Group XII, No. 255 Price 10 cents

SPALDING'S ATHLETIC LIBRARY

GV 1069
.M9
Copy 1

HOW TO RUN 100 YARDS

BY

J. W. MORTON

AMERICAN SPORTS PUBLISHING CO.
21 Warren Street, New York

A.G. SPALDING & BROS.

MAINTAIN THEIR OWN HOUSES
FOR DISTRIBUTING THE

SPALDING

COMPLETE LINE OF

ATHLETIC GOODS

IN THE FOLLOWING CITIES

NEW YORK Downtown— 124-128 Nassau St. Uptown— 29-33 West 42d St. NEWARK, N. J. 845 Broad Street BOSTON, MASS. 141 Federal Street	CHICAGO 147-149 Wabash Ave. ST. LOUIS, MO. 415 North Seventh St. KANSAS CITY, MO. 1120 Grand Ave. DENVER, COL. 1616 Arapahoe St.	SAN FRANCISCO 156-158 Geary St. SEATTLE, WASH. 711 Second Ave. LOS ANGELES, CAL. 435 South Spring St.
BUFFALO, N. Y. 611 Main Street SYRACUSE, N. Y. University Block PITTSBURG, PA. 439 Wood Street	CINCINNATI, O. 119 East Fifth St. CLEVELAND, O. 741 Euclid Ave. COLUMBUS, O. 191 South High St.	MILWAUKEE, WIS. 379 East Water St. MINNEAPOLIS, MINN. 44 Seventh St., South ST. PAUL, MINN. 386 Minnesota St.
PHILADELPHIA, PA. 1210 Chestnut Street BALTIMORE, MD. 208 East Baltimore St. WASHINGTON, D. C. 709 14th St., N.W.	DETROIT, MICH. 254 Woodward Ave. LOUISVILLE, KY. 328 West Jefferson St. INDIANAPOLIS, IND. 211 Massachusetts Ave.	ATLANTA, GA. 74 N. Broad Street NEW ORLEANS, LA. 140 Carondelet St. DALLAS, TEX. 355 Commerce St.
LONDON, ENG. Three Stores 317-318, High Holborn, W. C. 78, Cheapside West End Branch 29, Haymarket, S.W.	BIRMINGHAM, ENG. 57, New Street MANCHESTER, ENG. 4, Oxford St. and 1, Lower Moseley St. EDINBURGH, SCOT. 3 South Charlotte St. (Cor. Princes St.)	MONTREAL, P. Q. 443 St. James St. TORONTO, ONT. 189 Yonge St. SYDNEY, AUSTRALIA 228 Clarence St.

Communications directed to A. G. SPALDING & BROS., at any of the above addresses, will receive prompt attention.

THE SPALDING TRADE MARK IS REGISTERED IN THE UNITED STATES PATENT OFFICE, AND WE HAVE ALSO PROTECTED OUR INTERESTS BY 39 REGISTRATIONS IN FOREIGN COUNTRIES. INFRINGERS ARE WARNED.

THE SPALDING TRADE-MARK IS THE FOUNDATION OF THE SPALDING BUSINESS

THE following selection of items from their latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. SEND FOR A FREE COPY.

Archery
Bags—
Bat
Cricket
Striking
Uniform
Balls—
Base
Basket
Cricket
Field Hockey
Foot, College
Foot, Rugby
Foot, Soccer
Golf
Hand
Indoor
Medicine
Playground
Squash
Tennis
Volley
Water Polo
Bandages, Elastic
Bathing Suits
Bats—
Base Ball
Cricket
Belts
Caps—
Base Ball
University
Water Polo
Chest Weights
Circle, Seven-Foot
Coats, Base Ball
Collars, Swimming
Corks, Running
Covers, Racket
Cricket Goods
Croquet Goods
Discus, Olympic
Dumb Bells
Emblems
Equestrian Polo
Exerciser, Home
Felt Letters
Fencing Sticks
Field Hockey
Flags—
College
Foul, Base Ball
Marking, Golf
Foils, Fencing
Foot Balls—
Association
College
Rugby
Glasses, Base Ball
Sun
Automobile
Gloves—
Base Ball
Boxing
Cricket
Fencing
Foot Ball
Golf
Handball
Hockey, Ice
Glove Softener
Goals—
Basket Ball
Foot Ball
Hockey, Ice
Golf Clubs
Golf Counters
Golfette
Gymnasium, Home
Gymnasium Board
Hammers, Athletic
Hats, University
Head Harness
Health Pull
Hockey Sticks, Ice
Hole Cutter, Golf
Hole Rim, Golf
Horse, Vaulting
Hurdles, Safety
Hurley Goods
Indian Clubs
Jackets—
Fencing
Foot Ball
Javelins
Jerseys
Knee Protectors
Lacrosse
Lanes for Sprints
Lawn Bowls
Leg Guards—
Base Ball
Cricket
Foot Ball
Markers, Tennis
Masks—
Base Ball
Fencing
Nose
Masseur, Abdominal
Mattresses
Megaphones
Mitts—
Base Ball
Handball
Striking Bag
Moccasins
Nets—
Cricket
Golf Driving
Tennis
Volley Ball
Numbers, Competitors'
Pads—
Chamois, Fencing
Foot Ball
Sliding, Base Ball
Pants—
Base Ball
Basket Ball
Foot Ball, College
Foot Ball, Rugby
Hockey, Ice
Running
Pennants, College
Plates—
Base Ball Shoe
Home
Marking, Tennis
Pitchers' Box
Pitchers' Toe
Teeing, Golf
Platforms, Striking Bag
Poles—
Vaulting
Polo, Roller, Goods
Posts—
Backstop, Tennis
Lawn Tennis
Protectors—
Abdomen
Base Ball Body
Eye Glass
Push Ball
Quoits
Rackets, Tennis
Rings—
Exercising
Swinging
Rowing Machines
Roque
Sacks, for Sack Racing
Score Board, Golf
Score Books—
Score Tablets, Base Ball
Shirts—
Athletic
Base Ball
Shoes—
Base Ball
Basket Ball
Bowling
Clog
Cross Country
Cricket
Fencing
Foot Ball, Association
Foot Ball, College
Foot Ball, Rugby
Foot Ball, Soccer
Golf
Gymnasium
Shoes—
Jumping
Running
Skating
Squash
Tennis
Shot—
Athletic
Indoor
Massage
Skates—
Ice
Roller
Skis
Sleeve, Pitchers
Snow Shoes
Squash Goods
Straps—
Base Ball
For Three-Legged Race
Skate
Stockings
Striking Bags
Suits—
Basket Ball
Gymnasium
Gymnasium, Ladies'
Running
Soccer
Swimming
Union Foot Ball
Supporters
Ankle
Wrist
Suspensories
Sweaters
Tether Tennis
Tights—
Full
Wrestling
Knee
Toboggans
Trapeze
Trunks—
Bathing
Velvet
Worsted
Umpire Indicator
Uniforms
Wands, Calisthenic
Watches, Stop
Water Wings
Weights, 56-lb.
Whitely Exercisers
Wrestling Equipment

AUG 27 1910

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody.

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

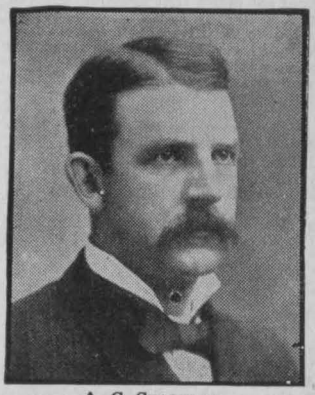
In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding

PRESIDENT.

Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

AUG 27 191

S

A Standa
Without
maintain a S
To mark
well as the r
set a propor
To enab
jobber and
served whe
order from
Howev
reality, is r
When
prices, the
can, by off
Under
assured; t
amongst t
the retail
This
lower, pr
only way
The
& Bros.
has sinc
The
and the
under a
certain
protect
Th
and act

A
regul
for in
A
speci
&
& Br
from

past

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:

JAMES E. SULLIVAN

President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every championship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.

DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan, organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.

JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

AUG 27 1919

S

A Standar
Without a
maintain a Sta
To market
well as the ret
set a proportio
To enable
jobber and ret
served when t
order from th
However,
reality, is not
When the
prices, the re
can, by offeri
Under th
assured; but
amongst the
the retailer a
This dem
lower, prices
only way ope
The for
& Bros. dete
has since be
The "S
and the reta
under a rest
certain prof
protected fr
The "S
and acts in

All re
regular pr
for in our
All Sp
special rel
Positi
& Bros., (
from the
This,
past ten
In ot

EDITORS OF SPALDING'S ATHLETIC LIBRARY

TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.

HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.

GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.

JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

MICHAEL C. MURPHY

The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON

Succeeded Dr. Gulick as director of physical training in the schools of Greater New York: as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER

Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON

On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

AUG 27 191

S

A Standar
Without a
maintain a Sta
To market
well as the ret
set a proportic
To enable
jobber and ret
served when t
order from th
However,
reality, is not
When the
prices, the re
can, by offeri
Under t
assured; but
amongst the
the retailer
This den
lower, prices
only way op
The for
& Bros. dete
has since be
The "S
and the reta
under a res
certain prof
protected f
The "S
and acts in

All re
regular pr
for in our
All S
special re
Posit
& Bros.,
from the
This,
past ten
In of

EDITORS OF SPALDING'S ATHLETIC LIBRARY

FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.

R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.

DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.

CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.

GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

CHARLES JACOBUS

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.

DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.

W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.

G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.

PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

AUG 27 19

A Stand
Without
maintain a
To mar
well as the
set a propo
To enal
jobber and
served whe
order from
Howe
reality, is
When
prices, the
can, by of
Unde
assured; l
amongst
the retail
This
lower, pr
only way
The
& Bros.
has sinc
The
and the
under a
certain
protecte
The
and act

A
regula
for in
A
specia
F
& Br
from
T
past
I

SPALDING ATHLETIC LIBRARY

Giving the Titles of all Spalding Athletic Library Books now in print, grouped for ready reference

SPALDING OFFICIAL ANNUALS

No. 1 Spalding's Official Base Ball Guide
No. 1A Spalding's Official Base Ball Record
No. 2 Spalding's Official Foot Ball Guide
No. 2A Spalding's Official Soccer Foot Ball Guide
No. 3 Spalding's Official Cricket Guide
No. 4 Spalding's Official Lawn Tennis Annual
No. 5 Spalding's Official Golf Guide
No. 6 Spalding's Official Ice Hockey Guide
No. 7 Spalding's Official Basket Ball Guide
No. 7A Spalding's Official Women's Basket Ball Guide
No. 8 Spalding's Official Lacrosse Guide
No. 9 Spalding's Official Indoor Base Ball Guide
No. 10 Spalding's Official Roller Polo Guide
No. 12 Spalding's Official Athletic Almanac
No. 12A Spalding's Official Athletic Rules

Group I. Base Ball

No. 1 *Spalding's Official Base Ball Guide*
No. 1A Official Base Ball Record.
No. 202 How to Play Base Ball.
No. 223 How to Bat.
No. 232 How to Run Bases.
No. 230 How to Pitch.
No. 229 How to Catch.
No. 225 How to Play First Base.
No. 226 How to Play Second Base.
No. 227 How to Play Third Base.
No. 228 How to Play Shortstop.
No. 224 How to Play the Outfield.
No. 231. How to Organize a Base Ball League. How to Organize a Base Ball Club. How to Manage a Base Ball Club. How to Train a Base Ball Team. How to Captain a Base Ball Team. How to Umpire a Game. Technical Base Ball Terms.
No. 219 Ready Reckoner of Base Ball Percentages.

BASE BALL AUXILIARIES
No. 336 Minor League Base Ball Guide
No. 338 Official Book National League of Prof. Base Ball Clubs.
No. 340 Official Handbook National Playground Ball Assn.

Group II. Foot Ball

No. 2 *Spalding's Official Foot Ball Guide*
No. 334 Code of the Foot Ball Rules.
No. 324 How to Play Foot Ball.
No. 2A *Spalding's Official Soccer Foot Ball Guide.*
No. 286 How to Play Soccer.
No. 335 English Rugby.

FOOT BALL AUXILIARY
No. 332 Spalding's Official Canadian Foot Ball Guide.

Group III. Cricket

No. 3 *Spalding's Official Cricket Guide.*
No. 277 Cricket and How to Play It.

Group IV. Lawn Tennis

No. 4 *Spalding's Official Lawn Tennis Annual.*
No. 157 How to Play Lawn Tennis.
No. 279 Strokes and Science of Lawn Tennis.

Group V. Golf

No. 5 *Spalding's Official Golf Guide*
No. 276 How to Play Golf.

Group VI. Hockey

No. 6 *Spalding's Official Ice Hockey Guide.*
No. 304 How to Play Ice Hockey.
No. 154 Field Hockey.
No. 188 Lawn Hockey. Parlor Hockey. Garden Hockey.
No. 180 Ring Hockey.

HOCKEY AUXILIARY
No. 256 Official Handbook Ontario Hockey Association.

Group VII. Basket Ball

No. 7 *Spalding's Official Basket Ball Guide.*
No. 7A *Spalding's Official Women's Basket Ball Guide.*
No. 193 How to Play Basket Ball.

BASKET BALL AUXILIARY
No. 323 Official Collegiate Basket Ball Handbook.

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF 10 CENTS

SPALDING ATHLETIC LIBRARY

Group VIII. Lacrosse

No. 8 *Spalding's Official Lacrosse Guide.*
No. 201 How to Play Lacrosse.

Group IX. Indoor Base Ball

No. 9 *Spalding's Official Indoor Base Ball Guide.*

Group X. Polo

No. 10 *Spalding's Official Roller Polo Guide.*
No. 129 Water Polo.
No. 199 Equestrian Polo.

Group XI. Miscellaneous Games

No. 248 Archery.
No. 138 Croquet.
No. 271 Roque.
No. 194 Racquets. Squash-Racquets. Court Tennis.
No. 13 Hand Ball.
No. 167 Quoits.
No. 170 Push Ball.
No. 14 Curling.
No. 207 Lawn Bowls.
No. 188 Lawn Games.
No. 189 Children's Games.
No. 341 How to Bowl.

Group XII. Athletics

No. 12 *Spalding's Official Athletic Almanac.*
No. 12A *Spalding's Official Athletic Rules.*
No. 27 College Athletics.
No. 182 All Around Athletics.
No. 156 Athletes' Guide.
No. 87 Athletic Primer.
No. 273 Olympic Games at Athens, 1906
No. 252 How to Sprint.
No. 255 How to Run 100 Yards.
No. 174 Distance and Cross Country Running.
No. 259 How to Become a Weight Thrower.
No. 55 Official Sporting Rules.
No. 246 Athletic Training for School-boys.
No. 317 Marathon Running.
No. 331 Schoolyard Athletics.

ATHLETIC AUXILIARIES

No. 339 Intercollegiate Official Handbook.
No. 302 Y. M. C. A. Official Handbook.
No. 313 Public Schools Athletic League Official Handbook.
No. 314 Public Schools Athletic League Official Handbook —Girls' Branch.
No. 308 Official Handbook New York Interscholastic Athletic Association.

Group XIII. Athletic Accomplishments

No. 177 How to Swim.
No. 296 Speed Swimming.
No. 128 How to Row.
No. 209 How to Become a Skater.
No. 178 How to Train for Bicycling.
No. 23 Canoeing.
No. 282 Roller Skating Guide.

Group XIV. Manly Sports

No. 18 Fencing. (By Breck.)
No. 162 Boxing.
No. 165 Fencing. (By Senac.)
No. 140 Wrestling.
No. 236 How to Wrestle.
No. 102 Ground Tumbling.
No. 233 Jiu Jitsu.
No. 166 How to Swing Indian Clubs.
No. 200 Dumb Bell Exercises.
No. 143 Indian Clubs and Dumb Bells.
No. 262 Medicine Ball Exercises.
No. 29 Pulley Weight Exercises.
No. 191 How to Punch the Bag.
No. 289 Tumbling for Amateurs.
No. 326 Professional Wrestling.

Group XV. Gymnastics

No. 104 Grading of Gymnastic Exercises.
No. 214 Graded Calisthenics and Dumb Bell Drills.
No. 254 Barnjum Bar Bell Drill.
No. 158 Indoor and Outdoor Gymnastic Games.
No. 124 How to Become a Gymnast.
No. 287 Fancy Dumb Bell and Marching Drills.
No. 327 Pyramid Building Without Apparatus.
No. 328 Exercises on the Parallel Bars.
No. 329 Pyramid Building with Wands, Chairs and Ladders

GYMNASTIC AUXILIARY

No. 333 Official Handbook I. C. A. A. Gymnasts of America.

Group XVI. Physical Culture

No. 161 Ten Minutes' Exercise for Busy Men.
No. 208 Physical Education and Hygiene.
No. 149 Scientific Physical Training and Care of the Body.
No. 142 Physical Training Simplified.
No. 185 Hints on Health.
No. 213 285 Health Answers.
No. 238 Muscle Building.
No. 234 School Tactics and Maze Running.
No. 261 Tensing Exercises.
No. 285 Health by Muscular Gymnastics.
No. 288 Indigestion Treated by Gymnastics.
No. 290 Get Well; Keep Well.
No. 325 Twenty-Minute Exercises.
No. 330 Physical Training for the School and Class Room.

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF 10 CENTS

AUG 27 191

S

A Standar
Without a
maintain a St
To marke
well as the re
set a proporti
To enable
jobber and re
served when
order from th
However
reality, is not
When th
prices, the re
can, by offer
Under t
assured; but
amongst the
the retailer
This der
lower, price
only way op
The for
& Bros. det
has since b
The "S
and the ret
under a res
certain pro
protected f
The "
and acts in

All r
regular p
for in our
All S
special re
Posit
& Bros.,
from the
This
past ten
In o

SPALDING ATHLETIC LIBRARY

Group I Base Ball

No. 1—Spalding's Official Base Ball Guide.

The leading Base Ball annual of the country, and the official authority of the game. Contains the official playing rules, with an explanatory index of the rules compiled by Mr. A. G. Spalding; pictures of all the teams in the National, American and minor leagues; reviews of the season; college Base Ball, and a great deal of interesting information. Price 10 cents.

No. 1A -- Spalding's Official Base Ball Record.

Something new in Base Ball. Contains records of all kinds from the beginning of the National League and official averages of all professional organizations for past season. Illustrated with pictures of leading teams and players. Price 10 cents.

No. 202—How to Play Base Ball.

Edited by Tim Murnane. New and revised edition. Illustrated with pictures showing how all the various curves and drops are thrown and portraits of leading players. Price 10 cents.

No. 223—How to Bat.

There is no better way of becoming a proficient batter than by reading this book and practising the directions. Numerous illustrations. Price 10 cents.

No. 232—How to Run the Bases.

This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

No. 230—How to Pitch.

A new, up-to-date book. Its contents are the practical teaching of men who have reached the top as pitchers, and who know how to impart a knowledge of their art. All the big leagues' pitchers are shown. Price 10 cents.

No. 229—How to Catch.

Every boy who has hopes of being a clever catcher should read how well-known players cover their position. Pictures of all the noted catchers in the big leagues. Price 10 cents.

No. 225—How to Play First Base.

Illustrated with pictures of all the prominent first basemen. Price 10 cents.

No. 226—How to Play Second Base.

The ideas of the best second basemen have been incorporated in this book for the especial benefit of boys who want to know the fine points of play at this point of the diamond. Price 10 cents.

No. 227—How to Play Third Base.

Third base is, in some respects, the most important of the infield. All the points explained. Price 10 cents.

No. 228—How to Play Shortstop.

Shortstop is one of the hardest positions on the infield to fill, and quick thought and quick action are necessary for a player who expects to make good as a shortstop. Illus Price 10 cents

No. 224—How to Play the Outfield.

An invaluable guide for the outfielder. Price 10 cents.

No. 231—How to Coach; How to Captain a Team; How to Manage a Team; How to Umpire; How to Organize a League; Technical Terms of Base Ball.

A useful guide. Price 10 cents.

No 219—Ready Reckoner of Base Ball Percentages.

To supply a demand for a book which would show the percentage of clubs without recourse to the arduous work of figuring, the publishers had these tables compiled by an expert. Price 10 cents.

BASE BALL AUXILIARIES.

No. 336—Minor League Base Ball Guide.

The minors' own guide. Edited by President T. H. Murnane, of the New England League. Price 10 cents

SPALDING ATHLETIC LIBRARY

No. 338—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Price 10 cents.

No. 340—Official Handbook National Playground Ball Association.

This game is specially adapted for playgrounds, parks. etc., is spreading rapidly. The book contains a description of the game, rules and list of officers. Price 10 cents.

Group II. Foot Ball

No. 2—Spalding's Official Foot Ball Guide.

Edited by Walter Camp. Contains the new rules, with diagram of field; All-America teams as selected by the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

No. 334—Code of the Foot Ball Rules.

This book is meant for the use of officials, to help them to refresh their memories before a game and to afford them a quick means of ascertaining a point during a game. It also gives a ready means of finding a rule in the Official Rule Book, and is of great help to a player in studying the Rules. Compiled by C.W. Short, Harvard, 1908. Price 10 cents.

No. 324—How to Play Foot Ball.

Edited by Walter Camp, of Yale. Everything that a beginner wants to know and many points that an expert will be glad to learn. Snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

No. 2A—Spalding's Official Association Soccer Foot Ball Guide.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price 10 cents.

No. 286—How to Play Soccer.

How each position should be played, written by the best player in England in his respective position, and illustrated with full-page photographs of players in action. Price 10 cents.

FOOT BALL AUXILIARIES.

No. 332—Spalding's Official Canadian Foot Ball Guide.

The official book of the game in Canada. Price 10 cents.

No. 335—Spalding's Official Rugby Foot Ball Guide.

Contains the official rules under which the game is played in England and by the California schools and colleges. Also instructions for playing the various positions on a team. Illustrated with action pictures of leading teams and players. Price 10 cents.

Group III. Cricket

No. 3—Spalding's Official Cricket Guide.

The most complete year book of the game that has ever been published in America. Reports of special matches, official rules and pictures of all the leading teams. Price 10 cents.

No. 277—Cricket; and How to Play it.

By Prince Ranjitsinhji. The game described concisely and illustrated with full-page pictures posed especially for this book. Price 10 cents.

AUG 27 191

SPALDING ATHLETIC LIBRARY

Group IV. Lawn Tennis

No. 4—Spalding's Official Lawn Tennis Annual.

Contents include reports of all important tournaments; official ranking from 1885 to date; laws of lawn tennis; instructions for handicapping; decisions on doubtful points; management of tournaments; directory of clubs; laying out and keeping a court. Illustrated. Price 10 cents.

No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

No. 279—Strokes and Science of Lawn Tennis.

By P. A. Vaile, a leading authority on the game in Great Britain. Every stroke in the game is accurately illustrated and analyzed by the author. Price 10 cents.

Group V. Golf

No. 5—Spalding's Official Golf Guide.

Contains records of all important tournaments, articles on the game in various sections of the country, pictures of prominent players, official playing rules and general items of interest. Price 10 cents.

No. 276—How to Play Golf.

By James Braid and Harry Vardon, the world's two greatest players tell how they play the game, with numerous full-page pictures of them taken on the links. Price 10 cents.

Group VI. Hockey

No. 6—Spalding's Official Ice Hockey Guide.

The official year book of the game. Contains the official rules, pictures of leading teams and players, records, review of the season, reports from different sections of the United States and Canada. Price 10 cents.

No. 304—How to Play Ice Hockey.

Contains a description of the duties of each player. Illustrated. Price 10 cents.

No. 154—Field Hockey.

Prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

No. 188—Lawn Hockey, Parlor Hockey, Garden Hockey.

Containing the rules for each game. Illustrated. Price 10 cents.

No. 180—Ring Hockey.

A new game for the gymnasium. Exciting as basket ball. Price 10 cents.

HOCKEY AUXILIARY.

No. 256—Official Handbook of the Ontario Hockey Association.

Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.

Group VII. Basket Ball

No. 7—Spalding's Official Basket Ball Guide.

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country. Illustrated. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 7A—Spalding's Official Women's Basket Ball Guide.

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules and special articles on the game by prominent authorities. Illustrated. Price 10 cents.

No. 193—How to Play Basket Ball.

By G. T. Hepbron, editor of the Official Basket Ball Guide. Illustrated with scenes of action. Price 10 cents.

BASKET BALL AUXILIARY.

No. 323—Collegiate Basket Ball Handbook.

The official publication of the Collegiate Basket Ball Association. Contains the official rules, records, All-America selections, reviews, and pictures. Edited by H. A. Fisher, of Columbia. Price 10 cents.

Group VIII. Lacrosse

No. 8—Spalding's Official Lacrosse Guide.

Contains the constitution, by-laws, playing rules, list of officers and records of the U. S. Inter-Collegiate Lacrosse League. Price 10 cents.

No. 201—How to Play Lacrosse.

Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.

Group IX. Indoor Base Ball

No. 9—Spalding's Official Indoor Base Ball Guide.

America's national game is now vieing with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game by leading authorities on the subject. Price 10 cents.

Group X. Polo

No. 10—Spalding's Official Roller Polo Guide.

Edited by J. C. Morse. A full description of the game; official rules, records; pictures of prominent players. Price 10 cents

No. 129—Water Polo.

The contents of this book treat of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

No. 199—Equestrian Polo.

Compiled by H. L. Fitzpatrick of the New York Sun. Illustrated with portraits of leading players, and contains most useful information for polo players. Price 10 cents.

Group XI. Miscellaneous Games

No. 271—Spalding's Official Roque Guide.

The official publication of the National Roque Association of America. Contains a description of the courts and their construction, diagrams, illustrations, rules and valuable information. Price 10 cents.

No. 138—Spalding's Official Croquet Guide

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.

No. 341—How to Bowl.

The contents include: diagrams of effective deliveries; hints to beginners; how to score; official rules; spares, how they are made; rules for cocked hat, quintet, cocked hat and feather, battle game, etc. Price 10 cents.

AUG 27 191

S

A Standa
Without
maintain a St
To mark
well as the r
set a proport
To enabl
jobber and r
served when
order from t
Howeve
reality, is no
When th
prices, the r
can, by offe
Under
assured; bu
amongst th
the retailer
This de
lower, pric
only way o
The fo
& Bros. de
has since l
The "
and the re
under a re
certain pr
protected
The "
and acts i

All
regular p
for in ou
All
special r
Pos
& Bros.
from th
Thi
past ter
In

SPALDING ATHLETIC LIBRARY

No. 248—Archery.

A new and up-to-date book on this fascinating pastime. The several varieties of archery; instructions for shooting; how to select implements; how to score; and a great deal of interesting information. Illustrated. Price 10 cents.

No. 194—Racquets, Squash-Racquets and Court Tennis.

How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game. Price 10 cents.

No. 167—Quoits.

Contains a description of the plays used by experts and the official rules. Illustrated. Price 10 cents.

No. 170—Push Ball.

This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.

No. 13—How to Play Hand Ball.

By the world's champion, Michael Egan. Every play is thoroughly explained by text and diagram. Illustrated. Price 10 cents.

No. 14—Curling.

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cents.

No. 207—Bowling on the Green; or, Lawn Bowls.

How to construct a green; how to play the game, and the official rules of the Scottish Bowling Association. Illustrated. Price 10 cents.

No. 189—Children's Games.

These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety. Price 10 cents.

No. 188—Lawn Games.

Lawn Hockey, Garden Hockey, Hand Tennis, Tether Tennis; also Volley Ball, Parlor Hockey, Badminton, Basket Goal. Price 10 cents.

Group XII. Athletics

No. 12—Spalding's Official Athletic Almanac.

Compiled by J. E. Sullivan, President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; intercollegiate, swimming, interscholastic, English, Irish, Scotch, Swedish, Continental, South African, Australasian; numerous photos of individual athletes and leading athletic teams. Price 10 cents.

No. 12A—Spalding's Official Athletic Rules.

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. Price 10 cents.

No. 27—College Athletics.

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport; profusely illustrated. Price 10 cents.

No. 182—All-Around Athletics.

Gives in full the method of scoring the All-Around Championship; how to train for the All-Around Championship. Illustrated. Price 10 cents.

No. 156—Athlete's Guide.

Full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes of champions in action. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 273—The Olympic Games at Athens.

A complete account of the Olympic Games of 1906, at Athens, the greatest International Athletic Contest ever held. Compiled by J. E. Sullivan, Special United States Commissioner to the Olympic Games. Price 10 cents.

No. 87—Athletic Primer.

Edited by J. E. Sullivan, Ex-President of the Amateur Athletic Union. Tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for laying out athletic grounds, and a very instructive article on training. Price 10 cents.

No. 252—How to Sprint.

Every athlete who aspires to be a sprinter can study this book to advantage. Price 10 cents.

No. 255—How to Run 100 Yards.

By J. W. Morton, the noted British champion. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their worth. Illustrated. Price 10 cents.

No. 174—Distance and Cross-Country Running.

By George Orton, the famous University of Pennsylvania runner. The quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training; pictures of leading athletes in action, with comments by the editors Price 10 cents.

No. 259—Weight Throwing.

Probably no other man in the world has had the varied and long experience of James S. Mitchel, the author, in the weight throwing department of athletics. The book gives valuable information not only for the novice, but for the expert as well. Price 10 cents.

No. 246—Athletic Training for Schoolboys.

By Geo. W. Orton. Each event in the intercollegiate programme is treated of separately. Price 10 cents.

No. 55—Official Sporting Rules.

Contains rules not found in other publications for the government of many sports; rules for wrestling, shuffleboard, snowshoeing, professional racing, pigeon shooting, dog racing, pistol and revolver shooting, British water polo rules, Rugby foot ball rules. Price 10 cents.

No. 331—Schoolyard Athletics.

By J. E. Sullivan, Ex-President Amateur Athletic Union and member of Board of Education of Greater New York. An invaluable handbook for the teacher and the pupil. Gives a systematic plan for conducting school athletic contests and instructs how to prepare for the various events. Illustrated. Price 10 cents.

No. 317—Marathon Running.

A new and up-to-date book on this popular pastime. Contains pictures of the leading Marathon runners, methods of training, and best times made in various Marathon events. Price 10 cents.

ATHLETIC AUXILIARIES.

No. 339—Official Intercollegiate A.A.A.A. Handbook.

Contains constitution, by-laws, and laws of athletics; records from 1876 to date. Price 10 cents.

No. 308—Official Handbook New York Interscholastic Athletic Association.

Contains the Association's records, constitution and by-laws and other information. Price 10 cents.

No. 302—Official Y.M.C.A. Handbook.

Contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., official Y. M. C. A. scoring tables, pentathlon rules, pictures of leading Y. M. C. A. athletes. Price 10 cents.

AUG 27 1910

SPALDING ATHLETIC LIBRARY

No. 313—Official Handbook of the Public Schools Athletic League.

Edited by Dr. C. Ward Crampton, director of physical education in the Public Schools of Greater New York. Illustrated. Price 10 cents.

No. 314—Official Handbook Girls' Branch of the Public Schools Athletic League.

The official publication. Contains: constitution and by-laws, list of officers, donors, founders, life and annual members, reports and illustrations. Price 10 cents.

Group XIII. Athletic Accomplishments

No. 177—How to Swim.

Will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner. Price 10 cents.

No. 296—Speed Swimming.

By Champion C. M. Daniels of the New York Athletic Club team, holder of numerous American records, and the best swimmer in America qualified to write on the subject. Any boy should be able to increase his speed in the water after reading Champion Daniels' instructions on the subject. Price 10 cents.

No. 128—How to Row.

By E. J. Giannini, of the New York Athletic Club, one of America's most famous amateur oarsmen and champions. Shows how to hold the oars, the finish of the stroke and other valuable information. Price 10 cents.

No. 23—Canoeing.

Paddling, sailing, cruising and racing canoes and their uses; with hints on rig and management; the choice of a canoe; sailing canoes, racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.

No. 209—How to Become a Skater.

Contains advice for beginners; how to become a figure skater, showing how to do all the different tricks of the best figure skaters. Pictures of prominent skaters and numerous diagrams. Price 10 cents.

No. 282—Official Roller Skating Guide.

Directions for becoming a fancy and trick roller skater, and rules for roller skating. Pictures of prominent trick skaters in action. Price 10 cents.

No. 178—How to Train for Bicycling.

Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.

Group XIV. Manly Sports

No. 140—Wrestling.

Catch-as-catch-can style. Seventy illustrations of the different holds, photographed especially and so described that anybody can with little effort learn every one. Price 10 cents.

No. 18—Fencing.

By Dr. Edward Breck, of Boston, editor of The Swordsman, a prominent amateur fencer. A book that has stood the test of time, and is universally acknowledged to be a standard work. Illustrated. Price 10 cents.

No. 162—Boxing Guide.

Contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of a well-known instructor of boxing, who makes a specialty of teaching and knows how to impart his knowledge. Price 10 cents.

No. 165—The Art of Fencing

By Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Gives in detail how every move should be made. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 236—How to Wrestle.

The most complete and up-to-date book on wrestling ever published. Edited by F. R. Toombs, and devoted principally to special poses and illustrations by George Hackenschmidt, the "Russian Lion." Price 10 cents.

No. 102—Ground Tumbling.

Any boy, by reading this book and following the instructions, can become proficient. Price 10 cents.

No. 289—Tumbling for Amateurs.

Specially compiled for amateurs by Dr. James T. Gwathmey. Every variety of the pastime explained by text and pictures, over 100 different positions being shown. Price 10 cents.

No. 191—How to Punch the Bag.

The best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained, with a chapter on fancy bag punching by a well-known theatrical bag puncher. Price 10 cents.

No. 200—Dumb-Bells.

The best work on dumb-bells that has ever been offered. By Prof. G. Bojus, of New York. Contains 200 photographs. Should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise. Price 10 cents.

No. 143—Indian Clubs and Dumb-Bells.

By America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

No. 262—Medicine Ball Exercises.

A series of plain and practical exercises with the medicine ball, suitable for boys and girls, business and professional men, in and out of gymnasium. Price 10 cents.

No. 29—Pulley Weight Exercises.

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.

No. 233—Jiu Jitsu.

Each move thoroughly explained and illustrated with numerous full-page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Price 10 cents.

No. 166—How to Swing Indian Clubs.

By Prof. E. B. Warman. By following the directions carefully anyone can become an expert. Price 10 cents.

No. 326—Professional Wrestling.

A book devoted to the catch-as-catch-can style; illustrated with half-tone pictures showing the different holds used by Frank Gotch, champion catch-as-catch-can wrestler of the world. Posed by Dr. Roller and Charles Postl. By Ed. W. Smith, Sporting Editor of the Chicago American. Price 10 cents.

Group XV. Gymnastics

No. 104—The Grading of Gymnastic Exercises.

By G. M. Martin. A book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. Price 10 cents.

No. 214—Graded Calisthenics and Dumb-Bell Drills.

For years it has been the custom in most gymnasiums of memorizing a set drill, which was never varied. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

AUG 27 1910

SPALDING ATHLETIC LIBRARY

No. 254—Barnjum Bar Bell Drill.

Edited by Dr. R. Tait McKenzie, Director Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.

No. 158—Indoor and Outdoor Gymnastic Games.

A book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. Price 10 cents.

No. 124—How to Become a Gymnast.

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy can easily become proficient with a little practice. Price 10 cents.

No. 287—Fancy Dumb Bell and Marching Drills.

All concede that games and recreative exercises during the adolescent period are preferable to set drills and monotonous movements. These drills, while designed primarily for boys, can be used successfully with girls and men and women. Profusely illustrated. Price 10 cents.

No. 327—Pyramid Building Without Apparatus.

By W. J. Cromie, Instructor of Gymnastics, University of Pennsylvania. With illustrations showing many different combinations. This book should be in the hands of all gymnasium instructors. Price 10 Cents.

No. 328—Exercises on the Parallel Bars.

By W. J. Cromie. Every gymnast should procure a copy of this book. Illustrated with cuts showing many novel exercises. Price 10 cents.

No. 329—Pyramid Building with Chairs, Wands and Ladders.

By W. J. Cromie. Illustrated with half-tone photographs showing many interesting combinations. Price 10 cents.

GYMNASTIC AUXILIARY.

No. 333—Official Handbook Inter-Collegiate Association Amateur Gymnasts of America.

Edited by P. R. Carpenter, Physical Director Amherst College. Contains pictures of leading teams and individual champions, official rules governing contests, records. Price 10 cents.

Group XVI. Physical Culture

No. 161—Ten Minutes' Exercise for Busy Men.

By Dr. Luther Halsey Gulick, Director of Physical Training in the New York Public Schools. A concise and complete course of physical education. Price 10 cents.

No. 208—Physical Education and Hygiene.

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261, 290.) Price 10 cents.

No. 149—The Care of the Body.

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. Price 10 cents.

No. 142—Physical Training Simplified.

By Prof. E. B. Warman. A complete, thorough and practical book where the whole man is considered—brain and body. Price 10 cents.

No. 261—Tensing Exercises.

By Prof. E. B. Warman. The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Price 10 cents.

SPALDING ATHLETIC LIBRARY

No. 185—Health Hints.

By Prof. E. B. Warman. Health influenced by insulation; health influenced by underwear; health influenced by color; exercise. Price 10 cents.

No. 213—285 Health Answers.

By Prof. E. B. Warman. Contents: ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; to cure insomnia, etc., etc. Price 10 cents.

No. 238—Muscle Building.

By Dr. L. H. Gulick. A complete treatise on the correct method of acquiring strength. Illustrated. Price 10 cents.

No. 234—School Tactics and Maze Running.

A series of drills for the use of schools. Edited by Dr. Luther Halsey Gulick. Price 10 cents.

No. 325—Twenty Minute Exercises.

By Prof. E. B. Warman, with chapters on "How to Avoid Growing Old," and "Fasting; Its Objects and Benefits." Price 10 cents.

No. 285—Health; by Muscular Gymnastics.

With hints on right living. By W. J. Cromie. If one will practice the exercises and observe the hints therein contained, he will be amply repaid for so doing. Price 10 cents.

No. 238—Indigestion Treated by Gymnastics

By W. J. Cromie. If the hints therein contained are observed and the exercises faithfully performed great relief will be experienced. Price 10 cents.

No. 290—Get Well; Keep Well.

By Prof. E. B. Warman, author of a number of books in the Spalding Athletic Library on physical training. Price 10 cents.

No. 330—Physical Training for the School and Class Room.

Edited by G. R. Borden, Physical Director of the Y. M. C. A., Easton, Pa. A book that is for practical work in the school room. Illustrated. Price 10 cents.

AUG 27 1910

S

A Standar
Without a
maintain a Sta
To market
well as the ret
set a proportic
To enable
jobber and re
served when
order from th
However
reality, is not
When th
prices, the re
can, by offer
Under t
assured; but
amongst the
the retailer
This de
lower, price
only way o
The fo
& Bros. det
has since b
The "
and the ret
under a res
certain pro
protected f
The "
and acts i

All
regular p
for in ou
All
special r
Posi
& Bros.,
from the
Thi
past ten
In

J W MORTON

SPALDING'S ATHLETIC LIBRARY
No. 255

How to Run 100 Yards

By

J. W. MORTON

South London Harriers

British 100 Yards Champion, 1904, 1905; Canadian Champion, 1905

NEW YORK
AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET

AUG 27 1910

S

A Standar
Without a
maintain a Sta
To market
well as the ret
set a proportio
To enable
jobber and ret
served when t
order from th
However,
reality, is not
When the
prices, the re
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way op
The for
& Bros. det
has since be
The "S
and the ret
under a res
certain pro
protected f
The "
and acts in

All r
regular p
for in our
All S
special re
Posit
& Bros.,
from the
This
past ten
In c

GV1069
.M9

COPYRIGHT, 1910
BY
AMERICAN SPORTS PUBLISHING COMPANY
NEW YORK

©CLA271223

CONTENTS

	PAGE
Morton's Beginning in Athletics	9
Always Persevere	21
Morton's Style of Running	23
Massage	25
Long Walks Beneficial	27
Diet	28
A Day's Work	30
Exercise the Arms and Shoulders	31
Leg Exercises	32
Starting	33
The Finish of 100 Yards	36
Striding	38
For School Boys	39
Comparisons	42
Americans Work Too Much	44

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and ret
served when t
order from the
However,
reality, is not
When the
prices, the ret
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way ope
The for
& Bros. dete
has since be
The "S
and the reta
under a resi
certain prof
protected f
The "S
and acts in

All r
regular p
for in our
All S
special re
Posi
& Bros.,
from the
This
past ten
In c

J. W. MORTON

Preface

Many accounts have appeared in various sections of the press regarding my habits and methods of training. On the whole, my methods of training and mode of living have been somewhat exaggerated, so that it is necessary, particularly for young aspirants for athletic honours on the path, to know how I prepare for races and have my methods of training and living correctly reported.

I thoroughly understand that my ideas on training will be subjected to a great deal of criticism by old athletes, and especially American trainers. However, when one realizes the success that has rewarded my efforts and remarkable performances accomplished by me, I can assume my methods of preparation are not so prehistoric as some of the athletic devotees imagine.

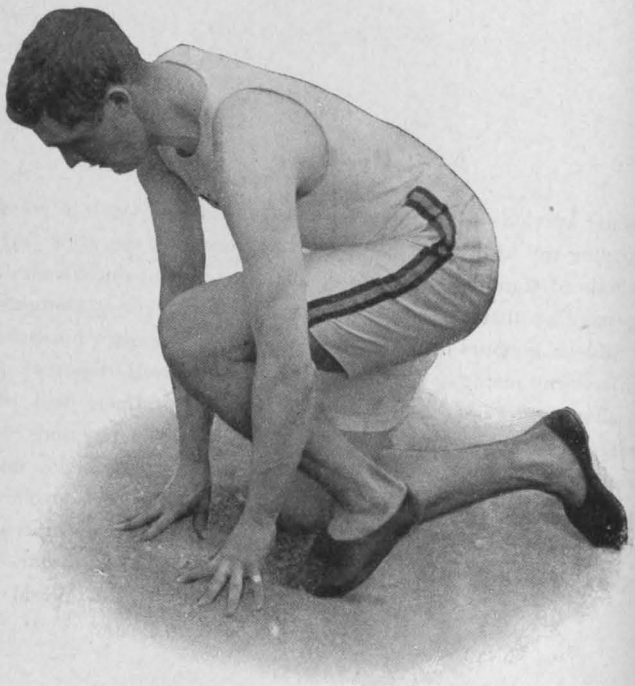
J. W. M

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and reta
served when th
order from the
However,
reality, is not
When the
prices, the ret
can, by offeri
Under th
assured; but
amongst the
the retailer a
This dem
lower, prices
only way ope
The for
& Bros. dete
has since be
The "S
and the reta
under a rest
certain prof
protected fr
The "S
and acts in

All r
regular p
for in our
All S
special re
Posit
& Bros.,
from the
This
past ten
In o



ON THE MARK

Morton's Beginning in Athletics

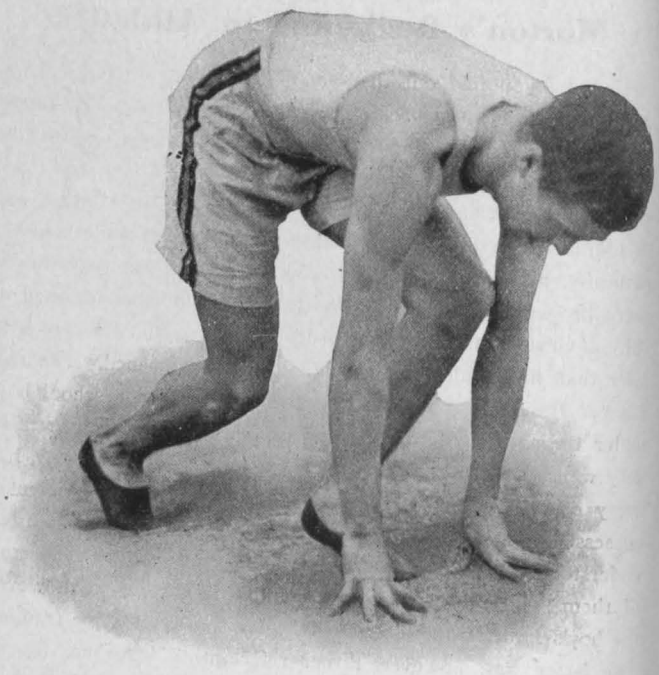
How did you find out that you possessed above the average amount of speed? is a question asked of me so frequently that I will explain the circumstances. The reader will agree with me that it is, in addition, rather humourous. At the age of thirteen I had one particular friend about my own age. This boy's father was an old athlete and in his day had done some good performances; naturally, his greatest ambition was to see his son perform remarkably well as an athlete. With this idea he was training his son in view of a race that was to be contested twelve months later than the incident I am about to relate happened. The race he was training for was a 220 yards handicap for school boys under the age of 16 years. I remember this particular evening very well, as it is a memorable one in my life; otherwise, I, like many others, would never have discovered the latent talent I possessed for running, although among my boy friends it was an understood thing that I was able to run a little faster than most of them. On this particular evening that I refer to, however, the boy's father came along to take his son to do some training. The latter was, however, rather reluctant to leave me for the purpose of training, when the father remarked: "Well, Jack can come along and run with you; give him a good start and he can make the pace." To this suggestion I agreed and all three went to the track. Before going, however, I procured a pair of rubber soled gymnasium shoes. On arriving at the athletic grounds it was decided that I should receive twenty yards start,

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and ret
served when t
order from the
However,
reality, is not
When the
prices, the ret
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way op
The for
& Bros. dete
has since be
The "S
and the ret
under a res
certain prof
protected f
The "
and acts in

All r
regular p
for in our
All S
special r
Posi
& Bros.,
from the
This
past ten
In



ON THE MARK

in order to pull my friend out, which I accepted, and won by such a long margin that this convinced all present that I should compete in the 220 yards handicap. So I was fitted out with my first spiked shoes and running costume. The next time that we went to the athletic grounds for training purposes, it was agreed that I should start level with my young friend, and I gained on him so easily that it became necessary for me to give him the start. On one occasion before the race I was training for, I gave my young friend twenty yards start in the 220, and beat him quite easily. The day of the race came, which was a handicap one; I had been allowed eight yards and my young friend nine yards. This being my first experience in competition, I was naturally very nervous, but after winning my heat, I seemed to have more confidence in myself. My young friend also won his heat and my chances for the final looked very good, considering the marks both of us had received. The final was called and I won quite easily, my young friend being unplaced. The prize was a silver watch. It amuses me now to think what a proud and elated youngster I was after winning this event, which eventually proved the forerunner of many others. After that my school sports came on and I was very successful, winning every race on the flat up to 440 yards; in fact, I was never beaten in a schoolboy race in any of the years I competed. When I left school my intention was to give up running, but many of my friends persuaded me to try my pace in an open competition.

At the age of eighteen I entered in a 120 yards open handicap and received 7½ yards start, the handicap being framed from the British 100 yards championship of 1897. I won my heat, and also the final. This was the only race I ran that year. The next year, my nineteenth, I competed frequently and improved vastly;

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and ret
served when t
order from the
However,
reality, is not
When the
prices, the ret
can, by offeri
Under th
assured; but
amongst the
the retailer a
This dem
lower, prices
only way op
The for
& Bros. dete
has since be
The "S
and the ret
under a rest
certain prof
protected f
The "
and acts in

All r
regular p
for in our
All S
special r
Posi
& Bros.,
from the
This
past ten
In c

AT THE COMMAND "GET SET"

in my first effort that year I was second in the 100 yards scratch in 10 1-5 on two occasions, the champion, Wadsley, defeating me by about one-half yard each time. My performances at this age stamped me as among the first flight of English sprinters and great things were prophesied for me, which were eventually squashed by my volunteering for the army in South Africa. I had over two years out there, and was mounted all the time, which is the worst possible form for athletes.

I returned to England in the autumn of 1902, my one great ambition being to win the British Championship.

Now, to those wiseacres who think and write that I have attained my present championship form without hard work or self-denial. I started training in the middle of February in 1903, hoping to be in fit condition to make a creditable showing in the British Championships, to be held in July that year. After four months of the hardest kind of training, devoting my whole time to the same, I had a trial, doing the 100 yards in 10 3-5 seconds. I did not compete in the championships that year, and naturally thought my ambition to become a champion or even a first-class man would never be realised.

In September, 1903, in a 100 yards scratch race at Burton, I was only defeated by inches by Arthur Duffey. I realised that by training more assiduously I had a great chance in the British championship of 1904. There were various rumours that the holder would not defend his title, but, nevertheless, I was determined to be prepared for all comers. I had heard that Duffey had not turned out at the final of the 100 yards at the intercollegiates which were held that year in Philadelphia, Pa., U. S. A., and meet Schick. I had great hopes of breaking the American sequence of championship wins. The first time we met that year was at Crewe,

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the ret
set a proportio
To enable
jobber and ret
served when t
order from th
However,
reality, is not
When the
prices, the re
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way op
The for
& Bros. det
has since b
The "S
and the ret
under a res
certain pro
protected f
The "
and acts in

All r
regular p
for in ou
All S
special r
Posi
& Bros.,
from th
Thi
past ter
In

LEG EXERCISE—SHOWING BODY SLIGHTLY INCLINED, LEG WELL UP AND ARM SWUNG ACROSS BODY.

a fortnight before the British Championships, in a 100 yards scratch race. We won our individual heats, but in the final Duffey stayed on his mark at the report of the pistol. I won, but it was a very unsatisfactory state of affairs for me, as I was very anxious to try conclusions with the champion. However, a week later, we met again at Wolverhampton, in a scratch 100 yards. We both won our respective heats. The final was a great race, I winning by a foot from D. Murray, the Irish sprint champion, with Duffey a foot behind for third place; the time was ten seconds dead. This was the first occasion in which I defeated the American. A great many Englishmen still had the opinion that Duffey had not got over his sea voyage and would, the following week at Rothdale, reverse the placing of the British championships. This eventful day for me was not altogether a good day for fast performances, as it rained in the morning, making the track a little on the heavy. Duffey won the first heat in 10 seconds, I won the second in 10 seconds, having very little opposition; C. H. Jupp of the London Athletic Club won the third heat in 10 seconds. The final was very close. Duffey was the first off the mark and at 50 yards was leading at least a yard and a half. However, from there I gradually closed up, eventually winning by inches. C. H. Jupp came third, very close up. The time was 10 seconds. As a matter of fact it was a yard inside.

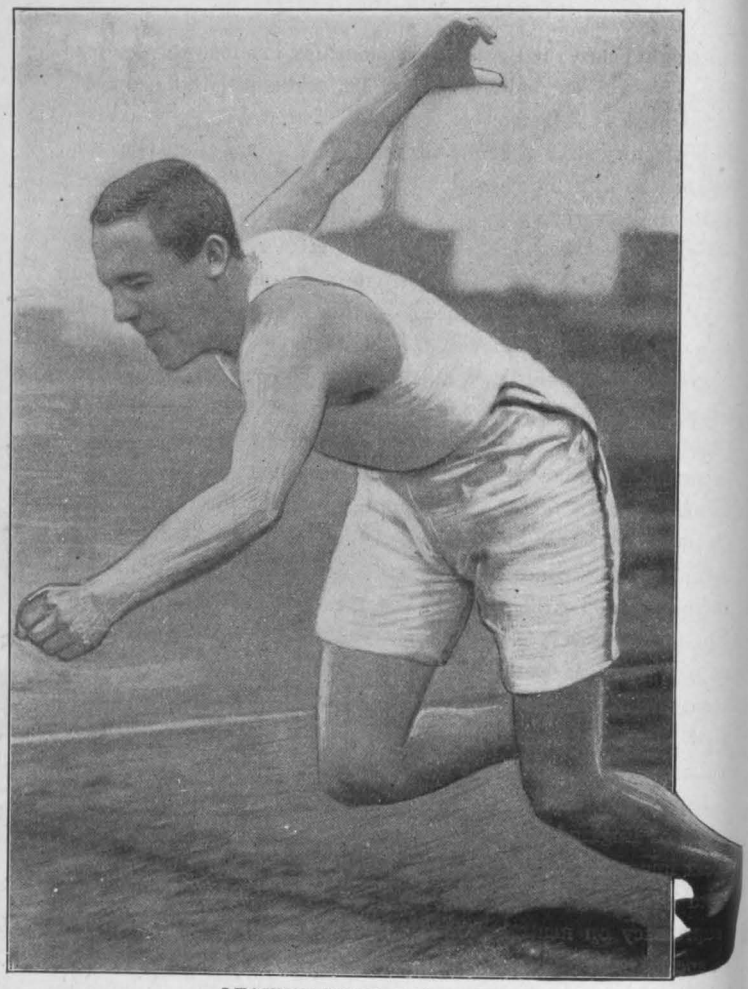
I met and defeated on many occasions throughout different parts of England and Scotland another American, Westney. The next important race was held at Spa, in Belgium, put up with the idea of giving Duffey and myself a chance of competing for supremacy on neutral ground. It was a 100 yards scratch, and a special prize and medal for same was presented by King Leopold of Belgium. I won this race, Duffey being second. After that

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and ret
served when t
order from the
However,
reality, is not
When the
prices, the re
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way op
The for
& Bros. dete
has since be
The "S
and the reta
under a res
certain pro
protected f
The "
and acts in

All r
regular p
for in our
All S
special r
Posi
& Bros.,
from the
This
past ten
In



LEAVING MARK—BAD POSITION

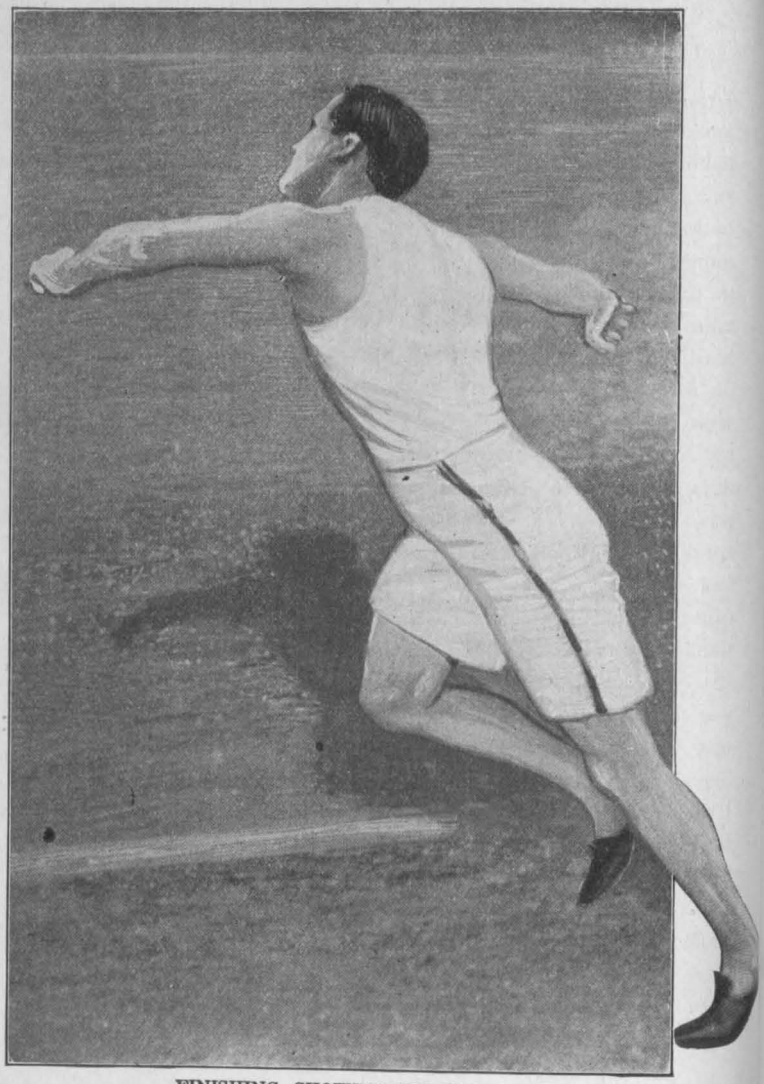
I ran in London, and won the 100 at the South London Harriers' amateur meeting, in 9 4-5. A week later, I won the 120 yards handicap in 11 4-5, equaling the record. Next year, 1905, I was successful all along, winning the 100 yards British championship in London; Stark, the Scotch champion, being second. In the month of August of that year I made up my mind to take a trip to Canada and the United States. My idea was principally to take a trip and see the country, as I anticipated that after the hard season I had just finished I would not be in a position to do my country justice. Incidentally, I took my running outfit with the idea of taking a trial. Evidently the sea voyage did me an amount of good, for, after being in the country only two days, I won a 100 yards scratch race in Montreal in 9 4-5, which was accepted as a Canadian record. Kerr, Canada's fastest sprinter, and Walsh of the New York Athletic Club, were second and third respectively, three yards behind. A fortnight later came the Canadian championships, at which I won the 100 yards Canadian championship and 120 yards special in 10 seconds and 12 seconds respectively. Seitz of the New York Athletic Club was second in the 100, the finish being a very close one. The idea was prevalent that he would defeat me the following Saturday, September 3, at the New York Athletic Club games. However, I had an easier journey than at Montreal, winning easily in 10 1-5 seconds. After staying at Travers Island some time I went to Philadelphia, and there ran on the worst grass track I have ever seen. The race was a 100 yards open handicap, and I won my heat in 10 seconds, and in the final was beaten inches in 9 4-5 for first place. I now realised that I was getting over the trouble of climatic effects and from this time on was running as fast, if not faster, than ever before. I went back to New York and spent

AUG 27 1910

St

A Standard
Without a
maintain a Star
To market
well as the reta
set a proportion
To enable
jobber and ret
served when t
order from the
However,
reality, is not
When the
prices, the re
can, by offeri
Under th
assured; but
amongst the
the retailer a
This den
lower, prices
only way op
The for
& Bros. det
has since be
The "S
and the reta
under a res
certain pro
protected f
The "
and acts in

All
regular p
for in ou
All
special r
Posi
& Bros.,
from the
Thi
past ter
In



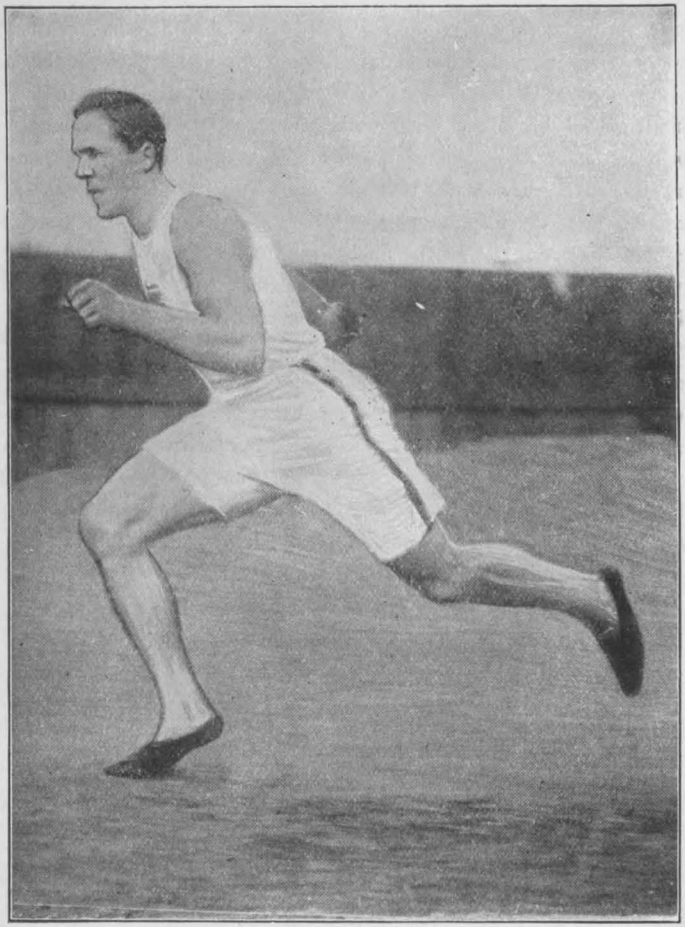
FINISHING—SHOWING THE THROW AT TAPE

three weeks sightseeing, etc. Whilst there I competed at an indoor meeting at Madison Square Garden, my first attempt at the distance 50 yards, and also my first attempt at running on boards. Eaton of Boston, Mass., the record holder at the short distance sprinting game, was opposing me, and I fully realised when I saw this man win his heat that my colors were going to be lowered. I won my heat in 5 3-5, and was beaten a yard in 5 2-5 (equals the record). In the final I more than surprised myself, as I did not fancy that I should do such fast time for 50 yards. However, two nights later I won the 60 yards in 6 3-5 seconds; so, therefore, equalised matters somewhat. This was my first and last experience at indoor racing. On October 15, my last race in America, was when I competed in a 120 yards short limit handicap that was put on for me to go for my own record. I was in fine shape, but all the conditions were unpropitious; the wind blew against me and the track was very loose; nevertheless, I won by three yards in 12 seconds.

AUG 27

A St
Witl
maintair
To r
well as t
set a pr
To e
jobber a
served v
order fr
Hov
reality,
Wh
prices, t
can, by
Un
assured
amongs
the reta
Th
lower, t
only wa
Th
& Bros.
has sir
Th
and th
under
certain
protect
Th
and ac

A
regula
for in
A
specia
F
& Br
from
T
past
I



GOOD POSITION WHEN RUNNING

Always Persevere

My principal idea in giving these details is to impress upon the young athlete emphatically—although, from observation, it would be beneficial for many of the leading athletes to digest the following: That the most important factors on the road to success are perseverance, determination and pluck. Never ease up simply because your opponent is a little ahead of you; fight it out right past the tape. Personally I have great admiration for and would prefer to be connected with a second-class man with a good heart than a first-class man with no pluck or determination.

Many and many a time I have thought that places have been lost to a runner who has acquired the bad habit of looking around. Make it a point to look straight ahead. Don't be ever-watchful of the man coming up to you. Pay no attention to him. It is an acknowledged fact that a man who is passed first by one, then stops to look around, will soon be in fourth place. This is what some call an "athletic quitter." I am convinced that it is a habit that grows on a man who does not make it a point to fight it out to the finish.

A S
Wit
maintai
To
well as
set a pr
To
jobber
served
order f
Ho
reality,
Wi
prices,
can, by
Un
assure
among
the ret
Th
lower,
only w
Th
& Bro
has si
Th
and th
Th
under
certai
protec
T
and a

regul
for ir
speci
J
& Br
from
past

Morton

J. W. MORTON WINNING THE 120 YARDS SPECIAL AT CANADIAN CHAMPIONSHIPS AT MONTREAL, 1905

Morton's Style of Running

My own style of running and action does not find favour with some trainers, and I certainly will not attempt to argue whether it be correct or not, but I have managed to get the pace with the same, and have met with success, and all who have aspired to be prominent athletes will agree that that is the most important part. I was always taught to run low, that is. the body well forward, so that I miss a certain amount of windage and also get my legs out farther and faster. Does it not seem feasible the more forward the athlete is the farther his stride will go out? Personally, I find that if I run more upright my stride is shorter and no faster action. However, whatever an athlete's style is should be good. Never attempt to remodel, as there is a great possibility of the pace going with the alteration. These last remarks will probably be queried. That may be so; my idea here is to give my own opinion, and it is certainly useless for me, I think. to present one thing and believe another. My, or shall I say our, ideas and methods of training in England are different in many respects from those adopted in America. I must admit that in some parts of England, particularly the north, the systems are most ancient. Some of the old school, many of whom had a great deal to do with the competitors in the world-renowned Sheffield handicaps, are still under the impression, and insist, that an athlete is not in condition unless his muscles are hard. A few months back I happened to drop in at a certain track in which two professionals were training, one a long distance champion and the other sprint champion of England. These men did their training, came in, stood up, just had the perspiration wiped off, and dressed.

A S
Wit
maintai
To
well as
set a pr
To
jobber
served
order fi
Ho
reality,
Wi
prices,
can, by
Un
assure
among
the ret
Th
lower,
only w
Th
& Bros
has sin
T
and th
under
certain
protec
T
and ac

A
regul
for in
A
speci
F
& Br
from
7
past
1

J. W. Morton C. J. Seit

J. W. MORTON WINNING THE 100 YARDS CANADIAN CHAMPIONSHIP, 1905, AT MONTREAL.
NOTICE MORTON "THROWING" HIMSELF AT THE TAPE

Massage

Personally, I do not believe in the theory advanced by some men that massage, or rubbing, as they call it in America, is not beneficial. I am firmly convinced that massaging before and after practising, particularly before a race, is of great value. A man that is a good sprinter must have supple muscles. Some men have been fairly good sprinters who were known to have knotty muscles, but in such cases, sheer strength of limb is what helps them out. It is a well known fact that in fencing, boxing, or any other athletic sport, except weight lifting, the man with the loose, supple muscle is usually quick and agile and successful. Furthermore, a man that is constantly running and using his legs will surely become muscle bound, unless the muscles are flexible, and there is nothing that puts the "go" in a man like a good rub before a race; I take many. A lad, particularly, makes a great mistake in lounging about the grounds after finishing training. It is then that the muscles harden up. When you find that your muscles tend to get hard from a quantity of overwork or lack of rubbing, try the hot flannel or hot towel cure. It is, without doubt, the best treatment possible for an athlete that feels a bit stiffene' up or tired in the legs. This treatment is particularly valuable the day before or the day of an important race. Of course, at an ordinary athletic ground, it is well nigh impossible to have hot towels at hand, but such treatment can easily be taken in your own room. I have covered my legs repeatedly with hot flannels and have observed the benefits almost instantly.

Good rubbers in England are few and far between, and it has been claimed by Americans visiting our country that the cause of many of their breakdowns is because they could not secure the services of rubbers such as they have in America.

There can be no doubt, whatever, that the custom in America of having blankets and bathrobes to cover oneself, either in jumping contests or between heats, is an advantage. In England they laugh at such great care being taken of the limbs. If, however, an athlete allows the muscles to get hard and stiff like a board, it is only to be expected that a great strain will come upon them, and instead of stretching as they should, they become strained or break. Our athletes are naturally careless, pay no attention to keeping the muscles warm, and as a great many of our athletic meetings are held on cold days, the contracting of the muscles is the cause of strains and breakdowns.

Long Walks Beneficial

As to my own training, I will endeavour to explain that my first meet is usually about the first of May, and I expect at that time to be doing a sound performance. I do not say that I am to be in tiptop form, but in fairly good condition. After leaving the track the previous year about the end of September, I forget all about running, taking long walks and keeping in fair condition. When I commence training about the middle of February I like to have about six pounds of superfluous flesh to work off. The first week I turn out about twice, doing a slow mile, a few minutes' bag punching, gradually increasing the times I turn out and the pace and quantity of exercise each week. After each training spin I have a warm spray, graduating the temperature of the water off to cold; then a good massage. After a month of this I consider my body and muscles toned up and able to stand a little faster work. I do not attempt starting practise until the air gets a trifle warmer, but to get pace I start slowly down the track, gradually increasing the pace until going at fastest. I keep at this for thirty yards and slow off gradually. I find that by starting fast work this way I am less liable to a strain than by starting practise so early in the preparation. About the middle of April I commence to shape up, going in for starting, running about forty yards and varying same with runs through at about three-quarter speed for about 300 yards. At this period I do a fair amount of bag punching.

Diet

My diet and habits have been strongly criticised and some writers have a great tendency to mix fiction with facts. Not only for the purpose of guiding the young athlete, but for all classes, it must be clearly understood that the great maxim is moderation in all things. As to the use of tobacco or intoxicants in conjunction with athletics, no one will hesitate in agreeing with me that it is most harmful.

A sprinter may offer the excuse that he is not troubled with his breathing, so does not deny himself this luxury. In the first place, whether it be cigar, cigarette or pipe, a quantity of nicotine must of necessity find its way into the stomach, thereby adding poison and destroying the nutriment that food should give to the body; secondly, smoking spoils the appetite, and is it not common knowledge that for one's food to do one a maximum amount of good one must enjoy meals? As to the use of alcohol, it is needless for me to comment on the degenerating effect it has on the organs of the body.

Now, to diet oneself moderately is another clause. Take my own case. I did not take to athletics seriously, as a hobby until I was twenty-four years of age. Previously to that I had been abroad, where the only luxury was smoking. Well, in a similar case to mine, I do not advocate cutting it out altogether; minimize the quantity gradually; say, take one pipe or cigar (not cigarette) three times a day, preferably after meals. I do not think at this age, providing a man has been used to it, it will do

harm, but let me impress upon the young athlete that this liberty can only be taken by a fully developed and grown man. Do not imagine that when you are nineteen or twenty that you are fully developed and muscles and bones set. An athlete, if he lives a proper life and does not overdo athletics while young, should be capable of his best performances from twenty-four to thirty years of age.

In the ordinary way of training I do not diet myself, eating anything I fancy in reason and naturally do not think of taking pastries, fancy dishes, etc.

The use of intoxicants and tobacco for a fully developed and matured athlete is a point which has caused a quantity of discussion. Personally, taken in the strictest moderation, it may not do a man much harm; nevertheless, a man avoiding these luxuries is capable of better performances. Then, on the other hand, for an athlete who has been used to these little luxuries of life to give up everything like this is going to take away the pleasure of athletics. I certainly agree that for a leading man that before an important race or a championship it is worth while practising a little self-denial, in order that he may be in absolutely the finest possible condition. It is not very satisfactory for an athlete who suffers a close defeat to think that had he trained a little more assiduously the result might have been different.

A Day's Work

My daily routine is as follows, varying very little except when an important contest is at hand. In the way of meats I take lamb and mutton only, preferably the latter. Rise at about 8 o'clock; breakfast at 8.30, consisting of coffee, eggs and dry toast, occasionally fish; a quiet walk in the morning, not fast, and attend to correspondence; lunch at one o'clock consisting of cutlets, chops or steak, vegetables, milk, pudding and fruit; about 4 o'clock I do my training; have my dinner similar to lunch, at 7 o'clock; to bed at 9 o'clock. I generally take half a glass of either ale or claret with lunch and dinner. Occasionally, should I have no contest close at hand I indulge in the theatre, as I consider it most essential that an athlete when in training should be in good spirits, have no worries, and be pleased with the world generally.

Exercise the Arms and Shoulders

Leg exercise should certainly be taken in conjunction with exercises for the arms and shoulders. The ordinary chest exercises help a man to retain his form without getting on the track for a week or ten days. I was somewhat astonished while in America that very little attention was paid to the question of getting the arms and shoulders into condition as one would his legs. This is a great mistake, as it is just as important to a sprinter to have the arms and shoulders in condition as the shoulders work exactly in conjunction with the legs. The finest exercise for this is ball or bag punching, for bag punching gives one quick action. I always use what is known as the platform bag, but a punching bag can be used that can be attached to a ceiling or platform. This exercise quickens a man wonderfully, and if one does not sharpen up a bit there are some rough blows from the ball returning. Bag punching brings every muscle of the body into action, leg, arm and shoulder muscles particularly, and I consider it by far the best kind of indoor exercise for a runner. One of the best books—and particularly the only book I know of on bag punching—is Spalding's Bag Punching book. This little book teaches one how to punch the bag and gives many scientific blows, for when one becomes expert at bag punching it is not monotonous exercise.

Leg Exercises

Leg exercise I have found to be the finest exercise for on board ship and for athletes whom business prevents training as much as is necessary. It was the idea of a great English athlete, W. G. George. I took the idea from his book on training, and I have found it to be so beneficial that I am sure he will not take exception to my making mention of this fact, as I certainly think anything that W. G. George brings forward is worthy of consideration by the present day athletes. It was the sole exercise I had coming over on the boat, and that it did me some good on the way over to America is true when you consider that I ran 100 yards in 9 4-5 seconds two days after landing at Montreal.

The beneficial effects of leg exercise I am a firm believer in, and is the kind of exercise that can be taken indoors or outdoors, either in your office or at your home or at the grounds. On my travels across the ocean I took my leg exercises in my cabin, for I felt confident that if I took such exercise on the deck the passengers would think I had escaped from some asylum.

The leg exercises, of course, can be followed without instructions or diagrams. Simply stand on the ball of the foot, working first one leg and then the other, at the same time keeping the legs and arms in motion, as if one was on the track running. I have never tried the skipping rope, but I have heard many old timers say that skipping the rope was one of the best kinds of exercise for the legs, and in some quarters it is used to-day. Of course the object would be to exercise the legs and give the muscles of the legs good exercise.

Starting

This part of a sprint race is undoubtedly the most important part of a contest. Even should an athlete have pace and be not fast from the mark his chance of success at any distance up to 120 yards is considerably minimized. The shorter the distance, of course, the greater is the disadvantage a slow starter is placed in. Practically the universal way of starting is what is known as the handspring. In this the athlete, when ready for the pistol, is in a crouching position. Many old-time athletes will still argue that the better position is the upright one. However, as I have never started from the upright position, or never tried it, I cannot argue for nor against it. I have always started the way I am about to explain. In the illustration of my method of starting, I think I make the subject clear.

It is impossible to form a hard and fast rule as to the respective distance for each foot behind the mark, as the length of the leg varies much in athletes; the general way is to make the hole for the left foot about five inches behind the line; then go down to the "on your mark" position, with the right knee about the middle of the left foot; this should bring the athlete into about his correct position; at the same time, should the athlete when he strikes this position not feel comfortable, too cramped up, or not have enough power in the right leg, let him regulate the distance accordingly. In making the holes, be sure and have the back of the same, where the ball of the foot rests, nearly perpendicular so as to get a good push-off. I have noticed

that a great many youngsters will go to the mark and dig a hole a good deal like the shape of a saucer, not exactly knowing what the object of the hole is for. The object is for the sole purpose of getting a good push-off. At the command: "On your mark," go down on the right knee, as illustrated. Do not get into the "set" position until the starter gives the word, as to stand in that position longer than is necessary tends to tire the muscles. At the command "Get set," all the weight should be on the left leg and the arms, the right leg being free, ready to lunge with the report of the pistol. The body should be balanced so much, that should any one give you a slight push you will fall forward. When the "Get set" comes, rise quietly from the first position; think of nothing but the pistol report. Upon the report, push sharply and quickly away with the right leg, at the same time using the hands as if to push the ground back from under you. Being in such a forward position, will naturally necessitate getting the legs to work quickly to prevent falling forward. Nothing but continued practise will make a sprinter efficient. If afraid of falling, it is advisable to make the first few attempts on grass, as the mind will not be diverted. The great thing in sprinting nowadays is to be able to start fast and getting at your fastest speed as soon as possible after the report of the pistol. I do not believe in 50-yard races, as they are no test of speed, but it is undoubtedly splendid practise for the 100-yard man.

One cannot give too much attention to starting. If sprinters are near equal the one that is perfect at starting has an advantage that is hard to overcome.

Practise starting—and fair starting—as often as you can. Always make it a point not to try and beat the pistol. You may win occasionally on incompetent starters, but in the long run it detracts much from your standing as an amateur and a man.

Always make it a point to practise. Keep absolutely steady on your mark. Pay not the slightest attention to the surroundings. Wait for the pistol. It is immaterial what kind of starters are on the right or left of you, do not let them draw you away. In one of my races in America I was much astonished by one of the lads in the scratch races in the lane next to my own. He broke several times and had I not been a heady starter I most assuredly should have followed him, which, of course, would have penalised me a yard, and might have lost me the race. I afterwards made an investigation and found that this was not an attempt to pull me over the mark, but that the lad making the false start had acquired a bad habit that he could not get rid of. Therefore, always make it a point to consider yourself in the race, and no one else. When the pistol is in the hands of an honest, experienced starter you should always bear in mind that you will be given a fair start.

The Finish of 100 Yards

After one has thoroughly mastered the art of starting, and is developed into a fast man and figures quite prominently in an important event, in order to be successful and get the benefit of every ounce of good that is in him, and particularly when he has on his hands the level race, the finish of which he knows is going to be a close one, and that inches will decide it, it is then he wants to use the "throw" at the finish. There is no finish as sensational as the one that is known as the "throw finish," and by using it I have often won a race which at 95 yards looked like a losing one for me. It requires a great deal of practise and quick action to work it successfully, but when you have once mastered it, it comes to you like an inspiration when you are in a tight corner.

After leaving the mark I pay no attention whatever to breathing, taking a breath as required. At about twenty yards from the tape I take a long breath, quickly pulling myself together for a final effort. At this point a thrill seems to pass through my muscles; I travel much faster, and should it be a close finish, at about eight feet from the tape, I throw myself off the right leg, striking the tape with the left breast, and saving myself from collapsing by the left leg. Should your stride have left you on the other leg at this period, your method will, of course, be vice versa.

It is advisable to practise this method of finishing on grass, as you will be able to pay more attention to it, not being afraid of

the abrasions that a fall on the cinder track would cause. Whatever you do, do not attempt too long a throw to the tape and do not attempt to bring the feet together like in a long jump. To be successful with this jump at the finish the runner must get off one leg. This method of finishing has won many races, particularly my 1904 British championship, when I defeated Arthur Duffey. At 95 yards he looked like a winner, but I threw myself and breasted the tape first. Of course, this method of finishing is like everything else, it requires a great deal of practise. I can assure athletes who think it worth while trying, that they will find it verv useful in a close finish.

Striding

This should be done after an athlete has done several bursts off the mark. Run about 300 yards at about half pace and carry the body forward, throw the legs well out forward, as illustrated, and be careful not to try and overdo this. Never attempt to stride long when sprinting at full speed, as the athlete runs a great risk of strain. Always let the stride in the race take its chance. If plenty of striding exercise is indulged in the length of the stride when racing will be increased. It is an important thing to run straight; by that I mean that the feet should swing in line, leaving the spike marks exactly in a straight line. A man that throws his toes out in running loses a lot of ground. This part of the action is more a gift than anything else, and if a man turns his toes out badly it will be practically impossible for him to run in a straight line.

For School Boys

The meaning of the word *Training* is often misunderstood Training is really putting the muscles and organs of the body exactly into the condition as nature intends. However, when any particular branch of sport is decided, the parts of the body which are going to bear the brunt require slowly toning up, to stand the extra pressure. The school boy living an outdoor healthy life, always running about, requires very little training. Every boy should be in good condition, irrespective of competition. In the first place, should a boy have ambitions to become an athlete it is necessary to choose the distance at which you are best. Do not run away with the idea that your size or physique is not suitable for any distance. Whether you be large or small you have quite as good a chance for excelling in any distance. Do not think that because you are short or slightly built you cannot excel in sprinting; or, on the other hand, because you are tall and big you can never be a long-distance runner. I could give you instances galore of the great discrepancies in stature of the world's greatest athletes.

As this book is written for sprinters, I will consider that is the branch you have decided to make your hobby. In the first place, never let athletics interfere with your studies. As should you neglect these for athletics, even should you excel in the latter, in after life your athletic past will not be the means of keeping you.

The school boy should not consider the question of dieting at

all seriously. I do not advocate anything special; simply eat plain, wholesome food, and plenty of it. Pastries and sweets are not good for the athlete, but it would be hard to deprive you of all these luxuries. Eat the same, but very moderately, and not at all several days before your important contests. Is it not worth a few days' self-denial in order to be bracketed as one of your school's greatest athletes? Never think of smoking, and shun any boy that does smoke. It is unnecessary to dwell on this point, as every boy knows, or should know, the degenerating effects of smoking, whether he is an athlete or not. As soon as a boy indulges in this pernicious habit it is impossible to forecast his future, and as regards athletics all hope of becoming a fourth rater is reduced to a minimum.

Now, as to your training; you received from other pages in this book how to start. Let me impress upon you the importance of getting perfect at this point. If you have no exceptional pace and able to leave the mark quickly, it will probably be the means of your winning contests. I take it for granted you are generally running about in connection with different sorts of school games; in that case you will practise for starting and speed alone, as your body should always be in condition. In practise never run the full distance, and always train if possible from the report of the pistol, running 30 yards absolutely as fast as you can, slowing down gradually; never think of pulling up quickly, as you run a great risk of straining a tendon. My own plan as a boy was to have two or three of these special sprints in the evening, or at any time convenient, about three times a week, not more.

After practising starting, stride through at about half pace about 50 yards over the distance at which you intend to compete. The most important factor to remember is, never overdo

your training, as you must remember that your body and muscles are not fully developed and not able to stand the quantity of work that a man can do, because he is properly set. Never train the day before your race, and always make it a point never to train or do any hard work athletically when feeling tired out or languid, for then your athletics become work and not as they should be, a pleasure and recreation. I am firmly convinced that more harm is done to the young aspiring athlete by forcing him than by any other means. No amount of driving can put speed into a man if his heart is not in the work; therefore, when tired and worn out, out of sorts and not feeling right, take my advice and don't listen to the trainer that drives you on the path and forces you to do a certain amount of work. About that time you want feeding up and resting. So-called hard training on the track will take all the speed out of you.

You will see this on other pages of this book, but let me impress upon you the danger of attempting to take long strides when training. Do your striding work when going at half pace and when running, let the stride take care of itself. Should you at any time be so unfortunate as to strain a muscle, do not attempt to run again until you are well and strong. If you neglect to care for a strain and compete before it is healed, it will probably become chronic and will give you a lot of trouble in your games as you grow older.

Comparisons

Having competed for years in Great Britain and made a tour of Canada and the United States I can give my impressions of the American athletes, and a comparison between them and our English athletes. Naturally, my sympathy is with my native talent; at the same time I will endeavour to give an unbiased opinion. I have great admiration for the American athletes, not only as to their capabilities on the path, but also from a social standpoint. They are fine fellows. In my opinion, it is preferable to have a good reputation as a man, more so than to be admired for one's athletic capabilities.

Sprinting in America is a fine art, and I must admit they can give us a start on that point. On the whole, I do not think they possess more pace, but every bit that they have is utilised. One very seldom sees a slow starter, probably due to the quantity of short sprints—50 yards—that are given annually.

In these races it is absolutely necessary to be fast off the mark to stand a chance of meeting with any success. These dashes are useless, but as a means of helping the 100-yard man in his training they are unsurpassed.

I have observed on many occasions there is not such sportsmanlike rivalry in America, between competitors, as we have in England. In a good many cases where two men of rival clubs are close contestants they are bitter enemies. A quantity of athletes generally have excuses to offer why they did not win; there are, of course, numerous exceptions, but on the whole

rivals on the path are not the great friends they are in England. I have noticed in England several cases of greatest rivals on the path being the greatest inseparable friends off—and members of different clubs, too. Our English athletes do not take athletic so seriously as in America, Englishmen looking upon running a a pastime and a hobby alone, done for pleasure, and with the idea of not to make work of it.

English runners would never tolerate the methods and the remarks of American trainers. In America the trainer is the head and his word is law, similar to the army. In England the trainer advises—not orders—and the athlete pleases himself. Were English runners put through the preparation as the Americans are, they would, in my opinion, hold their own in sprinting. The air is lighter in America and one seems to run with less effort than in England. American athletes are very susceptible to the cold and should it be a little chilly it appears to knock them off their performances.

Americans Work too Much

The American athlete differs from the English one in many respects. English runners do not train so hard, which is, in my opinion, because they compete so much more frequently. There are scores of meetings in England every Saturday over the country and any quantity of mid-week meetings. Personally, after the British championships I never train, as I do enough in competition to keep myself fit. In America I felt convinced that the average American athlete trains too much and appears stale and overtrained. It struck me that they do all their best work in training instead of having a little bit left for the real contest. An athlete who has had a few years' experience will know best himself what suits him, without having to consult a trainer. Comparing the capabilities of the respective countries, America undoubtedly supplies the best sprinters. In the first place, the air in America is much lighter and offers less resistance, and one runs there with less effort than in England, but the main cause of American supremacy in this branch is the encouragement given to 50-yard races. To meet with any success in these contests it is absolutely necessary to be fast off the mark and greatly helps when the 100 yards has to be run. In my opinion, it is a good competition for that reason. As a test of speed it is, of course, no criterion. If only our sprinters could be persuaded to pay more attention to the start, I fancy they would soon be in position to hold their own with the best in America.

Indoor running is very good for keeping in fair condition throughout the winter, but long-distance running on such a small board track is merely fit for novices and fourth raters. I cannot understand first-class men risking their reputations and also limbs in such scrambles.

OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for com lete list of Spalding's Athletic Library.

Event.	Group	No.
All-Round Athletic Championship	12	182
A. A. U. Athletic Rules	12	311
A. A. U. Boxing Rules	12	311
A. A. U. Gymnastic Rules	12	311
A. A. U. Water Polo Rules	12	311
A. A. U. Wrestling Rules	12	311
Archery	11	248
Badminton	11	188
Base Ball	1	1
Indoor	9	9
Basket Ball, Official	7	7
Collegiate	7	312
Women's	7	318
Water	12	55
Basket Goal	6	188
Bat Ball	12	55
Betting	12	55
Bowling	8	8
Boxing—A. A. U., Marquis of Queensbury, London Prize Ring	14	162
Broadsword (mounted)	12	55
Caledonian Games	12	55
Canoeing	13	23
Children's Games	11	189
Court Tennis	11	194
Cricket	3	3
Croquet	11	138
Curling	11	14
Dog Racing	12	55
Fencing	14	165
Foot Ball	2	2
Code of Rules	2	334
Association (Soccer)	2	2 A
English Rugby	12	55
Canadian	2	332
Golf	5	5
Golf-Croquet	6	188
Hand Ball	11	13
Hand Polo	10	188
Hand Tennis	11	194
Hitch and Kick	12	55
Hockey	6	304
Ice	6	6
Field	6	154
Garden	6	188
Lawn	6	188
Parlor	6	188
Ring	12	55
Ontario Hockey Ass'n	6	256
Indoor Base Ball	9	9
Intercollegiate A. A. A. A.	12	307
I.-C. Gymnastic Ass'n	15	333
Lacrosse	11	201
U. S. I.-C. Lacrosse League	11	337
Lawn Bowls	11	207
Lawn Games	11	188
Lawn Tennis	4	4
Obstacle Races	12	55
Olympic Game Events—Marathon Race, Stone Throwing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Discus, Greek Style for Youths	12	55
Pigeon Flying	12	55
Pin Ball	12	55
Playground Ball	1	306
Polo (Equestrian)	10	19[illegible]
Polo, Rugby	12	55
Polo, Water (A. A. U.)	12	311
Potato Racing	12	311
Professional Racing, Sheffield Rules	12	55
Public Schools Athletic League Athletic Rules	12	313
Girls' Branch; including Rules for School Games	12	314
Push Ball	11	170
Push Ball, Water	12	55
Quoits	11	167
Racquets	11	194
Revolver Shooting	12	55
Ring Hockey	6	180
Roller Polo	10	10
Roller Skating Rink	10	10
Roque	11	271
Rowing	13	128
Sack Racing	12	55
Shuffleboard	12	55
Skating	13	209
Skittles	12	55
Snowshoeing	12	55
Squash Racquets	11	194
Swimming	13	177
Tether Tennis	11	188
Three-Legged Race	12	55
Volley Ball	6	188
Wall Scaling	12	55
Walking	12	55
Water Polo (American)	12	311
Water Polo (English)	12	55
Wicket Polo	10	188
Wrestling	14	236
Y. M. C. A. All-Round Test	12	302
Y. M. C. A. Athletic Rules	12	302
Y. M. C. A. Hand Ball Rules	12	302
Y.M.C.A. Pentathlon Rules	12	302
Y.M.C.A. Volley Ball Rules	12	302

Combination prices will be quoted on order for one or more suits as specified. Striping down sides or around waist, 20c. per pair extra.

SPALDING BOYS' RUNNING SUITS

No. 1B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 6 Running Pants . . .	.35
No. K Shoes. .	.85
No. 3JB Sweater (any stock color).....	3.50
Price, if separate articles composing outfit are purchased singly..	5.20

Combination Price $4.45

No. 3B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 4 Running Pants	.50
No. 12 Running Shoes, sizes 1 to 6, with spikes for outdoor running	2.50
No. 3JB Sweater (any stock color)	3.50
Price, if separate articles composing outfit are purchased singly..	$7.00

Combination Price $6.00

No. 5B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 4 Running Pants	.50
No. 12 Running Shoes, with spikes, for outdoor running....	2.50
No. 1 Bathrobe.....	2.50
Price, if separate articles composing outfit are purchased singly..	$6.00

Combination Price $5.40

No. 2B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 6 Running Pants	.35
No. K Shoes..	.85
No. 1 Bathrobe	2.50
Price, if separate articles composing outfit are purchased singly..	$4.20

Combination Price $3.70

No. 4B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 4 Running Pants	.50
No. 114 Leather Run'g Shoes, sizes 1 to 6, rubber soles, no spikes, for indoor running.....	2.50
No. 3JB Sweater (any stock color)	3.50
Price, if separate articles composing outfit are purchased singly	$7.00

Combination Price $6.00

No. 6B SUIT

Consisting of	Retail
No. 6E Shirt..	$ .50
No. 4 Running Pants	.50
No. 114 Leather Run'g Shoes, rubber soles, no spikes; indoor use	2.50
No. 1 Bathrobe.....	2.50
Price, if separate articles composing outfit are purchased singly..	$6.00

Combination Price $5.40

SPALDING MEN'S AND YOUTHS' OUTDOOR RUNNING SUITS

No. 1S SUIT

Consisting of	Retail
No. 6E Shirt, white	$ .50
No. 4 Running Pants	.50
No. K Shoes. .	.85
Price, if separate articles composing outfit are purchased singly..	$1.85

Combination Price $1.55

No. 2S SUIT

Consisting of	Retail
No. 6E Shirt, white	$ .50
No. 4 Running Pants	.50
No. 11 Shoes..	3.00
Price, if separate articles composing outfit are purchased singly..	$4.00

Combination Price $3.30

No. 3S SUIT

Consisting of	Retail
No. 600 Shirt.	$1.50
No. 3 Running Pants	.75
No. 11T Shoes.	4.00
Price, if separate articles composing outfit are purchased singly..	$6.25

Combination Price $5.30

SPALDING MEN'S AND YOUTHS' INDOOR RUNNING SUITS

No. 1D SUIT

Consisting of	Retail
No. 6E Shirt, white	$ .50
No. 4 Running Pants	.50
No. K Shoes. .	.85
Price, if separate articles composing outfit are purchased singly..	$1.85

Combination Price $1.55

No. 2D SUIT

Consisting of	Retail
No. 6E Shirt, white	$ .50
No. 3 Running Pants	.75
No. 1 Shoes...	1.50
Price, if separate articles composing outfit are purchased singly..	$2.75

Combination Price $2.20

No. 3D SUIT

Consisting of	Retail
No. 6E Shirt, white	$ [illegible]
No. 4 Running Pants	[illegible]
No. 114 Shoes.	2.[illegible]
Price, if separate articles composing outfit are purchased singly..	$3.[illegible]

Combination Price $3.00

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Long Distance Running Shoes

MARATHON "Μαραθών"

No. MH.

No. **MH.** High cut. Corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Pair, **$5.00**

Made to stand up under unusual conditions—bad roads, rough, hilly and uneven, macadam, dirt, asphalt, brick or wood. Made after suggestions of men who are competing in long distance races continually under every conceivable condition.

No. MO

No. **MO.** Low cut. Corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed Pair, **$5.00**

Built to win. The same models as used by many of the competitors in the famous MARATHON "Μαραθών" races at the 1908 Olympic Games, London, and in the most important distance races in this country since then.

Spalding Cross Country, Jumping and Hurdling Shoes

No. 14C

No. **14C.** Cross Country Shoe, finest Kangaroo leather; low broad heel, flexible shank, hand sewed, six spikes on sole; with or without spikes on heel Per pair, **$6.00**

No. 14H

No. **14H.** Jumping and Hurdling Shoe; fine Kangaroo leather, handmade, specially stiffened sole; spikes in heel placed according to latest ideas to assist jumper. Pair, **$6.00**

No.14 J

No. **14J.** Calfskin Jumping Shoe, partly machine-made; low broad heel; spikes correctly placed. Satisfactory quality and very durable. Per pair, **$4.50**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. - For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

No. 2-0

No. 11T

No. 111

Spalding Running Shoes

No. **2-0.** This Running Shoe is made of the finest Kangaroo leather; extremely light and glove fitting. Best English steel spikes firmly riveted on.
Per pair, **$6.00**

No. **10.** Finest Calfskin Running Shoe; light weight, hand made, six spikes.
Per pair, **$5.00**

No. **11T.** Calfskin, machine made, solid leather tap sole holds spikes firmly in place.
Per pair, **$4.00**

No. **11.** Calfskin, machine made Per pair, **$3.00**

Juvenile Running Shoes

No. **12.** Outdoor Leather Running Shoes, complete with spikes, in sizes 12 to 5 only. Per pair, **$2.50**

No. **115.** Indoor Leather Running Shoes, without spikes, in boys' sizes, 12 to 5 inclusive, only Pair, **$2.00**

Indoor Running Shoes

With or Without Spikes

No. **111.** Fine leather, rubber tipped sole, with spikes.
Per pair, **$4.00**

No. **112.** Leather shoe, special corrugated rubber tap sole, no spikes. **$3.00**

No. **114.** Leather shoe, rubber tipped, no spikes. **$2.50**

Indoor Jumping Shoes

With or Without Spikes

No. **210.** Hand made, best leather, rubber soles. **$5.00**

No. 10

No. 11

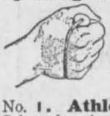
No. 210

Protection for Running Shoe Spikes

No. **N.** Thick wood, shaped and perforated to accomodate spikes Per pair. **50c.**

Spalding Special Grips

With Elastic



No. **2.** Best quality cork with elastic bands.
Pair, **20c.**

No. **1. Athletic Grips** Selected cork, shaped to fit hollow of hand. Pair, **15c.**

Chamois Pushers

No. **5.** Fine chamois skin and used with running, walking, jumping and other athletic shoes.
Pair, **25c.**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

ATHLETIC SHIRTS, TIGHTS AND TRUNKS

STOCK COLORS AND SIZES. Worsted Goods, Best Quality. We carry following colors regularly in stock: Black, Navy Blue and Maroon, in stock sizes Shirts, 26 to 44 in chest. Tights, 28 to 42 in waist. Other colors and sizes made to order at special prices. Estimates on application.

Our No. 600 Line Worsted Goods. Furnished in Gray and White, Navy Blue, Maroon and Black only Stock sizes Shirts, 26 to 44 in. chest, Tights, 28 to 42 in waist.

Sanitary Cotton Goods. Colors: Bleached White, Navy, Black, Maroon and Gray Stock sizes, 26 to 44 in chest, Tights, 26 to 42 in. waist

No. 1E

Spalding Sleeveless Shirts

No. **1E.** Best Worsted, full fashioned, stock colors and sizes. Each, **$3.00**
No. **600.** Cut worsted, stock colors and sizes. " **1.50**
No. **6E.** Sanitary Cotton, stock colors and sizes. " **.50**

Spalding Striped Sleeveless Shirts

No. **600S.** Cut Worsted, with 6-inch stripe around chest, in following combinations of colors; Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe; Black with Red stripe; Gray with Cardinal stripe. Each, **$1.75**
No. **6ES.** Sanitary Cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S. Each, **75c.**

No. 600S

Spalding Shirts with Sash

No. **6ED.** Sanitary Cotton, sleeveless, solid color body with sash of different color. Same combinations of colors as No. 600S. Each, **75c.**

No. 6ED

Spalding Quarter Sleeve Shirts

No. **1F.** Best Worsted, full fashioned, stock colors and sizes. Each, **$3.00**
No. **601.** Cut Worsted, stock colors and sizes. " **1.75**
No. **6F.** Sanitary Cotton, stock colors and sizes. " **.50**

No. 1F

Spalding Full Sleeve Shirts

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

Spalding Knee Tights

No. **1B.** Best Worsted, full fashioned, stock colors and sizes. Pair, **$3.25**
No. **604.** Cut Worsted, stock colors and sizes. Pair, **$1.50**
No. **4B.** Sanitary Cotton, stock colors and sizes. Pair, **50c.**

No. 1B

Spalding Full Length Tights

No. **1A.** Best Worsted, full fashioned, stock colors and sizes. Pair, **$4.50**
No. **605.** Cut Worsted, stock colors and sizes. Pair, **$2.50**
No. **3A.** Cotton, full quality. White, Black, Flesh. Pair, **$1.00**

Full Tights

Spalding Running Pants

No. **1.** White or Black Sateen, fly front, lace back. Pair, **$1.25**
No. **2.** White or Black Sateen, fly front, lace back. Pair, **$1.00**
No. **3.** White or Black Silesia, fly front, lace back. Pr **75c**
No. **4.** White, Black or Gray Silesia, fly front, lace back. Pair, **50c.**
Silk Ribbon Stripes down sides of any of these running pants **25c.** per pair extra.
Silk Ribbon Stripe around waist on any of these running pants **25c.** per pair extra.

No. 1

Spalding Worsted Trunks

No. **1.** Best Worsted, Black, Maroon and Navy Pair, **$2.50**
No. **2.** Cut Worsted, Navy and black. Special colors to order Pair, **$1.25**

Spalding Velvet Trunks

No. **3.** Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order Pair, **$1.00**
No. **4.** Sateen. Black, White. Pair, **50c.**

No. 3

JUVENILE SHIRTS, TIGHTS AND PANTS

ONLY SIZES SUPPLIED—Chest, 26 to 30 inches, inclusive, Waist, 24 to 26 inches, inclusive

	EACH		EACH
No. **65.** Sleeveless Shirt, quality of No. 600.	**$1.25**	No. **66.** Quarter Sleeve Shirt, quality of No. 601.	**$1.50**
No. **65S.** Sleeveless Shirt, quality of No. 600S	**1.50**	No. **64.** Knee Tights, quality of No. 604.	**1.35**

No. **44.** Running Pants, quality of No. 4. Pair, **45c.**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding New and Improved Worsted Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest. Other sizes at an advanced price.

Jerseys are being used more and more by base ball players, especially for early Spring and late Fall games. The Spalding line includes a complete assortment of styles and qualities.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS **PLAIN COLORS**—The following stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 and 6X), **25c.** each extra.

Gray	Scarlet	Peacock Blue	Purple
Orange	Cardinal	Dark Green	Yellow
Black	Navy Blue	Olive Green	Seal Brown
White	Royal Blue	Irish Green	Old Gold
Maroon	Columbia Blue	Pink	Drab

No. **1P.** Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine as are the majority of garments known as Jerseys. Special quality worsted. Solid stock colors. . . . . Each, **$4.50**

No. **10P.** Worsted, fashioned. Solid stock colors, Each, **$3.00**

No. **12P.** Worsted; solid stock colors. Each, **$2.75**

No. **12XB.** Boys' Jersey. Worsted. Furnished in sizes 26 to 36 inches chest measurement only. Solid stock colors only. No special orders. Each, **$2.00**

SPECIAL NOTICE *We will furnish any of the above solid color Jerseys, (except Nos. 6 and 6X) with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.*

Nos 1P. 10P and 12P

Spalding Cotton Jerseys

No. **6.** Cotton, good quality, fashioned, roll collar, full length sleeves. Colors: Black, Navy Blue, Gray and Maroon only. Each, **$1.00**

No. **6X.** Cotton, same as No. 6, but with striped sleeves in following combinations only: Navy with White or Red stripe; Black with Orange or Red stripe; Maroon with White stripe. . Each, **$1.25**

Woven Letters, Numerals or Designs

We weave into our best grade Jerseys, No. 1P, Letters, Numerals and Designs in special colors as desired. Prices quoted on application. Designs submitted.

PRICES SUBJECT TO ADVANCE WITHOUT NOTICE

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Coat Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest. Other sizes at an advanced price.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

Gray	Black	Maroon	Cardinal	Royal Blue	Peacock Blue	Olive Green	Pink	Yellow	Old Gold
Orange	White	Scarlet	Navy	Columbia Blue	Dark Green	Irish Green	Purple	Seal Brown	Drab

PLAIN COLORS—The above stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) **25c.** each extra.

STRIPES AND TRIMMINGS—Supplied as specified in any of the above stock colors (not more than two colors in any garment) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) **25c.** each extra.

Nos. 10C and 12C

The Spalding Coat Jerseys are made of the same worsted yarn from which we manufacture our better grade Jerseys, Nos. 10P and 12P, and no pains have been spared to turn them out in a well made and attractive manner. Plain solid stock colors (not striped) or one solid stock color body and sleeves with different stock color solid trimming (not striped) on cuffs, collar and front edging. Pearl buttons.

No. **10**C. Same grade as our No. 10P. Each, **$3.50**

No. **12**C. Same grade as our No. 12P. Each, **$3.00**

No. **10**CP. Pockets, otherwise same as No. 10C. Each, **$4.25**

No 10CP

Nos. 10PW and 12PW

Spalding Striped and V-Neck Jerseys

Note list of stock colors above

No. **10**PW. Good quality worsted, same grade as No. 10P. Solid stock color body and sleeves, with 6-inch stock color stripe around body. . . Each, **$3.50**

No. 12PV

No. **12**PW. Worsted; solid stock color body and sleeves with 6-inch stock color stripe around body. Each, **$3.00**

No. **10**PX. Good quality worsted, fashioned; solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, **$3.50**

Nos. 10PX and 12PX

No. **12**PV Worsted, solid stock colors, with V-neck instead of full collar as on regular jerseys. Each, **$3.00**

No. **12**PX. Worsted, solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. . . . Each, **$3.00**

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING *Automobile* SWEATER

Collar Turned Up

Collar Turned Down

No. **WJ.** Most satisfactory and comfortable style for automobilists; also useful for training purposes, reducing weight, tramping during cold weather, golfing, shooting, tobogganing, snowshoeing; in fact, for every purpose where a garment is required to give protection from cold or inclement weather. High collar that may be turned down, changing it into neatest form of button front sweater. Highest quality special heavy weight worsted. Sizes, 28 to 44 inches. In stock colors. Each, **$8.50**

PLAIN COLORS—All Spalding Sweaters are supplied in any of the colors designated, at regular prices. Other colors to order only in any quality, **50c.** each garment extra.
SPECIAL NOTICE—We will furnish any of the solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.
N. B.—We designate three shades which are sometimes called **RED**: These are Scarlet, Cardinal and Maroon. Where RED is specified on order Scarlet will be supplied.

STOCK COLORS

Gray	Navy	Pink
Orange	Royal Blue	Purple
Black	Columbia Blue	Yellow
White	Peacock Blue	Seal Brown
Maroon	Dark Green	Old Gold
Scarlet	Olive Green	Drab
Cardinal	Irish Green	

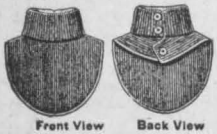
Spalding "Highest Quality" Sweaters

We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

WORSTED SWEATERS. Made of special quality wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and put together by hand, not simply stitched up on a machine as are the majority of garments sold as regular made goods.

All made with 9-inch collars; sizes 28 to 44 inches.

No. **AA.** The proper style for use after heavy exercise, inducing copious perspiration, for reducing weight or getting into condition for athletic contests. Particularly suitable also for Foot Ball and Skating. Heaviest sweater made. In stock colors. Each, **$9.00**
No. **A.** "Intercollegiate." In stock colors. Special weight. **7.00**
No. **B.** Heavy weight. In stock colors. **6.00**



Front View Back View

Spalding Combined Knitted Muffler and Chest Protector

No. **M.** Special weight; highest quality worsted in solid stock colors to match our sweaters. Each, **$1.25**

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Shaker Sweater

In Stock Colors — Sizes 30 to 44 in.

Fills a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price.

No. **3.** Standard weight, slightly lighter than No. B. Each, **$4.00**

Spalding Vest Collar Sweater

No. **BG.** Best quality worsted, good weight; with extreme open or low neck. In stock colors. Ea., **$6.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

SPALDING JACKET SWEATERS

STOCK COLORS

PLAIN COLORS—All Spalding Sweaters are supplied in any of the following stock colors at regular prices. Other colors to order only in any quality 50c. each extra.

GRAY	WHITE	CARDINAL	COLUMBIA BLUE	OLIVE GREEN	PURPLE	OLD GOLD
ORANGE	MAROON	NAVY BLUE	PEACOCK BLUE	IRISH GREEN	YELLOW	DRAB
BLACK	SCARLET	ROYAL BLUE	DARK GREEN	PINK	SEAL BROWN	

SPECIAL NOTICE—We will furnish any of the solid color sweaters mentioned below with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.

Sizes 28 to 44 inch chest measurement. We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

No. VGP

BUTTON FRONT

No. **VG.** Best quality worsted, heavy weight, pearl buttons. Made in regular stock colors, also in Dark Brown Mixture. Each, **$7.00**

No. **DJ.** Fine worsted, standard weight, pearl buttons, fine knit edging. Made in regular stock colors, also in Sage Gray. Each, **$6.00**

No. **3J.** Standard weight wool, Shaker knit, pearl buttons. In stock colors. Each, **$5.00**

WITH POCKETS

No. **VGP.** Best quality worsted, heavy weight, pearl buttons. In stock colors. With pocket on either side and a particularly convenient and popular style for golf players. Each, **$7.50**

No. VG. Showing special trimmed edging and cuffs supplied, if desired, on jacket sweaters at no extra charge.

No. CDW

Spalding Special Base Ball Sweaters

No. **CDW.** Good quality worsted, ribbed knit. In stock colors. Special trimmed edging and cuffs in stock colors supplied at no extra charge. Each, **$5.50**

Boys' Jacket Sweater

No. **3JB.** This is an all wool jacket sweater, with pearl buttons; furnished only in sizes from 30 to 36 inches chest measurement. In stock colors. Each, **$3.50**

No. 3JB

Spalding Ladies' Sweaters

Knit in the Spalding athletic stitch of best quality long fibre worsted; full fashioned to shape of body on special machine and finished by hand. Cuffs, pocket and edging of special stitch. Good quality pearl buttons. Patch pockets. Attractive in appearance and, being properly made, they fit well and give satisfactory wear. Furnished in regular stock colors.

No. **LDJ.** Ladies' Sweater, regular button front. Each, **$8.00**

No. **LWJ.** With special reversible collar, as on our Men's No. WJ Automobile Sweater. Each, **$10.00**.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

No. 3R

Spalding Patent Combination Swimming Suit

Best quality worsted. Furnished in solid color only. Black, Navy Blue and Gray. Shirt has combination supporter. Arm holes extra large and fastens to trunks at side with invisible catches, making a tight fitting neat combination. White canvas belt with adjustable buckle forms part of trunks, no drawing tape to knot or break. Pocket for change, etc., inside of trunks. A thoroughly up-to-date and comfortable swimming suit. No. **3R.** Suit, **$5.00**

Trunks of No. 3R

Shirt of No. 3R

No. 2R

Expert Racing and Swimming Suits

No. **2R.** Mercerized cotton, Navy Blue, silky finish, and sheds water readily; buttons over shoulders. Suit, **$2.00**

No. **1R.** Cotton, Navy Blue, light in weight, snug fitting. Buttons over shoulders. Suit, **$1.00**

Spalding One-Piece Bathing Suits

		SUIT
No. **743.**	Men's sizes, 32 to 44 inch chest; fancy stripes; button in front	**75c.**
No. **521B.**	Boys' sizes, 24 to 32 inch chest; fancy stripes; button in front	**50c.**
No. **50.**	Sleeveless, cotton; solid Navy Blue; button at shoulders.	**75c.**

Spalding Worsted Bathing Trunks

No. **1.** Worsted, full fashioned, best quality, in Navy, Black, White and Maroon. **$2.50**

No. **2.** Cut worsted, in Navy and Black. **$1.25**

Flannel Bathing Knee Pants

No. **F.** Good quality Gray or Navy flannel knee pants; fly front; belt loops. Loose fitting and just the thing for those who dislike bathing tights. **$2.00**

Cotton Bathing Trunks

No. **601.** Navy Blue; Red or White stripes. Per pair, **50c.**

No. **602.** Solid Navy Blue. Per pair, **35c.**

No. **603.** Fancy stripes. Per pair, **25c.**

Spalding Bathing Slippers

No. **13.** White canvas. With soles to give protection to the feet. Any Size. Per pair, **50c.**

Spalding Waterproof Canvas Bag

No. **1.** Made of canvas lined with rubber, and thoroughly waterproof Each, **$1.00**

Official Association Water Polo Cap

No. **WPC.** Used to distinguish swimmers in match races, the caps being made in a variety of colors. Also add interest to water polo games by enabling spectators to pick out easily the players on opposing teams. Each, **$1.00**

Everfloat Swimming Collars and Jackets

Surf Riding with Inflated Collar.

PATENTED Solid Blocks

Inflated Style Ready for Use.

No. **E.** An inflated collar, made with waterproof canvas outer cover, and fine quality rubber inner tube for inflation. Complete with canvas straps to go under arms and over shoulders. A most reliable, simple and quickly adjusted swimming collar and life preserver. Can be used also as boat seat, etc. Inflated Collar. Each, **$3.00**

No. **N.** This jacket is filled with solid blocks of indurated fibre, more buoyant and reliable than ordinary cork jackets. Complete with canvas straps to go under arms and over shoulders. Solid Jacket. Each, **$3.00**

Spalding Cork Swimming Jackets and Collars These jackets and collars are covered with a close woven waterproof canvas and stuffed with ground cork. No. **1.** Jacket for adults, weight 2½ lbs. Ea., **$2.00** No. **2.** Jacket for children, weight 1½ lbs. Ea., **$1.75** | No. **3.** Collars for adults or children. **1.00**

Ayvad's Water Wings No. **1.** Plain white. Each, **25c.** | No. **2.** Variegated colors. Each, **35c.**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice - For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Two Piece Bathing Suits

ALL STYLES FURNISHED IN SIZES 28 TO 44 INCH CHEST MEASUREMENT

No. 606

No. 608

No. 28

No. 396

No. 396B

No. 195

No. **605.** Sleeveless, cotton, Navy Blue. Suit. **75c.**

No. **606.** Sleeveless, cotton, in Navy Blue, with either Red or White trimmings on shirt; plain pants. . . . . Per suit, **$1.00**

No. **608.** Sleeveless, finest quality cotton, trimmed pants and shirts. Colors: Navy and Red or Navy and White only. . Per suit, **$1.25**

No. **28.** Quarter sleeve, cotton, fashioned, mercerized silk trimming in following colors only: Navy trimmed Red; Navy trimmed White. Suit. **$1.50**

No. **600.** Fine quality cut worsted, in plain Navy, Black or Maroon; sleeveless style. Per suit. **$3.00**

No. **601.** Fine quality cut worsted in plain Navy, Black and Maroon; quarter sleeve. Suit **$3.25**

No. **396.** Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt striped two inches each color alternately in following combinations: Red and Black, Red and White, Navy and Red, Black and Orange, Cardinal and Gray, Royal Blue and White, Maroon and White. Per suit, **$3.50**

No. **396B.** Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt with 4-inch stripe around body in following combinations: Navy and White, Black and Orange, Black and Red, Gray and Cardinal. . Per suit, **$3.50**

No. **195.** Sleeveless, fancy worsted, with attractive striping on shirt and pants in following colors: Black trimmed Red; Navy trimmed Gray; Gray trimmed Navy; Navy trimmed White. Suit, **$3.50**

No. **614.** Quarter sleeve, fine quality worsted, striping on shirt and pants in following colors only: Navy trimmed Gray; Navy trimmed White; Gray trimmed Navy; Navy trimmed Red. Per suit, **$3.75**

No. **196.** "V" Neck, sleeveless, fancy worsted, with striping on shirt and pants in following colors only: Black trimmed Red; Navy trimmed Gray; Gray trimmed Navy; Navy trimmed White. Suit, **$4.00**

No. **110.** Sleeveless, worsted, full fashioned, best quality, Navy, Black or Maroon. . Suit, **$5.00**

No. **111.** Quarter sleeve, striped worsted, same quality as No. 110, in following colors only: Maroon trimmed White; Black trimmed Orange; Navy trimmed white. . Per suit, **$5.50**

No. **95.** "V" Neck, sleeveless, light weight sweater yarn, solid colors; trimmings of different color in following combinations: Gray and Navy, Navy and White, Black and Light Blue. Per suit, **$5.50**

No. **295.** Sleeveless, extra quality fashioned worsted, with attractive striping on shirt and pants in following colors: Gray trimmed Navy; Navy trimmed Gray; Navy trimmed White. Per suit, **$6.00**

No. 614

No. 196

No. 110

No. 111

No. 95

No. 295

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING CHAMPIONSHIP HAMMER

JOHN FLANAGAN
16-lb Hammer Thrower

With Ball Bearing Swivel

The Spalding Championship Ball Bearing Hammer, originally designed by John Flanagan, has been highly endorsed only after repeated trials in championship events. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers. Guaranteed absolutely correct in weight.

No. **12FB.** 12-lb., with sole leather case. **$7.50**
No. **12F.** 12-lb., without sole leather case. **5.50**
No. **16FB.** 16-lb., with sole leather case. **7.50**
No. **16F.** 16-lb., without sole leather case. **5.50**

Spalding Rubber Covered Indoor Shot

Patented December 19, 1905)

This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor; will wear longer than the ordinary leather covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight.

No. **P.** 16-lb. **$10.00** | No. **Q.** 12-lb. **$9.00**

Spalding Indoor Shot

With our improved leather cover. Does not lose weight even when used constantly.

No. **3.** 12-lb. Each, **$7.00**
No. **4.** 16-lb. " " **7.50**

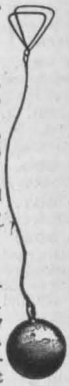
Regulation Shot, Lead and Iron

Guaranteed Correct in Weight

No. **16LS.** 16-lb., lead. Each **$3.50**
No. **12LS.** 12-lb., lead. **3.00**
No. **16IS.** 16-lb., iron. **1.75**
No. **12IS.** 12-lb., iron. **1.50**

Spalding Regulation Hammer With Wire Handle

Guaranteed Correct in Weight



Lead

No. **12LH.** 12-lb., lead, practice. **$4.50**
No. **16LH.** 16-lb., lead, regulation. **5.00**

Iron

No. **12IH.** 12-lb., iron, practice. **3.50**
No **16IH.** 16-lb., iron, regulation. **3.75**

Extra Wire Handles

No. **FH.** For above hammers, improved design, large grip, heavy wire. Each, **75c.**

Spalding Regulation 56-lb. Weight

Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. **2.** Lead 56-lb. weights Complete, **$12.00**

SPALDING JUVENILE ATHLETIC SHOT AND HAMMERS

Spalding Juvenile Athletic Shot and Hammers are made according to official regulations. Weights are guaranteed accurate and records made with these implements will be recognized.

JUVENILE HAMMER

No. **8IH.** 8-lb., Iron, Juvenile Hammer. Each, **$2.50**

JUVENILE SHOT

No. **26.** 8-lb., Leather Covered Shot, for indoor, schoolyard and playground use. Each, **$5.00**
No. **5.** 5-lb., Leather Covered Shot, for indoor, schoolyard and playground use. " **3.00**
No. **8IS.** 8-lb., Solid Iron Shot, not covered. Each, **$1.25**
No. **5IS.** 5-lb., Solid Iron Shot, not covered. " " **1.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Olympic Discus

Since the introduction of Discus Throwing, which was revived at the Olympic Games, at Athens, in 1896, and which was one of the principal features at the recent games held there, the Spalding Discus has been recognized as the official Discus, and is used in all competitions because it conforms exactly to the official rules in every respect, and is exactly the same as used at Athens, 1906, and London, 1908. Packed in sealed box, and guaranteed absolutely correct. . . . . Price, **$5.00**

Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League

To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, **$4.00**

Spalding Vaulting Standards

These Standards are made carefully and well. There is nothing flimsy about them, and the measurements are clearly and correctly marked, so as to avoid any misunderstanding or dispute.

No. **109.** Wooden uprights, graduated in half inches, adjustable to 13 feet.
Complete, **$15.00**

No. **111.** Wooden uprights, inch graduations, 7 feet high. Complete, **$9.00**

No. **112.** **Cross Bars.** Hickory. Dozen, **$3.00**

Spalding Official Javelins

No. **53.** Swedish model, correct in length, weight, etc., and of proper balance. Steel shod. . . . Each, **$3.50**

Spalding Vaulting Poles—Selected Spruce, Solid

The greatest care has been exercised in making these poles. In selecting the spruce only the most perfect and thoroughly seasoned pieces have been used. All of this goes to make them what we claim they are, the only poles really fit and safe for an athlete to use.

No. **103.** 14 feet long. . . . . Each, **$6.00**
No. **104.** 16 feet long. . . . . " **7.00**

We guarantee all of our wood vaulting poles to be perfect in material and workmanship, but we do *not* guarantee against breaks while in use, as we have found in our experience that they are usually caused by improper use or abuse.

Spalding Bamboo Vaulting Poles

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

No. **10**BV. 10 feet long. . . . . Each, **$4.00**
No. **12**BV. 12 feet long. . . . . " **4.50**
No. **14**BV. 14 feet long. . . . . " **5.00**
No. **16**BV. 16 feet long. . . . . " **5.00**

4 Competitors' Numbers

Printed on Heavy Manila Paper or Strong Linen

	MANILA Per Set	LINEN Per Set
No. **1.** 1 to 50.	**$ .25**	**$1.50**
No. **2.** 1 to 75.	**.38**	**2.25**
No. **3.** 1 to 100.	**.50**	**3.00**
No. **4.** 1 to 150.	**.75**	**4.50**
No. **5.** 1 to 200.	**1.00**	**6.00**
No. **6.** 1 to 250.	**1.25**	**7.50**

10 For larger meets we supply Competitors' Numbers on Manila paper only in sets as follows:

No.		PER SET	No.		PER SET
7.	1 to 300.	**$1.50**	**16.**	1 to 1200.	**$6.00**
8.	1 to 400.	**2.00**	**17.**	1 to 1300.	**6.50**
9.	1 to 500.	**2.50**	**18.**	1 to 1400.	**7.00**
10.	1 to 600.	**$3.00**	**19.**	1 to 1500.	**7.50**
11.	1 to 700	**3.50**	**20.**	1 to 1600.	**8.00**
12.	1 to 800.	**4.00**	**21.**	1 to 1700.	**8.50**
13.	1 to 900.	**4.50**	**22.**	1 to 1800.	**9.00**
14.	1 to 1000.	**5.00**	**23.**	1 to 1900.	**9.50**
15.	1 to 1100.	**5.50**	**24.**	1 to 2000.	**10.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Athletic Paraphernalia

Foster's Patent Safety Hurdle

The frame is 2 feet 6 inches high, with a swinging wooden hurdle 2 feet high, the swinging joint being 6 inches from one side and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw.

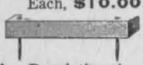
Single Hurdle, **$3.50**

Foster's Safety Hurdle at the World's Fair, St. Louis

Spalding 7-Foot Circle

The discus, shot and weights are thrown from the 7-foot circle. Made of one piece band iron with bolted joints. Circle painted white. Each, **$10.00**

Spalding Take-off Board



The Take-off Board is used for the running broad jump, and is a necessary adjunct to the athletic field. Regulation size; top painted white. . . Each, **$3.00**

Spalding Toe Board or Stop Board

The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made. . . . . Each, **$3.50**

Spalding Referees' Whistles

No. 1. Nickel-plated whistle, well made. Each, **25c.**

No. 2.

No 2. Very reliable. Popular design. Each, **25c.**

No. 1.

Spalding Lanes for Sprint Races

We supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed end and sufficiently strong, so that they can be driven into hard ground.

No. L. Per set, **$15.00**

Patent Steel Tape Chain on Patent Electric Reel

For Measuring Distances in Athletic Competitions

PAT. MAY 24, '92

Made of superior steel about ¼ inch wide. The reel allows the entire tape open to dry and can be reeled and unreeled as easily as tapes in cases. Especially adapted to lay off courses and long measurements.

No. 1 B. 100 feet long. Each, **$5.00**
No. 1 1 B. 200 feet long. " **7.50**

Patent "Angle" Steel Measuring Tape

Especially adapted for laying off base ball diamonds, tennis courts and all kinds of athletic fields, both outdoors and indoors. Right angles accurately determined; also equally good for straight or any kind of measuring. Enclosed in hard leather case, flush handles. All mountings nickel-plated.

No. A. 50 feet long, ⅝ inch wide Each, **$4.00**
No. B. 100 feet long, ⅝ inch wide. " **6.75**

Spalding Stop Watch

Stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back engaging and disengaging mechanism. . . Each, **$7.50**

Spalding Starter's Pistol

32 caliber, two inch barrel, patent ejecting device. Each, **$6.00**

Spalding Official Sacks for Sack Races

(REINFORCED)

Spalding Official Sacks for Sack Races are made in two sizes, for men and boys. They are all strongly reinforced, will wear for a great length of time, and by their construction it is practically impossible for racers to work their feet free. These sacks are made in exact accordance with official regulations.

No. **MS.** Men's Sack, reinforced, 3 ft. wide. Ea., **$1.50**
No. **BS.** Boys' Sack, reinforced, 2½ ft. wide. Ea., **$1.00**

Official Harness for Three-Legged Racing

Made according to official rules. Complete set of straps for fastening men and with extra straps for keeping fastenings at required height in long distances races.

No. 1. Official Harness for Three-Legged Racing. Per set, **$2.50**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

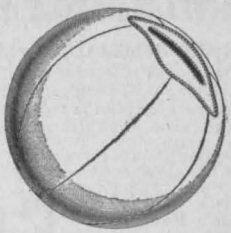
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING IMPROVED MEDICINE BALLS

An excellent form of exercise for business men



Weigh from four to eleven pounds. The covering is of selected tan leather, sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

Home Apparatus

"One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work, they are kept on a constant mental strain. Besides, they are, to a large degree, physically inactive. Life becomes too intense, too serious, too sordid. Exercise therefore, for business men, must be largely recreative, relaxing and restful."—*Extract from Spalding Athletic Library, No. 262 —"Exercises with the Medicine Ball."*

No. **11.** 4-pound Ball. Each, **$5.00**
No. **12.** 6-pound Ball. " **6.00**
No. **13.** 9-pound Ball Each, **$ 7.00**
No. **14.** 11-pound Ball. " **10.00**

SPALDING HAND BALLS

Hand ball, played indoors, will keep base ball players and other athletes in good condition during hard weather when outdoor athletics are out of the question.

The leather covered hand balls we make are wound by hand, and are the same as those used by the best ball players in this country.

No. **1.** Match, regulation size and weight, leather cover. Each, **$1.25**
No. **2.** Expert, leather cover. Each, **$ .85**
No. **6.** Rubber, best quality, almost solid. **.40**
No. **4.** Amateur, leather cover. **.25**
No. **5.** Rubber hand ball. **.25**

The Irish Regulation Balls have been improved in quality and will give excellent satisfaction.

RED ACE, IRISH REGULATION red rubber ball. Each, **50c.**
BLACK ACE, IRISH REGULATION black rubber ball. " **50c.**

For other balls suitable for Hand Ball Game, see page devoted to Lawn Tennis Balls.

Spalding Hand Ball Gloves and Mitts

No. **A.** Gloves. Best quality glove leather with stitched front and special wrist pad. Pair, **$4.00**
No. **B.** Mitts. Lightly padded. **3.00**
No. **C.** Gloves. Full fingered. **1.50**
No. **D.** Fingerless Gloves. **.75**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

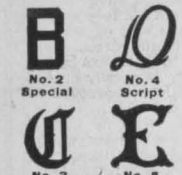
Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING** TRADE-MARK GUARANTEES QUALITY

FELT LETTERS, NUMERALS, MONOGRAMS AND EMBLEMS

FELT LETTERS AND NUMERALS Sewed on our Garments

The prices for different styles of lettering apply for either felt or cloth and include cost of sewing on Spalding garments only if purchased at same time. Numerals are furnished in styles to correspond to letters. Order by number and style as shown in cuts to avoid misunderstanding.



Felt Lettering Sewed On our garments, either Special (No. 2), Old English (No. 3), Script (No. 4) or Fancy (No. 5) style letters. No stiffening on back. Cuts shown above.

Size		Retail	Doz.
3 or 4 in.	Ea.	10c.	*$1.08*
5 or 6 in.	"	15c.	*1.44*
7 or 8 in.	"	20c.	*2.16*
9 or 10 in.	"	30c.	*2.64*
12 inch.	"	35c.	*3.60*

Felt Lettering Sewed On our garments. Either Block (No. 1) style or Plain (No. 6) style (See cuts.) No stiffening on back.

Size		Retail	Doz.
3 or 4 inch.	Each,	6c.	*$ .60*
5 or 6 inch.	"	10c.	*1.08*
7 or 8 inch.	"	15c.	*1.44*
9 or 10 inch.	"	20c.	*1.92*
12 inch.	"	25c.	*2.40*

Felt Lettering Sewed On our garments. Either Block (No. 1) style or Plain (No. 6) style (See cuts.) Buckram pasted back.

Size		Retail	Doz.
3 or 4 inch.	Each,	10c.	*$1.08*
5 or 6 inch.	"	15c.	*1.56*
7 or 8 inch.	"	25c.	*2.40*
9 or 10 inch.	"	30c.	*3.00*
11 or 12 inch.	"	35c.	*3.60*

FELT MONOGRAMS. No Background. Buckram Pasted Back.

When ordering, send design showing arrangement and style of letters.

Two Letter Monogram No. 24

Size		Retail	Doz.
3 inch.	Each,	15c.	*$1.44*
4 inch.	"	20c.	*2.16*
5 inch.	"	25c.	*2.40*
6 inch.	"	30c.	*2.76*
7 inch.	"	35c.	*3.60*
8 inch.	"	40c.	*4.20*
9 inch.	"	45c.	*4.80*
10 inch.	"	50c.	*5.40*
12 inch.	"	60c.	*6.00*

Three Letter Monogram No. 22

Size		Retail	Doz.
4 inch.	Each,	25c.	*$2.40*
5 inch.	"	30c.	*3.00*
6 inch.	"	35c.	*3.60*
7 inch.	"	40c.	*4.20*
8 inch.	"	45c.	*4.56*
9 inch.	"	50c.	*5.04*
10 inch.	"	55c.	*5.52*
12 inch.	"	65c.	*6.60*

Four Letter Monogram No. 23

Size		Retail	Doz.
4 inch.	Each,	30c.	*$3.00*
5 inch.	"	35c.	*3.60*
6 inch.	"	40c.	*4.20*
7 inch.	"	45c.	*4.80*
8 inch.	"	50c.	*5.40*
9 inch.	"	60c.	*6.60*
10 inch.	"	70c.	*7.20*
12 inch.	"	80c.	*8.40*

FELT EMBLEMS. With Background.

When ordering, send design showing arrangement of lettering, colors, etc.

One Letter

No. 10

Size (diameter)		Retail	Doz.
3 inch.	Each,	15c.	*$1.56*
4 inch.	"	20c.	*2.16*
5 inch.	"	22c.	*2.40*
6 inch.	"	25c.	*2.64*
7 inch.	"	30c.	*3.24*
8 inch.	"	35c.	*3.60*
9 inch.	"	35c.	*3.60*
10 inch.	"	40c.	*4.20*
12 inch.	"	40c.	*4.20*

Two Letters *Plain or Monogram*

No. 11 No. 12

Size (diameter)		Retail	Doz.
3 inch.	Each,	20c.	*$2.16*
4 inch.	"	25c.	*2.64*
5 inch.	"	30c.	*3.00*
6 inch.	"	35c.	*3.60*
7 inch.	"	40c.	*4.20*
8 inch.	"	45c.	*4.56*
9 inch.	"	50c.	*5.04*
10 inch.	"	60c.	*6.00*
12 inch.	"	75c.	*7.20*

Three Letters *Plain or Monogram*

No. 13 No. 14

Size (diameter)		Retail	Doz.
4 inch.	Each,	25c.	*$2.64*
5 inch.	"	30c.	*3.24*
6 inch.	"	35c.	*3.84*
7 inch.	"	40c.	*4.20*
8 inch.	"	45c.	*4.80*
9 inch.	"	60c.	*6.00*
10 inch.	"	75c.	*7.20*
12 inch.	"	90c.	*9.00*

Four Letters *Plain or Monogram*

No. 15 No. 16

Size (diameter)		Retail	Doz.
4 inch.	Each,	$ .30	*$3.24*
5 inch.	"	.40	*4.20*
6 inch.	"	.50	*5.04*
7 inch.	"	.60	*6.00*
8 inch.	"	.70	*7.20*
9 inch.	"	.75	*7.80*
10 inch.	"	.85	*8.40*
12 inch.	"	1.00	*10.20*

The prices printed in italics will be quoted on orders for one-half dozen or more at one time. No reduction from single retail prices on orders of less than one-half dozen.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Wrestling Full Tights

Best worsted, knit to shape and put together by hand. Reinforced at knees with strong silk finish worsted. Stock colors: Black, Navy Blue and Maroon. Other colors on special order. Sizes: waist, 28 to 42 inches. Larger sizes on special order. These full tights are made after the suggestions and ideas of the most prominent wrestlers, including Gotch, Oleson and others.

No. **WA.** Spalding Wrestling Full Tights. Per pair, **$6.00**

From Spalding's Athletic Library, Group XIV., No. 326, "Professional Wrestling." Price 10 cents.

Spalding Special Combined Wrestling Supporter and Belt

Mercerized silk elastic, strong and durable. The only really safe style of supporter for wrestling.

No. **WS.** Spalding Wrestling Supporter. Each, **$2.00**

No. B

Nos. 61 and 62

Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights PAIR

No. **B.** Soft tanned horsehide cover, hair felt padding. **75c.**

No. **62.** Covered with tan leather and nicely padded. **50c.**

No. **61.** Covered with durable cloth and padded wool felt **25c.**

Spalding Y. M. C. A. Trousers

REGULATION STYLE

No. **2.** Men's Leaders. Blue or Gray flannel, with stripe down side of leg. . . . . Per pair, **$3.50**

No. **3.** Flannel, good quality. . **3.00**

No. **4.** Flannel, medium quality. . " **1.75**

Spalding Boys' Knee Pants

No. **2B.** Boys' Leaders. Blue flannel Y. M. C. A. Knee Pants, with stripe down side. Per pair, **$2.50**

No. **14B.** Boys' Knee Pants, Material same quality as No. 4 Y.M.C.A. trousers, with stripe down side. **$1.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

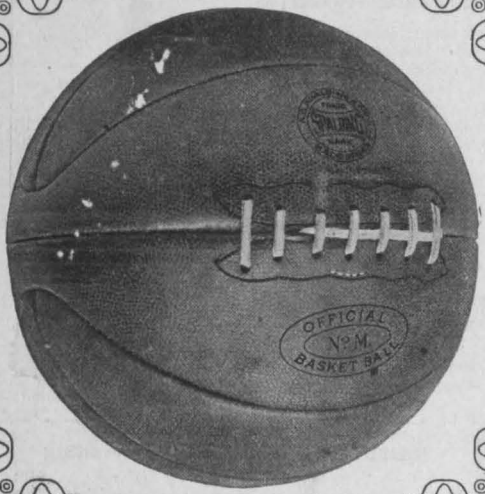
A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

The Spalding Official Basket Ball



THE ONLY OFFICIAL BASKET BALL

WE GUARANTEE *this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.*

Owing to the superb quality of our **No. M Basket Ball,** *our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.*

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made especially for this ball of extra quality pure Para rubber (no composition.) Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, $6.00

Extract from Men's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

Extract from Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.

Extract from Women's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices — special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

Spalding "Special No. E"

No. **E.** Fine pebble grain leather case. The bladder of pure Para rubber (no composition) and guaranteed. Each ball complete in sealed box, with rawhide lace and lacing needle. Each, **$4.50**

Spalding Practice "No. 18"

No. **18.** Good quality leather cover. Each ball complete in box with pure Para rubber (no composition) bladder guaranteed; rawhide lace and lacing needle. Each, **$3.00**

No. **01.** Canvas Cover, for holding inflated basket ball. Each, **$1.00**

Spalding "Official" Basket Ball Goals

Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit ball to drop through. The opening is closed readily by a draw string for match games.

No. **80.** Per pair, **$4.00**

Extract from Official Rule Book

RULE III.—GOALS

SEC. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal.

SEC. 4. The official goal must be used in all match games.

Spalding Detachable Basket Ball Goals

Pat. May 25, 1909

No. **50.** Made so that they may be detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket and brace, same length as on official goals.

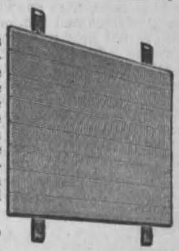
Per pair, **$5.00**

Spalding Practice Goals

No. **70.** Japanned Iron Rings and Brackets. Complete with nets. Per pair, **$3.00**

Spalding Outdoor Goals

The upright post is made of 4x6 inch selected chestnut. The backstop itself is made of tongue and groove chestnut, all of the woodwork being given two coats of durable outdoor paint. Furnished complete with pair of No. 80 Official Basket Ball Goals.



No. **160.** Pair, **$40.00**

Spalding Backstops Only for Basket Ball Goals

These backstops are made of ⅞-inch matched hard wood. The back of the board is reinforced by three cleats of 2 x 2½ inch material. On flat walls the two end cleats extend above and below the backstop, which is attached to the wall by bolting through these cleats.

No. **100.** Per pair, **$20.00**

Spalding Thumb Protector

No. **T.** A substantial support that players will appreciate. Each, **50c.**

Spalding Basket Ball Score Books

No. **1.** Paper cover, 10 games, **10c.**
No. **2.** Cloth cover, 25 games, **25c.**
No. **a.** Collegiate, paper cover, 10 games. Each, **10c.**
No. **b.** Collegiate, cloth cover, 25 games. Each, **25c.**

Spalding Bladders—Guaranteed Quality

All rubber bladders bearing our Trade-Mark are made of pure Para rubber (no composition), and are guaranteed perfect in material and workmanship. Note special explanation of guarantee on tag attached to each bladder.

No. **OM.**	For No. M ball.	Each, **$1.50**
No. **16.**	For No. E ball.	" **1.00**
No. **A.**	For No. 18 ball.	" **1.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

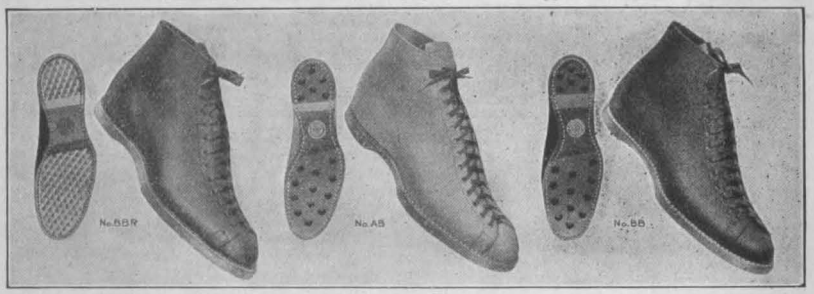
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING BASKET BALL SHOES

Spalding Basket Ball Shoes, on account of their general satisfactory qualities, are worn by the most prominent teams and fastest players in the country.



No. BBR. **THE SPALDING "EXPERT" BASKET BALL SHOES.** Pure gum thick rubber soles, with special diamond point surface and reinforced edges to prevent sole spreading. Laces extremely far down. Made of best quality black calf in highest type of workmanship. The soles on these shoes are perfectly made but we do not guarantee as to length of service. . Pair, **$10.00**

No. AB. **SPALDING BASKET BALL SHOES.** The red rubber suction soles we use on these shoes are superior quality and 1-16 inch thicker than the soles on the No. BB shoes. One of the principal advantages of this style of sole is that it enables the player to obtain a good, firm purchase on the floor. Superior quality light drab chrome tan leather. Laces extremely far down. Pair, **$5.00**

No. BB. **SPALDING BASKET BALL SHOES.** Suction soles of good quality red rubber. Uppers of good quality black leather. A very popular style of basket ball shoe. Per pair, **$3.50**

No. BBL. **SPALDING BASKET BALL SHOES FOR LADIES.** These are otherwise same as No. BB shoe. . Pair, **$3.50**

SPALDING CANVAS TOP BASKET BALL SHOES

No. HH. High cut white canvas upper. Sole surface is similar to our popular gymnasium shoes, but of white, best quality rubber, twice as thick as on best rubber sole gymnasium shoe. A very durable and satisfactory shoe. Sizes 6 to 12 inclusive. . . . . Per pair, **$2.00**

No. HHB. Boys' sizes, 2½ to 5½ inclusive. Otherwise same as HH. Pair, **$1.85**

SPALDING JUVENILE BASKET BALL SHOES

No. BBX. A Boy's Basket Ball Shoe made on special boys' size lasts. Material of good quality and general construction similar to our regular line of men's shoes. Sole similar to No. BB shoe. Furnished in boys' sizes 12 to 5 inclusive, only. . . Pair, **$2.50**

No. HHX. Youths' sizes, 11 to 2 inc. Otherwise same as HH. Pr **$1.70**
No. H. Same as No. HH, but low cut. Sizes 6 to 12 inc. " **1.75**
No. HB. Boys' sizes, 2½ to 5½ inc, Otherwise same as No. H. " **1.60**
No. HX. Youths' sizes, 11 to 2 inc. Otherwise same as No. H. " **1.45**

Spalding Special Basket Ball Pants

No. **6**B. Good quality, either Gray or White flannel, padded lightly on hips; very loose fitting. Pair, **$1.75**

No. **5**B. Heavy Brown or White canvas, padded lightly on hips; very loose fitting. Pair, **$1.00**

No. **7**B. White silesia, hips lightly padded; very loose fitting. Pair, **75c.**

No. **40**P. Padded knee length pants. White silesia. Pair, **$1.00**

No. **40.** Similar to No. 40P, but unpadded. . . " **.75**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING GYMNASIUM SHOES

No. **15.**	High cut, Kangaroo, elkskin sole, extra light, hand made. . . .	Per pair, **$5.00**
No. **155.**	High cut, Elkskin sole, soft and flexible; in ladies' and men's sizes.	" **4.50**
No. **166.**	Low cut, selected leather, extra light and electric sole; ladies' and men's sizes.	**3.00**
No. **90L.**	Ladies'. Low cut, black leather, electric sole and corrugated rubber heel.	**2.00**
No. **85L.**	Ladies'. Low cut, black leather, roughened electric sole.	**2.00**
No. **19.**	Low cut, horse hide leather, flexible oak sole, roughened.	**2.00**
No. **19L.**	Ladies'. Otherwise as No. 19.	**2.00**
No. **21.**	High cut, black leather, electric sole.	**2.00**
No. **20.**	Low cut. Otherwise as No. 21.	**1.75**
No. **20L.**	Ladies'. Otherwise as No. 20.	**1.75**

Spalding Ladies' Gymnasium Shoes—Flexible Soles

No. **BHL.** Good quality selected leather, black color, with elkskin sole, high cut, Per pair, **$1.50**

No. **PL.** Elkskin, pearl color, elkskin soles, high cut. . . . . Per pair, **$1.50**

No. **OPL.** Same as No. PL, except low cut. Pair, **$1.25**

No. **OHL.** Same as No. BHL, but low cut. " **1.25**

No. **SL.** Selected drab color leather, high cut. . **1.00**

No. **OSL.** Same as No. SL, except low cut. Pair. **.90**

Spalding Canvas Shoes with Rubber Soles

MEN'S

Sizes 6 to 12 inclusive.

No. **IH.** High cut, best quality white rubber soles. Men's of white canvas, ladies' of black. Per pair, **$1.75**

No. **I.** Low cut. Otherwise as No. IH. . **$1.50**

No. **M.** High cut. . **1.00**

No. **K.** Low cut. **.85**

BOYS'

Sizes 2½ to 5½ inclusive.

No. **IHB.** High cut, best quality white rubber soles. Boys' of white canvas, girls' of black. . Per pair, **$1.50**

No. **IB.** Low cut. Otherwise as No. IHB. Per pair, **$1.25**

No. **MS.** High cut. . **.90**

No. **KB.** Low cut. . **.75**

YOUTHS'

Sizes 11 to 2 inclusive.

No. **IHX.** High cut, best quality white rubber soles. Youths' of white canvas, misses' of black. Per pair, **$1.25**

No. **IX.** Low cut. Otherwise as No. IHX. **$1.10**

No. **MX.** High cut. . **.75**

No. **KX.** Low cut. **.65**

No. **E.** Low cut canvas shoe, canvas sole. Very popular for gymnasium. . . . . Per pair, . **.35**

Juvenile Gymnasium Shoes—All Leather

No. **86.** Low cut, good quality, black leather, roughened electric sole. Sizes 12 to 5 inclusive, only. Per pair, **$1.50**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Sandow's Patent Spring Grip Dumb Bells

SANDOW PREPARING FOR HIS DAILY EXERCISE WITH HIS GRIP DUMB BELLS.

EUGEN SANDOW, Patentee.

A. G. SPALDING & BROS.

SOLE AMERICAN AND CANADIAN LICENSEES

AN ENTIRE SYSTEM of Physical Culture is embraced within the exercises possible with these wonderful dumb bells.

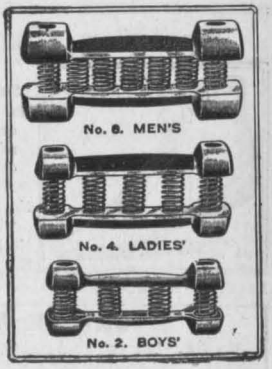
The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

Sandow's Patent Spring Grip Dumb Bells

No. **6.** **MEN'S.** Nickel-plated; fitted with seven steel springs. . . . . Per pair, **$3.00**

No. **4.** **LADIES'.** Nickel-plated; fitted with five steel springs. . . . . Per pair, **$2.50**

No. **2.** **BOYS'.** Nickel-plated; fitted with four steel springs. . . . . Per pair, **$2.00**



We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. Also a piece of selvyt cloth for keeping dumb bells in good condition.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

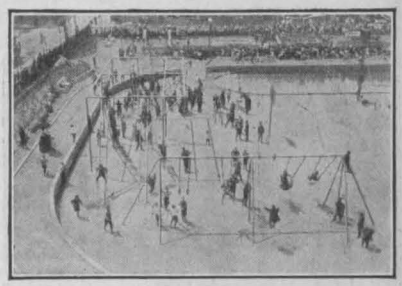
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding All-Steel Playground Apparatus

Acknowledged as the Standard. Specified and purchased by practically all Municipal Park and Playground Commissions in America.



SPALDING PLAYGROUND APPARATUS IS USED IN

Alameda, Cal.	Dayton, O.	Kentfield, Cal.	Naugatuck, Ct.	Pittsburg, Pa.	Somerville, Mass.
Allegheny, Pa.	Denver, Col.	Lancaster, Pa.	Newark, N. J.	Pocatello, Idaho	St. Louis, Mo
Ashburnham, Mass.	Dongan Hills, N. Y.	Leavenworth, Kan.	New Brunswick, N. J.	Polk, Pa.	Summit, N. J.
Baltimore, Md.	East Orange, N. J.	Lexington, Ind.	New Haven, Ct.	Portland, Me.	Utica, N. Y.
Bayonne, N. J.	Forest Park, Md.	Lockhart, Ala.	New London, Ct.	Portland, Ore.	Walla Walla, Wash.
Bloomfield, N. J.	Ft. Plain, N. Y.	Los Angeles, Cal.	New Paltz, N. Y.	Porto Barrios, S. Am.	Washington, D. C.
Boston, Mass.	Ft. Wayne, Ind.	Louisville, Ky.	New York, N. Y.	Pueblo, Col.	Watertown, Mass.
Brooklyn, N. Y.	Galesburg, Ill.	Lowell, Mass.	Oakland, Cal.	Reading, Pa.	Watervleit, N. Y.
Bryn Mawr, Pa.	Geneva, N. Y.	Lynn, Mass.	Omaha, Neb.	Rochester, N. Y.	Westfield, Mass.
Buffalo, N. Y.	Greeley, Col.	Madison, N. J.	Orange, N. J.	Rye, N. Y.	Wilkesbarre, Pa.
Catskill, N. Y.	Hamilton, Ontario, Can.	Melrose Mass.	Oswego, N. Y.	Sag Harbor, N. Y.	Winnipeg, Man., Can.
Chicago, Ill.	Havana, Cuba	Meridian, Miss.	Pasadena, Cal.	San Jose, Cal.	Winthrop, Mass.
Cincinnati, O.	Hoboken, N. J.	Milwaukee, Wis.	Passaic, N. J.	Seattle, Wash.	Worcester, Mass.
Cleveland, O.	Jersey City, N. J.	Morristown, N. J.	Philadelphia, Pa.	Springfield, Mass.	Ypsilanti, Mich.
Dallas, Texas	Kansas City, Mo.	Nashville, Tenn.			

Correspondence Invited. — **Special Plans and Estimates on Request.**

A. G. SPALDING & BROS., Inc.

Gymnasium and Playground Contract Department

CHICOPEE, MASS.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

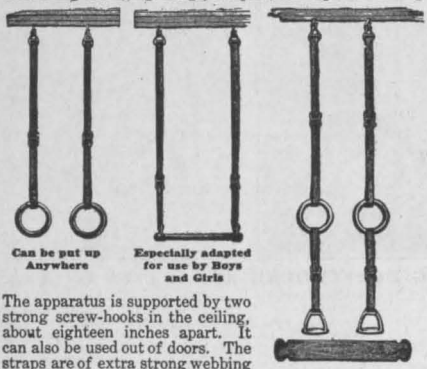
Prices in effect January 3, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Home Gymnasium

Combining Swinging Rings, Trapeze, Stirrups and Swing



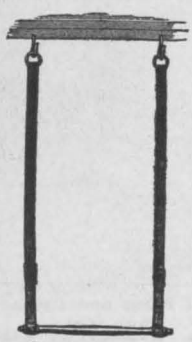
Can be put up Anywhere — **Especially adapted for use by Boys and Girls**

The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board, adjustable to the stirrups which forms an excellent swing.

No. 1. Complete, ready to put up, **$6.00**

HOME APPARATUS

Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effects in his improved physique and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercises that will keep him in good health during the balance of his life.



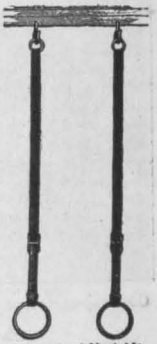
No. 201. Adjustable Trapeze

Spalding Adjustable Trapeze and Swinging Rings

Furnished complete, with 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.** Trapeze. . **$3.50**

No. **301.** Complete with 6-inch Japanned Swinging Rings. **$3.50**



No. 301. Adjustable Swinging Rings

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

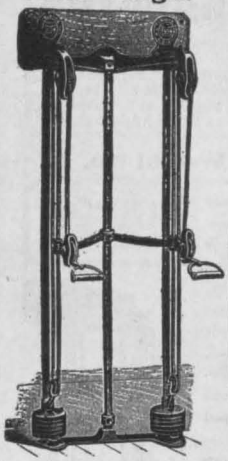
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE

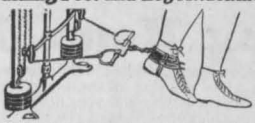
Spalding Chest Weight



This machine has the Center 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 center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable for home use where space is a consideration. Japan finish. One of the most reliable and satisfactory machines ever built. Each Machine is equipped with 16 pounds of weights.

CHEST WEIGHT MACHINE
No. 5. . Each, $15.00

Spalding Foot and Leg Attachment



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. **2.** Well made of heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Each, **$1.50**

Spalding Head and Neck Attachment

Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. **3.** Well made of heavy cowhide, Ready for use by simply snapping to one of the handles or both. Each, **$1.50**

Home Apparatus

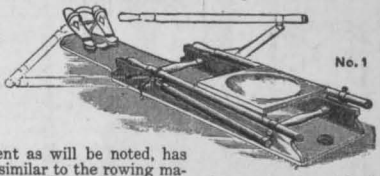
Home apparatus, suitable for home use, and not altogether by the boys and girls of the household, but by the grown-ups; as a matter of fact, the ones who usually require exercise of a rational kind much more than the younger generation who have the time and inclination for outdoor exercise not possessed by many of their elders—that is what we will attempt to show in this section of our catalogue.

Used in connection with our various Athletic Libraries there is no reason why any man cannot practically renew his youthful vigor.

Spalding Rowing Attachments

The Rowing Attachments listed below, which are to be used in connection with Chest Weight Machines, will be found particularly suitable for home use, as they may be detached from the weight machine quickly and can then be put away in a very small space until the next opportunity for use presents itself.

To be used in connection only with chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



No. 1

No. **1.** This attachment as will be noted, has out-riggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with the chest weight. . . . . Complete, **$10.00**

No. 2

No. **2.** Designed to fill the demand for a low priced article of this kind, built along substantial lines. Will give entire satisfaction. . Complete, **$8.00**

NOTE—These Attachments can be used only in connection with the No. 5 Type of Chest Weight Machine.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

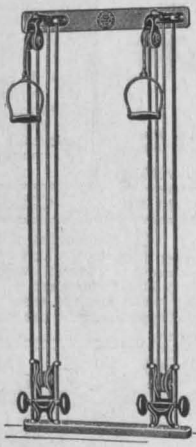
ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Home Apparatus

Exercise acts on the health of an individual in the same way as the draught does on the fire in a furnace. Pile on the coal and shut off the draught and you kill the fire. Continue to eat heavy meals and take no exercise and your health will be affected, not because of the food you have eaten so much as on account of the lack of exercise. A little exercise is all that is necessary to keep you in good condition. Some rational, pleasant and interesting exercise, persisted in with regularity and, preferably, with Spalding Home Apparatus, will help you to retain your health.

Spalding Chest Weight No. 2



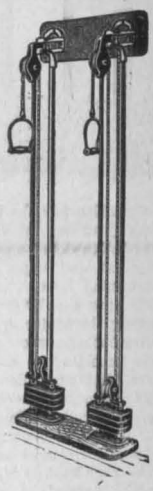
An ideal machine for home use. Well made and easy running. Rods are ⅜-inch coppered spring steel. Bearings are hardened steel cone points running in soft, gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5-pound iron dumb-bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

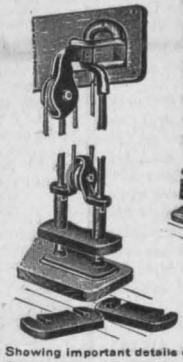
No. 2. - . Each, $5.00

Spalding Chest Weight No. 12

We have just added this very well made machine to our line. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 lbs. of weights.

No. 12. - Each, $10.00





Showing important details of Construction of No. 12 Machine.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

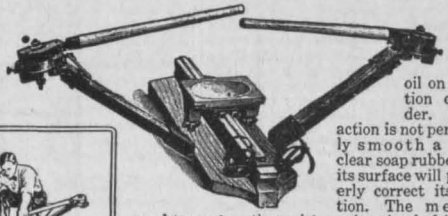
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

The Laflin Friction Rowing Machine



Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance.

No. 119. Complete, $16.00

Home Apparatus

The apparatus listed in this catalogue is designed particularly for private use; i. e., in homes and private gymnasiums. It retains the same superior marks of quality which distinguish the regular line of gymnasium apparatus manufactured by A. G. Spalding & Bros., but its distinctive design permits it to be sold at a price more in keeping with its use than heretofore obtainable, without any sacrifice of practical value or durability.

Kerns' Rowing Machine

Operated just like rowing a boat

Suitable alike for the Athlete or the ordinary Man or Woman

The ideal boat for home use and training purposes. Used by the leading athletic clubs, colleges and prominent oarsmen of the world, and pronounced the most perfect rowing machine ever produced. Fitted with the Kerns' Patent Roller Seat and Shoes, the shoes having a three-inch adjustment, to suit either a tall or a short person. By turning a thumb-nut the belt can be tightened to any desired degree, and more or less friction thrown into the running parts, imitating the resistance which exists when forcing a row-boat through the water The weaker sex can use the machine by simply loosening the thumb-nut which reduces the resistance; and on the other hand, by reversing the operation the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he would during the return and feathering motion with a boat oar.

No. 600 Kerns' Patent Single Scull Rowing Machine. . . . Each, $30.00

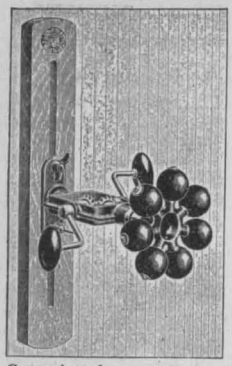
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY



The Spalding Automatic Abdominal Masseur

A Safe and Sure Cure for Constipation and Other Kindred Ailments

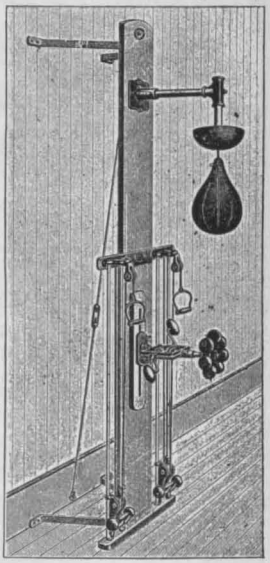
Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). By its mechanical arrangement, it effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. Only a few moments' use at the proper time is necessary before its effects will be felt. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied.

N. E. cor. 15th and Locust Sts., Philadelphia, Pa.
A. G. SPALDING & BROS. May 24th, 1906.

Gentlemen: I have used the Spalding Automatic Abdominal Masseur in my practice for over fifteen years. I have found it of great benefit in chronic constipation and indigestion. Your improvement increases its value.

Very truly yours, WALTER A. FORD, M.D.

The Spalding Abdominal Automatic Masseur.
Complete, **$10.00**

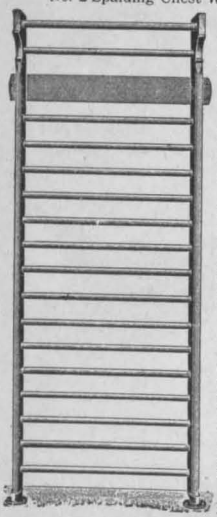


Spalding Home Gymnasium Board

A Complete Gymnasium for the Home on one Board

Convenient, does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing a complete set of home exercising apparatus that has ever been devised.—CONSISTS OF

Board with attachments for fastening to floor of room so that walls need not be marred.	**$10.00**
Spalding Abdominal Masseur.	**10.00**
No. PR Spalding Adjustable Striking Bag Disk.	**5.00**
No. 2 Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells.	**5.00**
No. 14 Spalding Striking Bag.	**1.50**
Complete, all attached,	**$31.50.**
Board itself will be furnished separately if desired. Each,	**$10.00**



Board only is fastened to floor. Braces padded with leather, so that walls will not be damaged. Can be put up in any room with a ceiling 8 ft. high. As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.

Leather Covered Shot—For Abdominal Massage

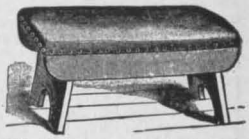
No. **A.** Consists of an iron ball, which is wound with electric tape and is then covered with a very soft and smooth grade of horsehide. It is made in either 6 or 8 lbs. weight.
Each, **$5.00**

Spalding Bar Stalls

This apparatus is particularly adapted for use in the home, as it is compact, of simple construction, and may be used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. May be erected against wall, behind a door, or against any other flat surface. Dimensions are eight feet high, thirty-six inches wide and extends six inches into the room.

No. **20H.** For home use. Per section, **$8.00**

Spalding Bar Stall Bench



Hard pine, strong and substantial. Top is padded with hair felt, canvas covered. It is preferable, for sanitary reasons, that this canvas be painted (a special elastic paint is used), unless otherwise specified, stock benches will be so furnished.

No. **205.** Single. Ea., **$4.00**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

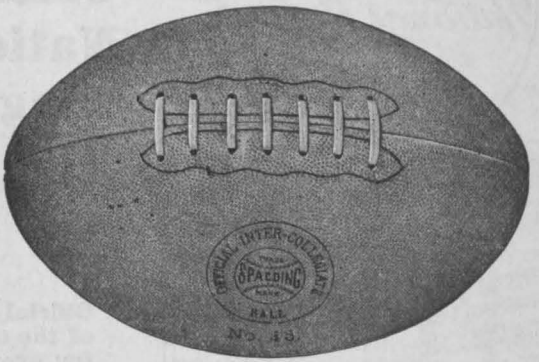
A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

The Spalding Official Intercollegiate Foot·Ball



This is the ONLY OFFICIAL COLLEGE FOOT BALL, and is used in every important match played in this country. **Guaranteed absolutely if seal of box is unbroken.** We pack with leather case and guaranteed pure Para rubber bladder (no composition), an inflater, lacing needle and rawhide lace.

No. J5. Complete, $5.00

WE GUARANTEE every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee which we will not allow.

A. G. Spalding & Bros

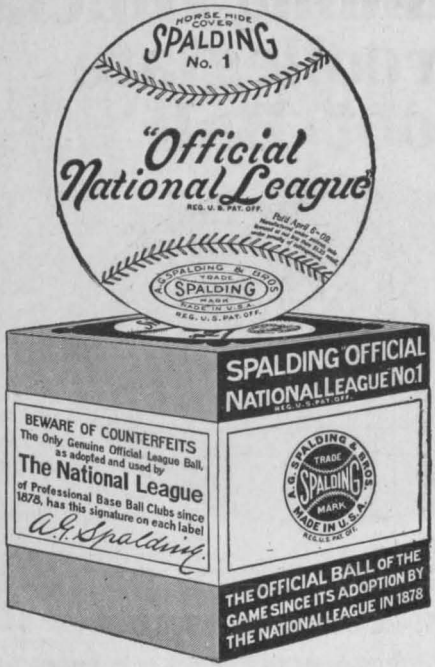
PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY



Spalding "Official National League" Ball

REG. U. S. PAT. OFF.

Official Ball of the Game for over Thirty Years

ADOPTED by the National League in 1878, and the only ball used in Championship games since that time. Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

No. 1. Each, $1.25

Per Dozen, $15.00

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

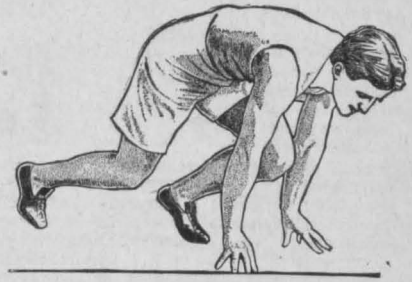
ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding's Official Athletic Almanac

The Recognized Official Authority on all Matters Athletic

Published Annually

Price, 10 Cents



Edited by J. E. Sullivan
Secretary - Treasurer of the Amateur Athletic Union of the United States

RECORDS

A. A. U. Champions—
Track and Field
Junior and Senior
Individual
Indoor
Swimming
Indoor Swimming
Gymnastic
Bag Punching
Boxing
Wrestling
Central Association A. A. U.
Metropolitan Assoc. A. A. U.
Middle Atlantic Assoc. A. A. U.
New England Assoc. A. A. U.
Pacific Association A. A. U.
South Atlantic Assoc. A. A. U.
Southern Association A. A. U.
International Meets
Interscholastic

RECORDS

Running High Jumping
Walking Broad Jumping
Shot Putting
Throwing the Hammer
Throwing the Discus
Three-Legged Race
Sack Racing
Javelin Kicking
Lifting Long Dive
Marathon Road Races
Parallel Bar
Relay Racing
Rope Climbing
Running Backwards
Running the Bases
Skating
Stone Gathering
Pole Vaulting
Winners in Olympic Games
Women's Athletic Records

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

THE SPALDING GUARANTEES QUALITY

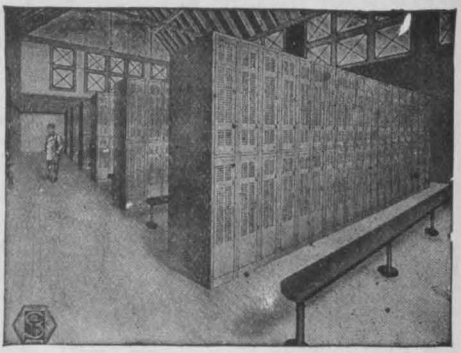
TRADE-MARK ACCEPT NO SUBSTITUTE

Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

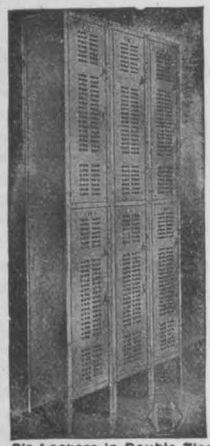
Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

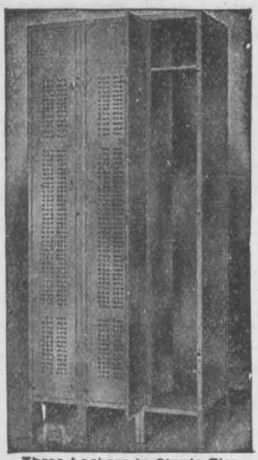


Some of the 8,000 Durand-Steel Lockers installed in the Public Gymnasiums of Chicago. 12"x 15"x 42", Double Tier.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.



Six Lockers in Double Tier



Three Lockers in Single Tier

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED:

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Standard Quality

An article that is universally given the appellation **"Standard"** is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-three years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other co sumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and a that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a er prices than a manufacturer of cheap Standard Quality depends principally

quicksand more unstable than poverty dard Quality.

A. G. Spalding & Bros

One copy del. to Cat. Div.

AUG 27 1918

LIBRARY OF CONGRESS
0 022 014 025 8

SPALDING'S

ATHLETIC LIBRARY

A separate book covers every Athletic Sport and is Official and Standard

Price 10 cents each

GRAND PRIZE

GRAND PRIX

ST. LOUIS, 1904 **SPALDING** PARIS, 1900

ATHLETIC GOODS

off n[illegible] THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

[illegible]TAIN WHOLESALE *and* RETAIL STORES *in the* FOLLOWING CITIES:

NEW YORK
PHILADELPHIA
BOSTON
BALTIMORE
WASHINGTON
PITTSBURG
BUFFALO
SYRACUSE
NEW ORLEANS
ATLANTA
DALLAS
CHICAGO
ST. LOUIS
KANSAS CITY
MINNEAPOLIS
SAN FRANCISCO
CINCI[illegible]
DENVE[illegible]
DETROIT
CLEVELAND
SEATTLE
COLUMBUS
ST. PAUL
MONTREAL, CANADA
LONDON, ENGLAND
BIRMINGHAM, ENGLAND
EDINBURGH, SCOTLAND
SYDNEY, AUSTRALIA

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's Trade Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.