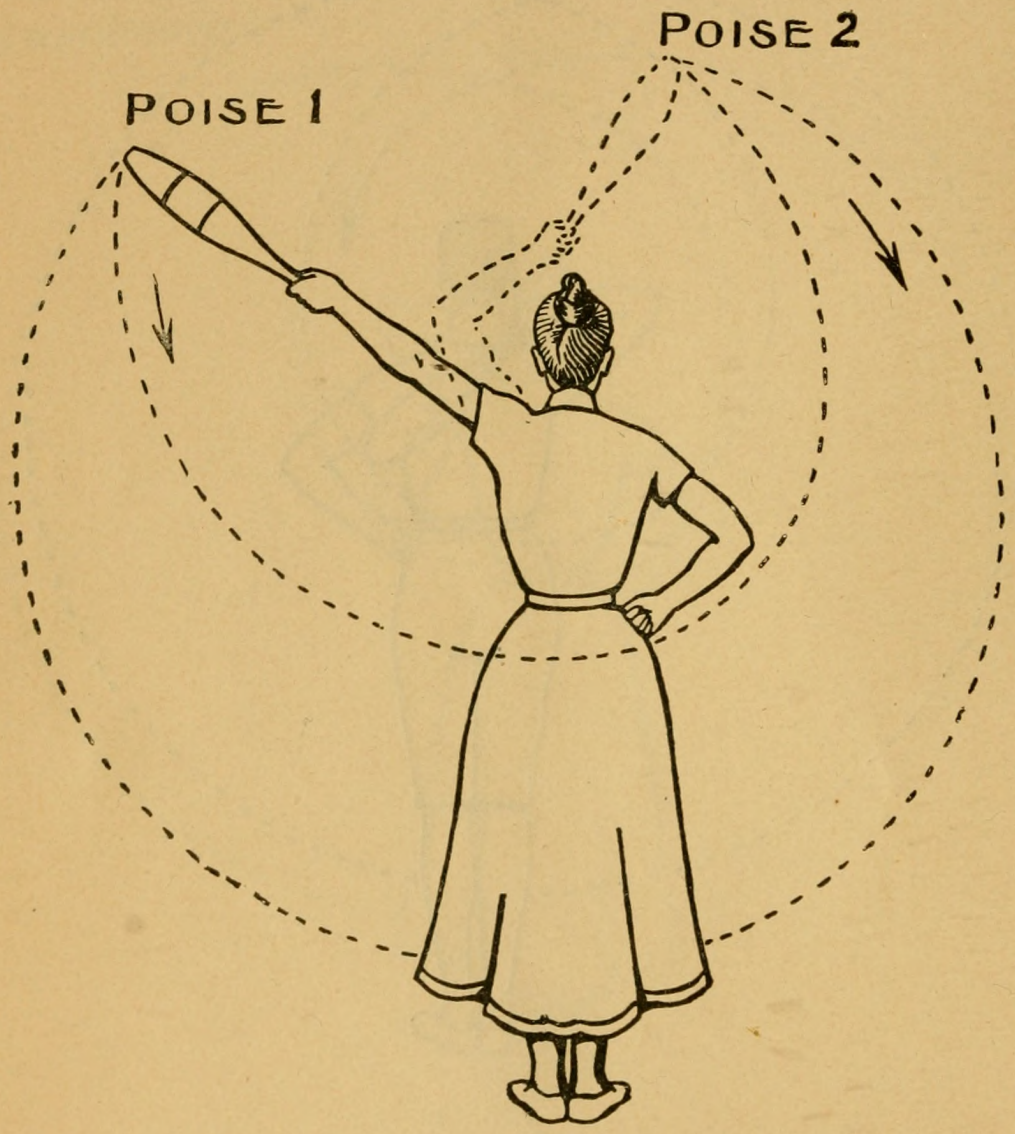


FIG. 5.

POISE—DROP. LEFT.

Poise at 1—Poise at 2—Drop in front of the face.

" " " " " " " "

" " " " " " " "

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CHANGE—By poising again at *Poise 1*, reversing the movement to a small outward; then sweep it in front, taking it up with the right hand and halting it at *Poise 1* on the right side. Let it fall as if to make an outward; but instead of making a full circle, halt it at *Poise 2*, and then drop it in front of the face.

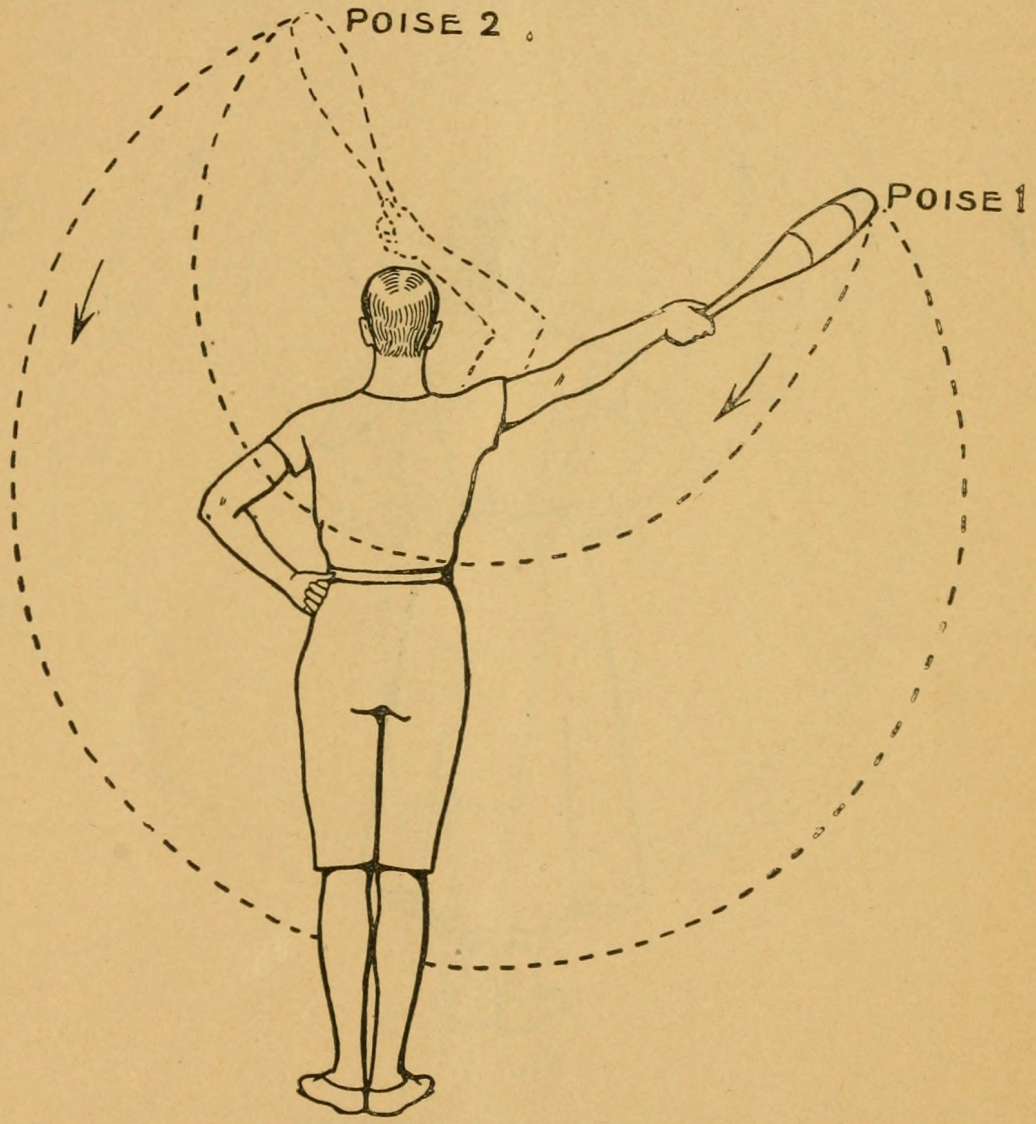


FIG. 6.

POISE—DROP. RIGHT.

Poise at 1—Poise at 2—Drop in front of the face (three times).

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CHANGE—By poising again at *Poise 1*, and reversing the movement to a small outward; then sweep it in front and take it up with the left hand to *Poise 1*, left (as shown in Fig. 5); reverse it to a small outward, and pass it from hand to hand after each small outward.



FIG. 7.

ALTERNATING OUTWARD.

Outward—Right—Sweep. Outward—Left—Sweep.

" " " " " "

" " " " " "

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CHANGE—By taking the club again in the right hand as if to make a fourth outward, but instead make a small inward, passing it quickly behind the head to the left hand, which should be in position to grasp the club without stopping its motion. It will drop into a small outward circle with the left hand. Sweep it out and front, pass it again to the right hand.

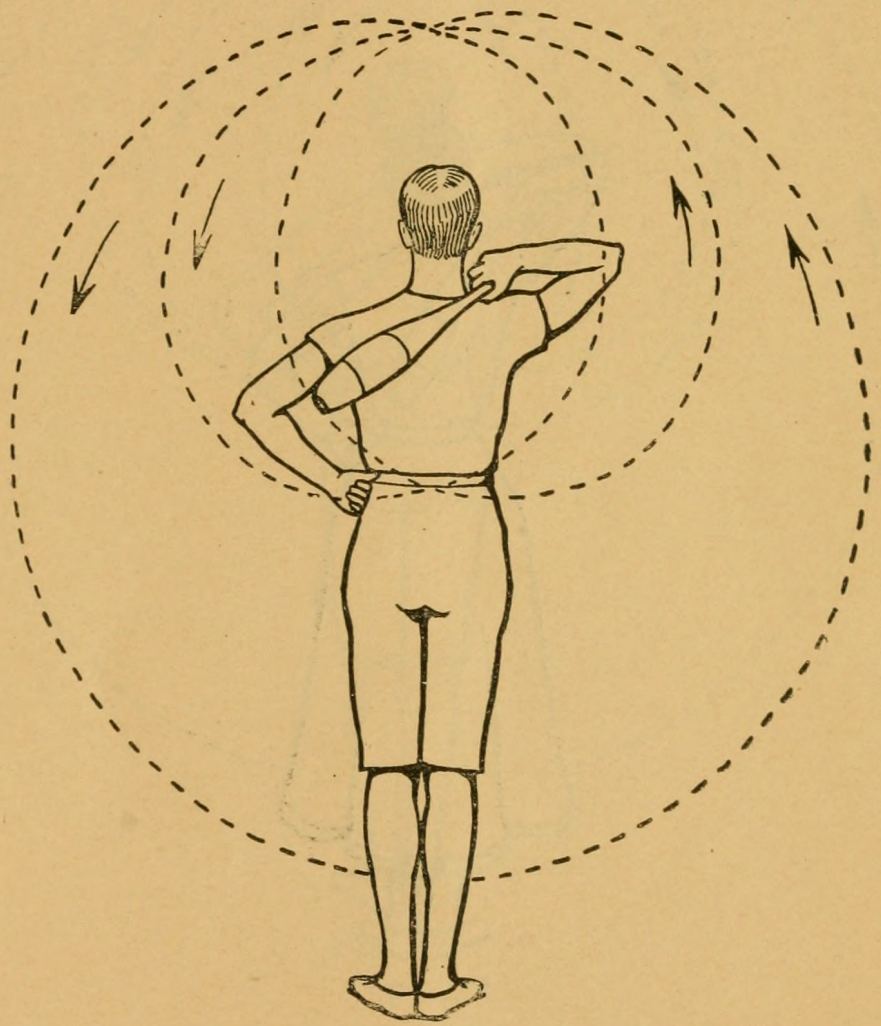


FIG. 8.

LARGE WHEEL—LEFT.

Inward—	Right.	Outward—	Left.	Sweep.
"	"	"	"	"
"	"	"	"	Drop.

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CHANGE—By omitting the last sweep with the left hand; drop the club in front of the face, giving a full sweep inward, then small inward with left hand, thus reversing the movement.



FIG. 9.

LARGE WHEEL—RIGHT.

Inward—	Left.	Outward—	Right.	Sweep.
"	"	"	"	"
"	"	"	"	Drop.

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CHANGE—By again omitting the outward sweep with right hand, drop the club in front of the face, giving a full sweep inward, thus reversing the movement, making only small circles.

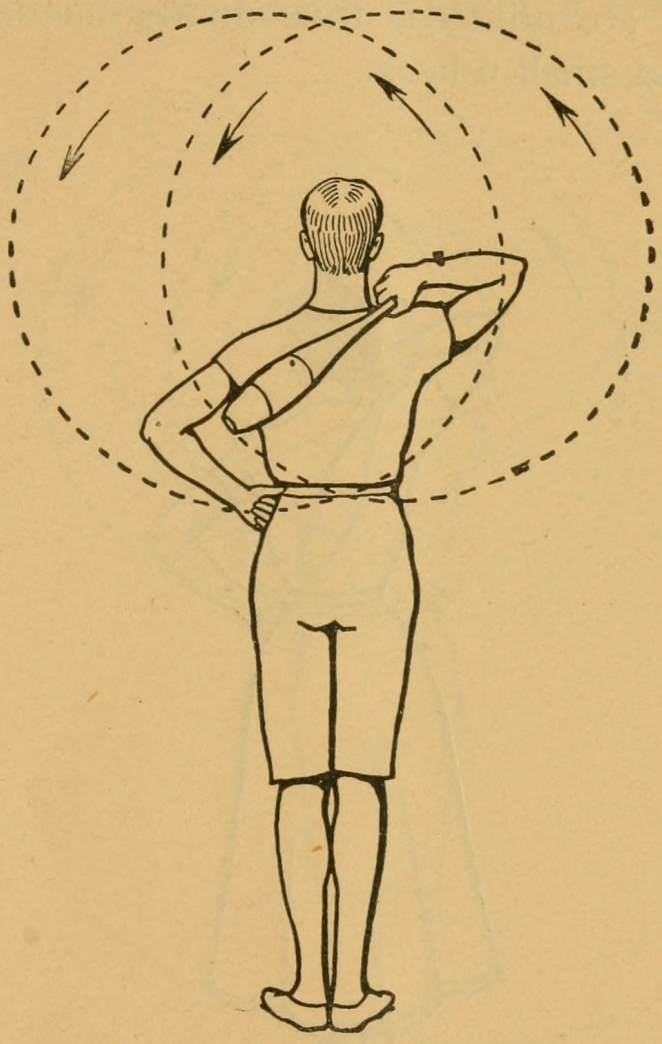


FIG. 10.

SMALL WHEEL—LEFT.

Inward—Right. Outward—Left. Avoid Sweep.
" " " " " "
" " " " Drop.

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CHANGE—By dropping the club in front of the face with the left hand, following with a full sweep to inward left, thus reversing the movement.

It will be observed that, in making the small wheels, the sweeps are omitted, thus distinguishing between the large and small wheels.

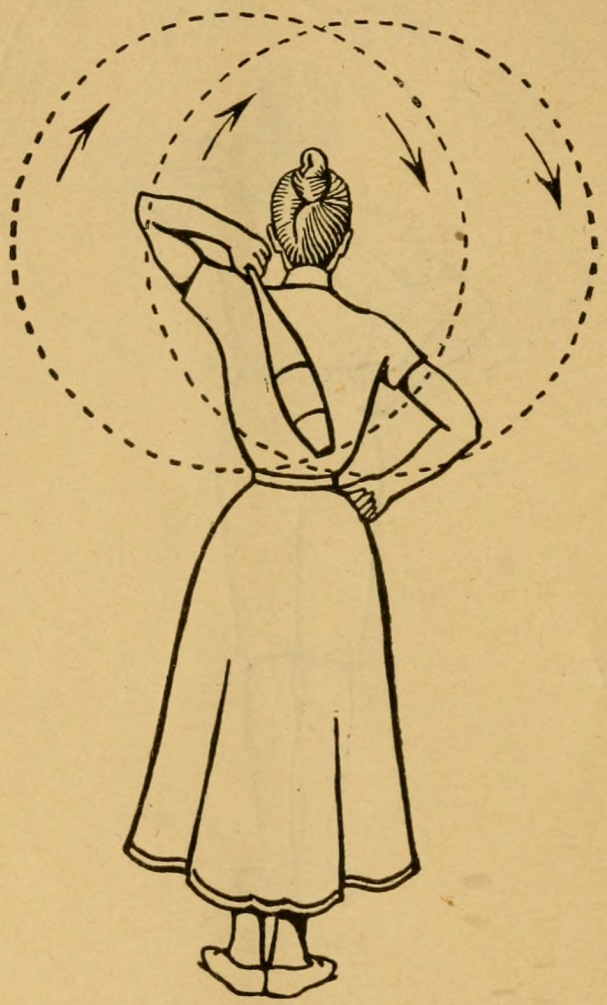


FIG. 11.

SMALL WHEEL—RIGHT.

Inward—	Left.	Outward—	Right.	Avoid	Sweep.
"	"	"	"	"	"
"	"	"	"	Drop and	Poise.

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CHANGE—By again dropping the club in front of the face with the right, giving a full sweep inward; but, as the club comes up, halt it at *Poise 1*, swing it to *Poise 2*, and drop in front of the face, bringing it to an inward. Sweep it in front and halt it again at *Poise 1*.

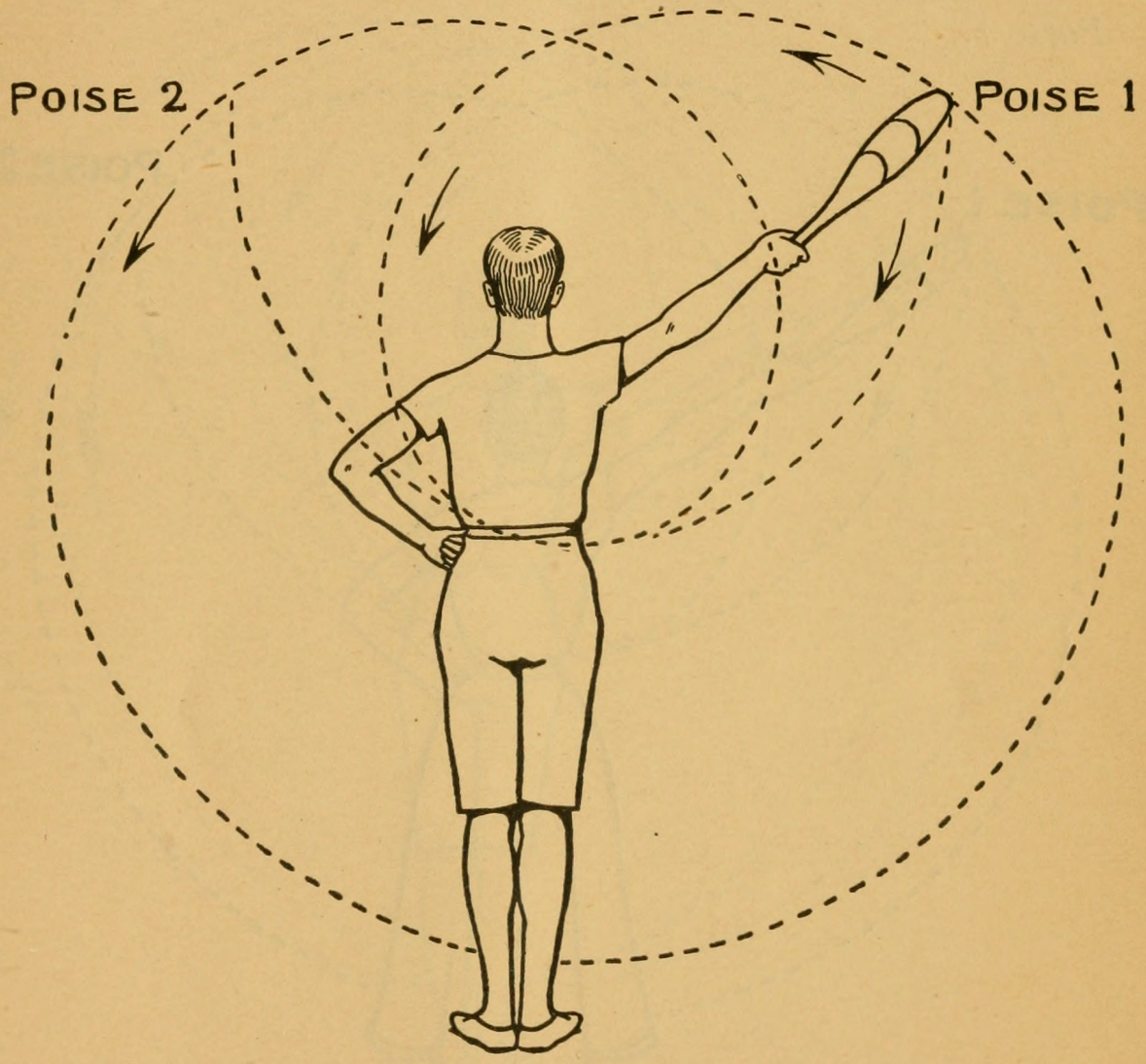


FIG. 12.

POISE—DROP—INWARD. RIGHT.

Poise at 1—Poise at 2—Drop—Inward—Sweep.
" " " " " " "
" " " " " " Pass over.

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CHANGE—By passing the club to the left hand, making the change back of the head. Pass from the last small inward circle with the right hand to a small outward with the left. Drop the club in front of the face and sweep it up to *Poise 1*, drop it back of the head to *Poise 2*, and then drop it in front of the face, and bring it to an inward. Sweep it in front, and halt it again at *Poise 1*.

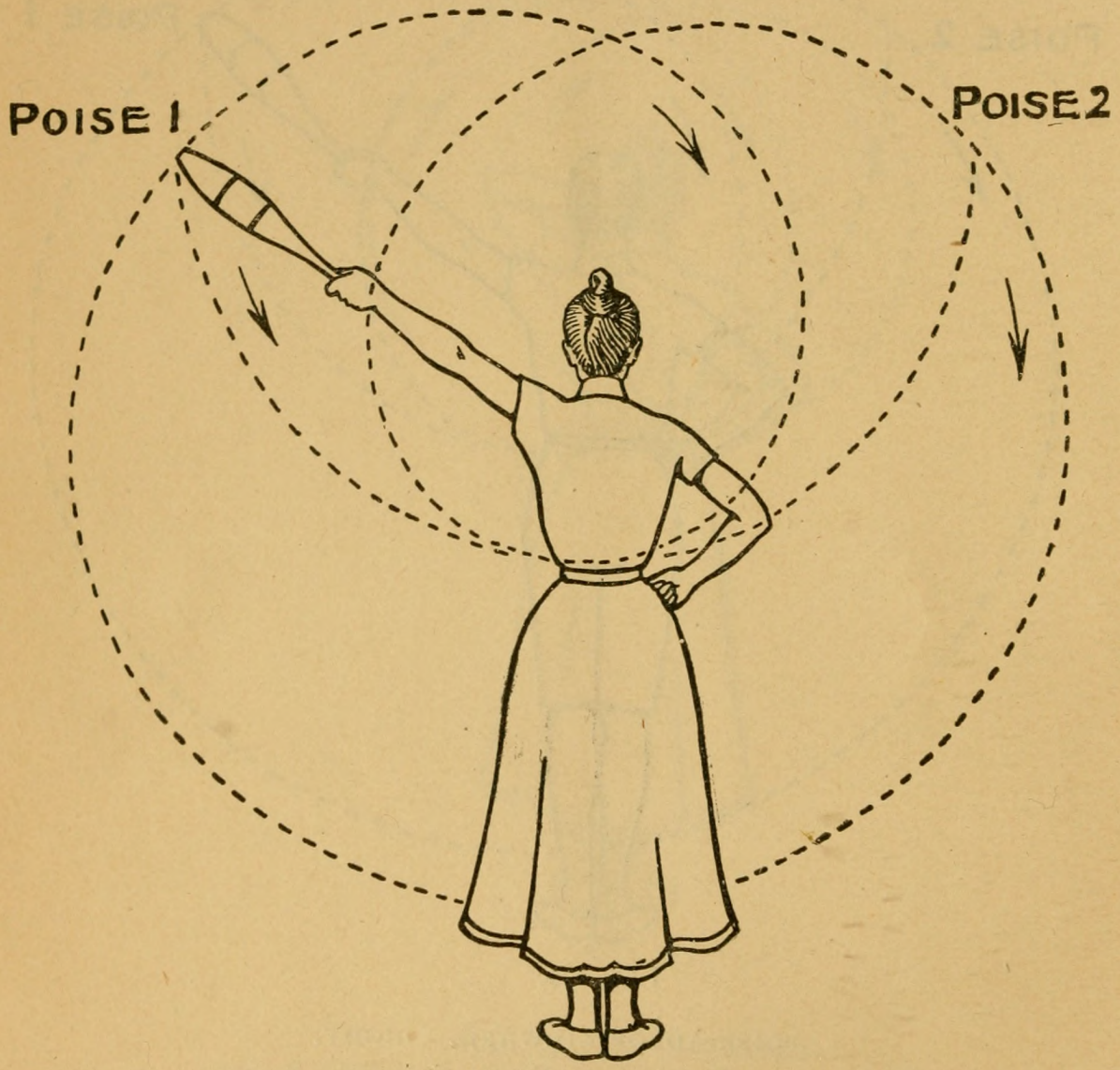


Fig. 13.

POISE—DROP—INWARD. LEFT.

Poise at 1—Poise at 2—Drop—Inward—Sweep.
" " " " " " "
" " " " " " Pass over.

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CHANGE—By passing the club to the right hand, making the change back of the head, going from a small inward left to a small outward right. Drop the club in front of the face and sweep it to an inward right, passing it directly back to the left hand—making the change back of the head—and making a drop and inward left.

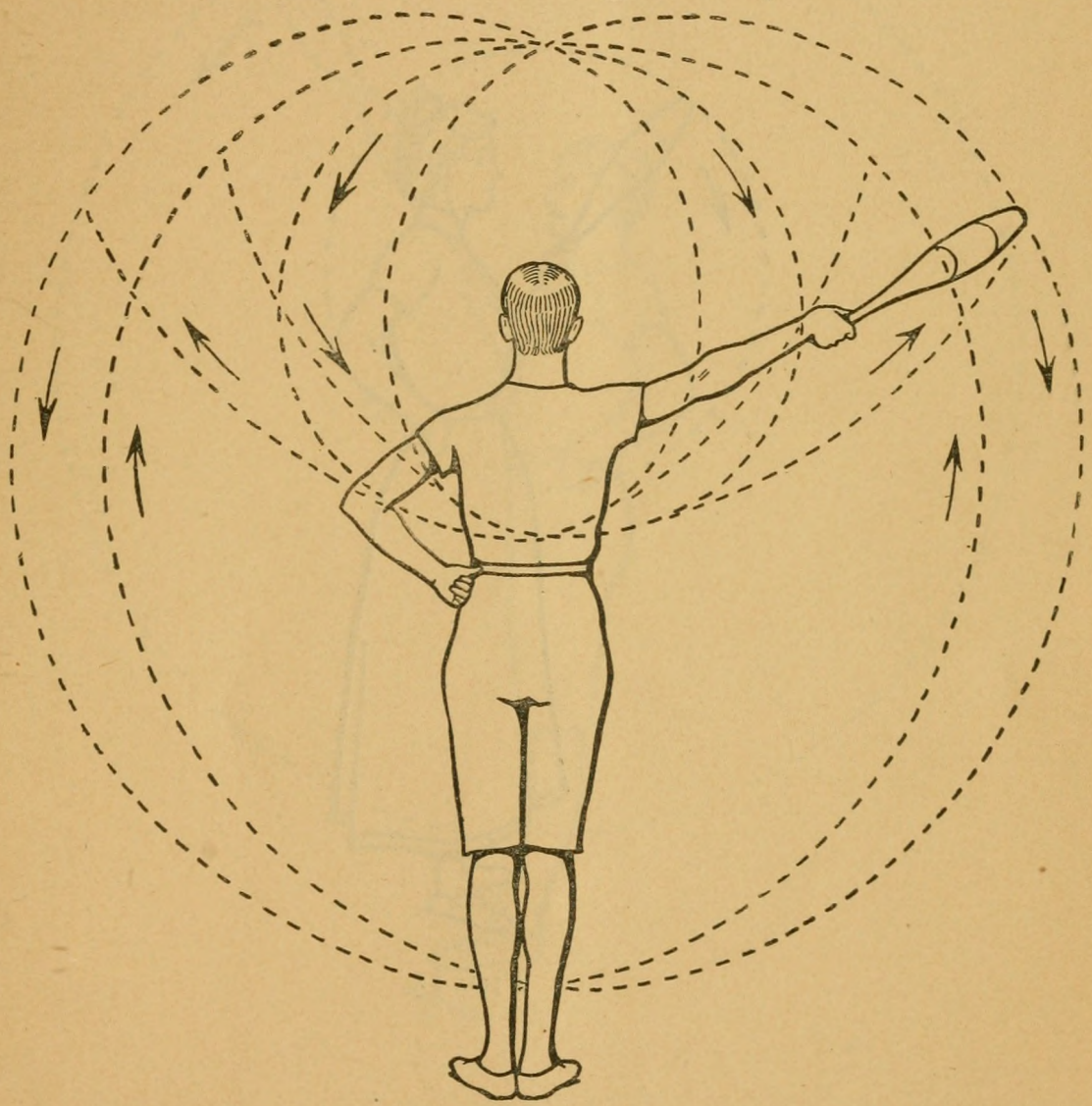


FIG. 14.

ALTERNATING DROP AND INWARD.

Drop—Sweep—Inward—Over. Drop—Sweep—Inward—Over.
" " " " " " " "
" " " Turn the body to the left.

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CHANGE—By turning the body to the left just as the club is completing the last small inward circle. Keep the arm bent, and make a wrist circle at the side. Keep a firm hold on the club, not allowing the knob to slip to the thumb and forefinger.

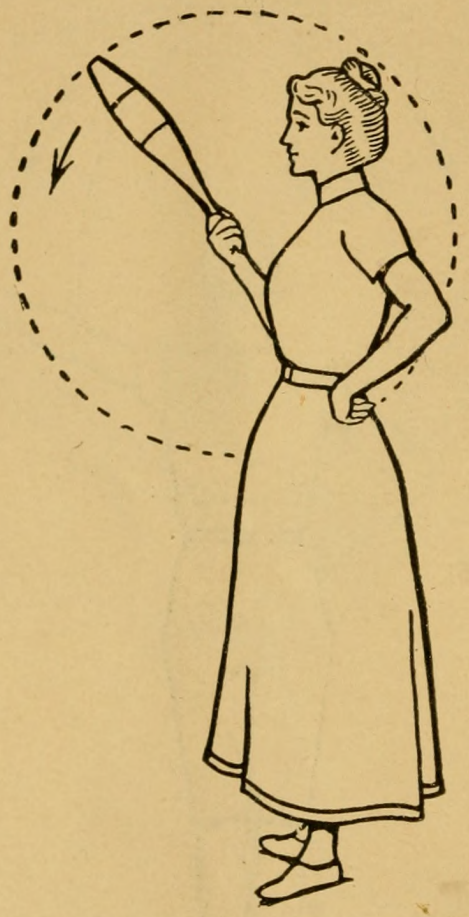


FIG. 15.

SMALL SIDE.

Small side-circle. 1–2–3.

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CHANGE—By extending the arm upward and forward, making a large circle at the side without bending the arm.

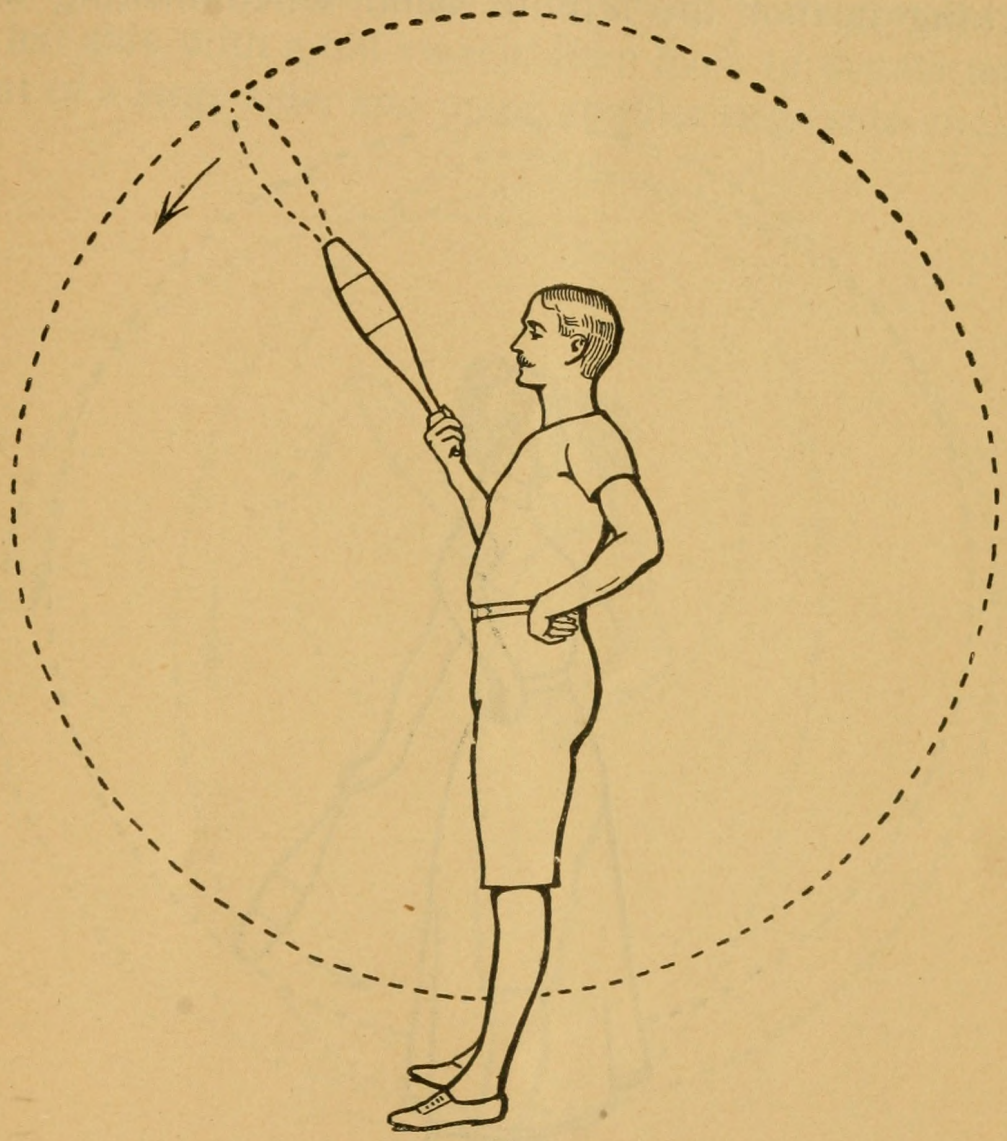


FIG. 16.

LARGE SIDE.

Large side-circles. 1–2–3.

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CHANGE—By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wabble when checking it, nor the arm to bend when making the circle.



FIG. 17

REVERSE.

Large size—Reverse. 1–2–3.

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CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend as if to make a *second* large side, bring it diagonally to the left side with a full sweep, then back to the starting point of a large side, and make another large side-circle.

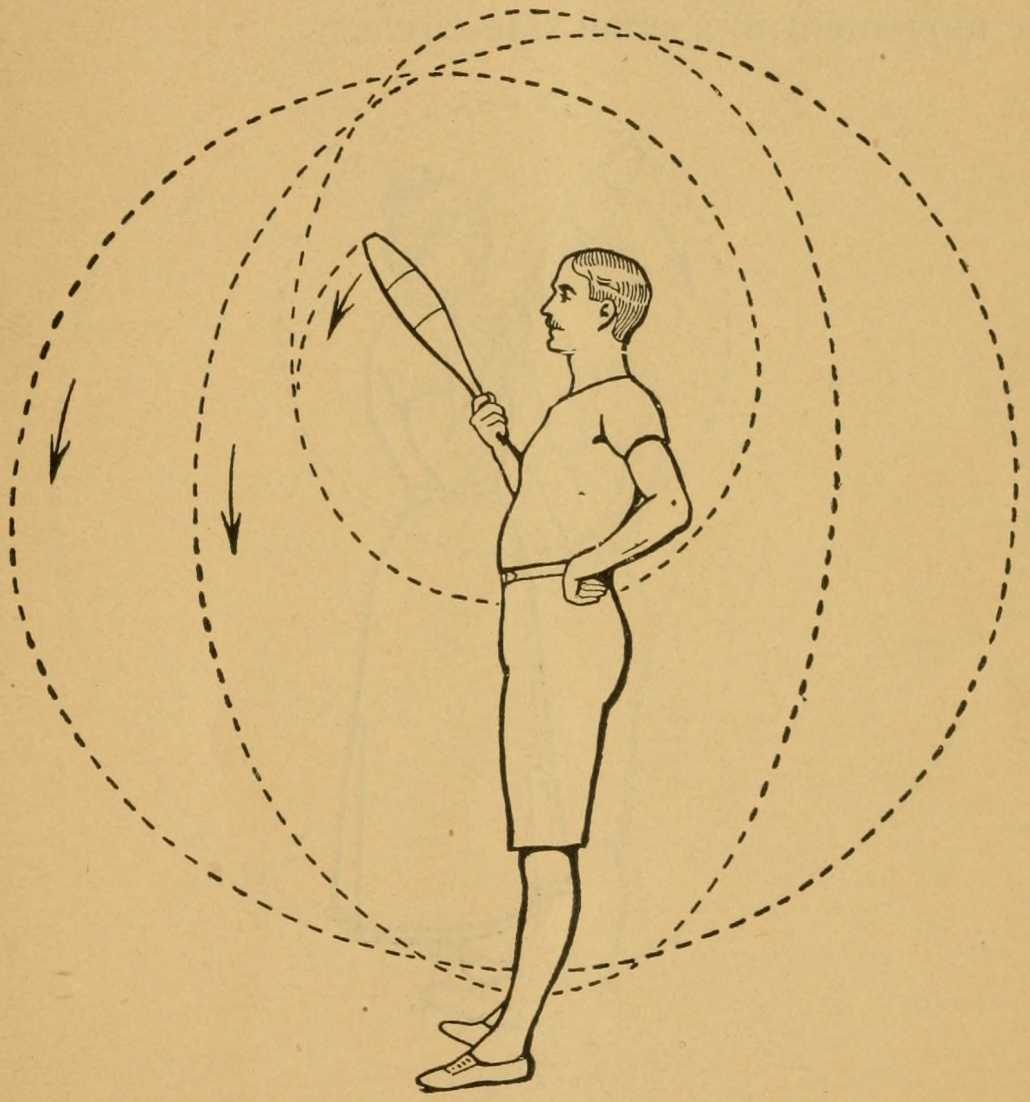


FIG. 18.

SIDE AND DIAGONAL.

One small—Large. Diagonal—Large.
Two " " " "
Three " and over.

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CHANGE—At the close of the third small circle, by making a small inward and passing the club to the left hand, making the change back of the head. Make a small outward with the left, and when the club becomes vertical, drop it back to a small inward with the same hand, and when the club again becomes vertical, change the movement to a small side-circle.

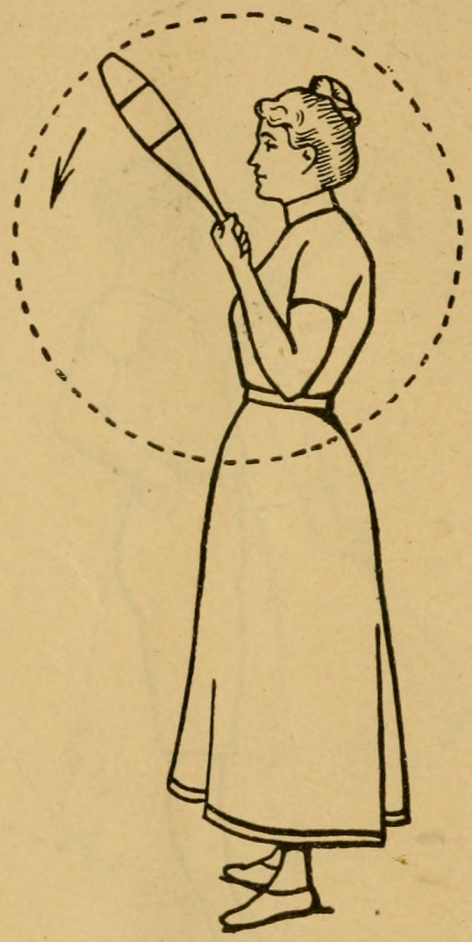


FIG. 19.

SMALL SIDE.

Small side-circle. 1–2–3.

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CHANGE—By extending the arm upward and forward, making a *large* circle at the side, without bending the arm.

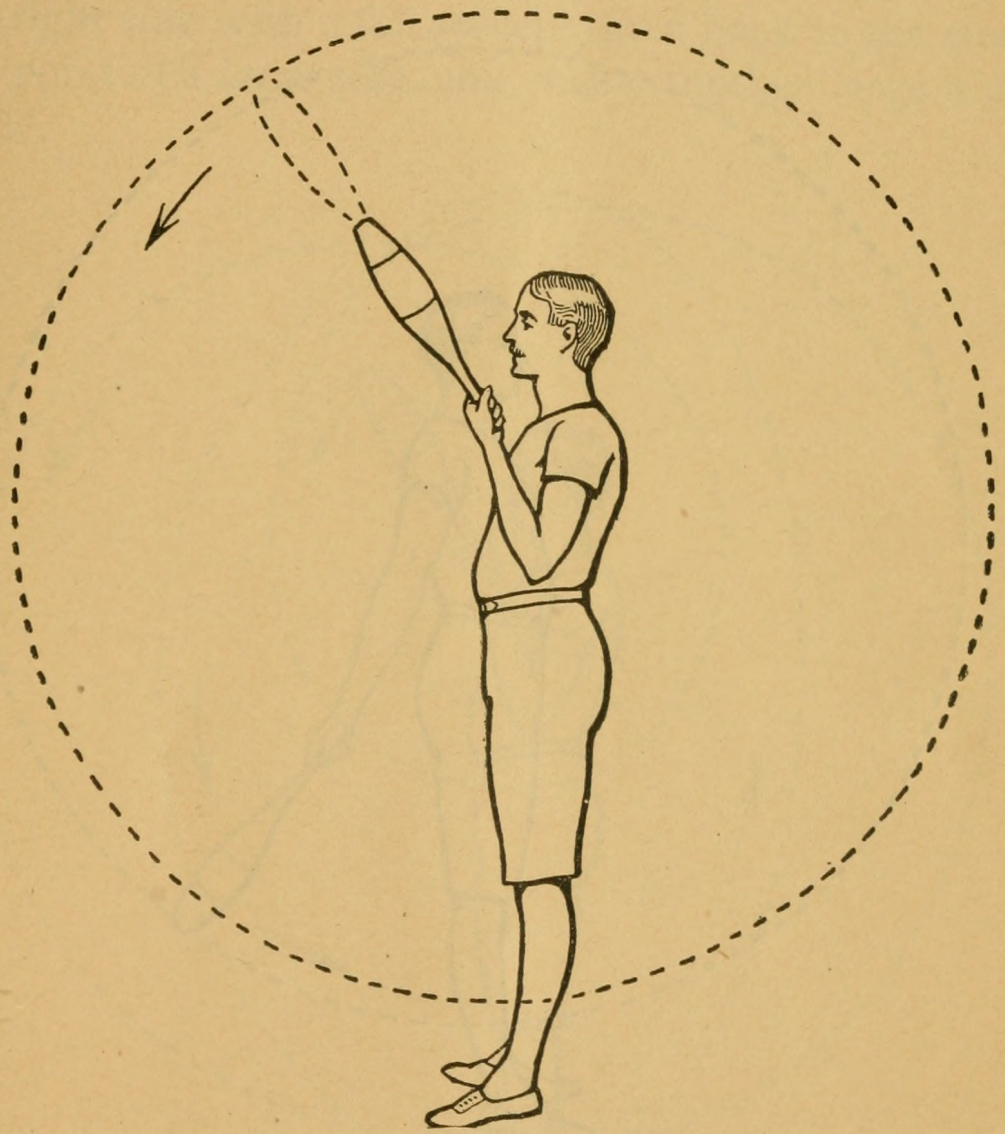


FIG. 20.

LARGE SIDE.

Large side-circle. 1–2–3.

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CHANGE—By checking the club just as it passes the feet on the third downward stroke, and reversing the movement. Do not allow the club to wabble when checking it, nor the arm to bend in making the circle.

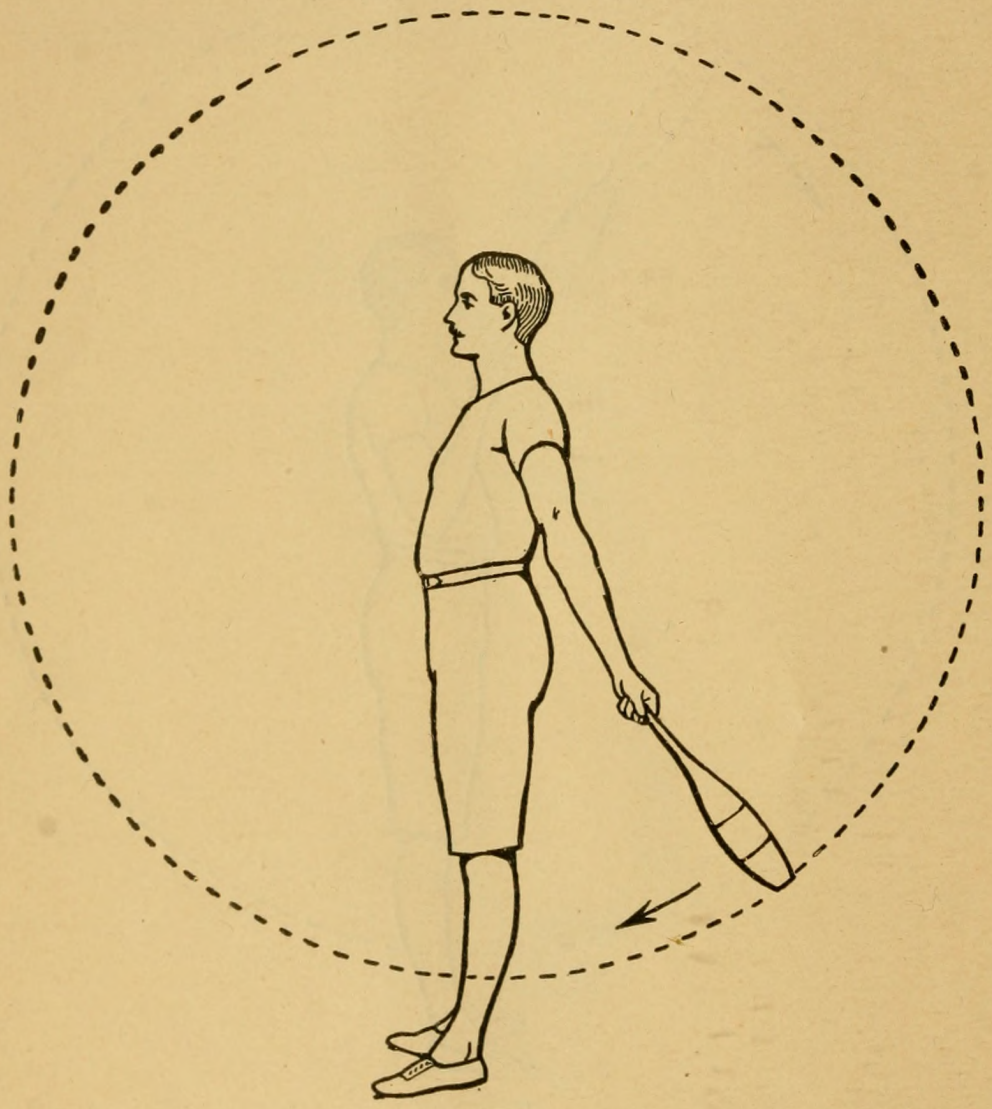


FIG. 21

REVERSE.

Large side—Reverse. 1–2–3.

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CHANGE—As the club comes up in front on the third circle. When it is high enough, drop it to a *small* side, followed by a *large* side; then, as it is ready to descend, as if to make a *second* large side, bring it diagonally to the right side with a full sweep; then back to the starting point of a *large side,* and make another large side-circle.

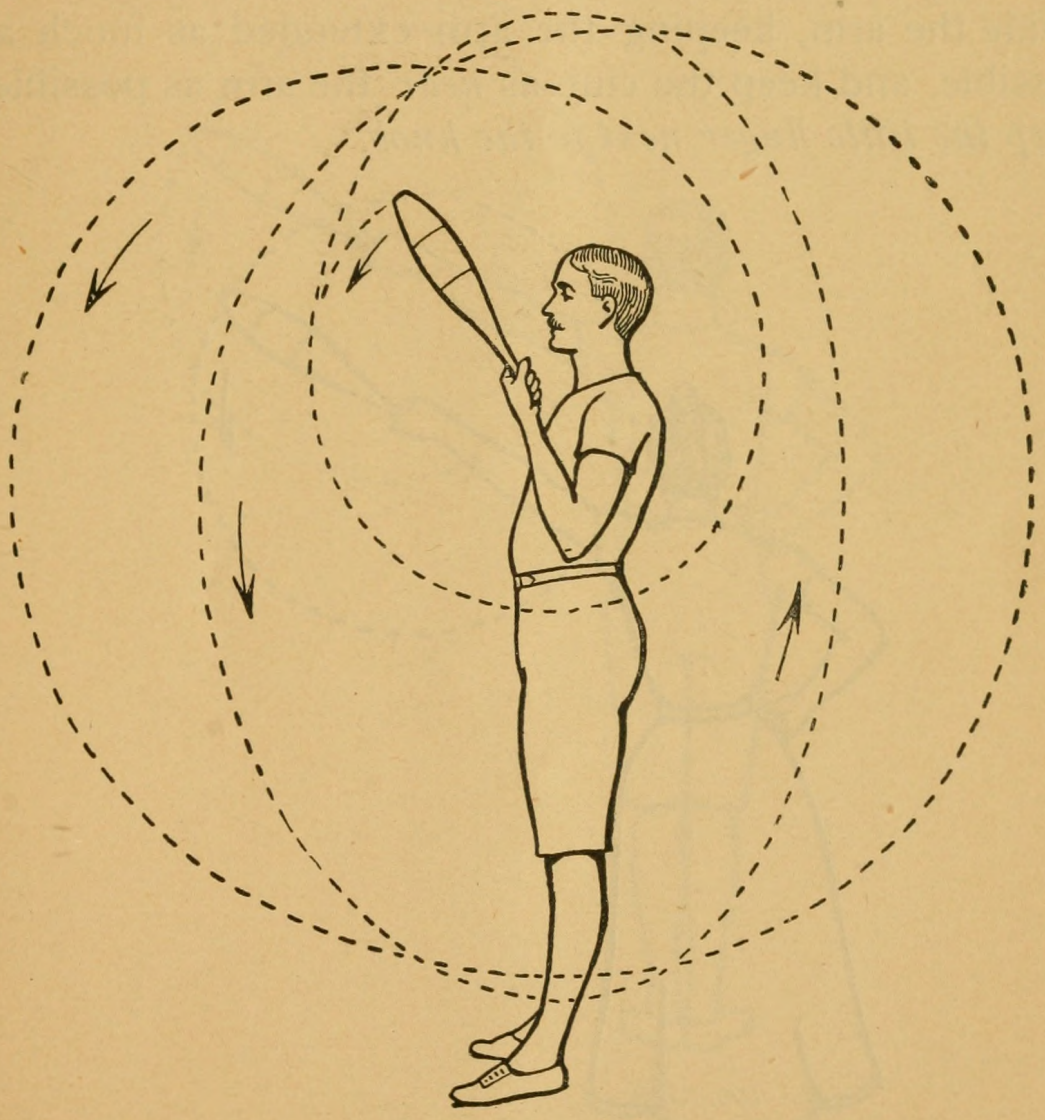


FIG. 22.

SIDE AND DIAGONAL.

1. Small—Large. Diagonal—Large.
2. " " " "
3. " and face front.

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CHANGE—By extending the arm at the completion of the third small circle, as if to make a large side circle; then, just as the club is ready to sweep down, turn the body quickly back to the front position. Sweep the club in front, make a small outward with the left hand, and sweep it to the right. Place the right hand as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible, and keep the club as *near* the arm as possible. *Keep the little finger next to the knob.*



Fig. 23—CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to the left hand.

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CHANGE—By sweeping the club to the left hand and making a small outward with the left. Place the hand, as shown in the illustration, and make small circles outside and inside the arm, keeping the arm extended as much as possible; also keep the club moving as *near* the arm as possible. Do not let the knob of the club slip to the thumb and forefinger.

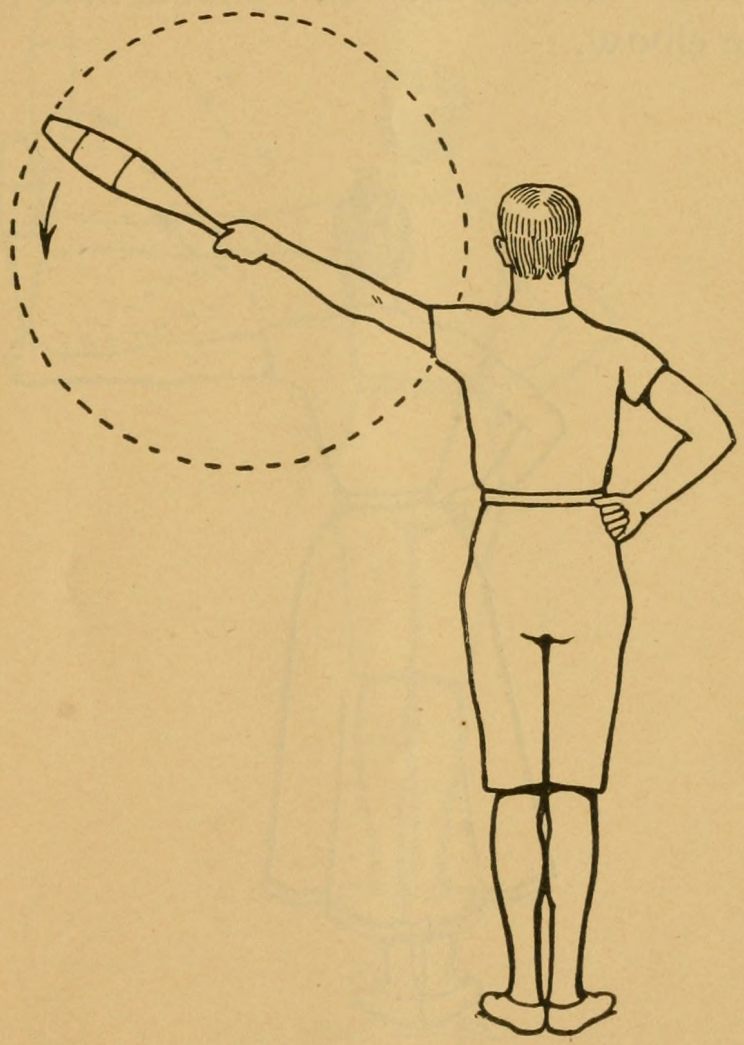


FIG. 24.

CHIN-KNOCKER.

Outside of arm—Inside of arm (three times each).
Sweep to right hand.

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CHANGE—By small outward and sweep with left hand, carrying the club to the right side by the right hand, until the hand is straight with the shoulder, as seen in the illustration. Grasp the club firmly, and hold it in an upright position. Without *raising, lowering* or *bending* the arm the *slightest*, lay the club on the arm, then raise it and extend it till it is perfectly straight. Throughout this entire exercise the arm should not move nor bend at the elbow.

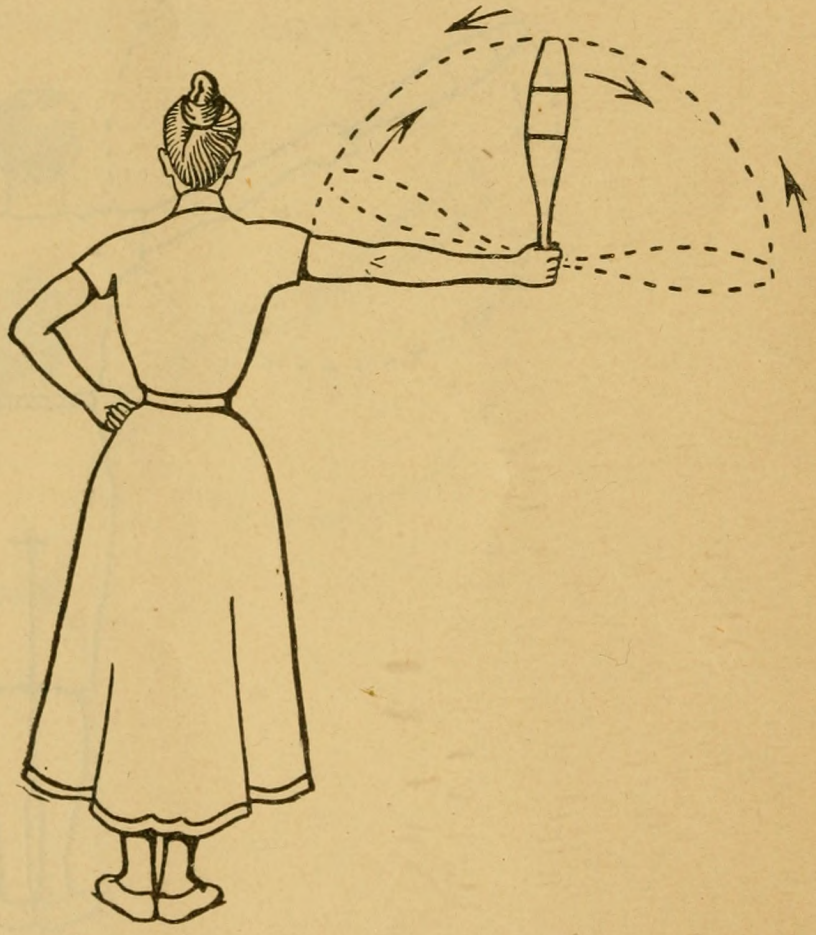


FIG. 25.

THE LEVER.

Upright—On the arm—Straight out.
" " " "
" " " "
" " and toss to outward.

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CHANGE—By tossing the club to a small outward, and sweep it to the left hand; stop the hand as soon as it is even with the shoulder, and place the club in an upright position. Lay the club on the arm without bending the arm at the elbow. Raise the club without moving the arm, and extend it until it is perfectly straight, as shown in the illustration.

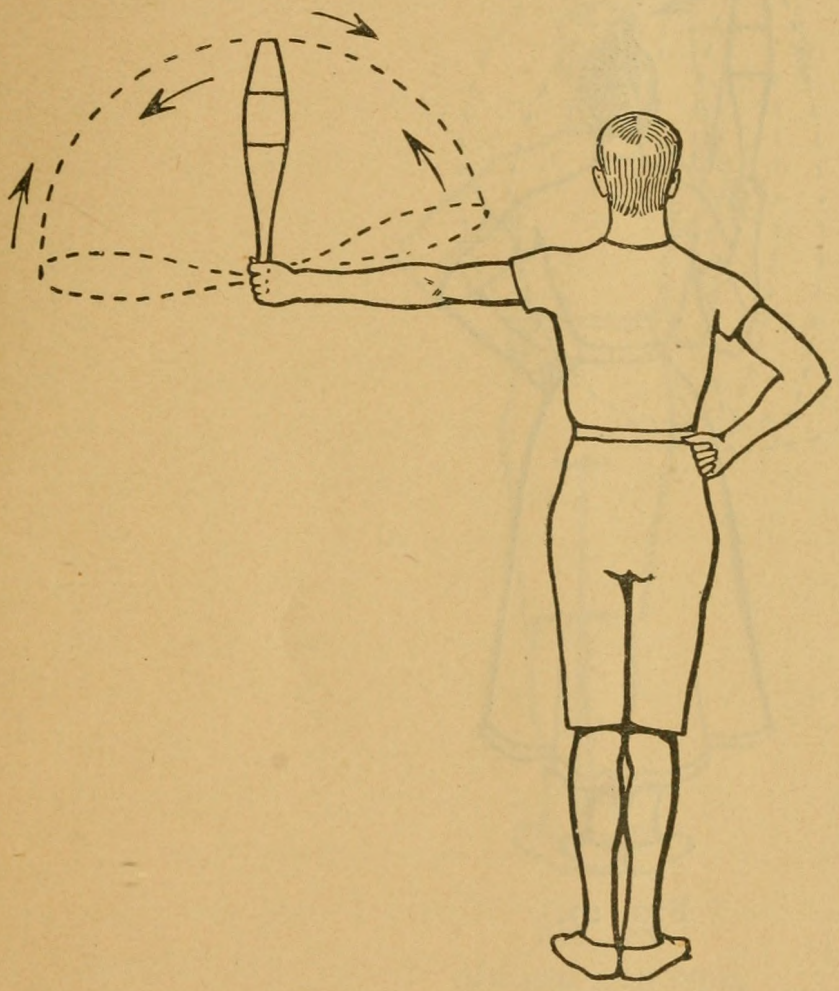


FIG. 26.

THE LEVER.

Upright—On the arm—Straight out.
" " " "
" " " "
" " and toss to outward.

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CHANGE—By tossing the club to a small outward. Do not make a sweep, but just as the club completes the small circle, reverse it to a small inward. Then, just as the club is upright, make a small side-circle, and when the club is again upright, make a small inward, thus alternating *small inwards* and *small sides*.

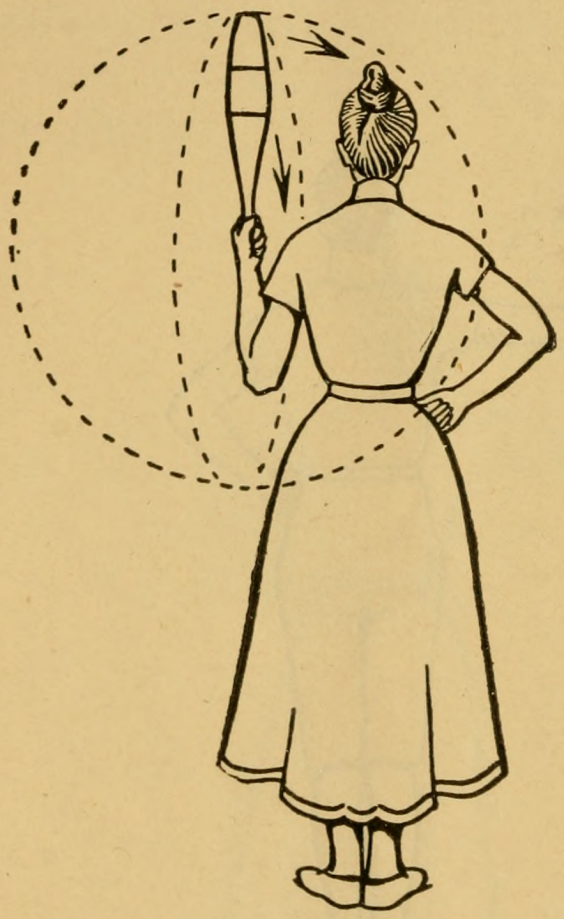


FIG. 27.

INWARD AND SIDE.

Small inward—Small side.
" " " "
" " " "
" " and over to the right.

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CHANGE—By passing the club back of the head to the right hand. Make a small outward with the right hand, then reverse it to a small inward, and, as it comes to an upright position, change it to a small side-circle, then back to a small inward; thus alternating *small sides* and *small inwards*.

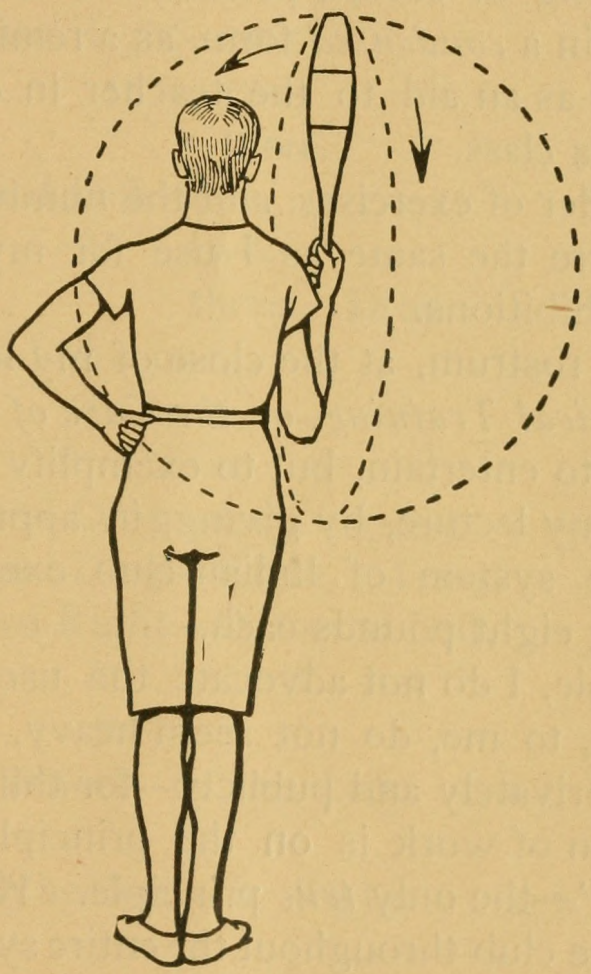


FIG. 28.

INWARD AND SIDE.

Small inward—Small side (three times each).

" " and toss over the head, letting it drop gently in the left hand, as shown in Fig 1—position. This will give a graceful

FINISH.

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CONDENSED FOR CONVENIENCE

ONE CLUB

Presupposing that the pupil has become familiar with all the movements; *i.e.*, with the necessary *details* in the learning of each, I present herewith my system of exercises in a *condensed* form, as a reminder to the individual, or as an aid to the teacher in calling the movements to a class.

The order of exercises, and the number of movements of each, are the same as I use for my classes in their public exhibitions.

On the rostrum, at the close of my lecture on *"Scientific Physical Training, or the Care of the Body,"* I aim not only to entertain, but to exemplify the principles set forth in my lecture, by giving, in appropriate costume, my entire system of Indian-club exercises—the clubs weighing eight pounds each.

As a rule, I do not advocate the use of heavy clubs; but these, to me, do not seem heavy, having had them in use—privately and publicly—for thirty years.

My plan of work is on the principle of "cumulative strength"—the only *true* principle. Hence I advise the use of one club throughout the entire system of exercises; then rest a moment before swinging the two clubs. Rest again, if desirable, at the close of the "windmill," before concluding the entire system.

By so doing I find no difficulty in closing the evening's entertainment by a few movements with *both clubs* (16 lbs.) *in one hand.*

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By adhering to these suggestions, *invigoration* will take the place of *exhaustion*. Be patient in well doing.

ONE CLUB.

No. 1. Inward Right—one.
" " two.
" " three.
No. 2. Outward Right—one.
" " two.
" " three.
No. 3. Outward Left—one.
" " two.
" " three. Drop.
No. 4. Inward Left—one.
" " two.
" " three.
No. 5. Poise and Drop—Left. 1-2-3.
No. 6. Poise and Drop—Right. 1-2-3.
No. 7. Outward Right—Outward Left.
" " " "
" " " "
No. 8. Large Wheel—to the Left. 1-2-3. Drop and reverse.
No. 9. Large Wheel—to the Right. 1-2-3. Drop and reverse.
No. 10. Small Wheel—to the Left. 1-2-3. Drop and reverse.
No. 11. Small Wheel—to the Right. 1-2-3. Drop and Poise.
No. 12. Poise—Drop—Inward Right. 1-2-3. Over.
No. 13. Poise—Drop—Inward Left. 1-23. Over.

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No. 14. Drop—Inward Right—Over.
Drop—Inward Left—Over.
Drop—Inward Right—Over.
Drop—Inward Left—Over.
Drop—Inward Right—Turn.
No. 15. Small Side—Right. 1-2-3.
No. 16. Large Side—Right. 1-2-3.
No. 17. Reverse. 1-2-3.
No. 18. Small—Large—Diagonal—Large.
2 " " " "
3 " Change to left hand.
No. 19. Small Side—Left. 1-2-3.
No. 20. Large Side—Left. 1-2-3.
No. 21. Reverse. 1-2-3.
No. 22. Small—Large—Diagonal—Large.
2 " " " "
3 " Turn. Change to right.
No. 23. Chin-knocker—Right. 1-2-3.
No. 24. Chin-knocker—Left. 1-2-3.
No. 25. Lever—Right. 1-2-3.
No. 26. Lever—Left. 1-2-3.
No. 27. Inward and Small Side—Left. 1-2-3.
No. 28. Inward and Small Side—Right. 1-2-3.

Finish by tossing the club over the head, dropping it gently into the left hand.

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TWO CLUBS

GENERAL DIRECTIONS

When the clubs fall parallel in the same direction, they should drop simultaneously, and should not be separated from each other any greater distance *during* the movement than when the movement *began*.

With the single exception of a "follow" movement (the windmill, Fig. 12) both clubs should drop with the same impulse, even though they are making different movements. The slightest variation from this rule will destroy the gracefulness and beauty of the swinging.

When facing front, avoid turning the body from side to side, except in Fig. 1. Practice before a mirror, in order that every movement of the club may be seen while facing front. This will teach one to look at his audience, instead of turning his head and watching the clubs. Master your clubs instead of allowing them to master you.

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Take position by pointing the two clubs to the left, as shown in the illustration. Keep the palms of the hands up in order to steady the clubs. Toss both clubs up and out, sweeping them down in front of the body, and bringing them up to left side. Avoid angles. Toss them out and bring them in as if describing an arc of a circle.

N. B.—To take up the clubs artistically—which cannot be done until all of the movements shall have been learned—see page 68.

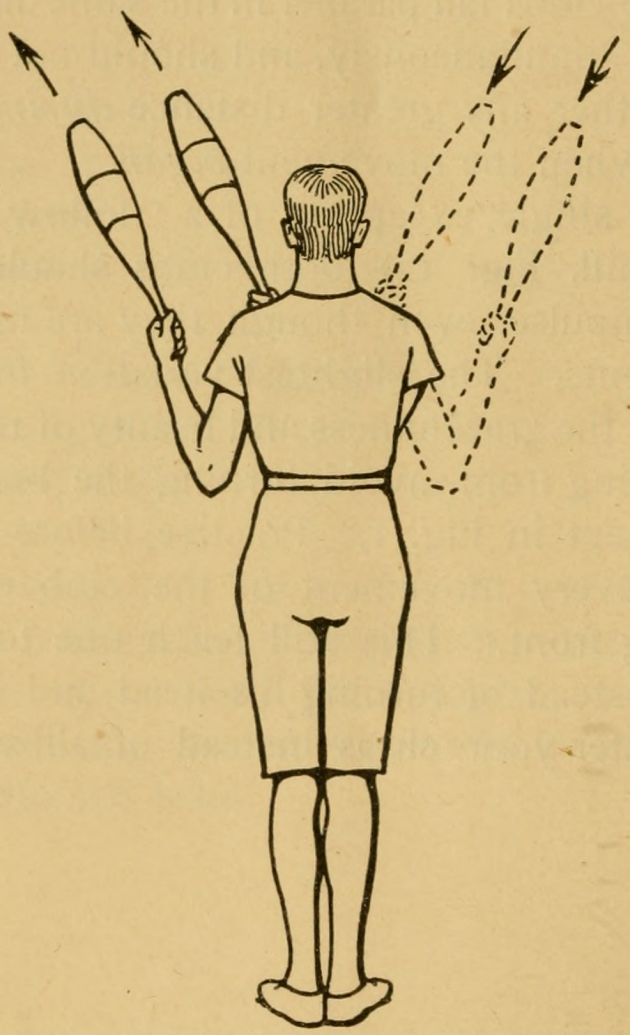


FIG. 1.

POINT.

Point left—Sweep. Point right—Sweep (three times each).
" " Halt.

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CHANGE—By halting at position and making a small outward with the left, and a full sweep with the right; both clubs dropping simultaneously. The club in the right hand makes a large revolution, while the one in the left makes a small one.

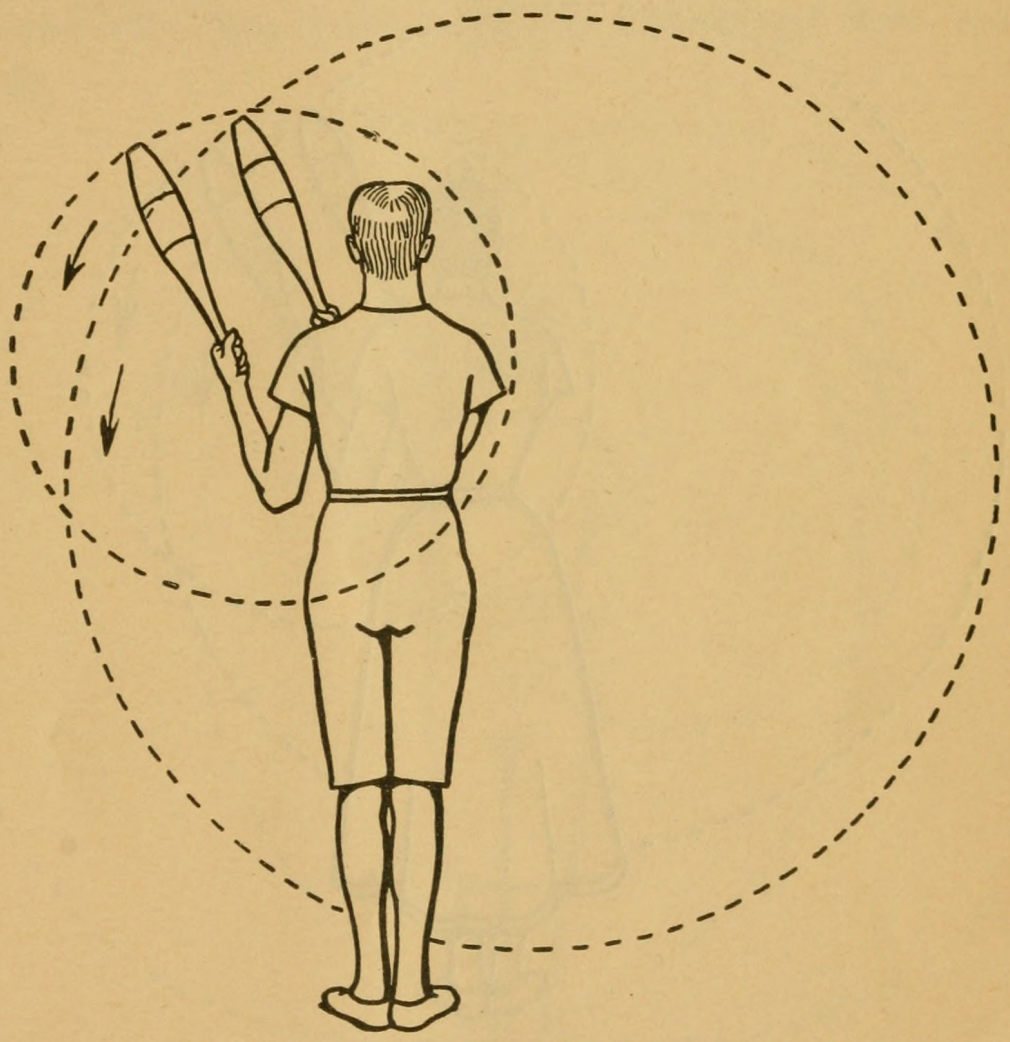


FIG. 2.

SMALL LEFT—LARGE RIGHT.

Small Wheel—left hand. Large Wheel—right hand.

" " " " " " " "

" " " " " " " "

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CHANGE—By sweeping both clubs in front and bringing them up on the right side, and halting them in position of point right. Make a small outward with the right hand, and a full sweep with the left, both clubs falling simultaneously.

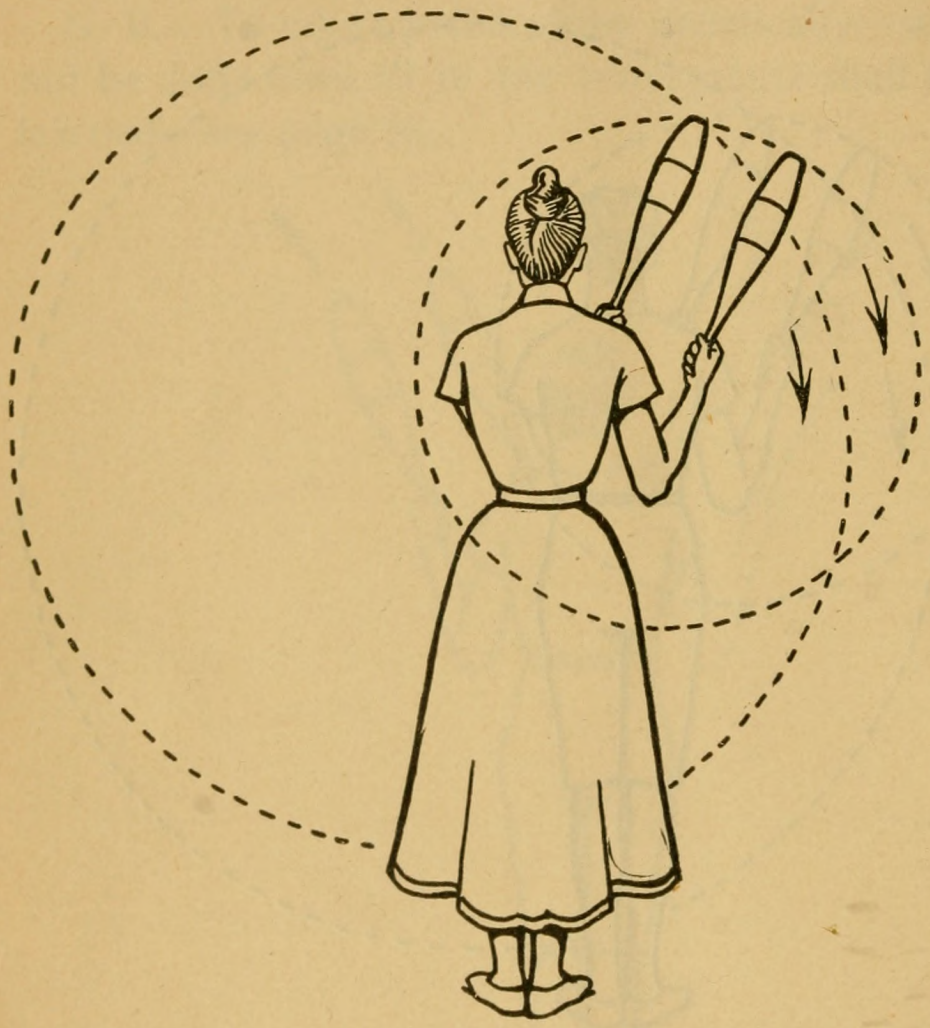


FIG. 3.

SMALL. RIGHT. LARGE LEFT.

Small Wheel—right hand. Large Wheel—left hand.

" " " " " " " "

" " " " " " " "

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CHANGE—By sweeping the clubs back to the left side and halting them a second, making a small outward with the left and a full sweep with the right. Sweep them both to the right side and halt only long enough to make a small outward with the right and a full sweep with the left; thus alternating the movement from side to side.

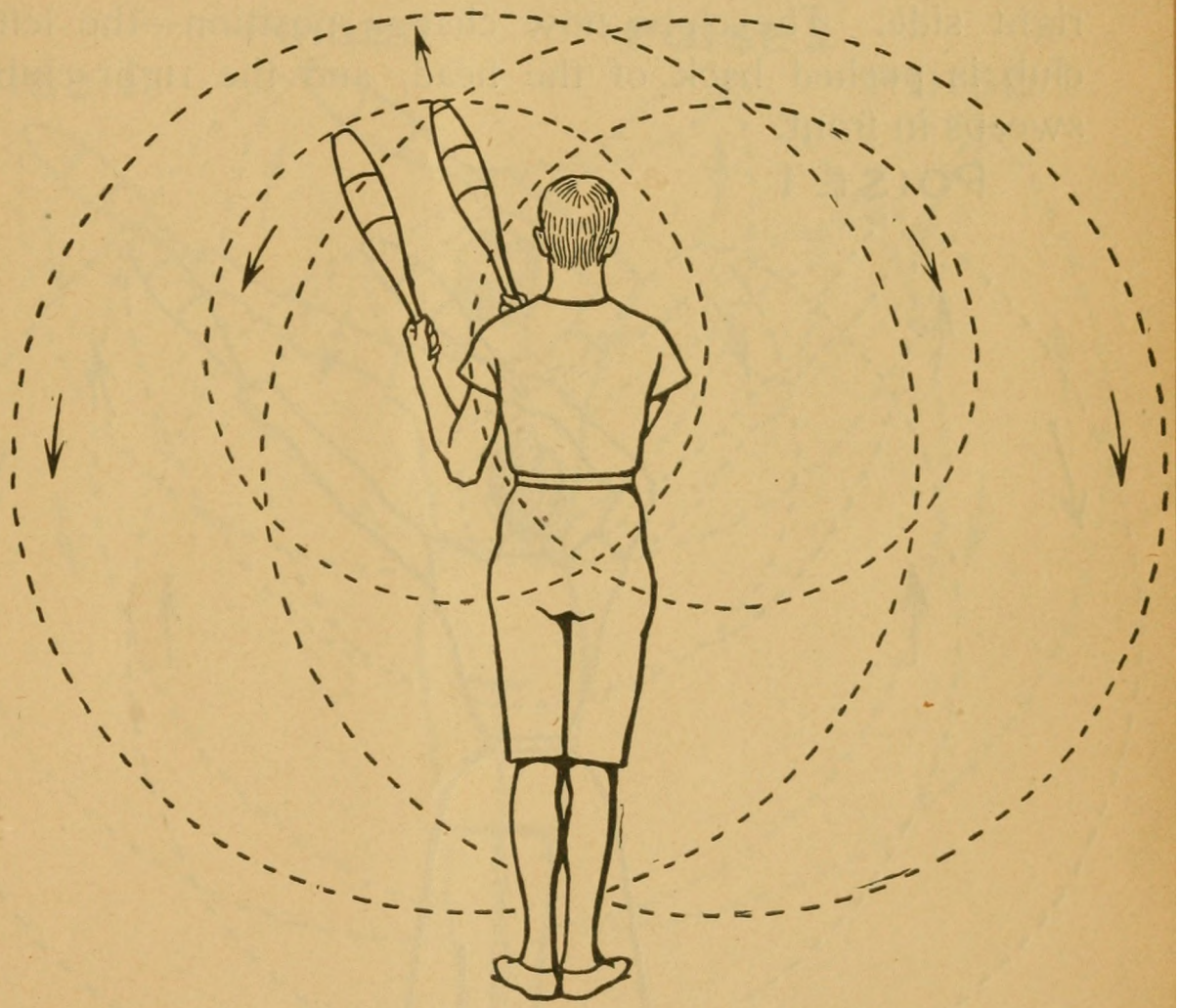


FIG. 4.

ALTERNATE.

Small left—Large right—Sweep. Small right—Large left—Sweep.
" " " " " " " " " "
" " " " " " " " " "

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CHANGE—By sweeping the clubs back to the left side and halting the club in the left hand at poise 1; but pass the right club up in front of the face and push it back of the head, letting it drop as if to make an inward. Instead of making a small circle, push it to the right, as shown in the illustration. As the right club drops behind the head, the left club sweeps in front toward the right side. The clubs now change position—the left club is pushed back of the head, and the right club sweeps in front.

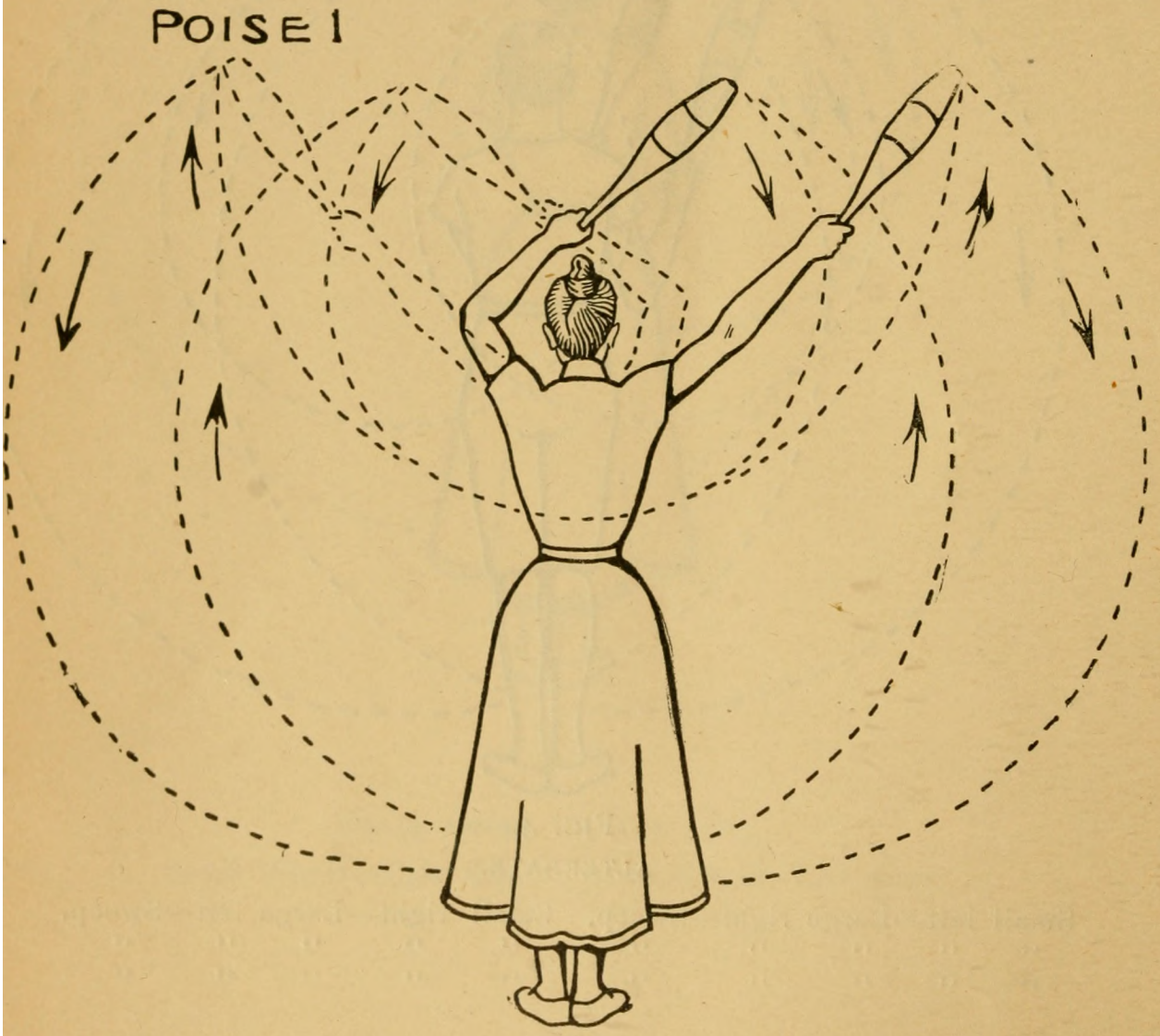


FIG. 5—BACKWARD DROP.

Backward drop—right—push. Backward drop—left—push. (Three times each).

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CHANGE—By halting the left club at poise 1; swing it to poise 2; and drop it in front of the face. While this is being done the right club sweeps back on the circle in front, and halts at poise 1 on the right side, then to poise 2, and drops in front of the face; thus making the regular poise and drop with each hand.

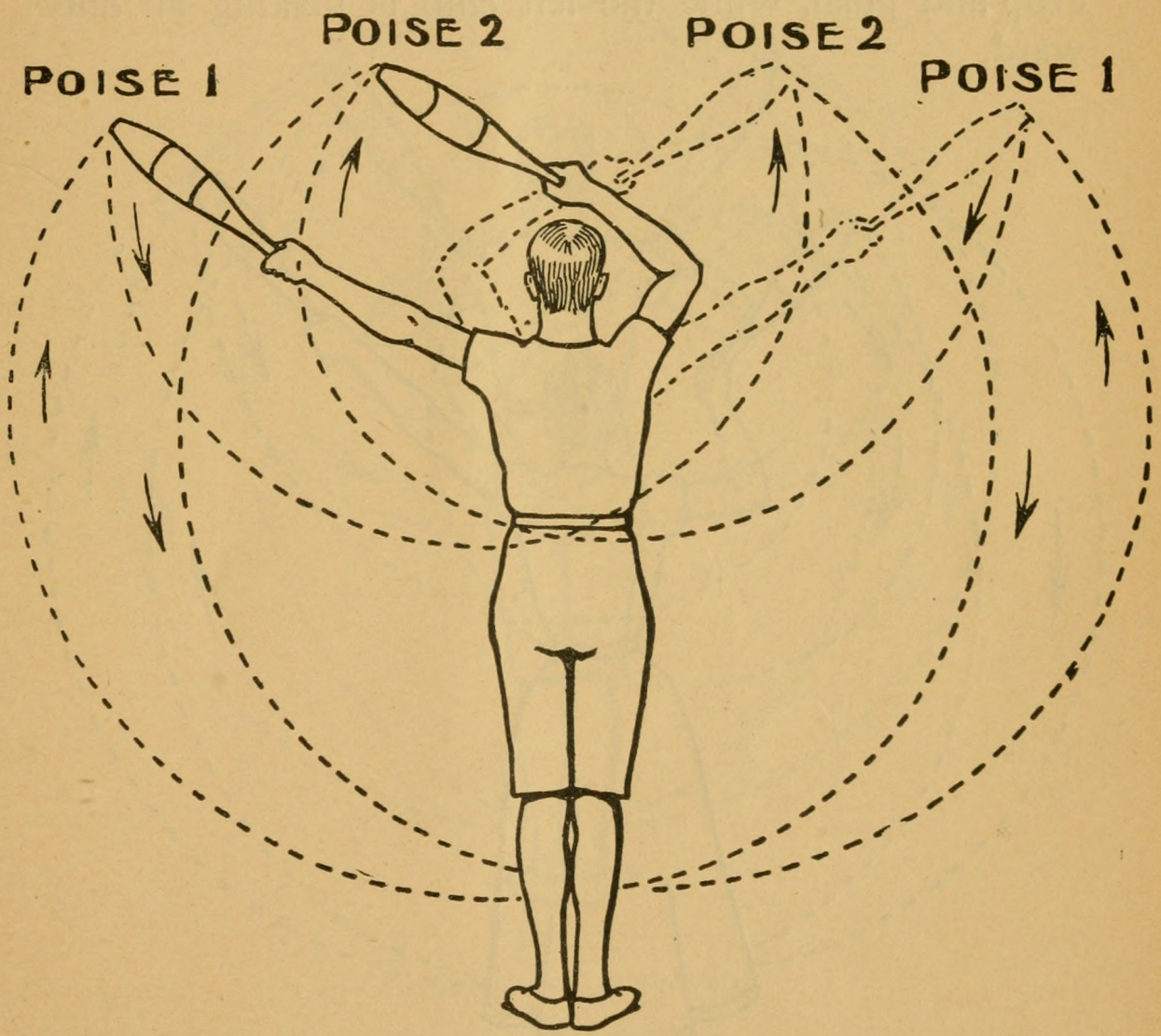


FIG. 6—FORWARD DROP.

Poise and drop—Left. Poise and drop—Right.
" " " " " " " "
" " " " " " " "

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CHANGE—By halting the clubs a second when they are on the left side. Turn the left club to an outward, while the right club passes down in front and sweeps up on the right side, making a small inward and push—as in the backward drop. It then sweeps down in front and is pushed back of the head, making a backward drop and push, while the left club is making an outward.

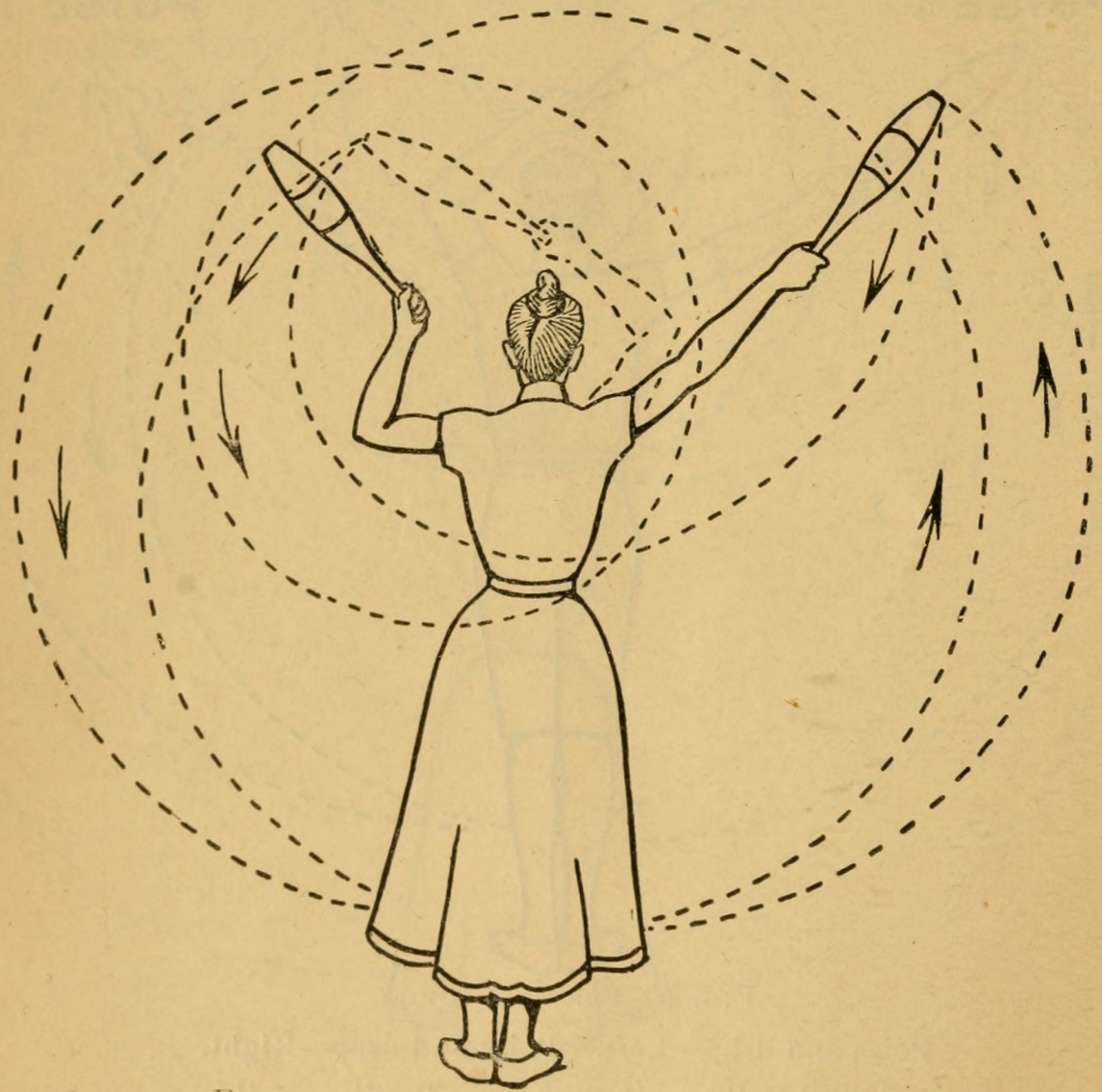


FIG. 7—OUTWARD LEFT—BACKWARD DROP.

Outward left—Sweep. Backward drop and push—Right. (Three times each).

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CHANGE—By converting the backward push and drop of the right club, to an outward and sweep. When the club is pushed *right* the third time, instead of dropping it in front, turn it immediately to an outward. The left club makes no change but continues making the outward and sweep.

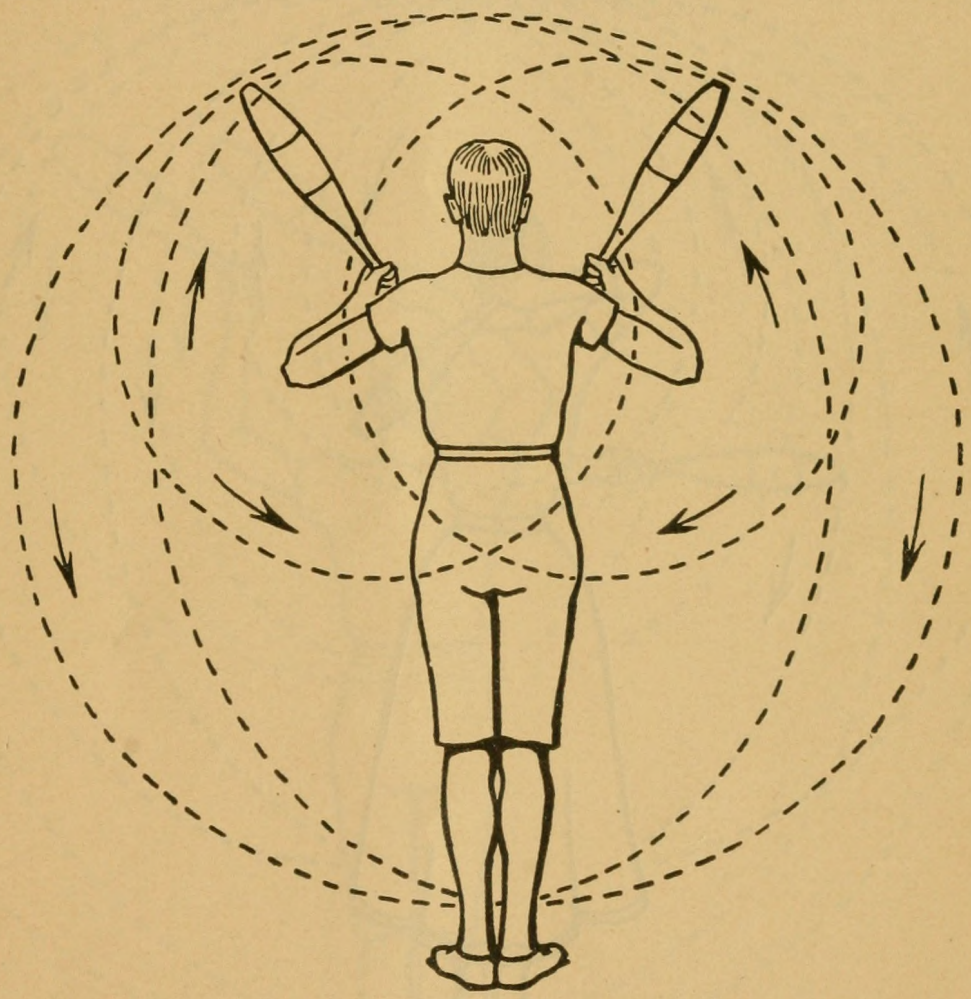


FIG. 8.

ALTERNATING OUTWARD.

Outward left—Sweep. Outward right—Sweep.
" " " " " "
" " " " " "

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CHANGE—By halting both clubs a second, just as the *right* club closes the third small outward. Reverse it to a small inward, followed by a full sweep. The left club also reverses its movement, making a sweep, followed by a small inward. One club is making an inward while the other is making a sweep.

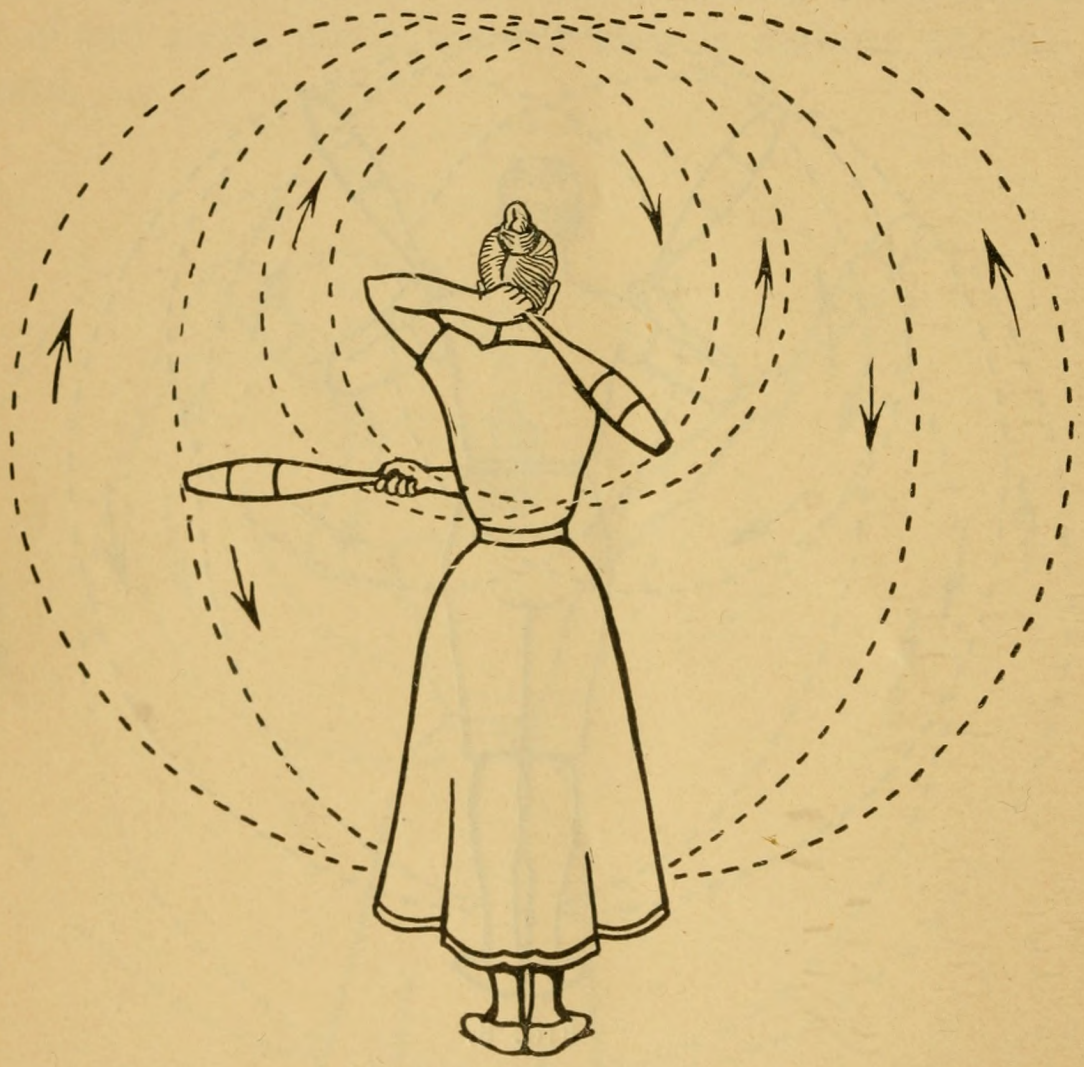


FIG. 9.

ALTERNATING INWARD.

Inward right—Sweep. Inward left—Sweep.
" " " " " "
" " " Both clubs left side.

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CHANGE—By making a small outward left, and a full sweep with the right; *i.e.*, what is known as small left, large right. Sweep both clubs in front at the same time, and bring them up on the right side, and sweep them up, over and back of the head, making small circles, both clubs parallel, as shown in the illustration.

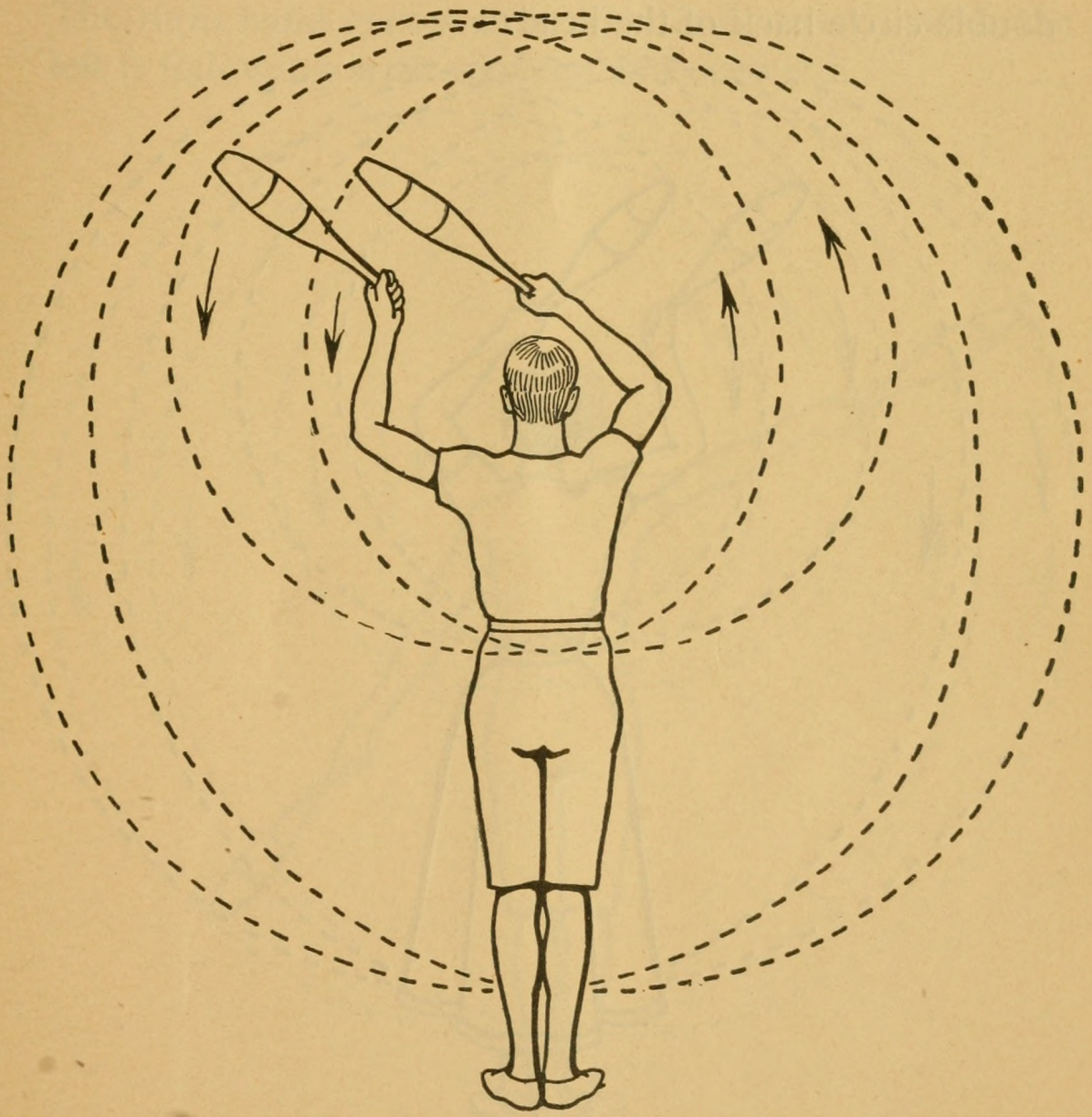


FIG. 10—SMALL CIRCLES—BACK.
One small circle—Sweep. Two small circles—Sweep.
Three small circles—Change.

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CHANGE—By making an *extra* small circle with the left hand while the right sweeps in front. The right hand passes back to a small inward, while the left hand sweeps in front. By the time the small inward is finished with the right hand, the left will be in place for a small outward. The clubs now join, and make another double circle back of the head.

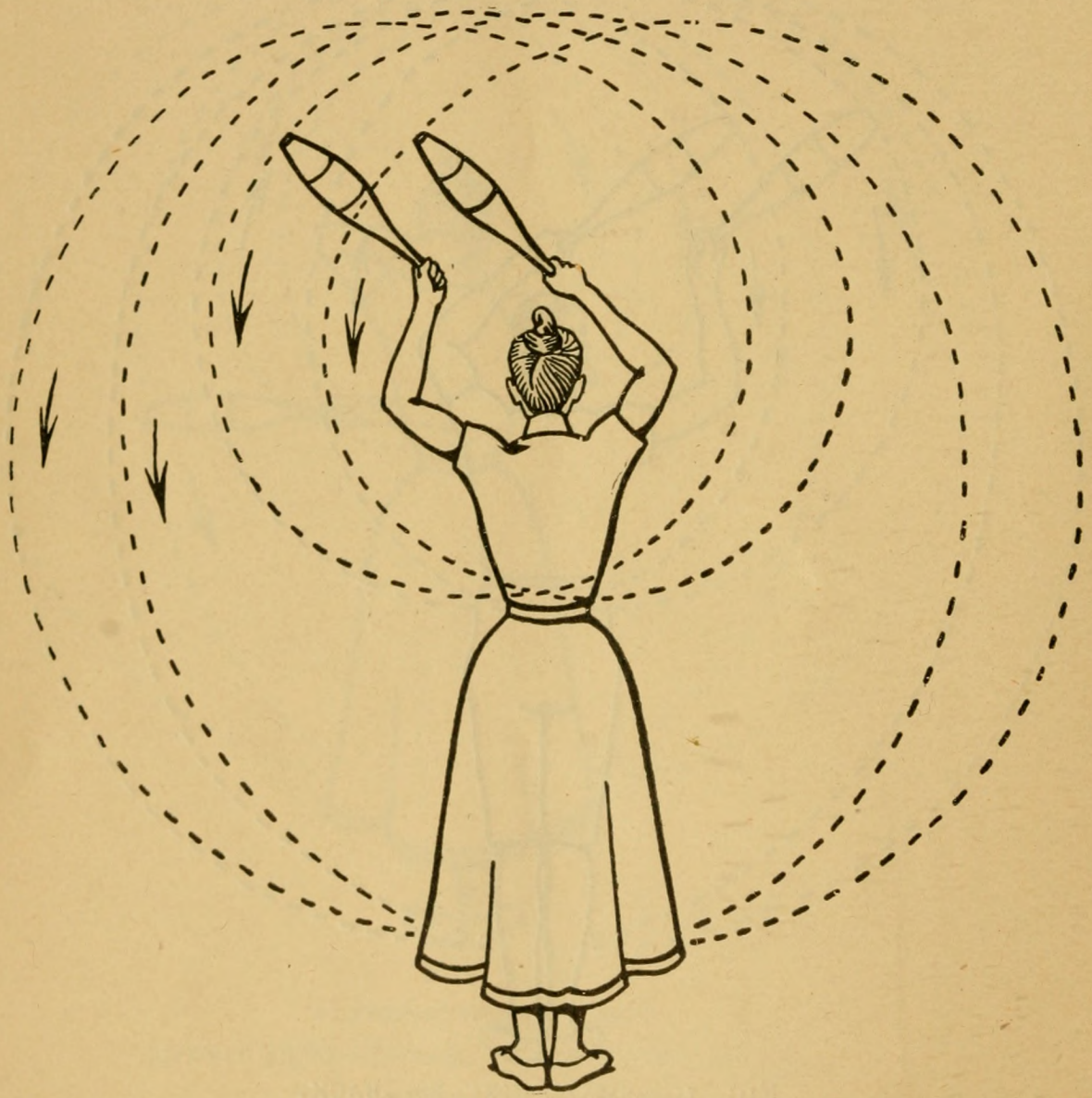


FIG. 11—LEFT—RIGHT—BOTH.

Small left—Sweep. Small right—Sweep. Small—Both.
" " " " " " 2 " "
" " " " " " 3 "

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CHANGE—By pushing the left club up and out from the shoulder, while hastening the right in front, and making a full sweep, till—without halting either club—the right club is exactly opposite the left, just after the right passes the feet—both arms extended. The clubs should now follow each other, but neither *catch* the other. The right hand makes an inward and sweep, while the left is following with a sweep and outward.

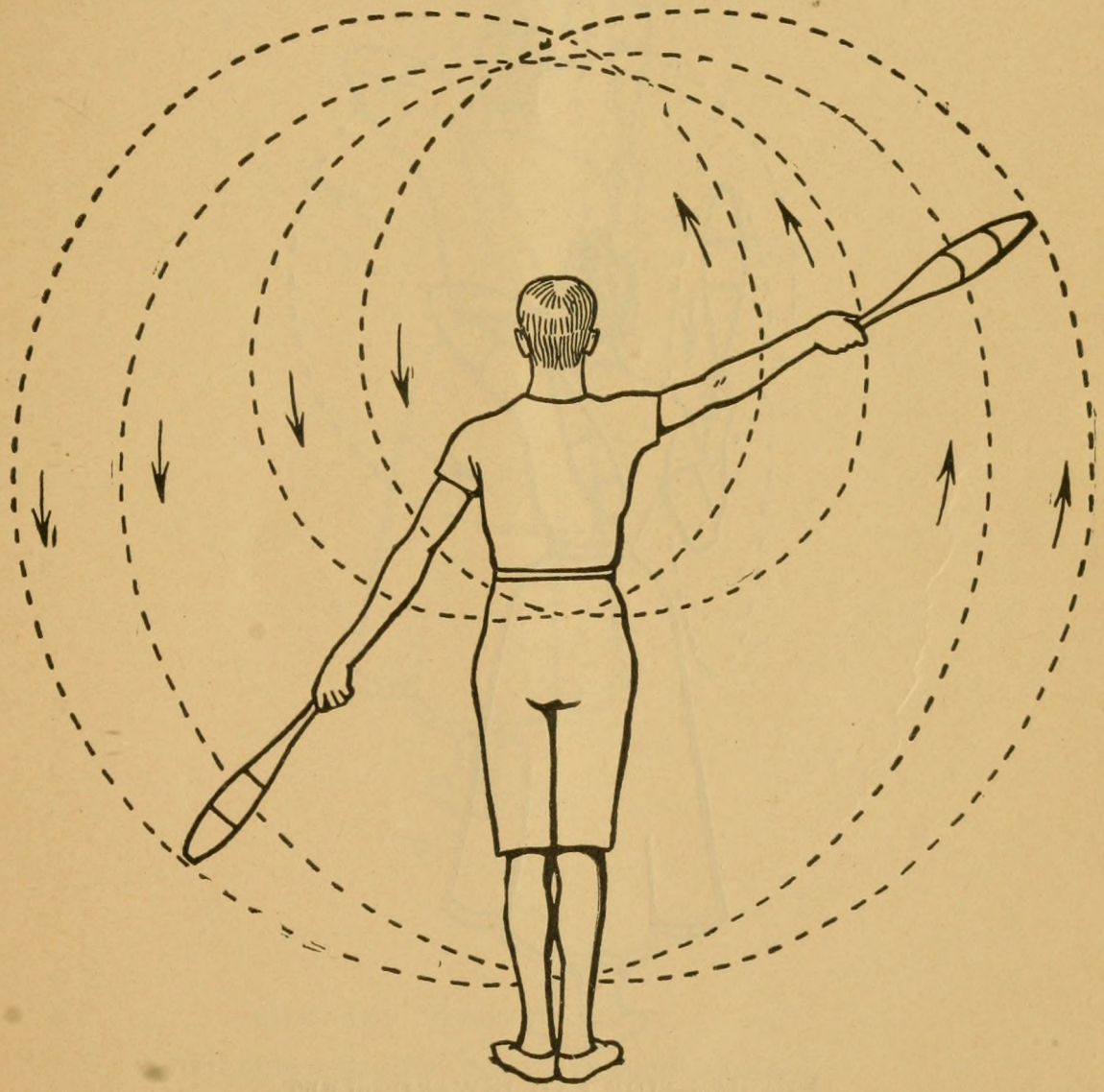


FIG. 12—THE WINDMILL.

Inward right—Outward left—Sweep—Sweep.
" " " " " "
" " " " omit sweep.

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CHANGE—By slowing up on the left till the right catches it. Sweep both clubs in front and then back of the head, as shown by position of clubs in Fig. 10. Continue the small inward circles with the right hand, but shift the position of the left a trifle forward, making small side circles. Both clubs should fall and rise at the same time, each crossing the track of the other. Swing them so that the circles are at right angles.

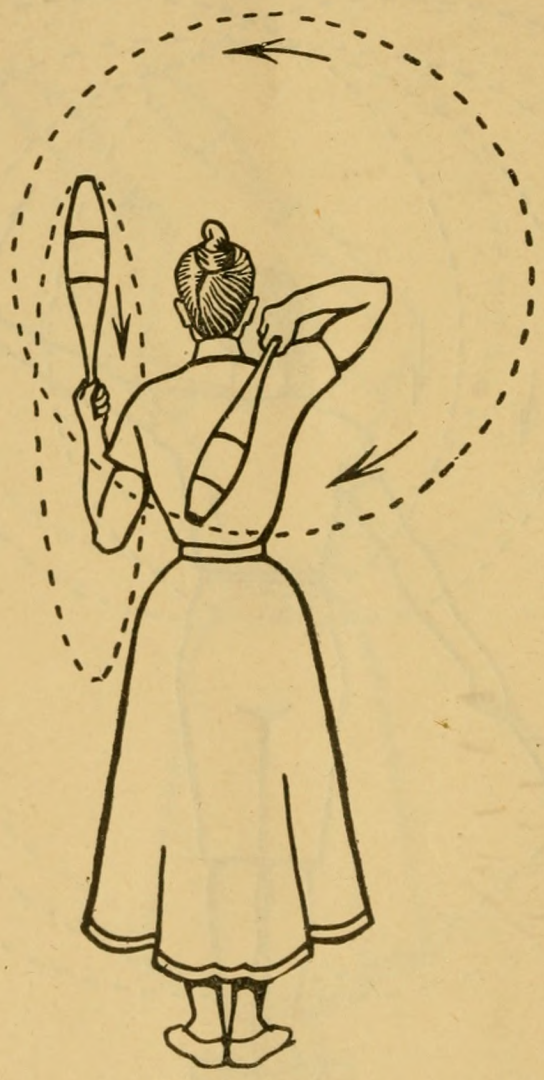


FIG. 13—SIDE AND INWARD—**LEFT.**
Small side—Left. Small inward—Right (three times each).

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CHANGE—By quickly shifting the clubs to the *right* side, making a small inward with the left, and a small side with the right.

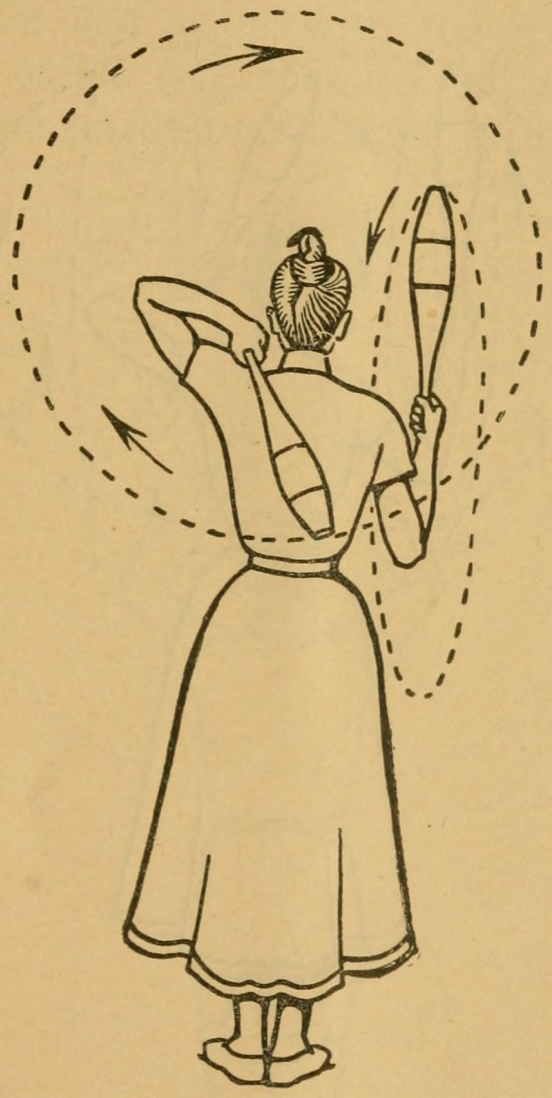


FIG. 14.

SIDE AND INWARD—RIGHT.

Small side—Right. Small inward—Left.
" " " " " "
" " " " " "

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CHANGE—By shifting the clubs back to the left side, and then back to the right, continuing the same movement, but alternating from side to side.

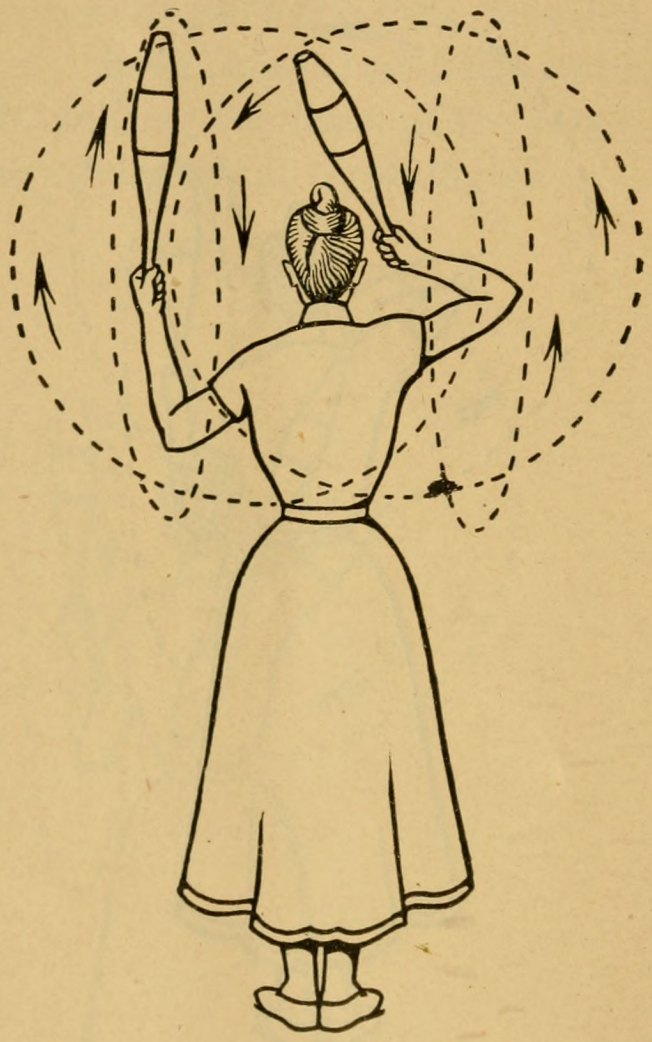


FIG. 15.

ALTERNATE.

Side and inward—Left. Side and inward—Right.

" " " " " " " "

" " " " " " " "

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CHANGE—By bringing the clubs to a perpendicular poise on each side of the head. Make a small inward with the right, then a small inward with the left; again with the right, and again with the left. Sweep the right in front of the face, then the left, and bring them up to repeat the small inwards with each.

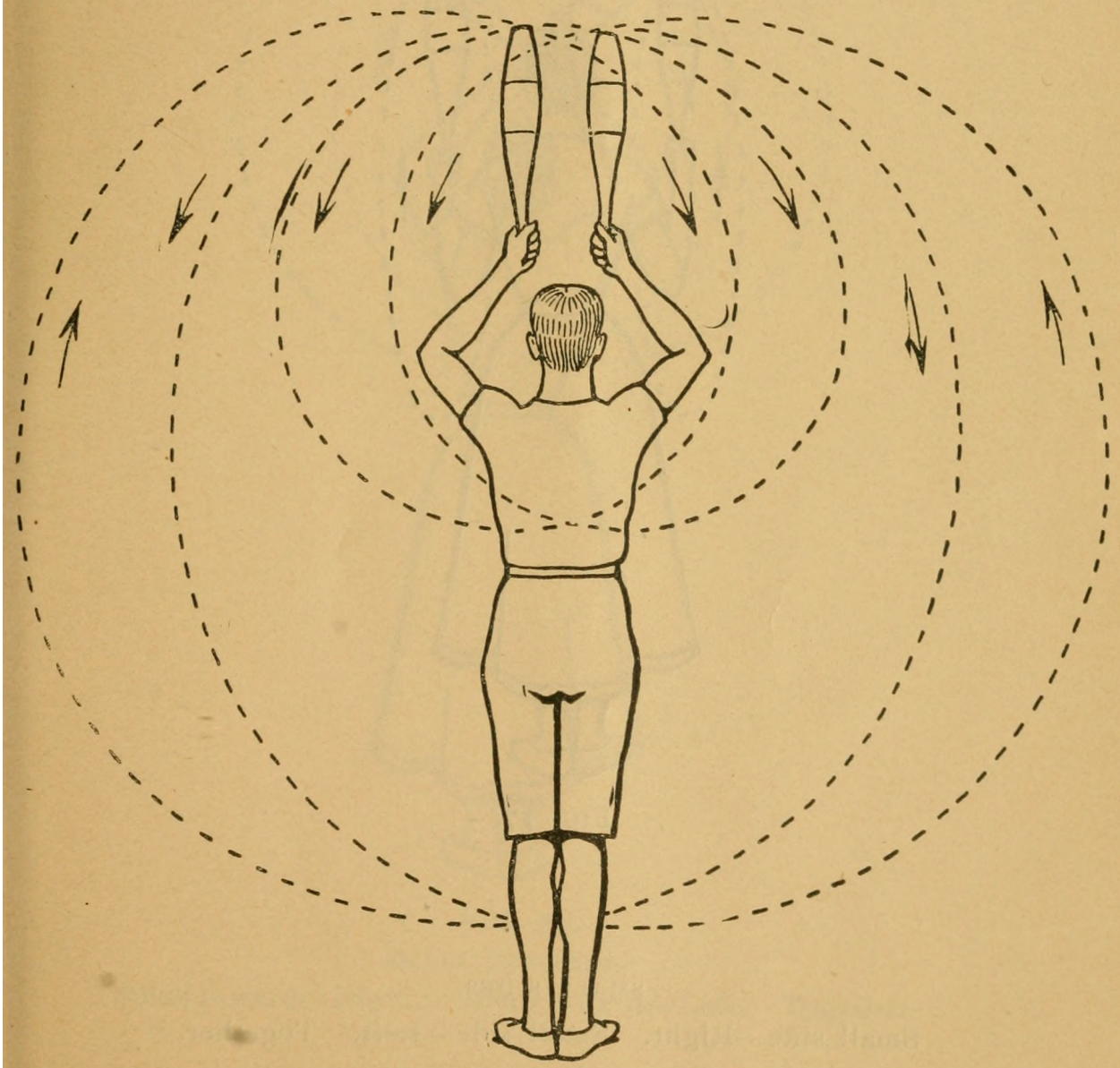


FIG. 16.

RIGHT—LEFT—RIGHT—LEFT—SWEEP—SWEEP.

Inward right–Inward left–Inward right–Inward left–Sweep–Sweep.

" " " " " " " " " "

" " " " " " " " omit sweep.

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CHANGE—By omitting the sweep the third time. At the conclusion of the small circles, bring the clubs again to a perpendicular poise on each side of the head, and make small side-circles; both clubs falling and rising simultaneously.

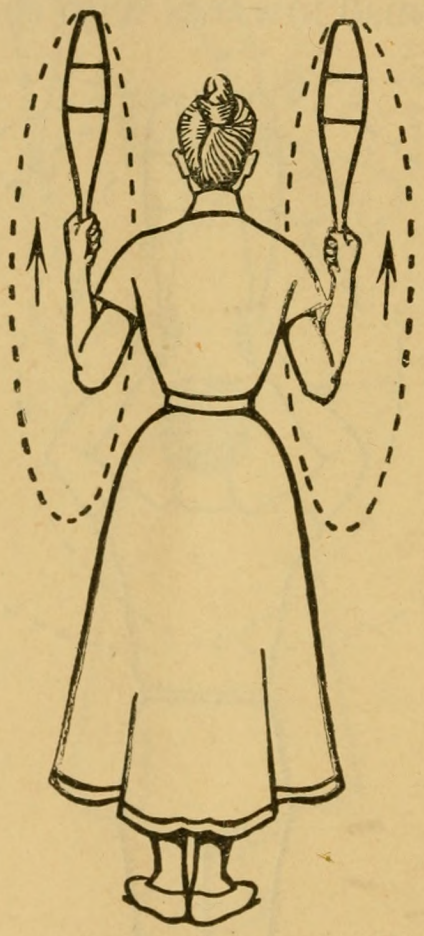


FIG. 17.

SMALL SIDES.

Small side—Right. Small side—Left. Together.

" " " " " " "

" " " " " " "

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CHANGE—By bringing the clubs again to a perpendicular poise on each side of the head. Make small inwards with each hand at the *same time*, the clubs crossing each other at the handles.

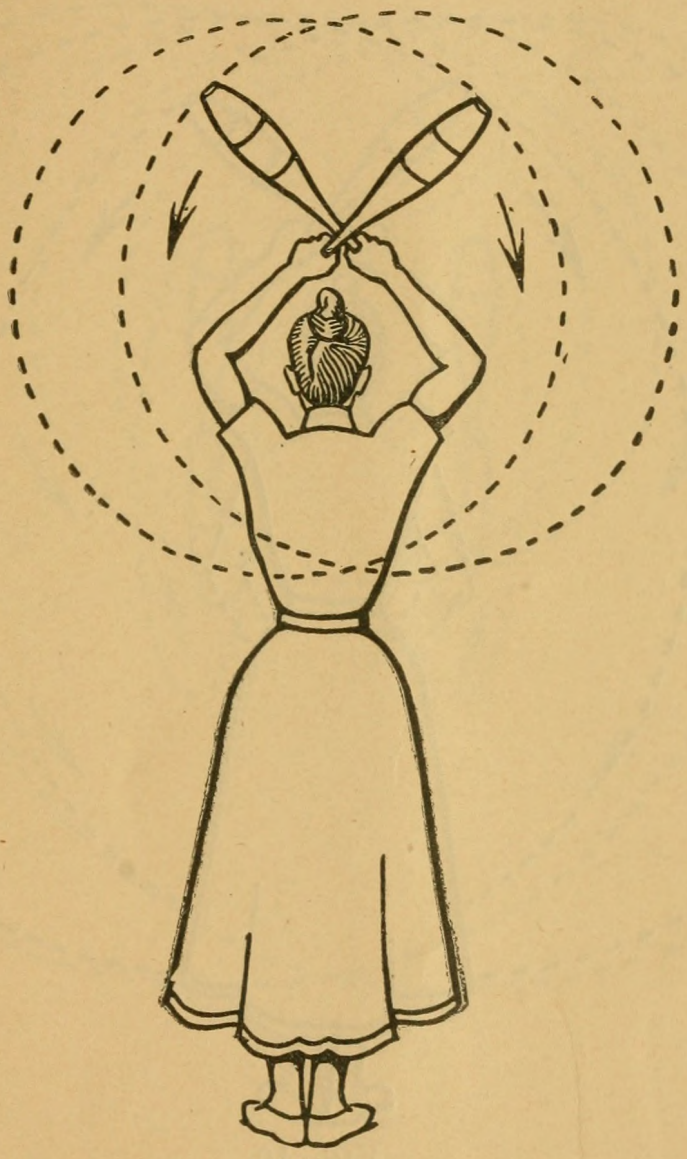


FIG. 18.

SMALL INWARDS.

Small inward—Right. Small inward—Left. Together.
" " " " " "
" " " " " "

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CHANGE—By sweeping both clubs in front of the face at the same time, crossing each other above and below in the circle. Keep the arms as fully extended as possible.

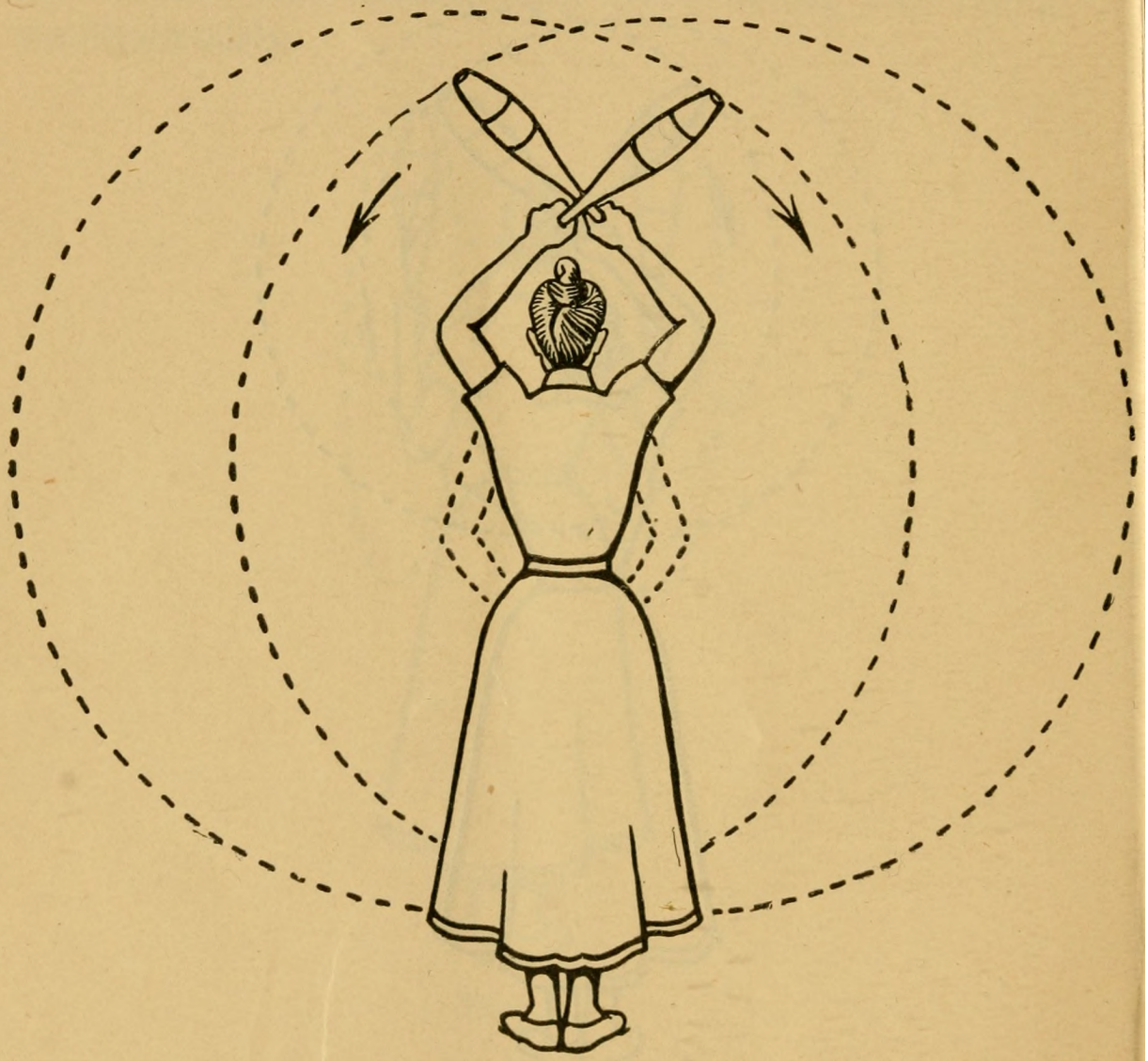


FIG. 19.

INWARD SWEEPS.

Sweep inward—Right.			Sweep inward—Left.			Together.
"	"	"	"	"	"	"
"	"	"	"	"	"	"

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CHANGE—By bringing the clubs again to a perpendicular poise on each side of the head, and then unite the last three moves in one; *i.e.*, giving them in succession—one of each.

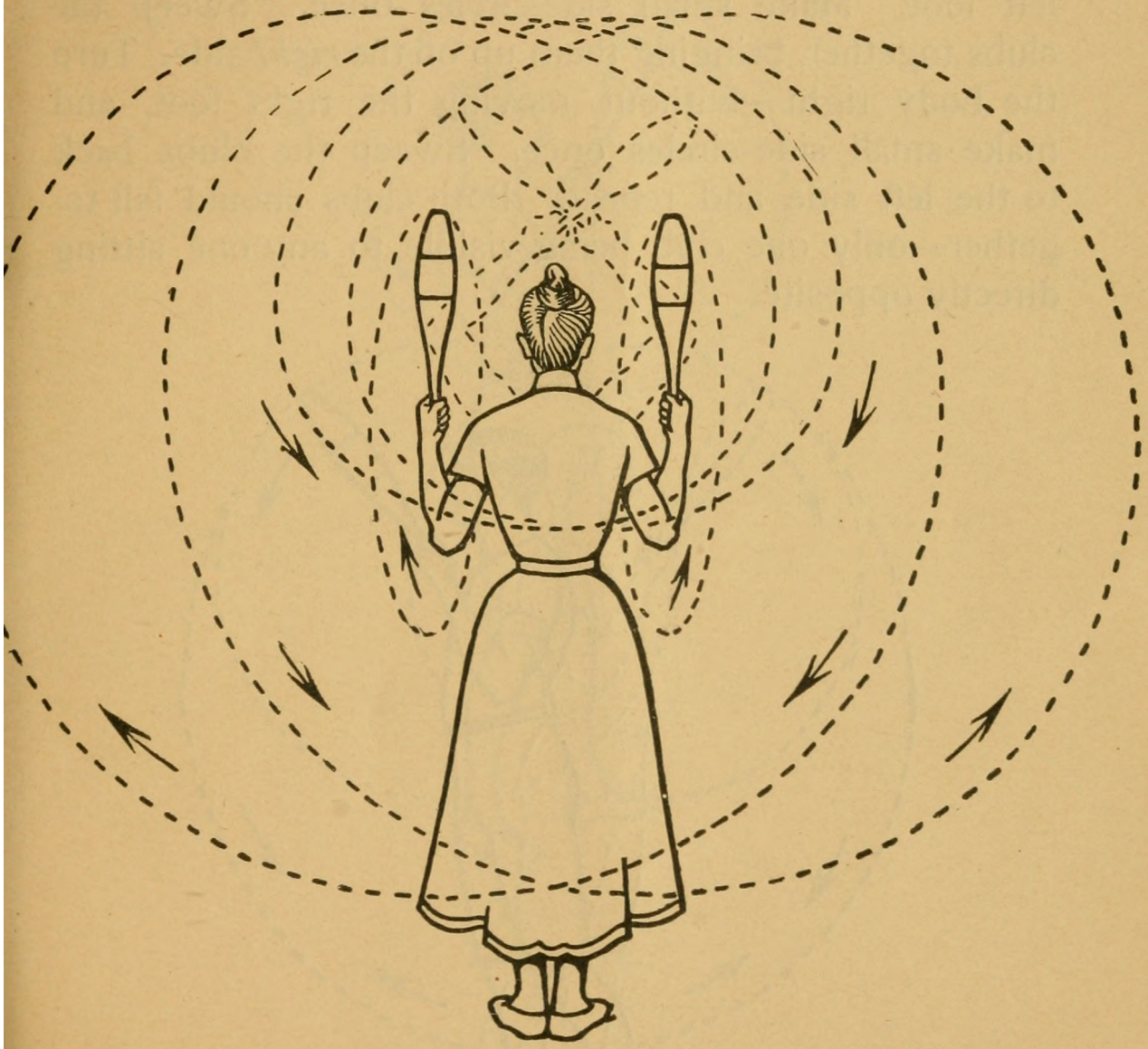


FIG. 20—SIDE—INWARD—SWEEP.

Small sides—Small inwards—Sweeps.

" " " " "

" " " " "

" " change.

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CHANGE—By bringing the clubs again to a perpendicular poise, and swing them to small circles toward the left, as shown by position of clubs in Fig. 10. Then turn the body quickly to the left—without moving the left foot. Make small side-circles once. Sweep the clubs together, bringing them up on the *right* side. Turn the body right—without moving the right foot, and make small side-circles once. Sweep the clubs back to the left side and repeat. Both clubs should fall together—only one club being visible to any one sitting directly opposite.

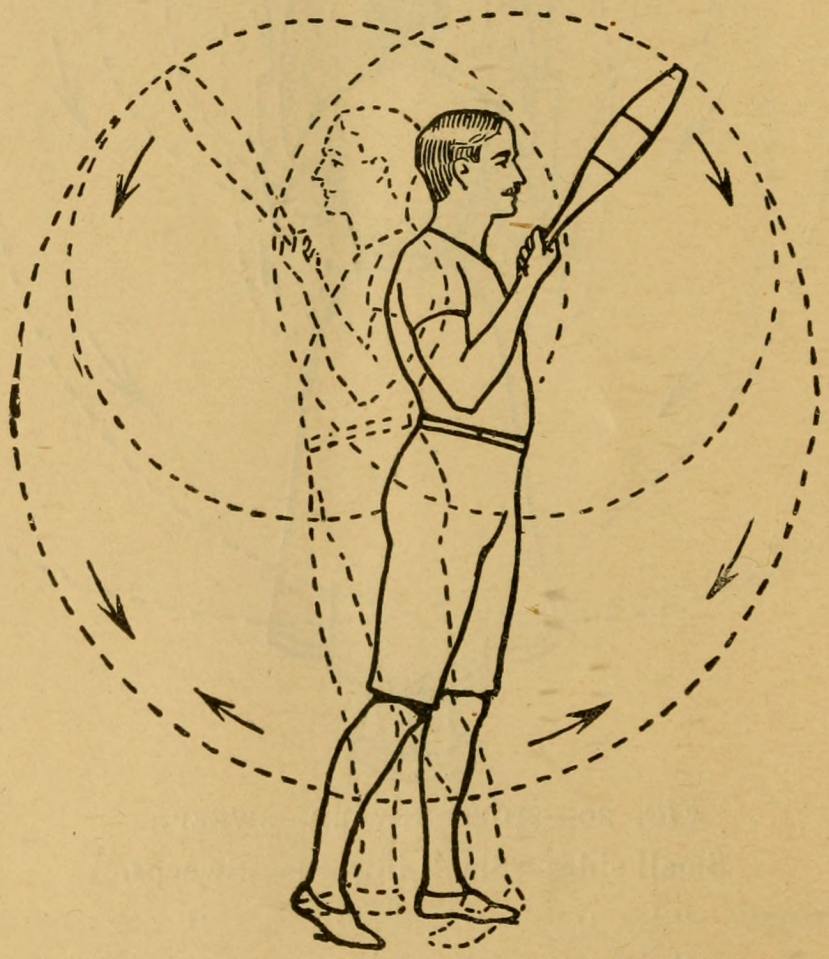


FIG. 21—SMALL SIDE—LEFT AND RIGHT.

Small side—Left—Sweep. Small side—Right—Sweep.
" " " " " " " "
" " " " " Omit sweep.

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CHANGE—By halting the left club as it points up till the right club points down. Instead of the clubs falling simultaneously, they now fall successively, in the same direction.

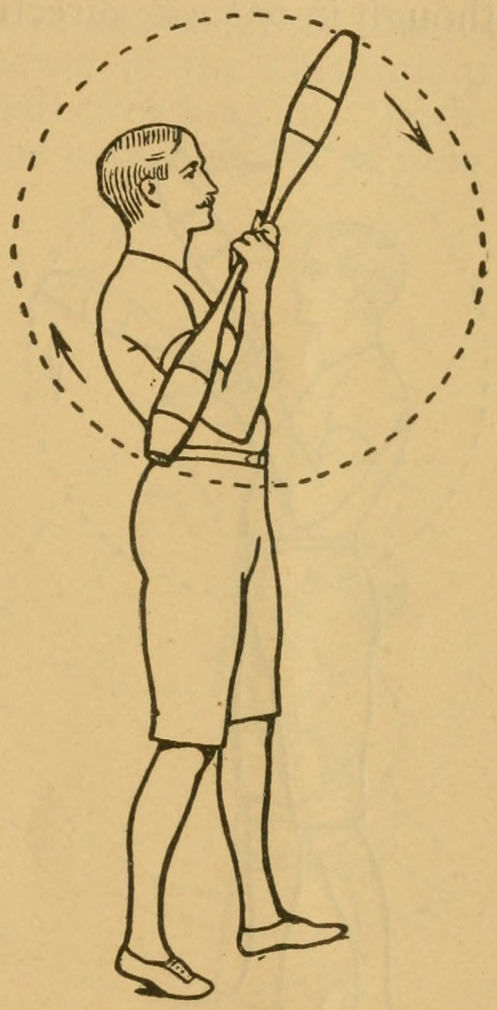


FIG. 22.
ALTERNATE.

Small sides. Down—Right. Down—Left.
" " " "
" " " "

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CHANGE—By halting the right club when it points up, till the left club also points up. Continue the small side-circle *forward*, with the *left* hand, but *reverse* the small side-circle with the *right* hand. Again both clubs fall simultaneously, though in *opposite* directions.

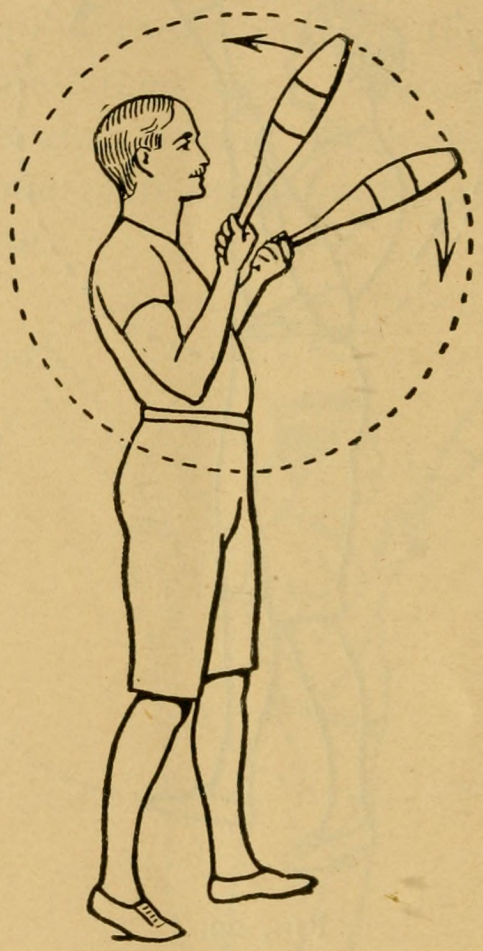


FIG. 23.

REVERSE.

Small sides.	Forward—Left.	Reverse—Right.	
"	"	"	"
"	"	"	"

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CHANGE—By halting both clubs when vertical, make *small sides* and sweep to the left. Turn the body to the left without moving the left foot. Make small sides as soon as the clubs come up on the left side; then make small circles again, but pass both clubs *inside* the arms; then again small circles *outside;* then thrust both clubs under the arms, as shown in the illustration. Then toss the clubs up for small circles again. Both clubs fall inside or outside, as the case may be, *at same time.*

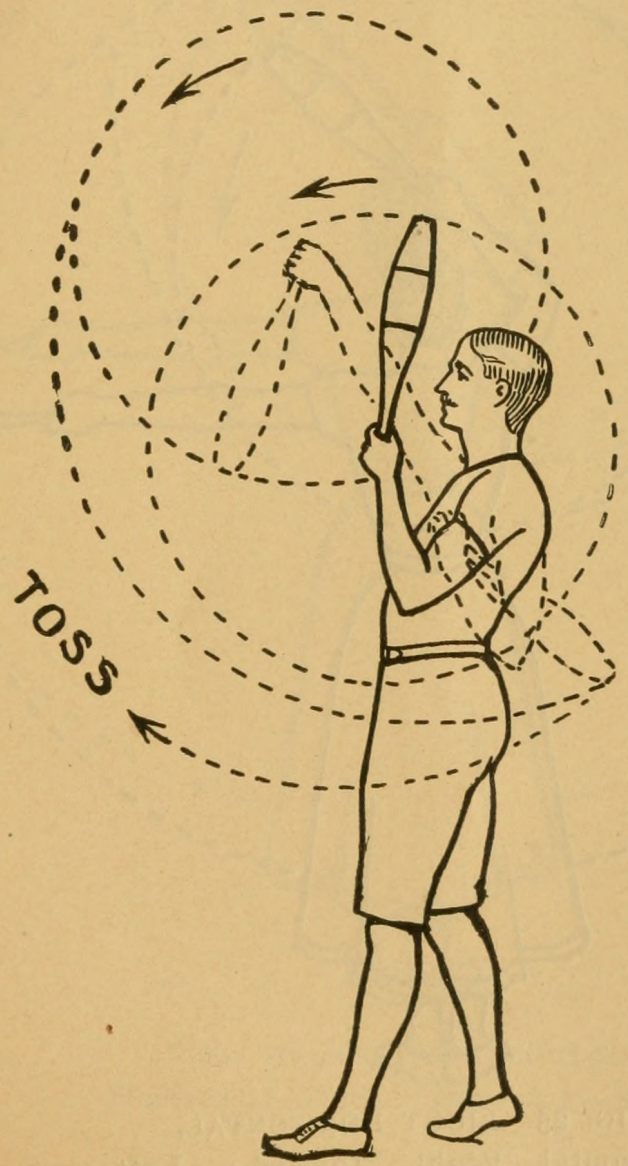


FIG. 24—DOUBLE CHIN KNOCKER.
Small circles—Outside—Inside—Outside—Under. Toss.
(Three times each.)

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CHANGE—By sweeping the clubs in front—now facing front. Check the right club when the arm and club are perfectly horizontal. Push the left club back of the head and make a small inward, three times, while holding the right hand and club perfectly quiet. Sweep the left club in front, make a poise and drop, and, *as* it drops, sweep the right club down with it.

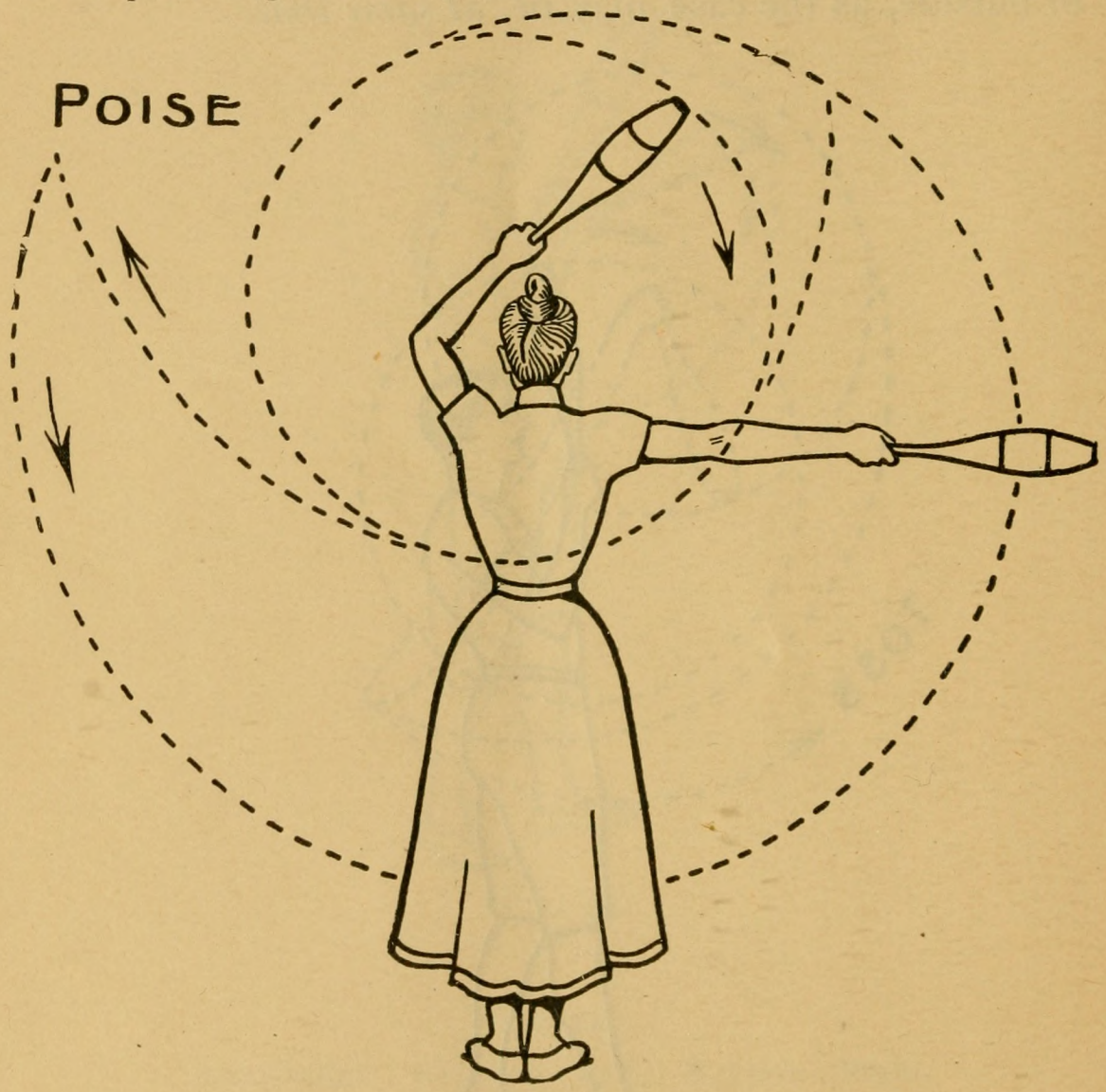


FIG. 25—RIGHT HORIZONTAL.

Horizontal—Right. Inward 1—Left.
" 2 "
" 3 " and sweep.
Poise and drop—Left. Sweep both.

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CHANGE—By sweeping the clubs up to the left side, holding the *left* arm horizontal, and passing the *right* club back of the head. Make three small inward circles with the right hand, then sweep in front of the face, and make a poise and drop with the right hand.

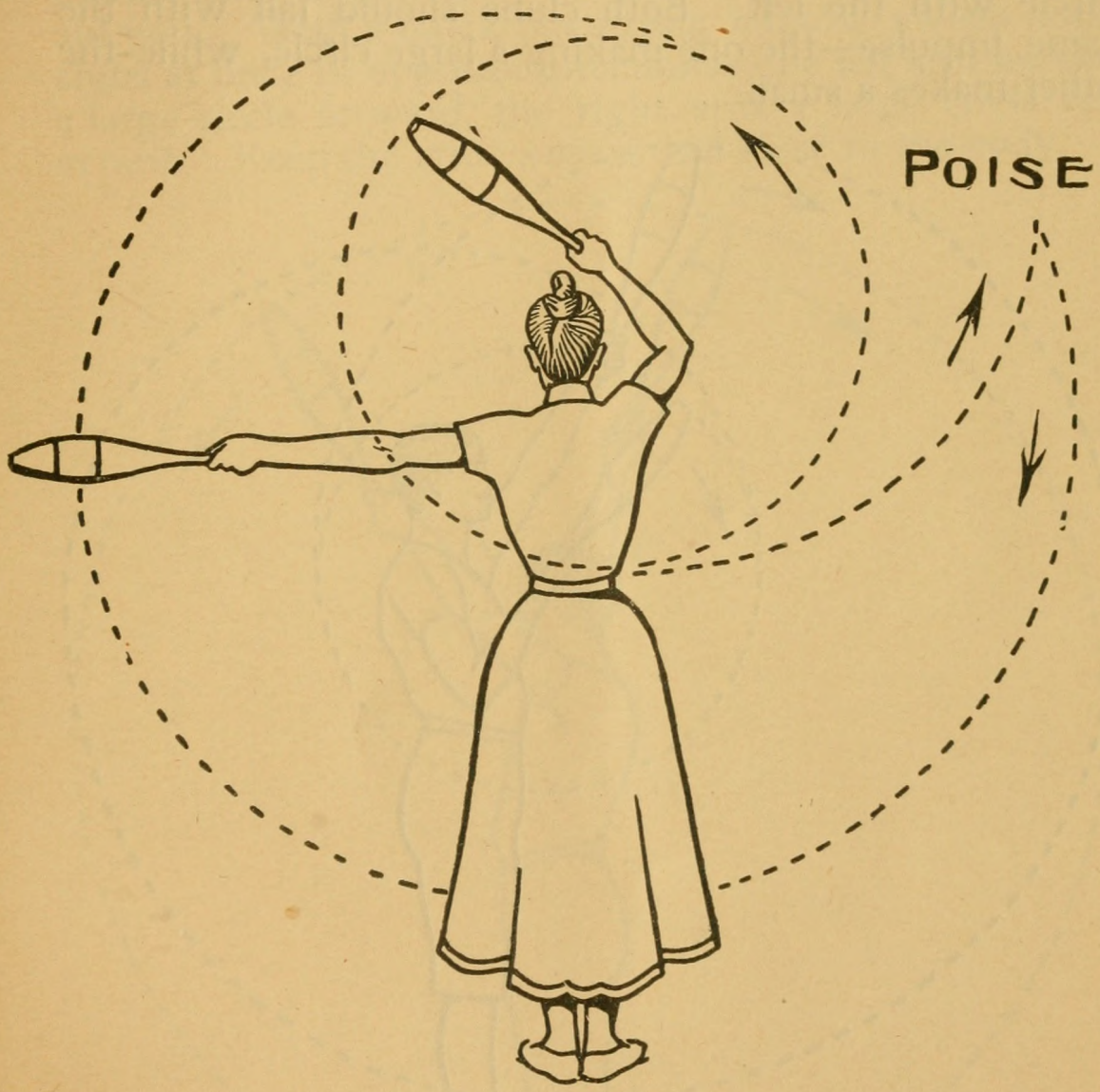


FIG. 26—LEFT HORIZONTAL.

Horizontal—Left. Inward 1—Right.
" 2 "
" 3 " and sweep.
Poise and drop—Right—Sweep both.

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CHANGE—By sweeping the clubs to a small circle back of the head, as shown by the position of the clubs in Fig. 10. Turn the body *squarely* to the left, the weight on both feet. Make a small side-circle with the left hand, while the right makes a large side-circle. Then make a small side-circle with the *right* hand, and a *large* side-circle with the left. Both clubs should fall with the same impulse—the one making a large circle, while the other makes a small.

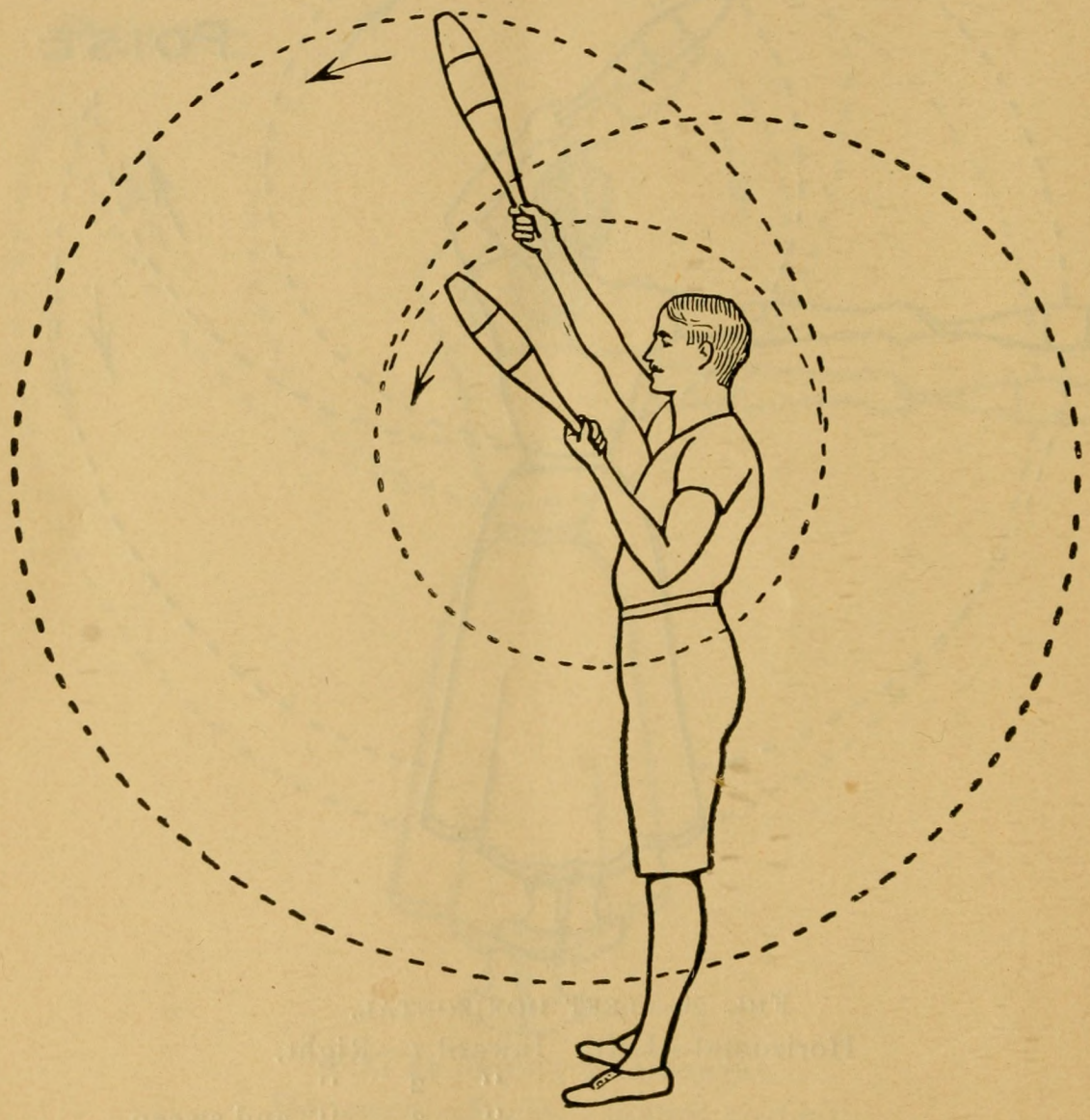


FIG. 27—SHOULDER BRACE.

Small left—Large right. Small right—Large left.
" " " " " " " "
" " " " change,

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CHANGE—By checking the large side-circle, with the right hand, just as the club has passed a short distance back of the feet. At the same time extend the left arm and club up and forward—pointing exactly opposite the right. Slip the right foot a little back of the left—the momentum of the club on the downward sweep will aid you. With a quick but strong impulse sweep both clubs at once in opposite directions—the left arm makes a large circle forward, the right arm a large circle reversed. Keep the arms *unbent* and close to the body.

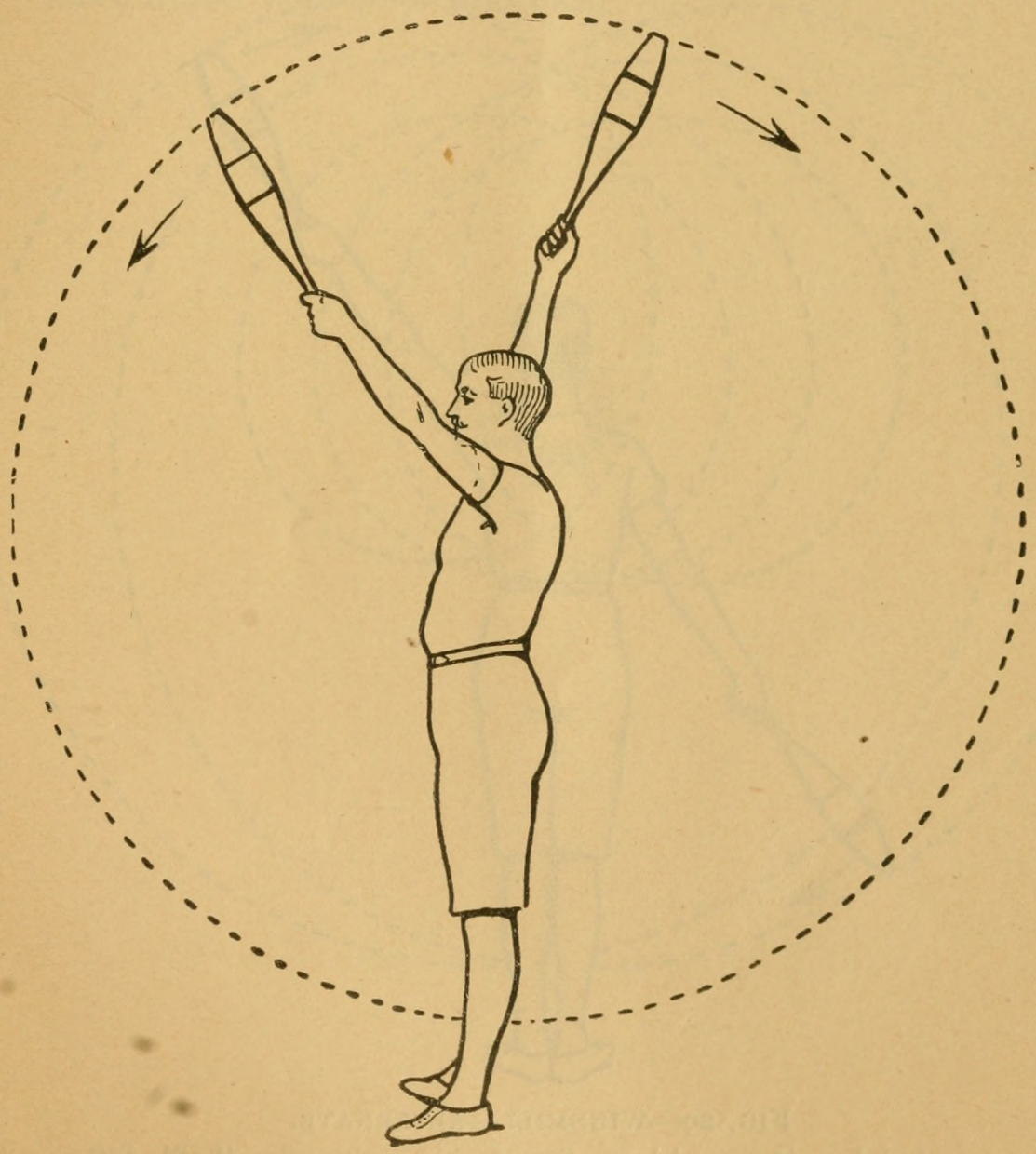


FIG. 28—LARGE REVERSE.

Left and Right—opposite (repeat three times.)

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CHANGE—By halting the right club as it sweeps up in front on the third reverse. Let it fall to a *small side.* Check the left club as it passes the feet the third time, and bring it up in front with a sweep. It will reach there in time to join the right club as it makes a second small side-circle. Join them (both making a *small side*), sweep them to the front (turning the body front), and pass them back of the head, making small circles back, as shown by position of clubs in Fig. 10. Pass directly to the *windmill,* and add small side alternates (Fig. 22).

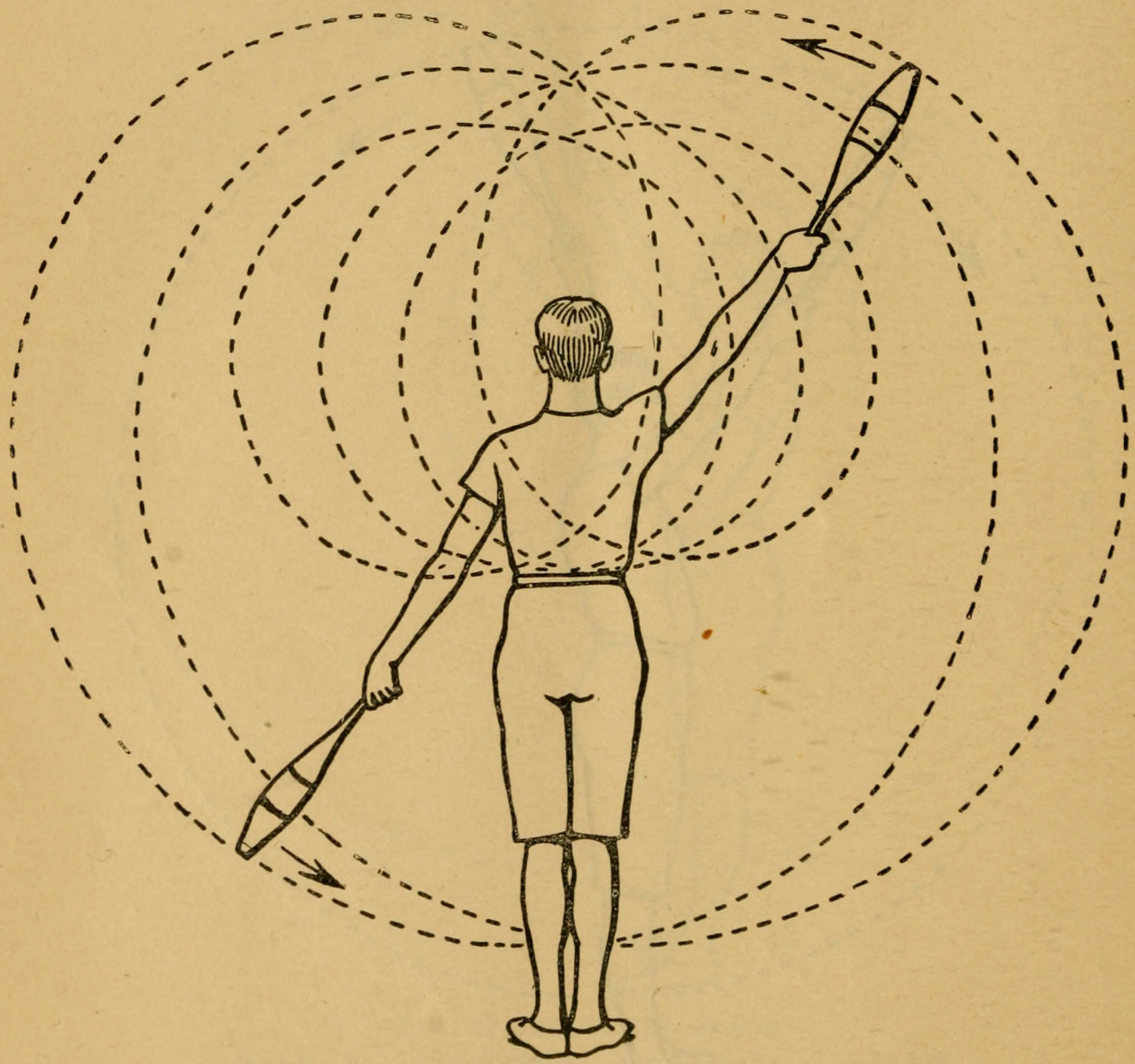


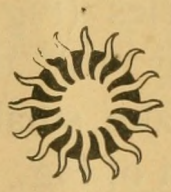
FIG. 29—WINDMILL—ALTERNATE.

Inward right—Outward left—Small side right—Small side left—Sweep right. Sweep left. Repeat three times. Sweep *both.*

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THE FINISH

Halt the right club when completing the third small alternate, till the left club comes up on the third small circle. Sweep both in front with one impulse, and pass them back over the head to a small circle, as shown by the position of the clubs in Fig. 10. Follow this with a small side-circle (Fig. 21). Pass the clubs gracefully under the arms (Fig. 24). Keep them there till you have made your bow and exit.



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TWO CLUBS

TO TAKE UP BOTH CLUBS ARTISTICALLY

Face front. Stand between the clubs. Fold the arms. With the first note of the music unfold the arms, raise the hands above the head and sweep them down to the side. Bend the body, take the clubs with sufficient impulse to sweep them a short distance back. Straighten the body, and this will give the clubs an impulse forward. Sweep them up high enough in front to make small side-circles (Fig. 17), then small circles back of the head (Fig. 10), then, turning the body quickly to the left, make small side-circles (Fig. 21), halting them in position of Fig. 1—two clubs.

N. B.—In *class* exhibitions it would be well to have the pupils leave the platform at the close of the *one*-club exercise, and when they return, *carry* the two clubs under the arms, as shown in Fig. 24. At a signal from the music toss the clubs in front to the same position as when taking them up from the floor.

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I herewith present my *system* of exercises:

CONDENSED FOR CONVENIENCE—TWO CLUBS.

No. 1. Point Left. Right—Left.
" "
" "

No. 2. Small left—Large right. 1-2-3. Sweep.
No. 3. Small right—Large left. 1-2-3. Sweep.
No. 4. Alternate. Left—Right.
" "
" " sweep.
No. 5. Backward drop. Right—Left.
" "
" "

No. 6. Forward drop. Left—Right.
" "
" "

No. 7. Outward left—Backward drop, right.
" "
" "

No. 8. Alternating outward. Left—Right.
" "
" "

No. 9. Alternating inward. Right—Left.
" "
" sweep.
No. 10. Small back circles. 1—Sweep.
2 "
3 change.
No. 11. Left—Right—Both 1
" " " 2
" " " 3 change.

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No. 12. Windmill. 1-2-3.
No. 13. Side and inward—Left side. 1-2-3.
No. 14. Side and inward—Right side. 1-2-3.
No. 15. Alternate. Left—Right.
" "
" "

No. 16. Right—Left—Right—Left—Sweep—Sweep.
" " " " " "
" " " " Halt.

No. 17. Small sides. 1-2-3.
No. 18. Small inwards. 1-2-3.
No. 19. Double inward sweeps. 1-2-3.
No. 20. Small sides—Inwards—Sweeps.
" " "
" " "
" Turn.

No. 21. Small sides, left—one. Small sides, right—one.
" " two. " " two.
" " three. " " three.

No. 22. Alternate. Right—Left.
" "
" "

No. 23. Reverse. 1-2-3. Sweep to left side.
No. 24. Out—In—Out—Under. Toss.
" " " " "
" " " " "
" and sweep.

No. 25. Right—Horizontal.
Left—Inward. 1-2-3. Sweep.
" Poise and drop.
Take it along (the right club).

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No. 26. Left—Horizontal.
Right—Inward. 1-2-3 Sweep.
" Poise and drop.
Take it along (the left club). Sweep—turn.

No. 27. Shoulder brace. Left—Right.
" "
" reverse.

No. 28. Large reverse. 1-2-3.

No. 29. Windmill and alternate. 1-2-3.

Pass the clubs under the arms, and make your bow and exit.

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SPALDING'S INDIAN CLUBS AND DUMB BELLS

Spalding's Indian Clubs



Our Trade-Mark Indian Clubs are of selected material and perfect in shape. They are finely polished, with ebonite centre band and gilt stripe top and bottom. Each pair wrapped in paper bag.

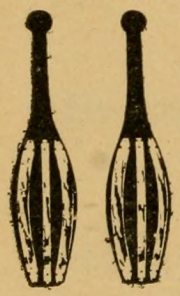
1-2	pound,	Per pair,	$ .30
3-4	"	"	.35
1	"	"	.40
1¼	"	"	.45
2	"	"	.50
2½	"	"	.60
3	"	"	.65
4	"	"	.75
5	"	"	1.00

Indian Clubs

The following Clubs are not Trade-Mark Goods, but of good material and far superior in shape and finish to the cheap clubs on the market.



1-2	pound,	Per pair,	.15
3-4	"	"	.20
1	"	"	.25
1¼	"	"	.30
2	"	"	.35
2½	"	"	.40
3	"	"	.45
4	"	"	.50
5	"	"	.75



Exhibition Clubs

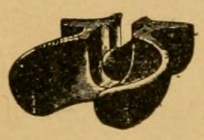
Handsomely finished in ebonite and made for exhibition and stage purposes. The clubs are hollow with a large body, and, although extremely light, represent a club weighing three pounds or more.

Ebonite Finish.
No. **A.** Per pair, **$3.50**

With German Silver Bands.
No. **AA.** Per pair, **$5.00**

Iron Hangers for Indian Clubs and Dumb Bells

With screws for fastening to wall. Nicely japanned.



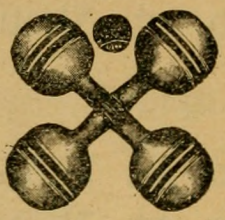
For Indian Clubs.
No. **1.** Per pair, **20c.**

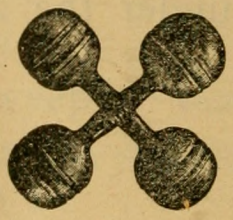
For Dumb Bells.
No. **2.** Per pair, **20c.**

Spalding's Wood Dumb Bells

Our Trade-Mark Bells are made of selected material, neatly decorated, well finished and of perfect balance.

1-4	pound.	Per pair,	.30
1-2	"	"	.30
3-4	"	"	.35
1	"	"	.40
1½	"	"	.50
2	"	"	.55
3	"	"	.70
4	"	"	.75





Wood Dumb Bells

1-4	pound,	Per pair,	.15
1-2	"	"	.18
3-4	"	"	.20
1	"	"	.25
1½	"	"	.30
2	"	"	.35
3	"	"	.40
4	"	"	.50.

Iron Dumb Bells

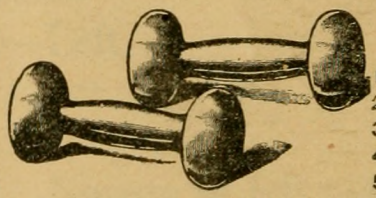
Made on approved models, nicely balanced and finished in japan.

Sizes, 2 to 40 pounds.

Per pound, **4c.**



Nickel-Plated Dumb Bells

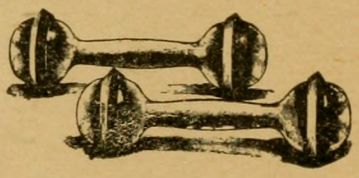


Nickel-plated and polished.

1	lb.,	Pair,	$ .25
2	"	"	.50
3	"	"	.65
4	"	"	.75
5	"	"	1.00

Nickel-Plated Dumb Bells, with Rubber Bands

Nickel-plated and polished.



1	lb., Pair,	$ .50
2	"	.75
3	"	1.00
4	"	1.15
5	"	1.25

Complete Catalogue of Athletic Goods Free.

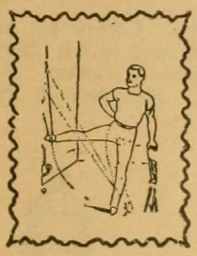
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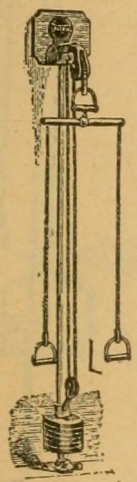
A.G. SPALDING & BROS. NEW YORK AND CHICAGO

CHEST WEIGHTS FOR HOME EXERCISE



NO apparatus for home exercising covers the field so thoroughly as our Chest Weights listed on this page. No instructions are necessary, and by simply following the chart furnished with each machine all the muscles of the body may be easily and pleasantly exercised and with sufficient variations in the movements to relieve it of monotony.





SPALDING No. 7
16-lb. Weights

No. 7
CHEST WEIGHT

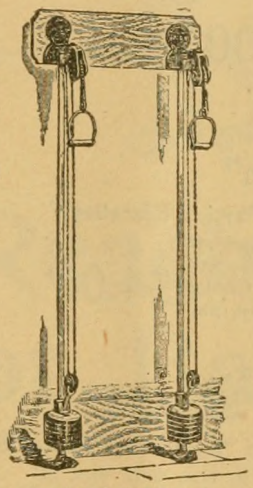
Single Spalding Chest Weight with Cross Bar and Double Handles for 2-handed exercises. Especially adapted to small rooms.

No. **7.** Japan Finish.
Each, **$7.50**

No. 6
CHEST WEIGHT

Our No. 6 Chest Weight is the same as our No. 5 without the Centre Arm Adjustment.

No. **6.** Japan Finish.
Each, **$10.00**



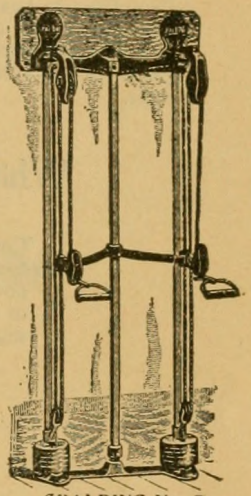
SPALDING No. 6
16-lb. Weights

No. 5
CHEST WEIGHT

The No. 5 Machine has the Centre Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the centre arm, requiring but a few seconds to do it, and practically combines in one machine a complete gymnasium.

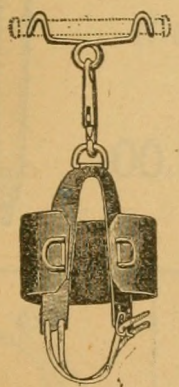
No. **5.** Japan Finish
Each, **$15.00**

No. **5A.** Nickel-plated Trimmings.
Each, **$18.00**



SPALDING No 5
16-lb. Weights

ATTACHMENTS FOR THE SPALDING WALL MACHINES

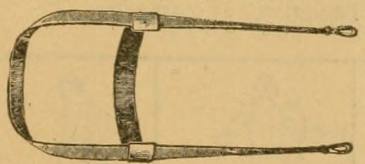


FOOT GEAR, WITH ATTACHMENT

Can be worn either with or without shoe. The inside, outside, front or back leg exercises can be obtained by changing the snap-hook from one ring to another.

No. **2.** Price, **$1.00**

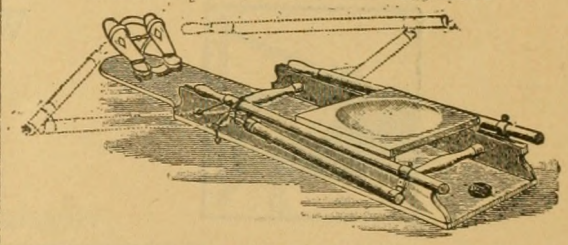
HEAD ATTACHMENT



The Head Attachment can be used by simply snapping to one of the handles. It helps to develop the muscles in the neck and back.

No. **3.** Each. **$1.00**

SPALDING'S ROWING ATTACHMENT



For use in connection with the Spalding Wall Machine No. 5.

No. **1.** Complete. **$8.00**

SPECIAL BOOKS ON PHYSICAL TRAINING.

"Care of the Body," by Prof. E. B Warman Price, 10 cents.
"Physical Training Simplified." by Prof. E. B. Warman Price 10 cents.
"Exercises on the Chest Machine," by Prof. H. S. Anderson. Price, 10 cents.

Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

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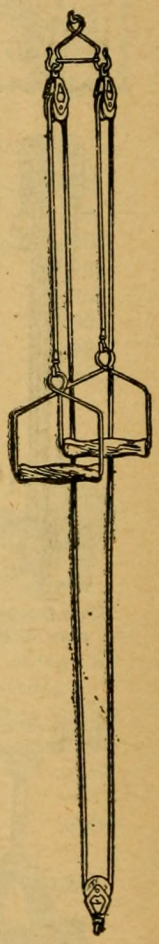
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THE WHITELY EXERCISERS

An ideal gymnasium for home use. Weighs less than two pounds. Has no weights. Can be put up permanently in two minutes without tools of any kind. With a few extra hooks, can be used in any room in the house. The hooks are of steel wire and do not injure the woodwork. No straps to buckle. No weights to change; self-adjusting resistance. No dead weights—you'll think it's alive. Exercises all the muscles, not the upper limbs only.





STYLE 3

Whitely "Special"

and "Anderson's Physical Education"

Complete, in box, with charts, foot attachment, door hinge attachment and package of hooks. Choice of heavy, medium or light cable. **$5.00**

STYLE 2

Whitely "Olympian"

and "Anderson's Physical Education"

Complete, in box, with foot attachment, door-hinge attachment and package of hooks. Choice of either extra heavy, heavy, medium, light or child's cable. **$4.00**

STYLE 1

Whitely "Standard"

and "Anderson's Physical Education"

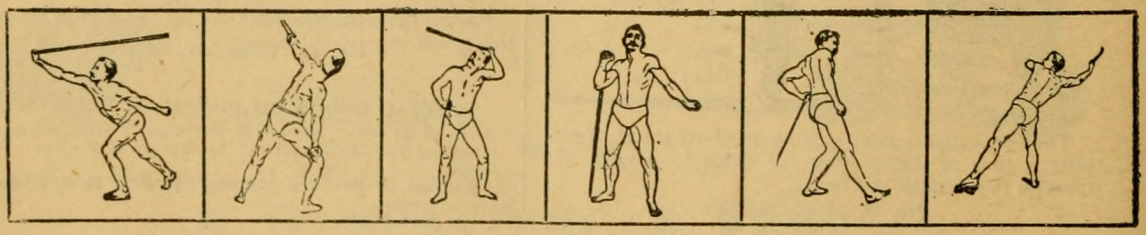
Complete, in box, with foot attachment, door-hinge attachment and package of hooks. Choice of either heavy, medium, light or child's cable. **$3.00**



STYLE 0

Whitely "Vim" and Charts

Complete, in box, with foot attachment, door-hinge attachment and package of hooks. Choice of either heavy, medium, light or child's cable. With "Anderson's Physical Education," 25 cents extra. **$2.00**

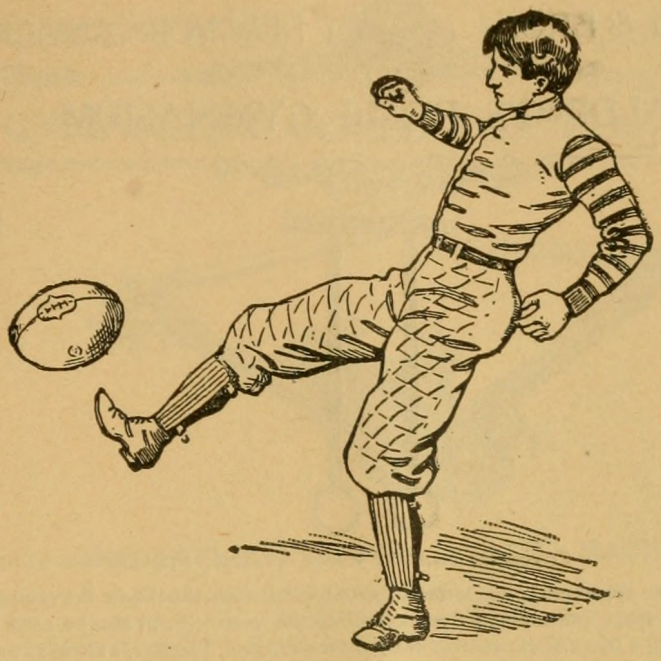


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Reach Foot Balls

Are made of the best materials, in a thorough manner, and will withstand the roughest usage.

Write for Catalogue.

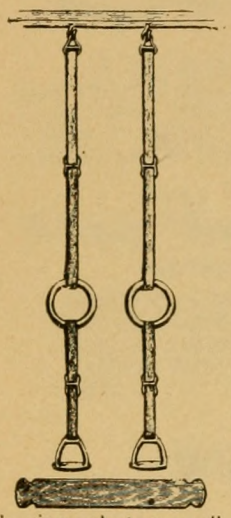
A. J. Reach Co.

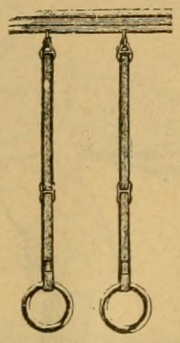
Tulip and Palmer Streets

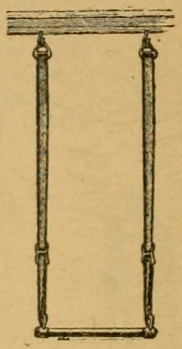
Philadelphia, Pa.

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SPALDING'S HOME GYMNASIUM





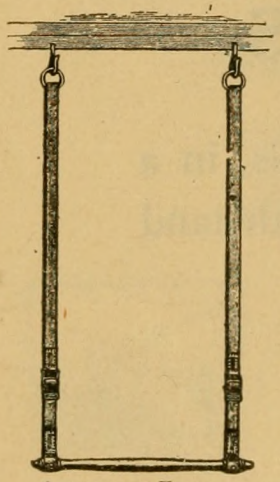


COMBINING SWINGING RINGS, TRAPEZE, STIRRUPS AND SWING.

The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart, and screwed five inches into the joist. It can also be used out of doors by erecting a framework, such as is used for swings. The straps are of extra strong webbing and adjustable to any desired height. The rings are of the patent bent wood, about six inches in diameter. The apparatus can be put up in any room, and removed in a moment, leaving only two small eyes in the ceiling visible. A space six or eight feet wide is ample for any of the exercises. The various combinations can be quickly and easily made. We furnish, in addition, a board, adjustable to the stirrups, which forms an excellent swing for the little ones.

No. **1.** Complete, ready to put up, **$5.00**

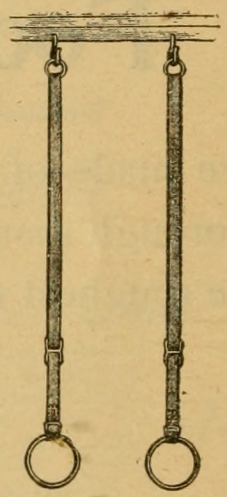
SPALDING'S ADJUSTABLE TRAPEZE AND SWINGING RINGS



ADJUSTABLE TRAPEZE.

Furnished complete, with bar and everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions, and with the adjustable buckle may be adapted to any ceiling from 16 feet down.

No. **201.** Complete, **$3.00**



ADJUSTABLE SWINGING RINGS.

Furnished complete, with 8-inch galvanized rings and everything necessary for suspending. The supports are made of extra strong webbing, with adjustable buckles, making it adaptable to any ceiling from 16 feet down.

No. **301.** Complete, **$3.00**

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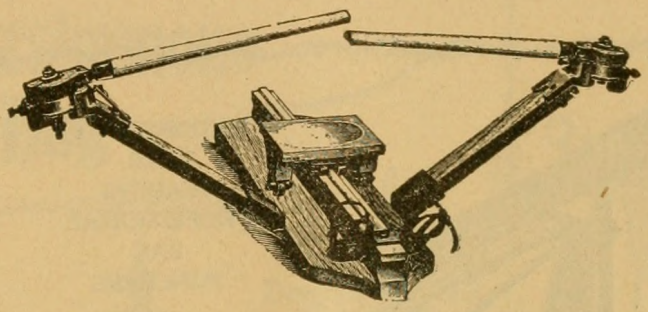
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GYMNASIUM GOODS FOR HOME USE



THE LAFLIN FRICTION ROWING MACHINE.

THE smallest, simplest and most practical Rowing Machine yet introduced. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and holds the pressure till its completion, but instantly releases it, precisely as in a boat. It is quickly taken apart without loosening any bolts or screws, and can be set away in a closet or put under the bed, occupying but a small space—a most valuable feature for home use. Each machine is adjustable to any amount of friction, and has an indicator so graduated that one revolution is equivalent to 100 strokes, or one-third of a mile, based on Hanlan's time of thirty-two strokes per minute. Handsomely built from ash and maple, iron work japanned, and every machine guaranteed.

No. **119.** Laflin Machine, complete, **$15.00**

SPALDING'S PNEUMATIC ROWING MACHINE.



Imitates rowing perfectly, the stroke being hard at the beginning, easy at the finish, and recovery unassisted. The cylinder, made of brass, having a closed end and highly polished interior, is placed in front of the oarsman, as shown in the illustration. The piston rod of the cylinder is connected with the short oars by means of a whiffletree and connecting rods. The act of taking a stroke draws the piston away from the closed end of the cylinder, producing a vacuum, and the pressure of the atmosphere upon the piston simulates the resistance that is afforded by the water in rowing a boat.

No. **120.** Price, each, **$20.00**

SPALDING'S ASH BAR BELLS.



No. **1.** Selected material, highly polished, 4½ feet long, Per doz., **$5.00**
No. **2.** Selected material, highly polished, 5 feet long, " **6.00**

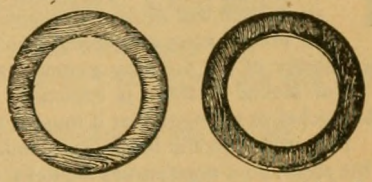
SPALDING'S SCHOOL WAND.

Made of straight grain maple and nicely finished.
No. **3.** 3½ feet long, ¾-inch diameter, . . Per doz., **$1.25**

SPALDING'S CALISTHENIC WANDS.

No. **4.** 4½ feet long, 1-inch diameter, Per doz., **$1.50**

WOODEN EXERCISE RINGS.



Made of three thicknesses of black walnut and maple glued together, with grain crossing.
No. **1.** Per pair, **75c.**

Made of one piece of solid maple, nicely finished.
No. **2.** Per pair, **50c.**

Complete Catalogue of Athletic Goods Free.

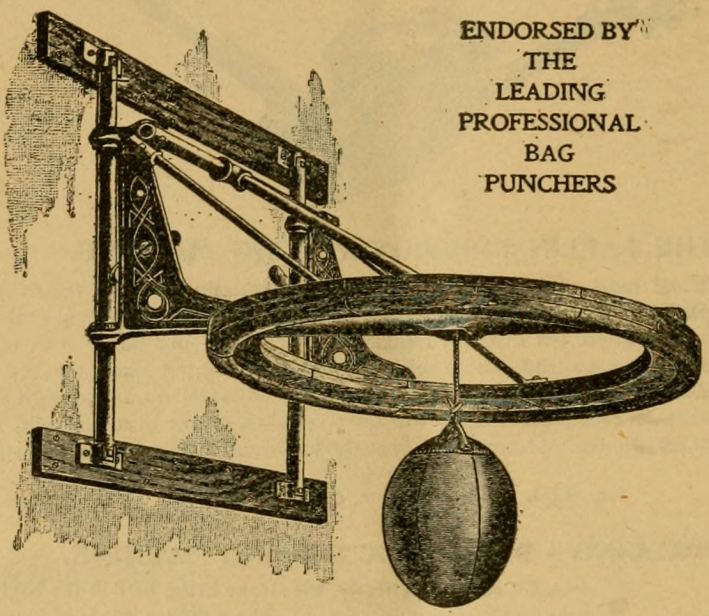
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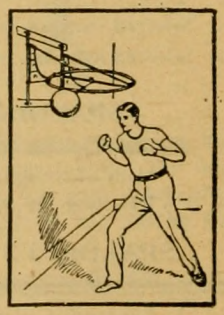
SPALDING'S MOLINE PLATFORM



ENDORSED BY THE LEADING PROFESSIONAL BAG PUNCHERS

No. 1. Platform complete, without Bag, $10.00

THE most delightfully exhilarating indoor exercise is unquestionably that of vigorously punching a light, air-inflated bag against a reliable responsive disc. It has, unfortunately, been deterred from occupying its proper place as a home exerciser by the unwieldy size, weight and general unsuitability of the ordinary gymnasium disc and its many useless substitutes.



Our Moline Platform is adjustable in height, readily attached to any wall, and the side bracket so arranged that it touches three rows of studding.

Neat in design and handsomely finished, it in no way detracts from the appearance of the room, does not obstruct the light, and overcomes many other objectionable features of the old style disc usually costing double the price. The arrangement of the face of the rim permits of two speeds, SLOW and FAST. The part designed for fast work is much quicker than the fastest work obtainable in any other platform.

The changing of speeds is an entirely new and exclusive feature, and offers a wide range of clever combinations and scientific work. Each platform is supplied with everything necessary for attaching to wall, and crated ready for shipment.

Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

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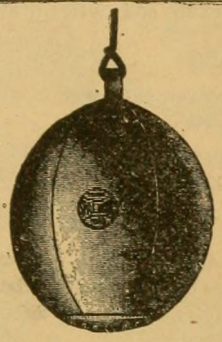
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SPALDING'S STRIKING BAGS

The Fitzsimmons Special Bag

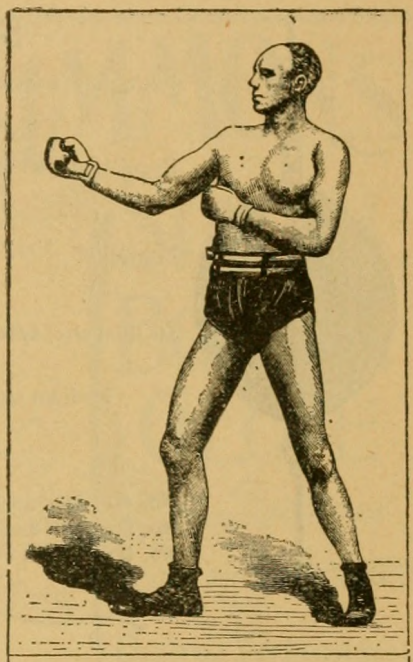
FOR FAST PUNCHING



Designed, Used and Endorsed by

ROBERT FITZSIMMONS

Heavy and Middleweight Champion of the World



MESSRS. A. G. SPALDING & BROS.

GENTLEMEN: It is with the greatest of pleasure that I can recommend to all who are interested in boxing or exercise of any kind, your Swinging Striking Bags. They are perfect in every way, and I gladly recommend them for home or gymnasium use. I will use the one furnished me on the stage in all my exhibitions.

Robert Fitzsimmons

Made of the finest selected Napa tanned leather and extra well and carefully made, and an exact duplicate in every way of the one used by CHAMPION FITZSIMMONS in training and for exhibition purposes. Extremely light and very fast. Owing to its lightness we do not recommend it for general gymnasium work. Each bag is put up complete in box and carefully inspected before packing.

No. **18.** Complete, **$5.00**

Same as "Fitzsimmons Special," but trifle smaller in size, and lighter; intended for very speedy work.

No. **18S.** Complete, **$5.00**

"THE STANDARD SPECIAL."

Regulation size, made of selected Russia calf, silk stitched and carefully made. This bag is particularly adapted for quick work.

No. **12.** Complete, in box, **$4.00**

"THE EXPERT."

Regulation size, made of fine olive tanned leather and well finished.

No. **17.** Complete, in box, **$2.00**

"THE AMATEUR."

Medium size, soft tanned leather, substantially made.

No. **15.** Complete, in box, **$1.25**

"THE STANDARD."

Regulation size, made of specially green tanned glove leather, substantially put together.

No. **10.** Complete, in box, **$3.00**

"THE PRACTICE."

Medium size, fine grain leather cover and well made throughout.

No. **16.** Complete, in box, **$1.50**

"THE FAVORITE."

Medium size, soft tanned leather cover, rubber bladder.

No. **14.** Complete, in box, **$1.00**

...EXTRA BLADDERS....

Extra fine quality, for bags Nos. 10, 12, 13, 17 and 18.
No. **C.** Each, **75c.**

Extra fine quality, for bags Nos. 14, 15, 16 and 18S.
No. **A.** Each, **50c.**

Complete Catalogue of Athletic Goods Free.

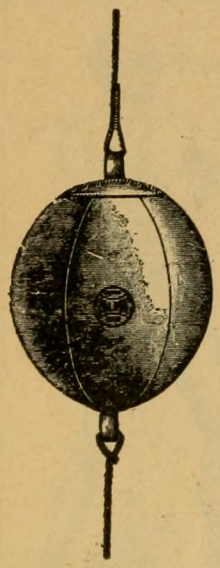
A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER

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A. G. SPALDING & BROS. NEW YORK AND CHICAGO

SPALDING'S STRIKING BAGS



Spalding's Double End Bags

Extra fine selected leather cover; workmanship and finish of best quality.
No. **6.** Complete, **$4.50**

Regulation size, specially tanned glove leather cover, well sewed and all substantially constructed.
No. **5.** Complete, **$3.50**

Regulation size, good quality leather cover and well made throughout.
No. **4.** Complete, **$2.50**

Medium size, specially tanned grain leather cover, extra well made.
No. **3.** Complete, **$1.50**

Medium size, soft tanned leather, substantially made.
No. **2.** Complete, **$1.25**

Each Bag complete in box, with bladder, rubber cord for floor and rope for ceiling attachment

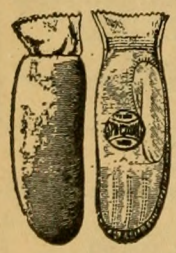


EXTRAS

No. **A.** Fine quality Rubber Bladder, for Bags Nos. 2 and 3, **50c.**
No. **C.** Fine quality Rubber Bladder, for Bags Nos. 4, 5 and 6, **75c.**
No. **D.** Elastic Floor Attachment, for all styles, . . . **50c.**

"BAG PUNCHING".....
Tells how to use the Striking Bag. Illustrated.
.....**Price, 10 Cents.**

STRIKING BAG GLOVES



Made of tanned kid and extra well padded. Will protect the hands, and recommended for use with all striking bags.
No. **1.** Per pair, **$1.50**

Made of soft tanned leather, properly shaped and padded, substantially put together.
No. **2.** Per pair, **$1.00**

Made of soft tanned leather, padded and well made.
No. **3.** Per pair, **50c.**

BRASS INFLATERS



No. **2.** Club size, cylinder 10 inches, . . Each, **50c.**
No. **3.** Pocket size, cylinder 5½ inches, . **25c.**

STRIKING BAG SWIVELS

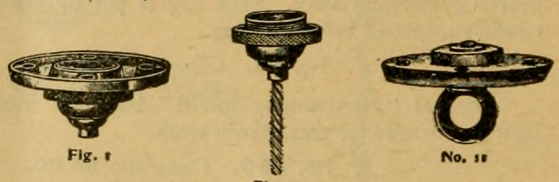


Fig. 1 Fig. 2 No. 11

Ball and socket action, full nickel-plated. The complete swivel (Fig. 1) is permanently attached to ceiling or drum. The part containing socket and to which rope is attached (Fig. 2) unscrews from base. This permits the bag to be quickly suspended without readjusting the height, and can as readily be removed when not in use; a very desirable attachment for those having private bags in gymnasiums.
No. **9.** Complete, **$1.00**

Ball bearing swivel, same style as No. 9, with addition of ball bearings.
No. **10.** Complete, **$2.00**

Swivel action, japanned iron, fastens permanently to disc, and rope is attached to ring.
No. **11.** Complete, **50c.**

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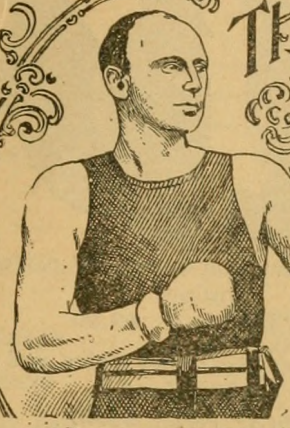
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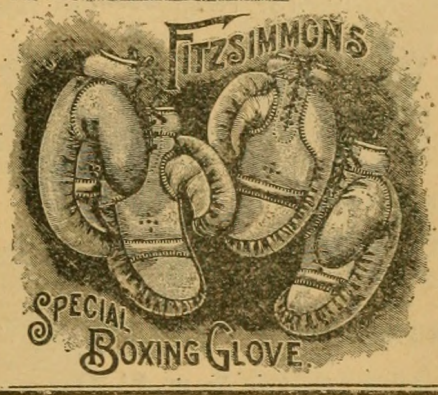
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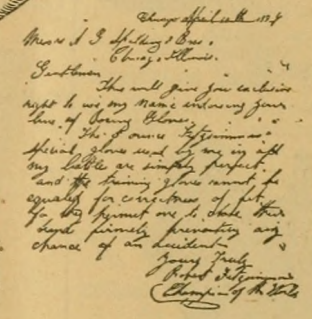
A. G. SPALDING & BROS NEW YORK AND CHICAGO

SPALDING'S BOXING GLOVES



THE FITZSIMMONS SPECIAL BOXING GLOVE





USED AND ENDORSED BY ROBERT FITZSIMMONS CHAMPION HEAVY & MIDDLE WEIGHT OF THE WORLD

OUR "FITZSIMMONS" SPECIAL BOXING GLOVES were designed by ROBERT FITZSIMMONS, the Champion of the World, and are exclusively used by him in all the championship contests and in training. The material and workmanship are of the highest quality, they fit perfectly, and by their peculiar construction, absolutely prevent any chance of injury to the hands or wrists. Each set is carefully inspected before packing and bears an autograph letter of Champion Fitzsimmons' endorsement. Made in three sizes, in sets of four gloves.

No. 115.	"Fitzsimmons Special Glove," 5 oz., per set,	$6.00
No. 116.	"Fitzsimmons Special Glove," 6 oz., "	6.00
No. 118.	"Fitzsimmons Special Glove," 8 oz., "	6.00



THE A. J. REACH CO.

Celebrated **Corbett Glove**

(TRADE MARK)

MADE OF THE FINEST QUALITY MATERIAL THROUGHOUT.

No. 10.	Corbett Glove, 5 oz.,	Per set,	$6.00
No. 10.	Corbett Glove, 6 oz.,	" "	6.00

57

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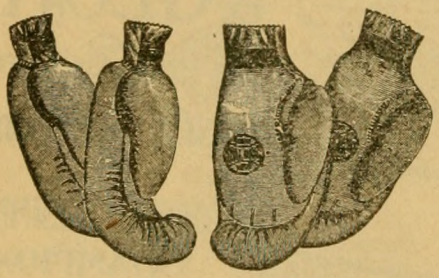
A G SPALDING & BROS. NEW YORK AND CHICAGO

SPALDING'S BOXING GLOVES



Corbett pattern, 5 oz. regulation, gambia tan leather, ventilated palm, laced wristband.

No. **9.** Per set, **$3.50**

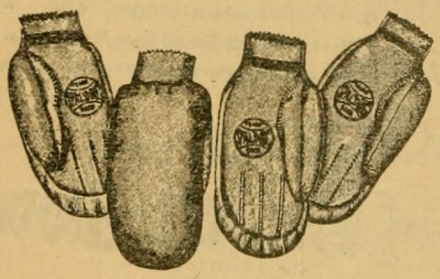


Corbett pattern, soft olive tanned leather, extra well padded, elastic wristband.

No. **15.** Per set, **$2.50**

Corbett pattern, soft craven tan leather, well padded, elastic wristband.

No. **19.** Per set, **$2.00**



Regular pattern, light colored soft tanned leather, well padded, elastic wristband.

No. **23.** Per set, **$1.25**

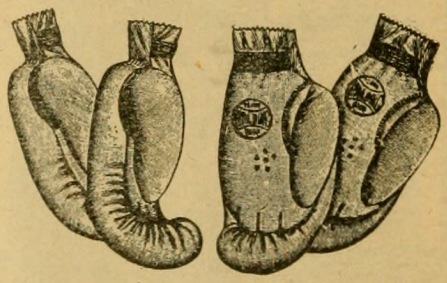


Corbett pattern, gambia tan leather, well padded, laced wristband.

No. **11.** Per set, **$3.50**

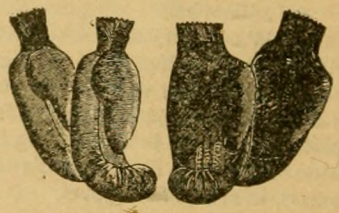
Corbett pattern, soft olive tanned leather, well padded, laced wristband.

No. **13.** Per set, **$3.00**



Corbett pattern, light colored soft tanned leather, nicely padded, elastic wristband.

No. **21.** Per set, **$1.50**



Youths' size, Corbett pattern, soft craven tan leather, well padded, elastic wristband.

No. **35.** Per set, **$1.50**

Youths' size, Corbett pattern, soft light tanned leather, elastic wristband.

No. **30.** Per set, **$1.25**

Youths' size, regular pattern, soft light tanned leather, nicely padded, elastic wristband.

No. **25.** Per set, **$1.00**

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A. G. SPALDING & BROS. NEW YORK AND CHICAGO

SPALDING'S BASKET BALL GOODS

Messrs. A. G. Spalding & Bros.,

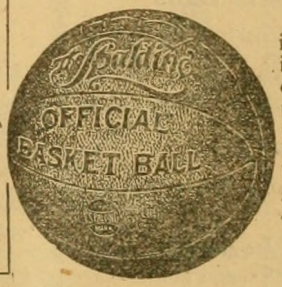
Dear Sirs,—I am authorized to inform you that the Governing Committee of the Athletic League has decided to adopt your basket ball and goal as the official basket ball and goal for the coming year; and also to request you to publish the official basket ball rules.

I am

Sincerely yours,

Luther Gulick Secretary.

The Spalding Official Basket Ball

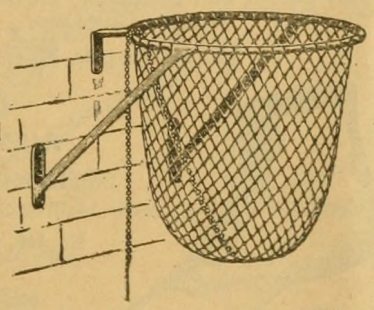


Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra heavy and purest para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail.

The Spalding "Official" Basket Ball.

No. **M.** Each, **$6.00**

Spalding's Official Basket Ball Goals



No. **80.**
Pair, **$3.50**

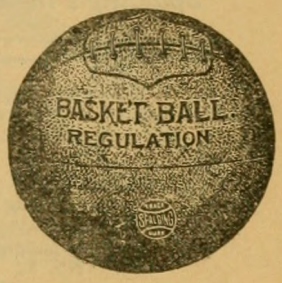
The Spalding Regulation Basket Ball

Regulation size, fine leather cover, with capped ends. Bladder of selected quality. Complete, in box.

The Spalding Regulation Basket Ball.
No. **16.** Each, **$3.00**

Practice Basket Ball, regulation size.
No. **18.** Each, **$2.00**

Official Basket Ball Rules
Per copy, **10c.**



BASKET BALL UNIFORMS



Long Sleeve Jerseys

Full fashioned, stock colors.
No. **1P.** **$3.50**

No. **1PS.** Striped to order, **$4.00**

STANDARD QUALITY.
Colors: Navy Blue, Black and Maroon.
Full Fashioned, solid colors,
No. **12P.** **$2.00**

No. **12PS.** Striped to order, **$2.50**



Sleeveless Shirts

Cut Worsted, full fashioned, Navy, Black and Maroon.
No. **600.** **$1.25**

Sanitary Cotton, White, Navy and Black.
No. **6E.** **50c.**



Knee Pants

White or Black Silesia, fly front, elastic back, no stripes,
No. **3.** **75c.**

White or Black Sateen, elastic waist,
No. **4.** **50c.**
With stripe down sides, **25c.** extra.



Knee Tights

Cut Worsted, full fashioned, Navy, Black, Maroon.
No. **604.** **$1.25**

Sanitary Cotton, White, Navy and Black,
No. **4B.** **50c.**



Quarter Sleeve Shirts

Cut Worsted, full fashioned, Navy, Black, Maroon.
No. **601.** **$1.25**

Sanitary Cotton, White, Navy and Black.
No. **6F.** **50c.**



Basket Ball Shoes

High Cut, best grade Canvas Shoe rubber sole.
No. **1H.** Per pair, **$1.50**

High Cut Canvas Shoe, with rubber sole.
No. **M.** Per pair, **$1.00**



Ribbed Stockings

No. **1R.** Heavy, all wool, Pair, **$1.00**
No. **2R.** Med. weight, all wool, **.75**
No. **3R.** Good weight, all wool, **.50**

Colors: Black, Navy Maroon, Royal Blue and Scarlet.



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SPALDING'S INDOOR BASE BALL GOODS

Spalding's Indoor Base Balls

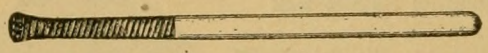


Spalding's Official Indoor Base Ball, horsehide cover. Made in accordance with the regulations of the National Association of Indoor Base Ball Leagues.
No. **1.** Each, **75c.**

Same as our No. 1, but not so soft.
No. **2.** Each, **75c**

Same as our No. 1, but smaller in size and not so soft.
No. **3.** Each, **75c.**

Spalding's Indoor Base Ball Bats



Spalding's Regulation Indoor Bats.
Made of selected second growth hickory. Handle wrapped with electric tape to prevent slipping.
No. **0.** Each, **50c.**

Spalding's Indoor Bat.
Made of selected hickory, with rubber ball at end to prevent slipping from the hands.
No. **1.** Each, **40c.**

Spalding's Regulation Bat.
Same as No. 0, except handle and end not wrapped.
No. **2.** Each, **40c.**



Indoor Bases

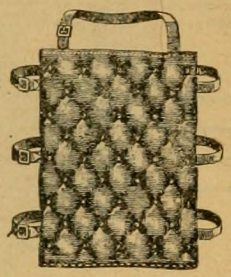
Indoor Canvas bases, 10-oz. duck, unfilled.
No. **1.** Per set of 3, **$2.50**

Indoor Canvas Bases, 8-oz. duck, unfilled.
No. **2.** Per set of 3, **$2.00**

Indoor Rubber Home Plate.
No. **3.** Each, **75c.**

Spalding's Catcher's Protector

Well padded. Straps to go over shoulders and around waist.
No. **1A.** Each, **$2.00**



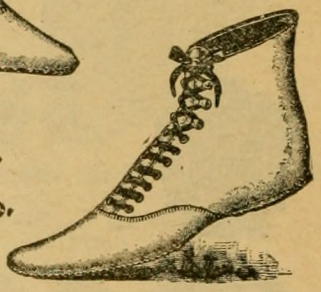
Spalding's Knee Protectors

Heavily padded with sheepskin. Prevents bruised and dislocated knee caps.
No. **1.** Per pair, **75c.**



Indoor Athletic Shoes

High Cut, best grade Canvas Shoe, rubber sole.
No. **1H.** Per pair, **$1.50**



High Cut, Canvas Shoe, with rubber sole.
No. **M.** Per pair, **$1.00**

Official Indoor Base Ball Guide
Per copy, **10c.**

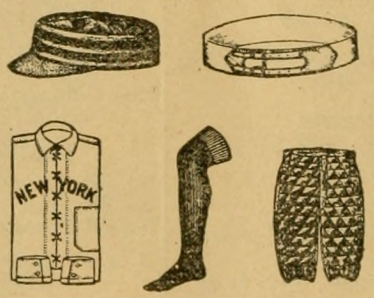
INDOOR BASE BALL UNIFORMS

Y. M. C. A. Uniform

The cheapest outfit we make this season. Made of fair quality flannel and compares favorably with uniforms of other makers quoted at a much higher price. Colors: White, Light Gray, Blue Gray, Brown Mix, Dark Gray.

Amateur Special Shirt
Amateur Special Pants, padded
Amateur Special Cap
Web Belt Stockings

Amateur Special Uniform, complete, $4.50
Price to clubs ordering for team, Suit, **$3.50**



Club Special Uniform

Made of good quality flannel in a variety of very desirable patterns. Well finished and a most excellent outfit for amateur clubs. Colors: White, Pearl Gray, Yale Gray, Light Gray, Dark Gray, Black, Maroon, Royal Blue, Navy Blue, Brown.

Club Special Shirt
Club Special Pants, padded
Club Special Cap
Web Belt Stockings

Club Special Uniform, complete, $6.25
Price to clubs ordering for team, Suit, **$5.00**

Complete Catalogue of Athletic Goods Free.

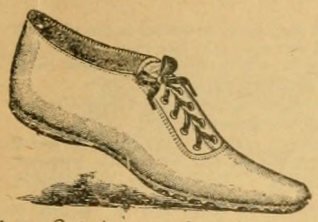
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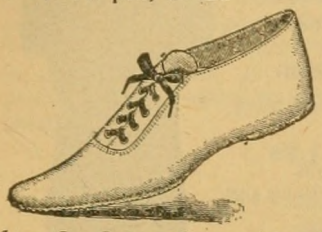
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SPALDING'S GYMNASIUM SHOES



Low Cut, best grade canvas shoe, rubber sole
No. **1.** Per pair, **$1.25**

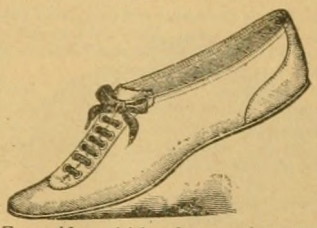


Low Cut Canvas Shoe, with rubber sole.
No. **K.** Per pair, **75c.**

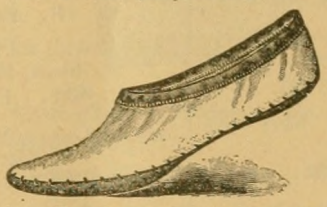


High Cut, best grade Canvas shoe, rubber sole.
No. **1H.** Per pair, **$1.50**

High Cut Canvas Shoe, rubber sole.
No. **M.** Per pair, **$1.00**



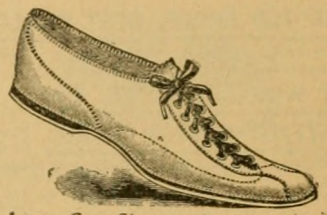
Fine Horsehide Low Cut Shoe, flexible sole, roughened to prevent slipping; very light and comfortable.
No. **19.** Per pair, **$1.50**



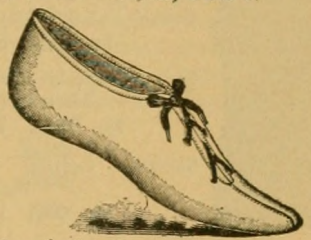
Low Cut Canvas Pump, elastic top, leather sole turned over on edge.
No. **B.** Per pair, **$1.00**



High Cut Shoe, horsehide sole, very soft and flexible.
No. **155.** Per pair, **$3.00**



Low Cut Shoe, selected leather, extra light and elkskin sole.
No. **166.** Per pair, **$2.75**



Low Cut Canvas, canvas sole; very popular for gymnasium.
No. **E.** Per pair, **50c.**



Fine Kangaroo High Laced Shoe, extra light, elkskin sole, hand-made; excellent for sparring and bowling.
No. **15.** Per pair, **$4.00**

INDOOR ATHLETIC SHOES

Made With or Without Spikes.

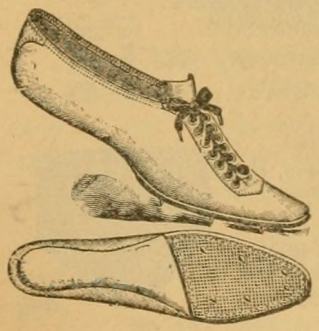
Running.

Best quality Leather Shoe, hand-made, with rubber sole.
No. **110.** Per pair, **$5.00**

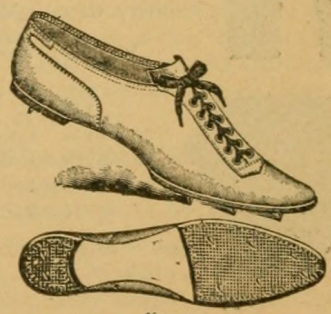
Fine Leather, rubber tipped sole.
No. **111.** Per pair, **$3.25**

Jumping.

Best Leather Indoor Jumping Shoe, hand-made, rubber soles.
No. **210.** Per pair, **$5.00**



No. 110.



No. 210.

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GYMNASIUM AND ATHLETIC GOODS

WORSTED GOODS, BEST QUALITY. Are knit of the purest and finest wool yarn and full fashioned, or woven, to the shape of the body and arms. They are very soft and elastic and will never lose their shape. We carry the following colors regularly in stock: Black, Navy Blue, Maroon and White, in stock sizes, 26 to 42 inches chest. Other colors and sizes made to order at special prices. Estimates furnished on application.

CUT WORSTED GOODS. Made of all wool yarn, knit to size and shape. Have no raw edges and are warranted not to rip. Furnished in Navy Blue, Maroon and Black only. Sizes, 26 to 42 inches, chest measure.

SANITARY COTTON GOODS. Made of selected sea island cotton, knit on strictly scientific and sanitary principles, and, owing to their porosity and elasticity, are peculiarly adapted for gymnasium and all athletic purposes. Colors: White, Navy, Black, and Maroon. Sizes, 26 to 42 inches.



Sleeveless Shirts

Best Worsted, full fashioned, stock colors.
No. **1E.** Each, **$2.50**

Cut Worsted, full fashioned, Navy, Black and Maroon.
No. **600.** Each, **$1.25**

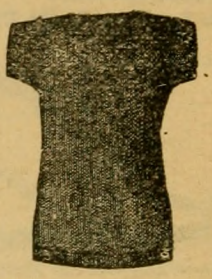
Sanitary Cotton, White, Navy and Black.
No. **6E.** Each, **50c.**

Quarter Sleeve Shirts

Best Worsted, full fashioned, stock colors.
No. **1F.** Each, **$2.50**

Cut Worsted, full fashioned, Navy, Black, Maroon.
No. **601.** Each, **$1.25**

Sanitary Cotton, White, Navy and Black.
No. **6F.** Each, **50c.**

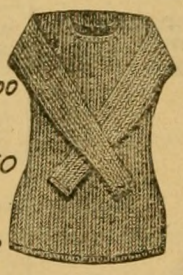


Full Sleeve Shirts

Best Worsted, full fashioned, stock colors.
No. **1D.** Each, **$3.50** 3.00

Cut Worsted, full fashioned, Navy, Black, Maroon.
No. **602.** Each, **$2.00** 1.50

Cotton, Flesh, White and Black.
No. **3D.** Each, **$1.00** .80



Full Length Tights and Trousers



BEST WORSTED

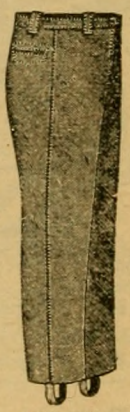
Full Tights, full fashioned, stock colors.
No. **1A.** Pair, **$3.50**

CUT WORSTED

Full Tights, full fashioned, Navy, Black, Maroon.
No. **605.** Pair, **$2.00**

COTTON

Full Tights, full quality Cotton, White, Black and Flesh.
No. **3A.** **$1.00**



Y. M. C. A. Trousers

Regulation Style.
No. **4.** Flannel, medium quality Pair, **$1.75**
No. **3.** Flannel, good quality. " **$2.50**



Knee Tights

Best Worsted, full fashioned, stock colors.
No. **1B.** Per pair, **$2.50**

Cut Worsted, full fashioned, Navy, Black and Maroon.
No. **604.** Per pair, **$1.25**

Sanitary Cotton, White, Navy and Black.
No. **4B.** Per pair, **50c.**



Velvet Trunks

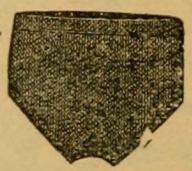
Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order.
No. **3.** **$1.00**

Sateen. Black, White.
No. **4.** **50c.**

Worsted Trunks

Best Worsted, Black, Maroon, Navy and White.
No. **1.** **$1.75**

Cut Worsted, Navy and Black
No. **2.** **$1.00**
Special colors to order.



Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

NEW YORK **CHICAGO** **DENVER**

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A. G. SPALDING & BROS. NEW YORK AND CHICAGO

SPALDING'S ATHLETIC SWEATERS

The Spalding HIGHEST QUALITY

"HIGHEST QUALITY" SWEATERS are made of the very finest Australian lamb's wool and are exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.



The Spalding HIGHEST QUALITY

We call special attention to the "Intercollegiate" grade, which was originally made by special order for the Yale foot ball eleven and are now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. A.	"Intercollegiate, special weight, -	$6.00
No. B.	Heavy Weight, - - - - -	5.00
No. C.	Standard Weight, - - - -	4.00

Colors: White, Navy Blue, Black and Maroon.

RIBBED SWEATERS



Colors: White, Maroon, Navy Blue and Black.

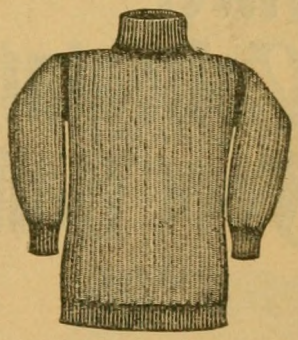
Our No. 9 Sweater is made of pure wool, full shaped to body and arms. It is guaranteed superior to any sweater of equal price. Guaranteed absolutely all wool.

No. **9.** Medium weight, **$1.50**

Our No. 11 is not all wool, but contains more of it than most sweaters usually sold as all wool sweaters at a high price.

No. **11.** Medium weight, **$1.00**

SHAKER SWEATERS



We introduce this season a line of sweaters to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer this line in Black, Navy Blue, Maroon or White, as follows :

No. **1.**	Same weight as No. A,	**$4.50**
No. **2.**	Same weight as No. B,	**3.50**
No. **3.**	Same weight as No. C,	**2.75**

These sweaters are the celebrated "Shaker" weave, which we control, and at the above prices are absolutely the best value for fine, heavy weight sweaters ever offered.

Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

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SPALDING'S FOOT BALL GOODS

The Spalding

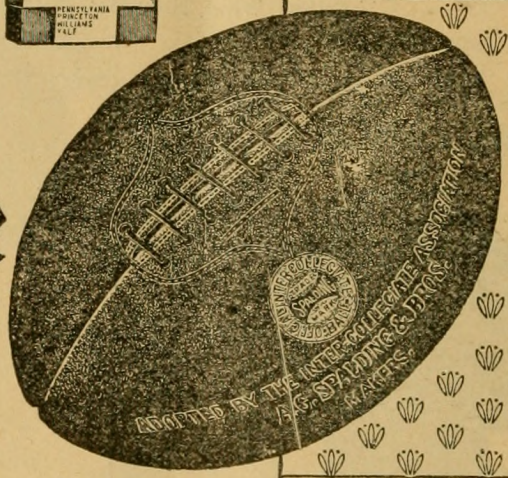
«1899»



USED EXCLUSIVELY BY....

Amherst
Cornell
Dartmouth
Harvard

Official Inter-Collegiate Foot Ball



Pennsylvania
Princeton
Williams
Yale

And All Other Leading Universities.

No. J. COMPLETE **$4.00**

WE have spared no expense in making this ball perfect in every detail, and offer it as the finest Foot Ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished brass Foot Ball Inflater and Lacing Needle will be packed with each Intercollegiate Foot Ball without extra charge. Used exclusively in all match games between the leading Colleges.

Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER

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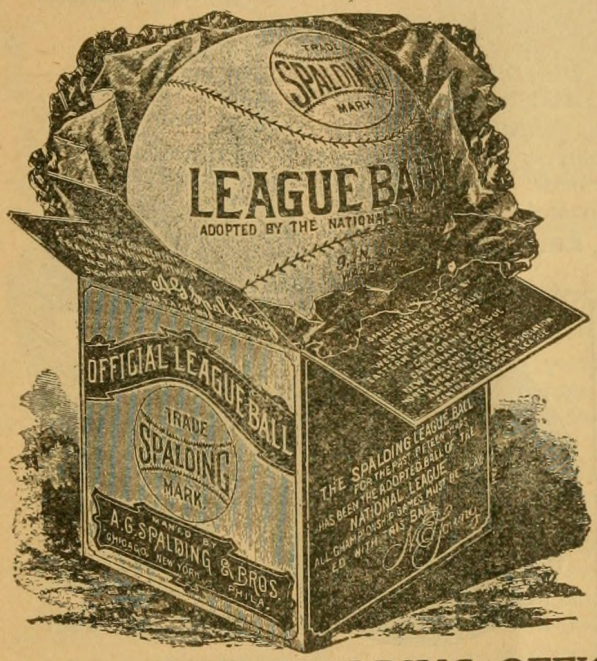
A.G. SPALDING & BROS. NEW YORK AND CHICAGO

THE SPALDING OFFICIAL LEAGUE BALL

The Spalding
HIGHEST QUALITY

OFFICIAL LEAGUE BALL

Adopted by the NATIONAL LEAGUE AND AMERICAN ASSOCIATION OF PROFESSIONAL BASE BALL CLUBS



OFFICE OF PRESIDENT

National League and American Association of Professional Base Ball Clubs

Washington D.C. Dec. 28 1891.

I take special pleasure in bearing testimony to the superior quality of the Spalding League Ball. It has been in constant use by the National League for the past fifteen (15) years, and has been unanimously adopted by by the new National League & American Association of Professional Ball Clubs for the coming five years. During the long time that it has been in exclusive use by League clubs, scarcely a word of complaint as to its quality has been received from Club officials, manager or player. I have no hesitation in recommending it as the perfection of a League Ball.

A. G. Young

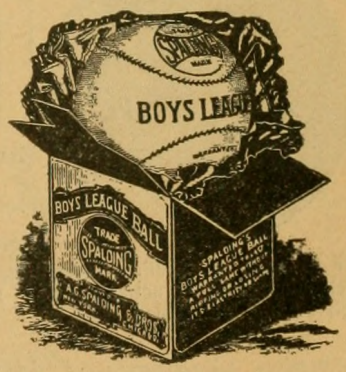
THE SPALDING OFFICIAL LEAGUE BALL

As adopted by the National League and American Association and used by the National League for the past 22 years. Each ball wrapped in tinfoil and put in a separate box, as represented in the illustration, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game without ripping or losing its elasticity or shape.

No. 1. Each, $1.25

The Spalding
HIGHEST QUALITY

OFFICIAL BOYS' LEAGUE BALL



Combines all the excellent qualities of our National League Ball and is carefully made in every particular. It is especially designed for *Junior Clubs* (composed of boys under sixteen years of age), and all games in which this ball is used will be recognized as *legal games*, the same as if played with the Official League Ball. Each ball put up in separate box and sealed and warranted to last a full game.

No. 1B. Each, 75c.

Complete Catalogue of Athletic Goods Free.

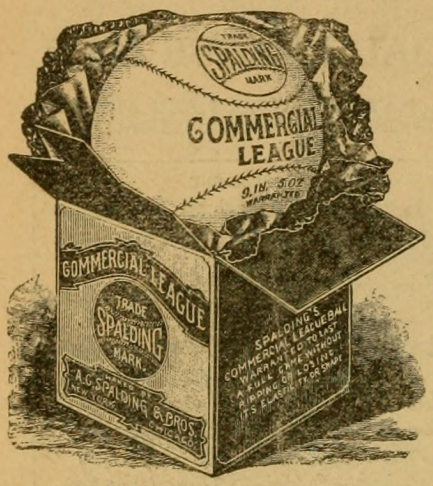
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NEW YORK CHICAGO DENVER

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A.G. SPALDING & BROS NEW YORK AND CHICAGO

SPALDING'S TRADE-MARKED BASE BALLS



SPALDING'S COMMERCIAL LEAGUE BALL

Regulation size and weight, fine selected horsehide double cover, rubber centre, all wool yarn and far superior in material and workmanship to any of the various imitations of our Official League Ball. Warranted to last a full game without losing its elasticity or shape.

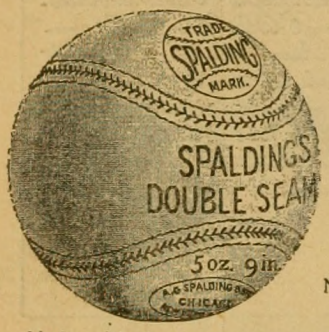
No. **X.** Each, **$1.00**

SPALDING'S BOYS' COMMERCIAL LEAGUE BALL

Same quality as our No. X Ball and as carefully made. Each ball in sealed box and warranted to last a full game.

No. **XB.** Each, **50c.**





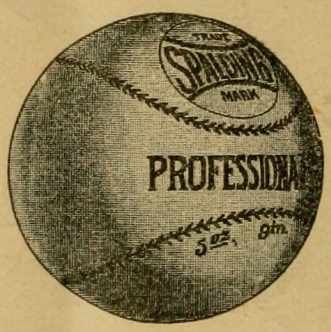
SPALDING'S



DOUBLE SEAM

No. **0.** Each, **$1.25**

Made with the same care and of the same material as our League Ball, the double stitch is used in its construction, rendering it doubly secure against ripping. Every ball is wrapped in tinfoil, packed in a separate box and sealed and warranted to last a full game.



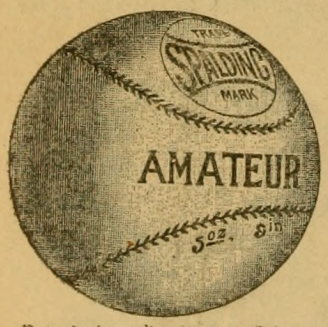
SPALDING'S



PROFESSIONAL BALL.

No. **2.** Each, **50c.**

Regulation size and weight. Made of carefully selected material throughout, and warranted a first-class ball. Each ball put up in a separate box and sealed.



SPALDING'S



AMATEUR BALL

No. **3.** Each, **35c.**

Regulation size ball. Selected horsehide cover, and well adapted for practice games. Each ball put in a separate box and sealed.



SPALDING'S



KING OF THE DIAMOND.

No. **5.** Each, **25c.**

This ball is regulation size and weight, made of good material and horsehide cover. Each ball put in a separate box and sealed.

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A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER

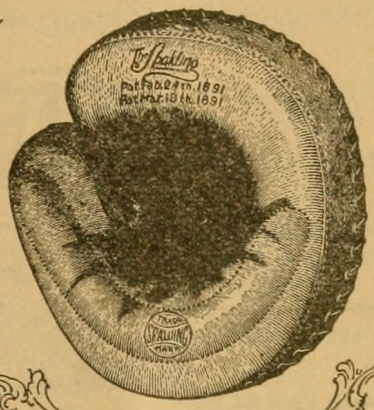
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SPALDING'S CATCHERS' MITTS

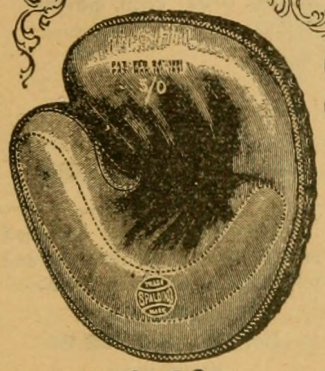
The Spalding HIGHEST QUALITY

CATCHERS' MIT



The leather is of the finest quality calfskin, the padding and workmanship of the very best, and the additional feature of Lace Back makes it—as we intend it shall be—the "PERFECTION" of Catchers' Mits.

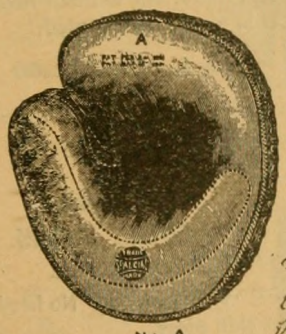
No. **7-0.** Each, **$6.00**



No. 5-0.

Patent Laced Back

Our Patent Laced Back permits the ready adjustment of padding to suit the individual taste of the player, a most desirable and essential feature, and found in no other make of mits.



No. A.

Spalding's League Mit

Patent Lace Back

Made throughout of a specially tanned and selected buckskin, making strong and durable mit, at the same time being very soft and pliable and heavily padded.

No. **5-0.** Each, **$4.00**

Spalding's Mit

The face, sides and finger-piece are made of velvet tanned deerskin, and the back of selected asbestos buck, making an exceedingly easy fitting and durable mit; well padded.

No. **0.** Each, **$2.00**

Spalding's Amateur Mit

Patent Lace Back

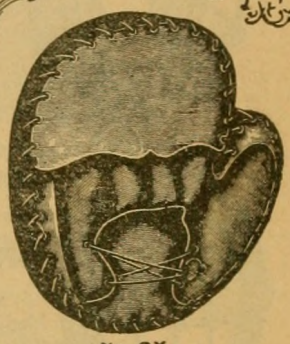
Made of extra quality asbestos buck, perspiration proof and extremely tough and durable; reinforced and laced at thumb, substantially made and well padded.

No. **A.** Each, **$1.50**

Spalding's Practice Mit

Made of a specially soft tanned leather, easy fitting and admirably adapted for practice work; reinforced and lace thumb.

No. **B.** Each, **$1.00**

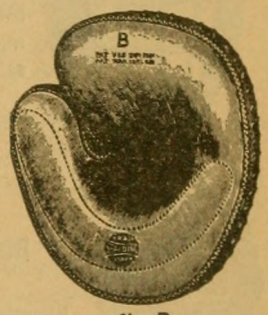


No. OX.
Showing Leather Reinforce on Back.

Spalding's "Decker Patent" Mit

Made exactly the same as our No. O Mit, with the addition of a heavy piece of sole leather on back for extra protection to the hand and fingers.

No. **OX.** Each, **$2.75**



No. B.

ALL STYLES MADE IN RIGHTS AND LEFTS

8

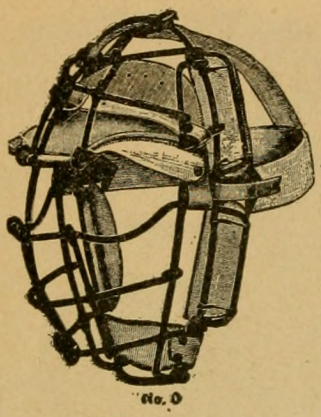
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SPALDING'S BASE BALL MASKS

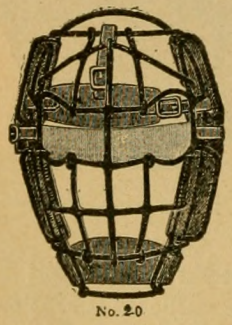

No. 0

The Spalding

SUN PROTECTING MASK

Finest steel wire, extra heavy black enamelled; our patent sunshade protects the eyes without obstructing the view.

No. **4-0.** Each, **$4.50**

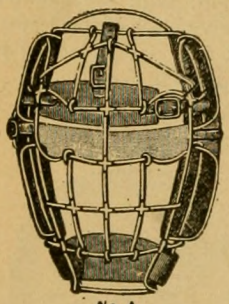

No. 2-0

SPALDING'S SPECIAL LEAGUE MASK.

BLACK ENAMELLED

Made of extra heavy and best annealed steel wire. Fittings of best quality throughout.

No. **2-0.** Each, **$2.50**

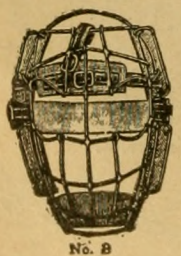

No. A

SPALDING'S AMATEUR MASK.

BRIGHT WIRE.

Same size and general style of the League mask. Substantially made and warranted perfectly safe.

No. **A.** Each, **$1.50**

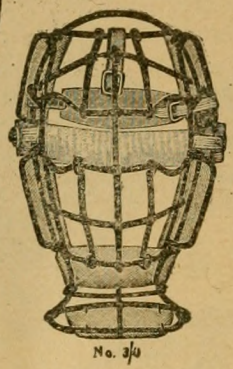

No. B

SPALDING'S BOYS' AMATEUR MASK.

BRIGHT WIRE.

Exactly same quality as our No. A mask, only smaller in size. An absolutely safe mask for boys.

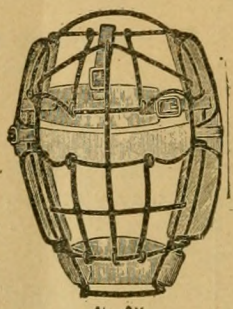
No. **B.** Each, **$1.00**


No. 3/0

SPALDING'S NECK PROTECTING MASK.

Finest steel wire, extra heavy and black enamelled to prevent reflection of light; our patent neck extension affords absolute protection to the neck.

No. **3-0.** Each, **$3.50**


No. 0X

SPALDING'S REGULATION LEAGUE MASK.

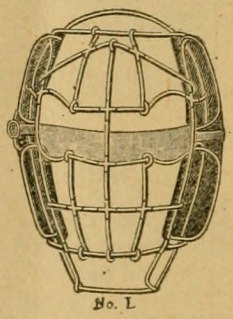
Made of heavy, soft annealed steel wire. Well finished and reliable in every particular.

BLACK ENAMELLED.

No. **OX.** Each, **$2.00**

BRIGHT WIRE.

No. **O.** Each, **$1.50**

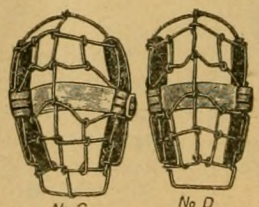

No. L

SPALDING'S REGULATION MASK.

BRIGHT WIRE.

Made in same style as our Amateur mask, but without head or chin piece. Warranted.

No. **L.** Each, **$1.00**


No C No D

SPALDING'S YOUTHS' MASKS.

BRIGHT WIRE.

Well padded. No head or chin piece.

No. **C.** Each, **50c.**
No. **D.** " **25c.**

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A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER

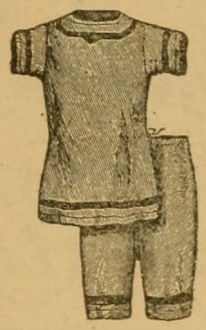
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SPALDING'S BICYCLE RACING SUITS

Bicycle Racing Suit No. 101

Columbia Blue, Maroon Trimmings
Royal Blue, Red Trimmings
Maroon, White Trimmings



Navy Blue, Orange Trimmings
Purple, White Trimmings
Red, Black Trimmings

Fine Worsted, with stripe woven in around neck. In the above combinations of colors.

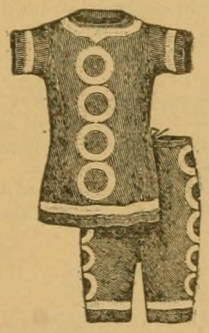
No. **101.** Suit, complete, **$4.00**
Cap to match, 75 cents.

Same as No. 101, only very finest worsted. Any combination of colors. Made to order only.

No. **101X.** Suit, complete, **$6.75**
Cap to match, $1.00

Bicycle Racing Suit No. 103

Lavender, Black Trimmings
Green, Red Trimmings
Maroon, White Trimmings



White, Royal Blue Trimmings
Red, Black Trimmings

Worsted Racing Suit. A very novel and showy suit on the track. In above combinations of colors.

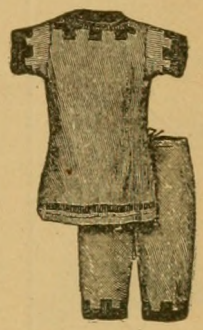
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No. **1F.**	Shirt, in stock colors only,	**$2.50**
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Bicycle Racing Suit No. 104

Royal Blue, Black Trimmings
Pink, White Trimmings
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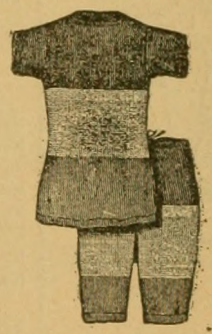
Orange, Black Trimmings
Navy Blue, White Trimmings

Worsted Racing Suit. New and handsome design. In above combinations of colors.

No. **104.** Suit, complete, **$5.00**
Cap to match, $1.00

Bicycle Racing Suit No. 108

Navy, Royal and Columbia Blue
Red, White and Blue
Green, Red and Green



Maroon, White and Maroon
Black, Light Blue and Black

Worsted. In above combinations of colors.

No. **108.** Suit, complete, **$4.00**
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In solid colors only: Black, Navy and Maroon.

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No. **604.**	Knee Tights,	**1.25**

COTTON GOODS

In White, Black, Navy and Maroon.

No. **6E.**	Quarter Sleeve Shirt, sanitary cotton,	**50c.**
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No. 5. Ordinary or Driving Cleek, straight face and back, long socket. [straight face.
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No. 7. Diamond Back Cleek, has diamond on back one-third the length of head from toe, short socket with shaft going through heel.
No. 8. Forrester's Cleek, short socket and head with convex back and slightly bulged face.
No. 9. Mashie Cleek, with straight face and narrow back and short convex head.



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No. 6. Lofting Mashie, with straight face and back.
No. 7. Mid Mashie, straight face and back, with less loft than ordinary Mashie.
No. 8. Centraject Driving Mashie, has straight face, and back convexed to a point from top to sole and from heel to toe.

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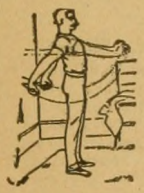


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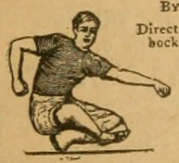
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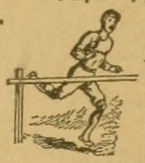


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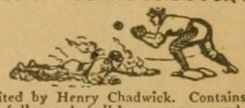
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