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George Jowett Collection
The H.J. Lutcher Stark Center for Physical
Culture & Sports
The University of Texas at Austin

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Abstract

George F. Jowett was one of the first to offer strength correspondence courses to people at a time when there really were relatively few gymnasiums. He was born December 23, 1891 in England and lived there until 1911 when he immigrated to Canada. In 1923 he moved to Pittsburgh and then Scranton, Pennsylvania where he established the Jowett Institute of Physical Culture. Also in the early 1920s, Jowett and Ottley Coulter formed the American Continental Weightlifting Association to standardize records. In later years Jowett established the Body Sculpture Club in England and became the public warden for his local church. He also tried to bring industry to the Morrisburg, Ontario, area, succeeding with a chemical plant in 1959. He passed away in 1969.

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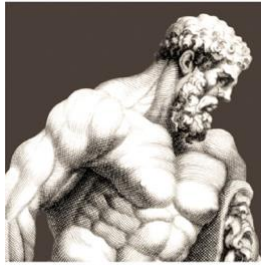
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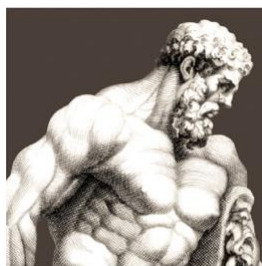
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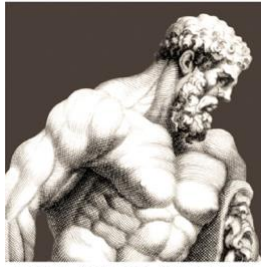
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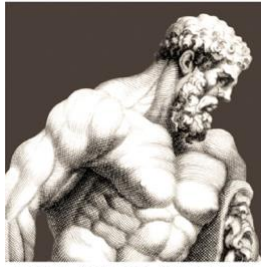
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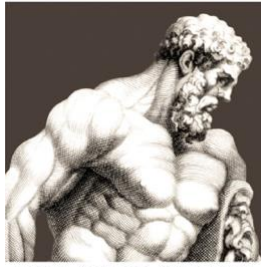
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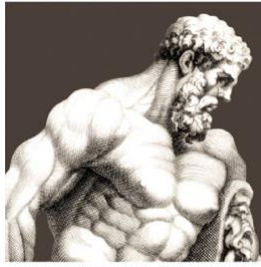
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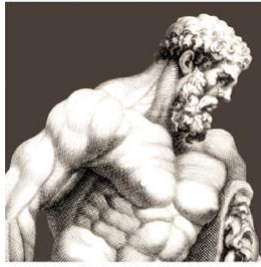
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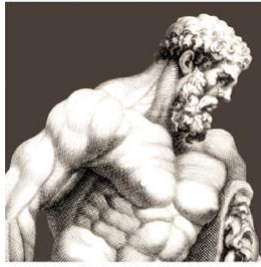
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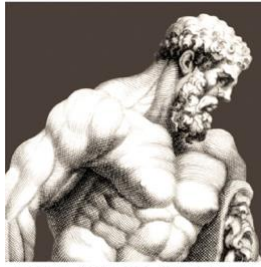
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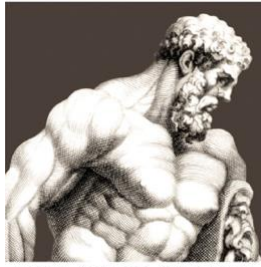
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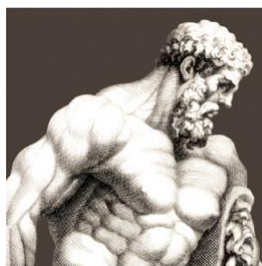
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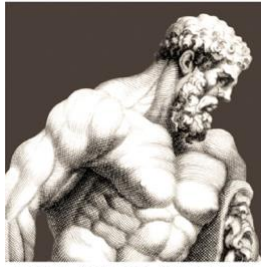
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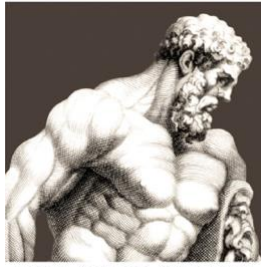
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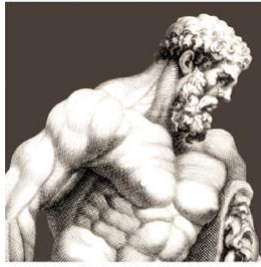
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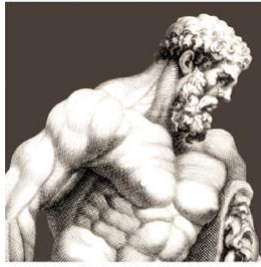
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Biographical Note

George Fiusdale Jowett (1891-1969)

George Fiusdale Jowett first engaged in wrestling and strongman feats, including arm wrestling (wrist turning), later creating a fitness correspondence course offered to the public so that they might achieve his muscularity. Born in Bradford, Yorkshire, England, December 23, 1891, Jowett participated in wrestling and boxing bouts as early as age 15, immigrating to Canada in 1911 at the age of 19. He arrived in Inkerman, Ontario and worked as a blacksmith for over a decade. On October 15, 1913 he married Elizabeth (Bessie) Hilda Bouck and their daughter, Frances Phyllis Eliza (went by Phyllis) arrived April 30, 1916. In 1923 George F. Jowett moved to Pittsburgh, PA where he taught physical education classes and performed in strength shows. Jowett befriended Ottley Coulter, a famous strongman, at that time, and together they founded the first weightlifting association in the United States, the American Continental Weight Lifting Association (ACWLA). The ACWLA tried to create standards for types and methods of lifts, such that records could be vetted and the public could trust in their veracity.

Jowett later moved to Scranton, PA where he founded the Jowett Institute of Physical Culture, the concern that would publish his famous fitness correspondence courses. Then he moved to Philadelphia, there creating his American Athletic Appliance Company, and for the Canadian Market, the Canadian Athletic Appliance Co. (based in Morrisburg, Ontario): leaders in the production of exercise equipment. He also was involved with the Health Sales Corporation, producer of the Seat of Health, a rowing machine that folded to fit in a suitcase. Johnny Weissmuller, of swimming and *Tarzan* fame, loved the product so much that he endorsed it without compensation. Furthermore, a Mitchell Parish and Frank Perkins song of the early 1930s celebrated the apparatus, exclaiming that you *Seat Yourself in a Seat of Health (And You'll Sit Pretty All Day)*.



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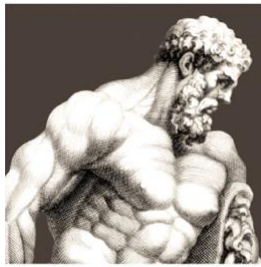
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A 1940 back accident led George F. Jowett to start to slow down, but Ben Rebhuhn kept using his image and name to promote correspondence fitness courses into the early 1960s. After moving back to Inkerman in 1945, Jowett befriended a young Joe Weider and later allowed Ben and Joe Weider to sell some of his remaining strength books. Jowett became the public warden of Holy Trinity Anglican Church in nearby Riverside, helping to move the building so it would not be submerged by the St. Lawrence Seaway Development Project. Jowett also wrote a religious book, entitled The Drama of the Lost Disciples, first published in 1961. Jowett continued to work for the community, trying to get companies to locate plants in Cornwall, another city near to Inkerman. Jowett passed away July 11, 1969 and a window in Holy Trinity Church was dedicated to him reading: To The Glory of God And In Ever Loving Memory of George Fiusdale Jowett, Born 23rd Sept. (should be Dec.) 1891. Died 11th July 1969. He spent his Life Dedicated in Service to Mankind.

Scope and Content

7 Boxes, 284 Folders, 1 Oversized Chart, Magazine, and Photo Box, 1 Medals Box, 4 Albums, 175 Artifacts, 3 Framed Artifacts, 1 Seat of Health, 1 Anvil: 2786 Items (1884-1993).

The George Jowett Collection contain 378 clippings (1884-1969): 105 strongman/strongwoman clippings (1884-1955), 99 clippings featuring George F. and/or Phyllis Jowett (1920-1985), 63 small boxing, strongman and wrestling clippings (1902-1925), 39 weightlifting clippings (1903-1926), 37 athletic, wrestling and boxing clippings (1901-1947); 213 pieces of correspondence (1919-1962), including 48 between Jowett and Joe and/or Ben Weider (1941-1959); 150 photographs of or about George F. Jowett (1907-1968); 142 magazines and newspapers (1925-1984); 131 George F. Jowett Institute materials; 99 items having to with the British Body Sculpture Club sponsored by Jowett; 89 examples of American Athletic Appliance Co. mailings, ads and stationery; 82 oversized Charts, Magazines and Posters; 77 Seat of Health and Vig-Row (a Seat of Health Model) photos (1929-1932); 73 items encompassing Jowett Institute advertising



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ideas; 66 items tied to Jowett Institute Courses; 52 exercise photos of George F. Jowett; 45 pieces of Jowett Institute and American Body Club stationery; 43 Iron Shoe and table tennis photos; 42 items relating to the book Physical Questions Asked and Answered by Jowett; 38 pieces of ephemera (1926-1980), including 15 relating to the death of George F. Jowett (1969-1970); 38 strongman photos and postcards (1918-ca. early 1960s); 37 items relating to The Women's Natural Beauty Method course by Jowett; 36 Saxon Bar Bell Co. mailings; 35 Drawings for American Athletic Appliance Co., American Health Guild, Jowett Institute and *Man Power* materials; 33 Canadian Appliance Co. mailings; 30 George F. Jowett souvenir cards; 27 materials comprising *The Body Builder* Magazine (edited by George F. Jowett); 27 Medals; 26 items delineating the rules for mailing Jowett Institute materials; 22 books (1911-1962); 19 large photos of George F. Jowett; 19 pamphlets relating to George F. Jowett (1920-1935); 17 Fitness and Gym photos; 13 books by George F. Jowett (1938-1993); 13 non-Jowett Women's Beauty Course examples; 11 items related to Jowett's book Let's Talk About You; 11 pamphlets not related to Jowett (1925-ca. 1940); 10 non photographic Seat of Health items; one pin, one framed Certificate of Incorporation, one Seat of Health and one 173 lb anvil.

Collection Arrangement

Box 1: 93 Folders: George F. Jowett Business Materials: Body Sculpture Club, Jowett Institute of Physical Culture, Advertisements, no date, 1920-1961 (526 items)

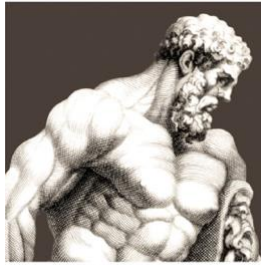
Box 1, Folders 1-10: Printed Copies of Exercise Information by George F. Jowett, no date (12 items)

Box 1, Folder 1: Science of the Olympic Lifts by George F. Jowett, no date (1 item)

Box 1, Folder 2: Jowett Institute Bodybuilding (J.I.B.B.) Course Exercises by George F. Jowett, no date (2 items)

List: J.I.B.B. Course Exercises, no date (1 item)

Written List: J.I.B.B. Course Exercises, no date (1 item)



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Box 1, Folder 3: Lifting Terminology (1st Version), by George F. Jowett, no date (1 item)

Box 1, Folder 4: Lifting Terminology (2nd Version), by George F. Jowett, no date (1 item)

Box 1, Folder 5: The Key Lifts for Strength by George F. Jowett, no date (1 item)

Box 1, Folder 6: Special Exercises and The Science of Two Great Feats and More Exercises by George F. Jowett, no date (2 items)

Special Exercises and The Science of Two Great Feats, no date (1 item)

More Exercises: Curls etc., no date (1 item)

Box 1, Folder 7: How to Become a Professional Weightlifter by George F. Jowett, no date (1 item)

Box 1, Folder 8: You Can Grow Tall, Handsome and Strong by George F. Jowett, no date (1 item)

Box 1, Folder 9: How You Can Do Strong Man Stunts by George F. Jowett, with Introduction by Ottley R. Coulter, no date (1 item)

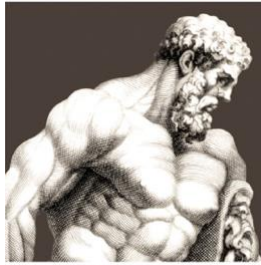
Box 1, Folder 10: Body-Building and Weight-Training Courses by George F. Jowett, Surrey, England, no date (2 items)

Copy: Chin Gym Body-Building Courses, no date (1 item)

Copy: Weight-Training Courses, no date (1 item)

Box 1, Folders 11-19: Let's Talk About You by George F. Jowett, no date (11 items)

Box 1, Folder 11: Let's Talk About You by George F. Jowett (carbon copy), no date (1 item)



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Box 1, Folder 12: Let's Talk About You (Chapter 1) by George F. Jowett, no date
(2 items)

Let's Talk About You (Chapter 1, earlier version), no date (1 item)

Let's Talk About You (Chapter 1), no date (1 item)

Box 1, Folder 13: Let's Talk About You (Chapter 2) by George F. Jowett, no date
(1 item)

Box 1, Folder 14: Let's Talk About You (Chapter 3) by George F. Jowett, no date
(2 items)

Let's Talk About You (Chapter 3, earlier version), no date (1 item)

Let's Talk About You (Chapter 3), no date (1 item)

Box 1, Folder 15: Let's Talk About You (Chapter 4) by George F. Jowett, no date
(1 item)

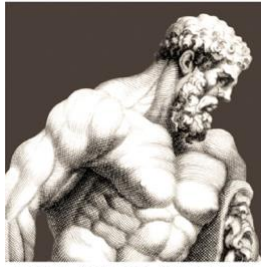
Box 1, Folder 16: Let's Talk About You (Chapter 5) by George F. Jowett, no date
(1 item)

Box 1, Folder 17: Let's Talk About You (Chapter 6) by George F. Jowett, no date
(1 item)

Box 1, Folder 18: Let's Talk About You (Chapter 7) by George F. Jowett, no date
(1 item)

Box 1, Folder 19: Let's Talk About You (Chapter 8) by George F. Jowett, no date
(1 item)

Box 1, Folders 20-36: Physical Questions Asked and Answered Segments, no date (43
items)



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Box 1, Folder 20: Physical Questions Asked and Answered book panels (Segment 1), no date (26 items)

No. 1: Heart Panel, no date (1 item)

No. 2: Breathing Exercises Panel, no date (1 item)

No. 3: Breathing Panel, no date (1 item)

No. 4: Exercise and Relaxation Panel, no date (1 item)

No. 5: Massage and Bath Panel, no date (1 item)

No. 6: Kinesiology and Calisthenics Panel, no date (1 item)

No. 7: Exercise, Weight, Rate, Repetitions Panel, no date (1 item)

No. 8: Bones Panel, no date (1 item)

No. 9: Exercise System and Time of day Panel, no date (1 item)

No. 10: Muscle Exercises Panel, no date (1 item)

No.11: What You Should Know About Yourself Panel, no date (1 item)

No. 12: Physical Development Panel, no date (1 item)

No. 13: Sex Panel, no date (1 item)

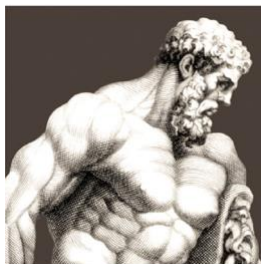
No. 14: Nerves Panel, no date (2 items)

Nerves, no date (1 item)

Why Our Nerves get Raw and Ragged etc., no date (1 item)

No. 15: Exercise and Weight Training Panel, no date (1 item)

No. 16: Weightlifting and Strength Training Panel, no date (1 item)



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No. 17: Weightlifting and Chinning Panel, no date (1 item)

No. 18: Feet Panel, no date (1 item)

No. 19: Organic Health Panel No. 1, no date (1 item)

No. 20: Organic Health Panel No. 2, no date (1 item)

No. 21: Perfection Panel, no date (1 item)

No. 22: What You Should Know about Muscles Panel, no date (1 item)

No. 23: Back and Shoulders Panel, no date (1 item)

No. 24: Bones and Exercise Panel, no date (1 item)

Box 1, Folder 21: Physical Questions Asked and Answered Reference Guide
(Segment 2), no date (1 item)

Box 1, Folder 22: Segment 3: It is wrong to practise exercise on arising, no date (1 item)

Box 1, Folder 23: Segment 4: Scientific Facts, no date (1 item)

Box 1, Folder 24: Segment 5: Facts About Your Muscular System, no date (1 item)

Box 1, Folder 25: Segment 6: It Pays to Play, no date (1 item)

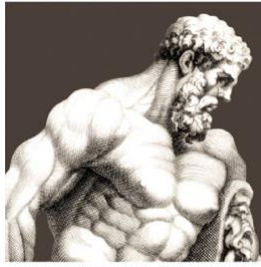
Box 1, Folder 26: Segment 7: Breath is Barometer of Health, no date (1 item)

Box 1, Folder 27: Segment 8: The Phenomena of Life, no date (1 item)

Box 1, Folder 28: Segment 9: How to Utilize the Life Fluid, no date (1 item)

Box 1, Folder 29: Segment 10: The Brain-Miracle of Intelligence, no date (1 item)

Box 1, Folder 30: Segment 11: Facts on the Miracle of Your Body, no date (1 item)



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Box 1, Folder 31: Segment 12: What is the Heart?, no date (1 item)

Box 1, Folder 32: Segment 13: Preventing Auto-Intoxication, no date (1 item)

Box 1, Folder 33: Segment 14: How is Your Physical armour?, no date (1 item)

Box 1, Folder 34: Segment 15: Bones, no date (2 items)

About your boney structure: termed osteology, no date (1 item)

Bones: How many bones are there in your body? etc., no date (1 item)

Box 1, Folder 35: Segment 16: Summary of Contents, no date (1 item)

Box 1, Folder 36: Segment 17: Questions, Answers and Selected Answers, no date (2 items)

Questions and Answers, no date (1 item)

Selected Answers, no date (1 item)

Box 1, Folder 37: Molding a Mighty Arm Materials by George F. Jowett, ca. 1938 (2 items)

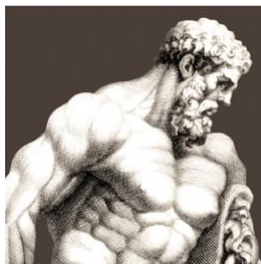
Material for the reconstruction of Molding a Mighty Arm (1st Version), ca. 1938 (1 item)

Material for the reconstruction of Molding a Mighty Arm (2nd Version), ca. 1938 (1 item)

Box 1, Folder 38: George F. Jowett Book Ads and List, no date, ca. 1943 (7 items)

2 Copies Ad: Last Chance=Going=All Book Stock Going at Cost, no date (2 items)

Ad: Physical Questions Asked and Answered, no date (1 item)



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Ad: Sex and Bodybuilder (also Arthur Saxon book arranged by Jowett),
no date (1 item)

Ad: Sex and the Body Builder, no date (1 item)

Ad: Unusual Bargains on the World's Best Books etc., no date (1 item)

List: Carbon Copy: Books by George F. Jowett, ca. 1943 (1 item)

Box 1, Folders 39-48: Exercise and Fitness Information by George F. Jowett, no date (30 items)

Box 1, Folder 39: Introduction to Your Middle Age Rejuvenating Programme by George F. Jowett, no date (1 item)

Box 1, Folder 40: Magnificence of Middle Aged Fitness, by George F. Jowett, no date (1 item)

Box 1, Folder 41: What You Should Know About Exercise by George F. Jowett, no date (1 item)

Box 1, Folder 42: Practice These Exercises for One Month And Feel Your Body Glow with Health and Fitness by George F. Jowett, no date (1 item)

Box 1, Folder 43: Written Health and Exercise Ideas by George F. Jowett, no date (15 items)

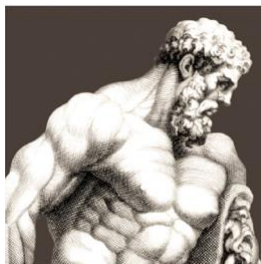
Beat the Boney Teen Age/ Middle Age Youth, no date (1 item)

Body Building After 30, no date (1 item)

Bouncing Dip, etc., no date (1 item)

Bow Legs and Knock Knees etc., no date (1 item)

Health Symptoms: Brain, no date (1 item)



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Health Symptoms: Brain Fog, no date (1 item)

Legend of physician meditating in temple in Nagasaki, no date (1 item)

Named Exercises and how many times to perform them each night, no date (1 item)

Numbered Exercises and how many times to perform them each day, no date (1 item)

Overweight women of all ages: Do Not Be Misled, etc., no date (1 item)

Perfect No. 3: a new lease of life by (practicing) physical culture etc., no date (1 item)

(Physical) Types, no date (1 item)

The Value of Natural Progressive Exercise, no date (1 item)

Weak Body-Weak mind, no date (1 item)

When everything else fails try Inner Strength, no date (1 item)

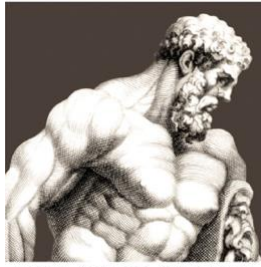
Box 1, Folder 44: Written Poems and Songs, no date (6 items)

Written Poem: I'll Give You Energy to Burn by George F. Jowett, no date (1 item)

Written Poem: T'was 'neath the shade of the old apple tree, no date (1 item)

Written Song: All the nice girls love a Jowett Body (earliest version, different lyric stanza at the end), no date (1 item)

Written Song: All the nice girls love a Jowett Built Body (next version, no "sing" in last line), no date (1 item)



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Written Song: All the nice girls love a Jowett Built Body (last version, "sing" in last line), no date (1 item)

Written Song: None Can Love like an Irishman, no date (1 item)

Box 1, Folder 45: Lifting Stand and Squat Rack by George F. Jowett, no date (1 item)

Box 1, Folder 46: How to Correct Knock-Knees and Bow-Legs by George F. Jowett, no date (1 item)

Box 1, Folder 47: Bodybuilding Information by George F. Jowett, no date (11 items)

Acrobatics (posed by Charles Shaffer), no date (1 item)

Height Exercises, no date (1 item)

Importance of Muscular Balance, no date (1 item)

Features: Tony Sansone

Mentions: Spencer Churchill, John Grimek, Alan Palivio, Reg Park, Leo Robert, Clancy Ross

Strengthobatics, no date (1 item)

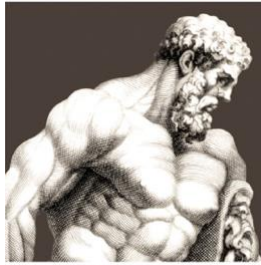
Three Master Muscle Groups, no date (2 items)

Three Master Muscle Groups, no date (2 items)

Encl.: Memo Re: Master Muscle Groups, no date (1 item)

What Body Building Can Do For You, no date (1 item)

What You Should Know About the New and Better way of Gaining Weight- - Fast, no date (1 item)



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Why Progressive Weight Training Makes For Progressive Weight Gaining,
no date (1 item)

2 Copies: Your Department Of Exercise Fun: Leg Muscles, no date (2
items)

Box 1, Folder 48: Health and Exercise Treatises by George F. Jowett, no date (8
items)

The Breath of Life, no date (1 item)

The Essence of Existence, no date (1 item)

From One Cell Man Was Made, no date (1 item)

2 Copies: Is Exercise A Science Or A Fad, no date (2 items)

2 Copies: Natural Health, no date (2 items)

The Scaffold of Life, no date (1 item)

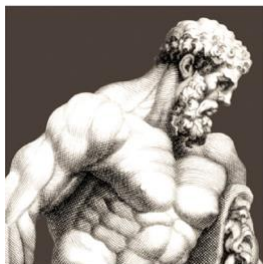
Box 1, Folders 49-52: Your 90 Day Conqueror Course With "The Conqueror" (Exercise
Machine) by George F. Jowett, no date (11 items)

Box 1, Folder 49: Your 90 Day Conqueror Course With "The Conqueror"
(Exercise Machine) (1st Proposal) by George F. Jowett, no date (1 item)

Box 1, Folder 50: Your 90 Day Conqueror Course With "The Conqueror" (2nd
Proposal) by George F. Jowett, no date (1 item)

Box 1, Folder 51: Your 90 Day Conqueror Course With "The Conqueror" (Final
Draft) by George F. Jowett, no date (1 item)

Box 1, Folder 52: Your 90 Day Conqueror Course With "The Conqueror" by
George F. Jowett (Advertising), no date (8 items)



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Description of "The Conqueror" Machine, no date (1 item)

Ad incl. memo: office of Frank Galliardi, no date (1 item)

Ad incl. memo: office of John Dillinger, no date (1 item)

"The Conqueror" The Miracle Making Muscle Exerciser,
no date (1 item)

Why be an Underweight Weakling etc., no date (1 item)

Copy: Excerpt of Ad for "The Conqueror", no date (1 item)

24 "Conqueror" exercises (likely sent to magazines to
explain what "The Conqueror" did), no date (1 item)

Written Copy: Ad for the 90 Day Course with the Atomic Age Invention
"The Conqueror", no date (1 item)

Box 1, Folders 53-65: George F. Jowett, Jowett Institute Advertising Ideas, no date, 1945-
1960 (73 items)

Box 1, Folder 53: Ad for All American Barbell Gym, no date (2 items)

Carbon Copy: Ad for All American Barbell Gym, no date (1 item)

Copy: Ad for All American Barbell Gym, no date (1 item)

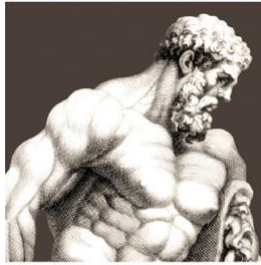
Box 1, Folder 54: Ad for Excel Dumbbell Set, no date (2 items)

Carbon Copy: Ad for Excel Dumbbell Set, no date (1 item)

Copy: Ad for Excel Dumbbell Set, no date (1 item)

Box 1, Folder 55: Ad for The Family Home Gym, no date (2 items)

Carbon Copy: Ad for The Family Home Gym, no date (1 item)



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Copy: Ad for The Family Home Gym, no date (1 item)

Box 1, Folder 56: Ads for Jowett Institute Bodybuilding Courses, no date (12 items)

20 Bodybuilding Courses, no date (2 items)

Carbon Copy: Ad: 20 Bodybuilding Courses, no date (1 item)

Copy: Ad: 20 Bodybuilding Courses, no date (1 item)

Wrist Weight Roller, no date (2 items)

Carbon Copy: Ad: Wrist Weight Roller, no date (1 item)

Copy: Ad: Wrist Weight Roller, no date (1 item)

Leverage Barbells, no date (2 items)

Carbon Copy: Ad: Leverage Barbells, no date (1 item)

Copy: Ad: Leverage Barbells, no date (1 item)

2 Copies: Ad to Develop a Strong Neck, no date (2 items)

2 Copies: Ad: Don't Let "Stick" Legs Spoil Your Looks, no date (2 items)

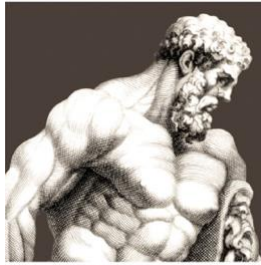
2 Copies: Ad: The Old Reliable Solid Iron Dumbbells, no date (2 items)

Box 1, Folder 57: Copy for Ad to be placed in Weider magazine, no date (1 item)

Box 1, Folder 58: 2 Copies: Ad: The Hand-Breaker, no date (2 items)

Box 1, Folder 59: Ad: Inner Strength Formula, no date (1 item)

Box 1, Folder 60: 2 Letters: Giant Sized Muscles, no date, 9/19/1945 (3 items)



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Encl.: Copy: Circular: Giant Sized Muscles from Jowett Courses,
9/19/1945 (1 item)

Box 1, Folder 61: Written Copies: Jowett Institute Advertising Proposals, no date,
1931-1960 (23 items)

Ad Strategy, no date (1 item)

Avoid instructors using “forcing”, no date (1 item)

Beauty restyling Course for women, no date (1 item)

Case History of Two Despairing Weaklings, no date (1 item)

Clothes Don’t Make the Man, no date (1 item)

Drawings for Jowett Institute from J. Frankel, no date, 1931 (4 items)

It is not too late to realize your dreams; Obverse: Furnish Your
Own “Pull” In Life, no date (1 item)

Reach for the Better Things In Life; Obverse: To the man who feels
the full tug of Worldly affairs, no date (1 item)

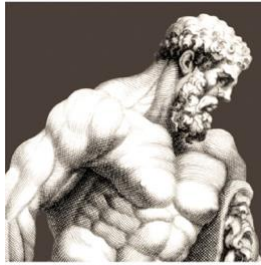
Take just 15 minutes from the World’s affairs; Obverse: For The
Man who carries the World’s affairs on his shoulders, no date (1
item)

Frankel to Jowett: Envelope for drawings, postmarked 9/15/1931 (1
item)

I Challenge Any Physical Director etc., no date (1 item)

I was a human scarecrow, no date (1 item)

Jowett Institute Course and Book Scrapbook, no date (1 item)



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Meet Your World Famous Trainer George F. Jowett, no date (1 item)

Most Sensational Generous Offer, no date (1 item)

Never Too Young-Never Too Old, no date (1 item)

Sinews, Ligament, Tendon, no date (1 item)

Ten Times Better Results with this Natural Muscle Food, no date (1 item)

Today You Begin Your Basic Training, no date (1 item)

Tony Pascarella...in his new Jowett He-man body, no date (1 item)

35th Anniversary /Golden Jubilee Year Offer, 1960 (1 item)

1st Draft Challenge to match Golden Jubilee Offer (1960) (1 item)

Final Draft Challenge to match Golden Jubilee Offer (1960) (1 item)

35th Anniversary /Golden Jubilee Year Offer including Challenge
to all other bodybuilding instructors, 1960 (1 item)

Box 1, Folder 62: Behold A Man by George F. Jowett; Ad Ideas, no date (5 items)

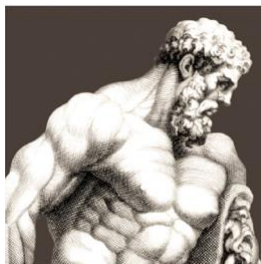
Card in Mail that inspired Jowett, no date (1 item)

Written Test card for Airmail return of 25 cents for Behold A Man, no date
(1 item)

Letter from his American Health Guild that inspired Jowett, no date (1
item)

First page of Jowett Institute Letter Re: Behold A Man, no date (1 item)

Page with 5 different possibilities for a Behold A Man Circular, no
date (1 item)



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Box 1, Folder 63: Copy: Ad: Why You Should Exercise, no date (1 item)

Box 1, Folder 64: 10 Copies: Ad Material: This Priceless Body Can Be Yours, no date (10 items)

5 First Drafts: Written copies: Priceless Body, no date (5 items)

5 Final Copies: Priceless Body, no date (5 items)

Box 1, Folder 65: Copies: Ad Articles, no date (9 items)

2 copies: Ken Grimm's story, no date (2 items)

2 copies: Roger Hirsch's story, no date (2 items)

2 copies: Phil Mendoza's story, no date (3 items)

Encl.: Memo Re: Mendoza story, no date (1 item)

2 copies: John Sill's amazing story, no date (2 items)

Box 1, Folders 66-73 Courses and Course Materials by George F. Jowett for the Jowett Institute of Physical Culture, no date, 1927-1938 (69 items)

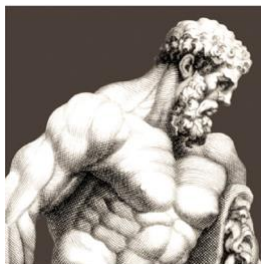
Box 1, Folder 66: Proposed Bodybuilding Course, no date (2 items)

First Draft, no date (1 item)

Final Draft, no date (1 item)

Box 1, Folder 67: Jowett Institute Course in Health, Strength Building and Physical Perfection, no date (1 item)

Box 1, Folder 68: Jowett Institute Course in Health-Strength-Body Building for Organic and Physical Perfection, 8/20/1937 (1 item)



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Box 1, Folder 69: 2 Copies: All-Around All-American He-Man Courses, no date (2 items)

Box 1, Folder 70: 3 Copies: The George F. Jowett Progressive Power Method For Attaining Your Muscular He-Man Build, 1927 (3 items)

Box 1, Folder 71: Jowett Institute Course in Natural Power, no date, 1927 (3 items)

Exercise Explanations to pupils of the Natural Power Course who may Claim Some of the Exercises to be too difficult to Perform, no date (1 item)

2 Copies: Jowett Institute Course in Natural Power, 1927 (2 items)

Box 1, Folder 72: Course Materials by George F. Jowett, no date (45 items)

2 Copies: The Art of Hand-Balancing and Tumbling (1st incomplete), no date (2 items)

Champion Powerful Arms, no date (1 item)

3 Copies: Commando Offensive-Defensive Tactics, no date (3 items)

Complete in Six Fast Weekly Lessons, no date (1 item)

Confidential Program of the Greats Exercises, no date (1 item)

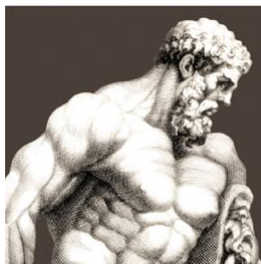
Congratulations, Today You Begin your Basic Training, no date (1 item)

Course Lesson Arrangement, no date (1 item)

2 Copies: Exercise on the Abdominal Board, no date (2 items)

2 Copies: Exercise Suggestions for the 101 Complete Home Gym, no date (2 items)

Foundation Training, no date (1 item)



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Head Harness: Neck Course, no date (17 items)

Carbon Copy: Head Harness Neck Course, no date (1 item)

Head Harness Neck Course, no date (1 item)

15 Copies: How to Develop the Neck Course, no date (15 items)

Iron Boots: Leg and Abdomen Courses, no date (1 item)

2 Copies: Knock-Out Punches You Should Know, no date (2 item)

Movement and function (of bowels), no date (1 item)

Page 14: tissues cells etc., no date (1 item)

3 Copies: The Science of Weight-Lifting, no date (3 items)

Scientific Weight Lifting Course: One Hand Military Press, no date (1 item)

Skip Rope Course, no date (1 item)

Swing Bell Course, no date (2 items)

Carbon Copy: Swing Bell Course, no date (1 item)

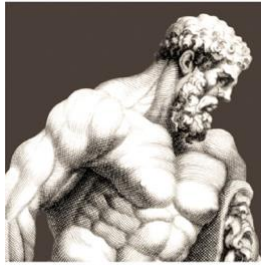
Swing Bell Course, no date (1 item)

Box 1, Folder 73: Dumbbell and Barbell Course Materials, no date, 1938 (12 items)

2 Copies: Get This 200 lb Barbell Outfit-Free, no date (2 items)

The Greatest Bar-Bell Offer Ever Made 300lb Super Strength Set, no date (1 item)

Grip and Grip Dumbbell (as spelled on Chart) Exerciser Chart, no date (1 item)



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How to Use Your Fulcrum Barbell Set, no date (1 item)

How You Can Make Your Own Barbell and Dumbbell outfit- - And save money by George F. Jowett, no date (1 item)

How To Make Your Own Fulcrum Barbell Set, no date (1 item)

Memo From The Private Office of George F. Jowett: How to Use the Fulcrum Barbell Set, no date (1 item)

The Story Behind The Natural Fulcrum (Barbell) Resistance System, no date (1 item)

Super Course (for dumbbells), no date (1 item)

Special Course on Advanced Progressive Barbell and Dumb Bell Training, no date (1 item)

Special Course on Advanced Progressive Barbell and Dumb Bell Training, 3/24/1938 (1 item)

Box 1, Folders 74-78: Women's Natural Beauty Method course by George F. Jowett, no date, 1946 (37 items)

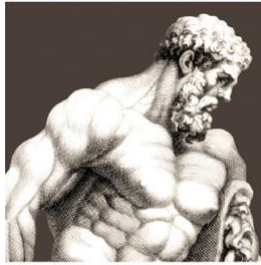
Box 1, Folder 74: Women's Natural Beauty Method course (1st Version) by George F. Jowett, no date (7 items)

Original copy of Natural Beauty Method course, no date (1 item)

How You Can Create Beautiful Arms (and Hands), no date (1 item)

How You Can Cultivate Beautiful Breasts, no date (1 item)

How You Can Have Elegant Legs, no date (1 item)



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How You Can Possess the Exquisite Bloom of Natural Beauty In face and Form, no date (1 item)

You Can Have A Lovely Back, no date (1 item)

Your Diet Is Important If You Wish To Improve Your Bodyweight, no date (1 item)

Box 1, Folder 75: Women's Natural Beauty Method course by George F. Jowett:
Author's Notes to Publisher, no date (3 items)

Exercises and Illustrations to be used in Lesson Two, no date (1 item)

Exercises and Illustrations to be used in Lesson Three, no date (1 item)

Exercises and Illustrations to be used in Lesson Four, no date (1 item)

Box 1, Folder 76: Women's Natural Beauty Method course by George F. Jowett:
Your First Week Natural Beauty Lesson, no date (14 items)

Women's Nature Beauty Course: Contents of Lesson 1, no date (1 item)

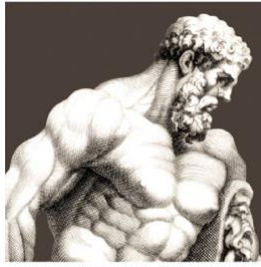
Women's Nature Beauty Course: Exercises for Lesson 1, no date (1 item)

Your First Week Natural Beauty Lesson: Dear Miss Perkins, no date (1 item)

Your First Week Natural Beauty Lesson: Part 2: The Secret of Grooming for Natural Charm and Beauty, no date (1 item)

Your First Week Natural Beauty Lesson: Part 4: How You Can Slenderize And Quickly Achieve Natural Beauty Perfection, no date (1 item)

Your First Week Natural Beauty Lesson: Part 9: Here Is Your Approved Beauty Diet For Reducing, Weight Increase, And For Weight Maintenance, no date (1 item)



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Your First Week Natural Beauty Lesson: Part 11: Select Your Own Nature Daily Beauty Diet Menu With Care And Interest: Follow The Professional Principle, no date (1 item)

Your First Week Natural Beauty Lesson: Part 12A: Here is a Sample of a Nature Beauty Reducing Menu For One Day, no date (1 item)

Your First Week Natural Beauty Lesson: Part 12B: Here is a Sample of a Nature Beauty Maintenance Menu For One Day, no date (1 item)

Your First Week Natural Beauty Lesson: Part 13: How to Practise (and Live) Your Nature Beauty Program, no date (1 item)

Your First Week Natural Beauty Lesson: Parts 14A and B: Your Nature Beauty Physical Record, no date (1 item)

Your First Week Natural Beauty Lesson: Part 15: How To Begin Your Day Beautifully, no date (1 item)

Your First Week Natural Beauty Lesson: Part 18: How You Can Personalize the Beauty Zone of Your Chest, no date (1 item)

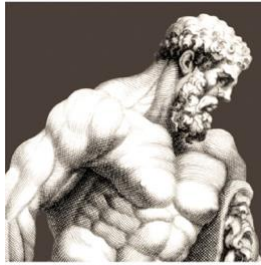
Your First Week Natural Beauty Lesson: Part 20: Here Are The New Nature Beauty Gems You Will Receive In Your Next Week's Lesson, no date (1 item)

Box 1, Folder 77: Women's Natural Beauty Method course by George F. Jowett: Natural Beauty Movement Lessons, no date (8 items)

Know Nature's Expressional Agencies For Your Beauty of Face And Form, no date (1 item)

The Roots of Your Natural Beauty Repose Within You, no date (1 item)

Your Nature Beauty Eye Movement Number One, no date (1 item)



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Your Nature Beauty Movement Number Two: To Develop Beauty and Grace in Your Neck, and Throat, no date (1 item)

Your Nature Beauty Movement Number Three: To Correct Deficiency in the Arches of Your Feet, no date (1 item)

Your Nature Beauty Movement Number: Cultivating the beauty Contours of Your Cheeks, no date (1 item)

Your Nature Beauty Movement Number: To Cultivate a Small Shapley Mouth with Clearly Defined Lip Contour, no date (1 item)

Your Special Nature Beauty Zone Course: To Correct Specific Foot, and Leg Physical Abnormalities, no date (1 item)

Box 1, Folder 78: Women's Natural Beauty Method course by George F. Jowett, 1946 (5 items)

How To Achieve Alluring Legs, 1946 (1 item)

How To Beautify Your Face and Figure, 1946 (1 item)

How To Create Beautiful Arms and Hands, 1946 (1 item)

How To Cultivate A Beautiful Bust, 1946 (1 item)

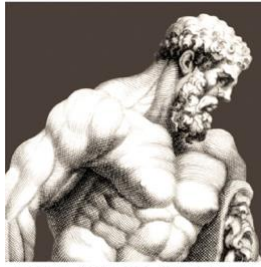
How To Mold A Venus Back, 1946 (1 item)

Box 1, Folders 79-89: George F. Jowett's Body Sculpture Club (England), no date, 1951-1952 (100 items)

Box 1, Folder 79: Course Lessons, no date (8 items)

2 Copies: Lesson 6: Your Abdominal Brain, no date (2 items)

Lesson 7: Bright Eyes And Clean Teeth, no date (1 item)



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Lesson 8: Muscle Growth, no date (1 item)

Lesson 9: Muscle Lengthening, no date (1 item)

Lesson 10: Muscle Contraction, no date (1 item)

Lesson 11: Your Nerve Batteries, no date (1 item)

Lesson 12: Virile Manhood, no date (1 item)

Box 1, Folder 80: Doctor Vic Boff's Submissions: Health Consultant to Jowett's Body Sculpture Club, 1952 (2 items)

Fact Action Muscles, 8/1952 (1 item)

Massage Helps Muscle To Grow, 9/1952 (1 item)

Box 1, Folder 81: John Bradford's (pseudonym for George F. Jowett) Submissions: Secretary of Jowett's Body Sculpture Club, 1952 (4 items)

The Art of Specialization, 8/1952 (1 item)

Develop Those Deltoids, 9/1952 (1 item)

New Features In Triceps Exercise, (not used) 9/1952 (1 item)

Developing the Legs, 10/1952 (1 item)

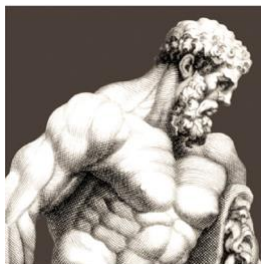
Box 1, Folder 82: George F. Jowett's Submissions: President of Body Sculpture Club, 1952 (4 items)

Chinning Exercises For All, 7/1952 (1 item)

The Value of Neck Development, 7/1952 (1 item)

The Basic Factor in Muscular Leverage, 9/1952 (1 item)

The Importance of Muscular Balance, 10/1952 (1 item)



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Box 1 Folder 83: Jowett's Body Sculpture Club (England) Courses for Members, no date (5 items)

How to Make Your Own Fulcrum Barbell Set by George F. Jowett, no date (1 item)

George F. Jowett's Natural Power Advanced Course, no date (1 item)

George F. Jowett's Super Power Course, no date (1 item)

Nerves of Steel, Muscles like Iron (orange cover), no date (1 item)

Nerves of Steel, Muscles like Iron (red cover), no date (1 item)

Box 1, Folder 84: Jowett's Body Sculpture Club (England) Free Courses for Members, no date (5 items)

2 Copies: The Art of Hand-Balancing And Tumbling by George F. Jowett, no date (2 items)

Commando Offensive-Defensive Tactics Simplified by George F. Jowett, no date (1 item)

Knock-Out Punches You Should Know by George F. Jowett, no date (1 item)

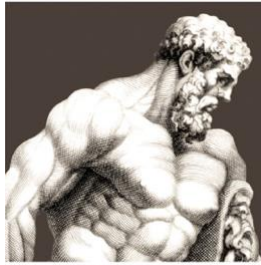
The Science Of Weight Lifting by George F. Jowett, no date (1 item)

Box 1, Folder 85: Jowett's Body Sculpture Club (England): Mailings, no date (16 items)

Five Extra Free Courses, no date (2 items)

Encl.: We can't keep this Offer open (any) longer, no date (1 item)

Are You a Wisher or a Doer?, no date (1 item)



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Are You a Wisher or a Doer?, 1st Follow up, no date (2 items)

Encl.: Free Gift and Membership Form, no date (1 item)

Delighted you enrolled; 1st lesson, no date (2 items)

Encl.: Certification of Life Membership in Club, no date (1 item)

2nd Lesson, no date, (1 item)

3rd Lesson, no date (1 item)

4th Lesson, no date (1 item)

5th Lesson; Test Exercises, no date (3 items)

Encl.: Progress Chart, no date (1 item)

Encl.: Special Advice for upcoming Lessons, no date (1 item)

Enrollment form for two famous Super Advanced Master Courses, no date (1 item)

Installment due, no date (1 item)

Envelope for Installment payment, no date (1 item)

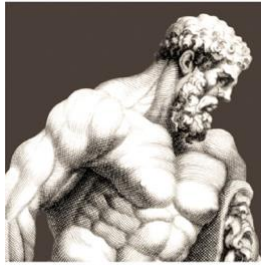
From the Club Organiser, no date (1 item)

Box 1, Folder 86: Body Sculpture Club (England): Ads, no date, 1951-1952 (12 items)

Man! Be BIG, *Boxing News*, no date (1 item)

For You! Mighty Muscular Manhood, *Health and Strength*, no date (1 item)

Man! Be BIG, *News of the World*, no date (1 item)



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Build Real Brawn!, *Sport*, no date (1 item)

America's Top Body Building Methods, unknown publication, no date (1 item)

Build Real Brawn!, unknown publication, no date (1 item)

They called me "Weedy," unknown publication, no date (1 item)

For You! Mighty Muscular Manhood!, *London Daily Herald*, 10/13/1951 (1 item)

Build Real Brawn!, *Answers*, 10/20/1951 (1 item)

Man! Be BIG, *Football Weekly*, 11/1951 (1 item)

Man! Be BIG, *Empire News*, 12/2/1951 (1 item)

Man! Be BIG, *The Daily Mirror*, 1/7/1952 (1 item)

Box 1, Folder 87: Body Sculpture Club Ads: Reid Walker Advertising (England), no date, 1951-1952 (19 items)

Note: George F. Jowett Re: Reid Walker Advertising Account, no date (1 item)

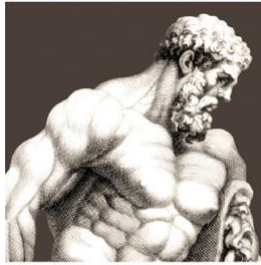
Reid Walker Advertising to George F. Jowett: Envelope for a letter cannot decipher postmarked date (1 item)

Reid Walker Advertising to George F. Jowett, 10/10/1951 (3 items)

Encl.: Ad schedule with circulation of publications, 8/14/1951 (1 item)

Encl.: Ad schedule with dates of future ads, 10/10/1951 (1 item)

Reid Walker Advertising to George F. Jowett, 10/23/1951 (1 item)



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Reid Walker Advertising to George F. Jowett: Envelope for letter postmarked 10/23/1951 (1 item)

Advertising Proof: All Free to You etc., no date (1 item)

Advertising Proof: *Empire News* and *Umpire*, no date (1 item)

Clip Art: Drawing of George F. Jowett by Pryor, no date (1 item)

Advertising Proof (uses Pryor Clip Art): *Ring* (England), no date (1 item)

Advertising Proof: *Daily Mirror*, 9/25/1951 (1 item)

Advertising Proof: *Daily Herald*, 10/8 (1951) (1 item)

Advertising Proof: *Health and Strength*, 10/18 (1951) (1 item)

Your Advertisement: *Answers*, 10/20/1951 (1 item)

Advertising Proof: *Health and Strength*, 11/1 (1951) (1 item)

Reid Walker Advertising to George F. Jowett, 1/15/1952 (4 items)

Encl.: Partial: *Advertiser's Weekly: The Organ of British Advertising* Re: Paper Prices, 12/13/1951 (1 item)

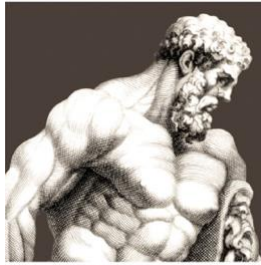
Encl.: Ad schedule with dates of future ads, 1/14/1952 (1 item)

Encl.: Supplementary Ad schedule with dates of future ads, 1/15/1952 (1 item)

Box 1, Folder 88: Body Sculpture Club (England): Pamphlets, no date, 1951 (3 items)

Every Man a Tower of Strength, no date (2 items)

Encl.: Note will run in brown next time, 8/16/1951 (1 item)



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Every Man a Tower of Strength, no date (1 item)

Box 1, Folder 89: Body Sculpture Club (England) Samples, no date (22 items)

Body Sculpture Club stationery, no date (1 item)

From the Club Organiser, no date (1 item)

Postcard: Man! Be BIG, no date (1 item)

3 Copies: I'll Show YOU how to make yourself Commando Tough, no date (3 items)

2 Copies: Moulding Mighty Muscles, no date (2 items)

Moulding Mighty Muscles (cover only), no date (1 item)

Body Sculpture Club version: Strong Man Stunts Made Easy, no date (1 item)

Best Development Competition Entry Form, no date (1 item)

Join Now, 4 Free gifts, no date (1 item)

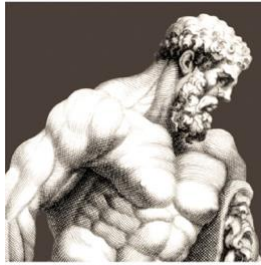
2 Copies: *World Body Sculpture*, no date (2 items)

World Body Sculpture article: *Body Sculptors Around The World*, no date (1 item)

World Body Sculpture article: *A Body Sculptors Success Story: Weakness Breeds Cowardice*, no date (1 item)

World Body Sculpture article: *Flashes From The Strength Stars*, no date (1 item)

World Body Sculpture article: *1950 World Championships, Paris*, no date (1 item)



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Every Man a Tower of Strength Sample, no date (1 item)

Carbon Copy: All Inclusive Master Barbell Courses, no date (2 items)

Encl.: Note: No dumbbells required for Body Sculpture Club
Bodybuilding Course, no date (1 item)

Body Sculpture Club: Muscle Chart, no date (1 item)

Memorandum from George F. Jowett, no date (1 item)

Box 1, Folders 90-93: The George F. Jowett Institute Materials, no date, 1929-1960 (131 items)

Box 1, Folder 90: The George F. Jowett Institute of Physical Culture Business
Correspondence, no date, 1929-1955 (14 items)

Jowett Institute to Dr. Rodolfo T. Canos (Philippines), no date (5 items)

Jowett Institute to Canos: Dear Health Seeker etc., no date (1 item)

Jowett Institute to Canos: Jowett Institute Home Health and
Vitality Building Courses for the Mature Man, no date (1 item)

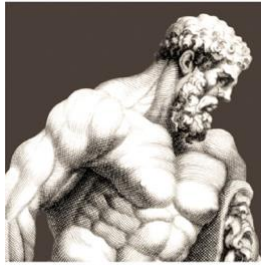
Jowett Institute to Canos: 10 Day Low Price and Free Gift Coupon,
no date (1 item)

Jowett Institute to Canos: Jowett Institute Business Reply
Envelope, no date (1 item)

Jowett Institute to Canos: Envelope for materials, no date (1 item)

Jowett Institute to V.O. Flatten: Courses and dumbbells, 9/1935 (1 item)

Jowett Institute to Basil M Patman: Why not Enroll with us; it is your loss
if you don't, 9/9/1936 (1 item)



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Jowett Institute to Mr. Samuel Ogden: Price of Course; bodybuilding, no date, 1/31/1938 (2 items)

Encl.: Jowett Institute Measurement Chart, no date (1 item)

Jowett Institute to George F. Jowett, 1929-1955 (4 items)

Envelope: Jowett Institute, Scranton, PA to Jowett, postmarked 10/18/1929 (1 item)

John H. Saunders c/o Jowett Institute (Australia) to Jowett: Hope the barbell outfits we are selling are satisfactory, 8/18/1936 (1 item)

J. Hollander c/o Jowett Institute to Jowett: Please help this student, 5/13/1955 (2 items)

Encl.: Top of letter to Jowett (maybe from student), 11/10/1954 (1 item)

Fairmount Foundry to Jowett Institute: Cannot make any castings for you at present, 9/28/1955 (1 item)

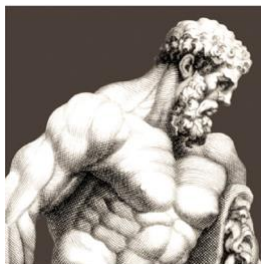
Box 1, Folder 91: The George F. Jowett Institute Ads, no date, 1934-1960 (35 items)

Agreement backed by Jowett Institute of Physical Culture, no date (1 item)

3 Copies: Disc Dumbbells from Jowett Institute of Physical Culture, no date (3 items)

Get A Grip of Steel; Krusher Grip, no date (1 item)

How You Can Build a Mighty Body, unknown publication, no date (1 item)



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I will add 3 inches to Your Chest, 2 inches to Your Biceps, *Popular Mechanics*, no date (1 item)

If you want a strong body...Let Me Show You How, no date (1 item)

2 Copies: In 10 minutes a day- -in your own home...let me make you Tough as a Marine, no date (2 items)

Let Me Show You The Way to A He-Man's Physique, no date (1 item)

Molding Mighty Men, no date (1 item)

Now You can choose Your Physical Culture Course, unknown publication, no date (1 item)

The Patent Progressive Exercise Outfit, Jowett Institute (Australia), no date (1 item)

Six Months Subscription to the *Body Builder* included free (with)...Famous Body Building Courses, *Popular Mechanics*, no date (1 item)

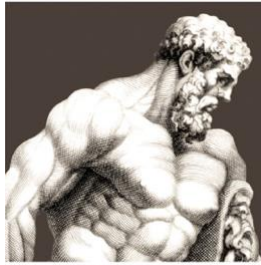
The Unrevealed Secrets of Man from the Jowett Institute, unknown publication, no date (1 item)

Wanted- -Only Men over 40, no date (1 item)

Wanted- -Only Men over 30, no date (1 item)

How Do You "Stack Up" When The Boys Begin to Rough It?, *Strength and Health*, 2/1934 (1 item)

Mould Mighty Muscles, *Health and Physical Culture*, Jowett Institute (Australia), 4/1/1935 (1 item)



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Be A Man!, *Health and Physical Culture*, Jowett Institute (Australia),
6/1/1935 (1 item)

I Will Show YOU How to Build a Mighty Body, *See*, 5/1942-1945 (1 item)

Are You Skinny, *Top Secret Magazine*, 8/1957 (1 items)

2 Photocopies: Are You Skinny, *Top Secret Magazine*, 8/1957 (2 items)

35th Anniversary offer with 10 free gifts, 1960 (1 item)

35th Anniversary offer: enrollment form mailer, 1960 (1 item)

35th Anniversary offer: The Mighty Back that Backs You, 1960 (1 item)

35th Anniversary offer: You Have Been Chosen, 1960 (1 item)

35th Anniversary offer: Your First and Last Chance to get these Free!, 1960
(1 item)

35th Anniversary offer: Your First and Last Chance mailer with coupons,
no date, 1961 (5 items)

Encl.: 35th Anniversary Enrollment form, no date (1 item)

Encl.: Coupon for free Strong Man course, no date (1 item)

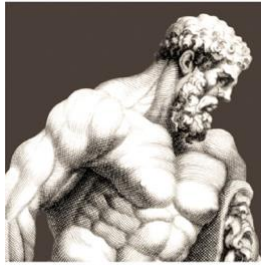
Encl.: Coupon for free Commando course, no date (1 item)

Encl. torn exercise chart, no date (1 item)

Box 1, Folder 92: The George F. Jowett Institute of Physical Culture Mailings, no
date (28 items)

1st Letter (sent out immediately), no date (5 items)

Encl.: Jowett Barbell circular, no date (1 item)



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Encl.: Shipping Department: dumb-bells sent by the cheapest way,
no date (1 item)

Encl.: Must pay charges to ship dumbbells out of U.S.A., no date (1
item)

Encl.: The Dumbbells that Broke the Record, no date (1 item)

Envelope for 1st Letter, no date (1 item)

1st Follow up Letter, no date (2 items)

Encl.: Measurement chart, no date (1 item)

2nd Follow up Letter, no date (6 items)

Encl.: Special Offer Still Open, no date (1 item)

Encl.: Jowett Institute Money Order Coupon, no date (1 item)

Encl.: Jowett Institute Business Reply envelope, no date (1 item)

Encl.: Measurement chart, no date (1 item)

Encl. Folder with Money back Agreement, no date (1 item)

3rd Follow up Letter, no date (6 items)

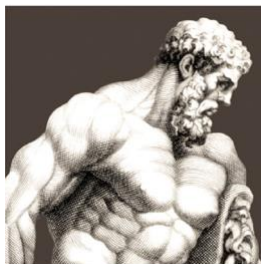
Encl.: Jowett Institute Money Order Coupon, no date (1 item)

Encl.: Jowett Institute Envelope, no date (1 item)

Encl.: Pamphlet: Why They Call Me Champion of Champions by
Jowett, no date (1 item)

Encl.: Still Protected by Money Back Agreement, no date (1 item)

Encl.: Jowett Barbell circular, no date (1 item)



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4th Follow up Letter (sent 14 days after 3rd), no date (5 items)

Encl.: Special Offer Still Open, no date (1 item)

Encl.: Facts on Muscle Building, no date (1 item)

Encl.: Muscular Proportions YOU Can Build, no date (1 item)

Encl.: From the Day's Mail, no date (1 item)

6th Follow up Letter, no date (3 items)

Encl.: Special Offer Still Open, no date (1 item)

Encl.: Folder: Nerves of Steel, Muscles like Iron, no date (1 item)

Box 1, Folder 93: Extras of The George F. Jowett Institute Mailings; Follow up letter materials, no date (55 items)

4 Copies: Dear (newly enrolled) Pupil, no date (4 items)

Devoted to Your Health, etc., no date (1 item)

2 Folders: Nerves of Steel, Muscles like Iron, no date (2 items)

2 Folders with Money Back Agreement, no date (2 items) (2nd incomplete)

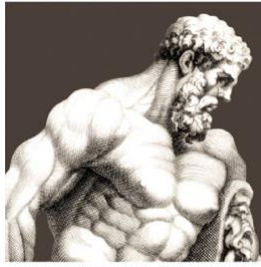
2 Copies: Here's My Wartime Contribution etc., no date (2 items)

Important Personal Message for YOU, no date (1 item)

Jowett Barbell Circular, no date (1 item)

3 Copies: Jowett Institute Account Statement forms, no date (3 items)

2 Copies: Jowett Institute Business Reply envelope, Scranton, PA, no date (2 items)



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Jowett Institute Business Reply envelope, NYC, no date (1 item)

Jowett Institute Business Reply envelope, NYC, stuck to Jowett Institute
Free Gift Coupon, no date (2 items)

2 Copies: Jowett Institute Diplomas, no date (2 items)

Jowett Institute Free Gift Coupon, no date (1 item)

2 Copies: Jowett Institute Order Blanks, no date (2 items)

2 Copies: Jowett Institute Payment Reminders, no date (2 items)

Let's Look at The Record, no date (1 item)

2 Copies: Measurement Chart Orange Pamphlets, no date (2 items)

2 Copies: Measurement Chart Red Pamphlets, no date (2 items)

2 Copies: Measurement Charts, no date (2 items)

Now More Than Ever It Is Important...to Have Great Strength, no date (1
item)

2 Copies: Now More Than Ever You Must be Fit to Fight, no date (2 items)

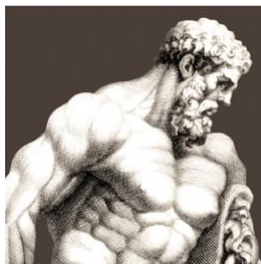
Pamphlet: 3 copies: Why They Call Me Champion of Champions by
Jowett, no date (3 items)

Postcard: Jowett Institute, 597 Fifth Ave, NYC, no date (1 item)

2 Copies: Price Discount List, no date (2 items)

2 Copies: Shipping Department: dumb-bells by the cheapest way, no
date (2 items)

3 Copies: Still Protected by Money Back Agreement, no date (3 items)



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Strength: It Has No Mystery. Read This., no date (1 item)

Wrestling Secrets of the Kings of the Mat, no date (1 item)

2 Copies: You Save Money Through This Offer, no date (2 items)

2 Copies: Your Personal Enrollment Form, no date (2 items)

Your Success Step No. 1, no date (1 item)

2 Copies: Your Superb Powers of Virile Manhood, no date (2 items)

Box 2: 89 Folders: George F. Jowett Business Materials Continued, Publication Rules, Business and Personal Correspondence, no date, 1923-1957 (762 items)

Box 2, Folder 1: George F. Jowett Health Publications Mailings, no date, 1938-1939 (32 items)

2 Copies: George F. Jowett, 4324 Paul Street, Philadelphia, PA: Books and *IronMan* offer, no date (4 items)

Encl.: 2 Copies: Coupon for free one year *IronMan* subscription, no date (2 items)

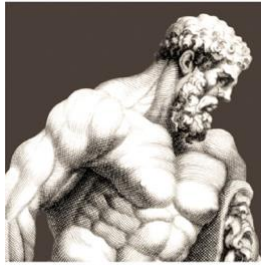
1st Draft: George F. Jowett, 4324 Paul Street, Philadelphia, PA: Dear Friend...pleasure to read your letter, no date (1 item)

2nd Draft: George F. Jowett, 4324 Paul Street, Philadelphia, PA: Dear Friend...pleasure to read your letter, no date (1 item)

2 Copies: Save Money, Use This Order Blank Now!, no date (2 items)

Note: Samples: on extra page of Free Test Course, no date (1 item)

3 Samples: George F. Jowett, 4324 Paul Street, Philadelphia, PA: Try This Free Test Course and save \$12.00, no date (3 items)



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George F. Jowett, 4324 Paul Street, Philadelphia, PA: This letter is worth \$12.00 to you, no date (1 item)

2 Copies: George F. Jowett, 4324 Paul Street, Philadelphia, PA: Your country needs your help badly-NOW, no date (2 items)

1st Draft: Jowett Health Publications, 217 South 24th Street Philadelphia, PA: Dear Friend...course especially planned with coupon, no date (1 item)

2nd Draft: Jowett Health Publications, 217 South 24th Street Philadelphia, PA: Dear Friend...course especially planned with coupon, no date (1 item)

Jowett Health Publications, 4324 Paul Street Philadelphia, PA: Barbell and Dumbbell Outfits, no date (2 items)

Encl.: Discount Sheet, no date (1 item)

Jowett Health Publications, 217 South 24th Street Philadelphia, PA: Body Building Library (incomplete), no date (1 item)

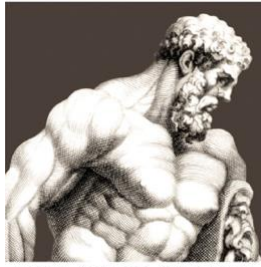
Jowett Health Publications, 4324 Paul Street Philadelphia, PA: Body Building Library, no date (1 item)

Incomplete: Jowett Health Publications: Body Building Library, no date (1 item)

2 Copies: Jowett Health Publications, 217 South 24th Street Philadelphia, PA: Body Building Outfits at Special Low Prices, no date (2 items)

Jowett Health Publications, 4324 Paul Street Philadelphia, PA: Body Building Outfits at Special Low Prices, no date (1 item)

Jowett Health Publications, 4324 Paul Street Philadelphia, PA: Jowett Iron Master special barbell outfit, no date (1 item)



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3 Copies: Jowett Exercise Equipment-Health Publications, 4324 Paul Street
Philadelphia, PA: 101 Home Gym, no date (3 items)

2 Copies: Special Summer Offer!, 6/7/1938 (2 items)

George F. Jowett 1939 Athletic-Health Reference and Money Saving
Catalog, 1939 (1 item)

Box 2, Folder 2: George F. Jowett's American Health/ American Life Guild, no
date (4 items)

Flyer: Behold A Man, no date (1 item)

Flyer: Wonderful Gift Book for You, no date (1 item)

Pamphlet: Dear Guild Member etc., no date (1 item)

Pamphlet: The Technique of Living etc., no date (1 item)

Box 2, Folders 3-5: Mailing, Copyright, and Trade Practice Considerations for George F.
Jowett Publications, no date, 1925-1936 (26 items)

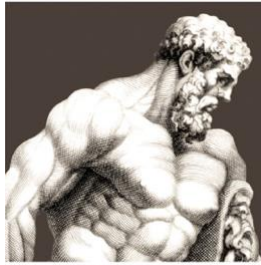
Box 2, Folder 3: United States Post Office to George F. Jowett: Postal Permits for
Jowett Publications, no date, 1928-1936 (16 items)

Permit to Use Precanceled Stamps on 2nd, 3rd, or 4th Class Matter, 2/8/1928
(1 item)

George E. Kemp to Jowett: response to request for Application to mail 200
pieces or 20 lbs of 3rd Class Matter, 8/9/1928 (2 items)

Encl.: Permit to Mail Identical pieces of 3rd Class Matter in Bulk,
8/13/1928 (1 item)

Permit to send out business reply cards or business reply envelopes,
12/26/1928 (5 items)



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Encl.: 2 copies: Form 3615: Statement of Mailing Business Reply
Cards and Envelopes, 1928 (2 items)

Encl.: Postmaster General's Office: Business Reply Mail, 9/8/1928 (1
item)

Encl.: Sample of Business Reply envelope, 1928 (1 item)

Permit for the Use of Mail Sacks, 3/16/1929 (1 item)

Fine to Purchase stamp supplies by check at Frankford Station, 9/6/1929 (1
item)

U.S. Post Office to Jowett: New Serial Number for American Athletic
Appliance Co. mailings, beginning 7/1/1930 (1 item)

U.S. Post Office to Jowett: New Serial Number for mailings, beginning
7/1/1930 (1 item)

Can pay postage in advance by ordinary check at Frankford Station,
9/12/1930 (1 item)

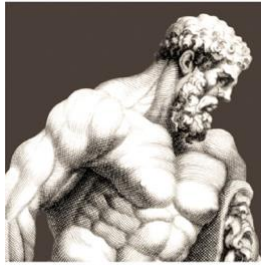
Application for Domestic Money Order Form No. 6001, 7/20/1932 (1 item)

Can use Erie National Bank checks to buy stamp supplies at Frankford
Station, 3/14/1933 (1 item)

Permit No. 1670 to mail 5,488 copies of *Man Power*, 4/14/1936 (1 item)

Box 2, Folder 4: Publication, Copyright and Trademark Rules, 1925-1936 (9
items)

2 Copies: Application For Entry of a Publication to the 2nd Class of Mail
Matter Under the Act of 3/3/1879, 1925 (2 items)



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Pamphlet: General Information: Trade-Marks, Prints and Labels, 7/1/1933
(1 item)

George F. Jowett c/o American Athletic Appliance Co. to Dept. of Patents
and Copyrights: Please send forms, 2/3/1936 (1 item)

Copyright Office: Rules for Application forms, (1936) (5 items)

Encl.: 4 Copies Application Form A1 for Copyright for Book First
Published in the United States, (1936) (4 items)

Box 2, Folder 5: Trade Practice Rules, 1934 (1 item)

Gilbert and Gilbert legal brief c/o Charles Atlas to New York City Court,
133 East 23rd Street, seeking to amend Trade Practice Rules (partial),
3/24/1934 (1 item)

Box 2, Folder 6: Jowett Institute and American Bodybuilding Club (Later name
of Jowett Institute) Envelopes and Stationery, no date, 1961-1963 (46 items)

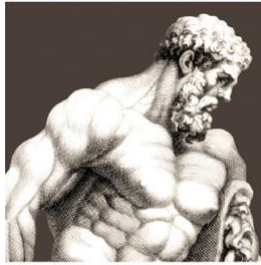
Envelopes, no date, 1961-1963 (27 items)

4 Jowett Institute, Scranton, PA envelopes, 4 1/8" x 9 1/2", no date (4
items)

2 Jowett Institute, Scranton, PA envelopes, 6 3/8" x 9 1/2", no date (2
items)

George F. Jowett, 217 South 24th Street, Philadelphia, PA envelopes,
no date (1 item)

3 George F. Jowett, 4324 Paul Street, Philadelphia, PA envelopes,
no date (3 items)



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Jowett Institute of Physical Culture, 597 Fifth Avenue, New York,
NY envelope, no date (1 item)

Jowett Institute, Great Neck, NY envelope, 11/25/1961 (1 item)

Jowett Institute, Great Neck, NY envelope, postmarked 1/15/1962 (1
item)

Jowett Institute, Great Neck, NY envelope, postmarked 4/27/1962 (1
item)

American Bodybuilding Club (red design), Great Neck, NY
envelope, no date (1 item)

American Bodybuilding Club (green design, Permit 583), Great
Neck, NY envelope, no date (1 item)

American Bodybuilding Club (red design, Permit 583), Great Neck,
NY envelope, no date (1 item)

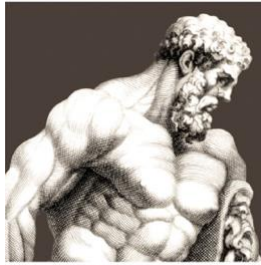
American Bodybuilding Club: Legal Transfer Dept., Great Neck,
NY envelope, postmarked 12/11/1961 (1 item)

American Bodybuilding Club (red design, Permit 583), Great Neck,
NY envelope, 1/12/1963 (1 item)

American Bodybuilding Club (green design, Permit 583), Great
Neck, NY envelope, 1/18/1963 (1 item)

2 Copies: American Bodybuilding Club, Ben Rebhuhn (purple
design, Permit 583), Great Neck, NY envelope, no date (2 items)

Business Reply Envelope design blank: American Bodybuilding
Club, Great Neck, NY, no date (1 item)



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2 Copies: Business Reply Envelope based on design blank, no date
(2 items)

American Bodybuilding Club, Great Neck NY to Joey Hertz
envelope, postmarked 12/17/1962 (1 item)

American Bodybuilding Club, Great Neck NY to Ben Joshua
envelope, postmarked 12/17/1962 (1 item)

Stationery, no date (19 items)

2 Copies: Jowett: Physical Director: Breitbart Institute of
Physical Culture, 3 East 14th Street, NYC, no date (2 items)

2 Copies: George F. Jowett Co., 217 South 24th Street, Philadelphia,
PA, no date (2 items)

George F. Jowett Co.: Main Office and Factory, 217 South 24th
Street, Philadelphia, PA, no date (1 item)

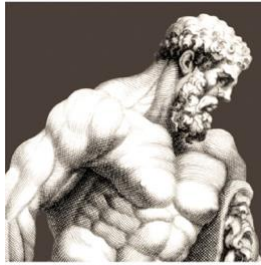
2 Copies: George F. Jowett Health Publications, 217 South 24th
Street, Philadelphia, PA, no date (2 items)

George F. Jowett, 4324 Paul Street, Philadelphia, PA, no date (1
item)

2 Copies George F. Jowett, 4324 Paul Street, Philadelphia, PA, with
photo of Jowett, no date (2 items)

2 Copies: Jowett Institute, 230 Fifth Ave, NYC: Devoted to your
Health, no date (2 items)

Jowett Institute of Physical Culture, picture of Jowett right,
230 Fifth Ave, NYC, no date (1 item)



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2 Copies: Jowett Institute of Physical Culture, picture of Jowett left, 597 Fifth Ave, NYC, no date (2 items)

2 Copies: Jowett Institute of Physical Culture, picture of Jowett right, 217 South 24th Street, Philadelphia, PA, no date (2 items)

2 Copies: Jowett Institute of Physical Culture, picture of Jowett right, 422 Poplar Street, Scranton, PA, no date (2 items)

Box 2, Folders 7-17: American Athletic Appliance Co. (Philadelphia, PA) Mailings, Ads and Stationery, no date, 1930-1937 (91 items)

Box 2, Folder 7: American Athletic Appl. Co. Catalogs, no date, 1937 (14 items)

American Athletic Appliance Co. Profit participating Catalog, no date (1 item)

7 Copies: American Athletic Appliance Co. Profit Sharing Catalogs, no date (7 items)

2 Copies: American Athletic Appliance Co. George F. Jowett Inc. Catalogues, no date (2 items)

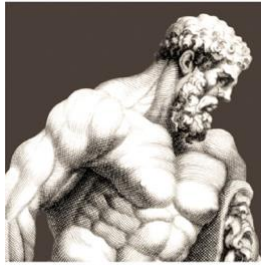
3 Copies: American Athletic Appliance Co. Guide of Information and Money Saving Catalog, no date (3 items)

American Athletic Appliance Co. 1937 Guide of Information and Money Saving Catalog, 1937 (1 item)

Box 2, Folder 8: Continental System, no date (4 items)

4 Copies: The Continental System of Barbell and Dumb Bell Training, no date (4 items)

Box 2, Folder 9: The Giant Torsion Krusher/ Grip Set, no date (9 items)



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2 Copies: The Giant Torsion Grip Set, no date (2 items)

4 Copies: The Giant Torsion Grip Set Exercise Chart, no date (4 items)

2 Copies: The Giant Torsion Krusher Grip Set, no date (2 items)

Grab This Hercules Special Offer!, no date (1 item)

Box 2, Folder 10: 2 Copies: Giants Strength Treasure Kit, no date (2 items)

Box 2, Folder 11: Iron Shoe Strength Builder, no date, 1937 (20 items)

Build Powerful Muscled Arms with the...Iron Shoe, no date (1 item)

The Iron Shoe-Now with Extra Strength Units and Courses, no date (1 item)

4 Copies: Iron Shoe Strength Builder: Special Offer, no date (4 items)

2 Copies: Iron Shoe Strength Builder: Strength of a Giant, no date (2 items)

Iron Shoe Strength Builder: Anniversary offer: Strength of a Giant, no date (1 item)

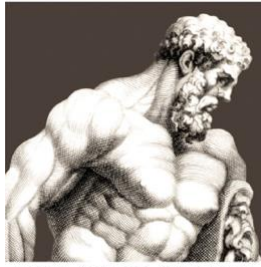
Iron Shoe Strength Builder: Vacation offer: Strength of a Giant, no date (1 item)

Iron Shoe Strength Builder: Easy with German Iron Shoe, no date (1 item)

6 Copies: Iron Shoe Strength Builder: Easy with Famous Iron Shoe, no date (6 items)

Iron Shoe Strength Builder: Win a Gold Medal Award!!, no date (1 item)

2 Copies: Iron Shoe Strength Builder: New Year offer: Strength of a Giant, 2/6/1937 (2 items)



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Box 2, Folder 12: The Trojan Home Gym, no date (7 items)

4 Copies: The Trojan Home Gym: World's Greatest Muscle Builder, no date (4 items)

Trojan Home Gym Exercise Chart, no date (1 item)

2 Copies: Read This Carefully for Longer Life and Use of this outfit (refers to Exercise Chart, no date (2 items)

Box 2, Folder 13: Two Famous Courses for the Price of One, no date (7 items)

5 Copies: Two Famous Courses for the Price of One, no date (5 items)

2 Copies: Coupons: Two Famous Courses for the Price of One, no date (2 items)

Box 2, Folder 14: American Athletic Appliance Co. Advertisements; Table Tennis Ads, no date, 1937 (7 items)

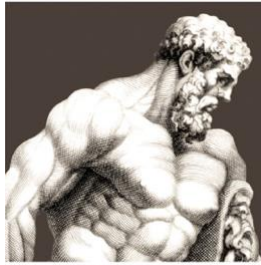
Build a Strong Sturdy Neck for Poise, Power and Dynamic Nerve Force, no date (1 item)

2 Copies: Every Athlete Wears a Jock Supporter: So Should You, no date (2 items)

Four Inches of Muscle Put On Your Arms, unknown publication, no date (1 item)

3 Copies: Macy's Table Tennis Advertisements, *New York World Telegram*, 2/3/1937 (3 items)

Box 2, Folder 15: Advertising Materials for American Athletic Appliance Company and George F. Jowett health magazine ideas, no date, 1930-1940 (11 items)



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Roberts and Reimers Ad Materials for the American Athletic Appliance Company and Saxon Barbell Co., no date, 1930 (8 items)

American Athletic Appliance Company German Iron Shoe Folder Ad, no date (1 item)

American Athletic Appliance Company: Roberts and Reimers Advertising Proposal for content of German Iron Shoe Folder Ad, no date (1 item)

American Athletic Appliance Company Iron Shoe Ad, no date (1 item)

American Athletic Appliance Company Saxon Barbell Ad: Now...You Can Buy A Complete Barbell Outfit for \$5, no date (1 item)

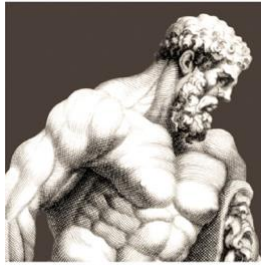
American Athletic Appliance Company Saxon Barbell Ad: Saxon, and every other Famous Strong Man used Barbells to gain Great Strength!, no date (1 item)

Example of Roberts and Reimers Advertising for Saxon Barbell Co., unknown publication, no date (1 item)

Post Photo-Engraving Company: Engravers of Quality Printing Plates Let Me Show You too, How to Make Yourself Commando Tough c/o Roberts and Reimers Advertising, no date (1 item)

Example of Roberts and Reimers Advertising for Ambitious Women's League, unknown publication, 11/30/1930 (1 item)

Ad Materials for George F. Jowett health magazine ideas, no date, 1940 (3 items)



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Dummy cover of *The Popular Health Educator*, no date (1 item)

Romer Advertising Service: proposed Teddy Roosevelt cover for
American Health Educator, Number One, 6/1940 (1 item)

Romer Advertising Service: proposed oil lamp cover for *American*
Health Educator, Number One, 6/1940 (1 item)

Box 2, Folder 16: American Athletic Appliance Co. Advertising Proofs, no date,
1933-1935 (8 items)

Advertising Proof: Complete Barbell Outfit \$5.00: *The Ring*, no date (1
item)

Advertising Proof: Choose Your Physical Culture Course: *New York*
News W. O., 9/6/no year (1 item)

Advertising Proof: Build Shapley Legs: *Physical Culture*, 3/1933 (1 item)

Advertising Proof: Four Inches of Muscle Put On Your Arms: *Physical*
Culture, 3/1933 (1 item)

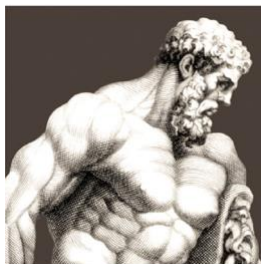
Advertising Proof: Giantlike Muscles: *Physical Culture*, 7/1933 (1 item)

Advertising Proof: Choose Your Physical Culture Course: *Physical Culture*,
8/29/1935 (1 item)

Advertising Proof: The Fastest Muscle Builder: *Physical Culture*, 11/1935 (1
item)

Advertising Proof: Saxon Super System c/o American Athletic Appliance
Co.: Now...Buy Barbells...For \$5.00: *Physical Culture*, 11/1935 (1 item)

Box 2, Folder 17: American Athletic Appliance Co. Stationery, no date (2 items)



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2 Copies: American Athletic Appliance Co., Cedar Ave. and Brook Street,
Scranton, PA, 8 ½" x 11", no date (2 items)

Box 2, Folder 18: Canadian Athletic Appliance Co. (Morrisburg, Ontario, Can.)
Mailings, no date, 1936-1937 (33 items)

4 Copies: Canadian Athletic Appliance Co. Catalog, no date (4 items)

Canadian Athletic Appliance Co. Catalog, no date (1 item)

3 Copies: Canadian Athletic Appliance Co. Catalog Pamphlet, no date (3
items)

Canadian Training System, no date (1 item)

The French-Canadian Continental Training System, no date (1 item)

3 Copies: The Iron Shoe, no date (3 items)

3 Copies: Saxon Barbell System, no date (3 items)

3 Copies: The Trojan Home Gym, no date (3 items)

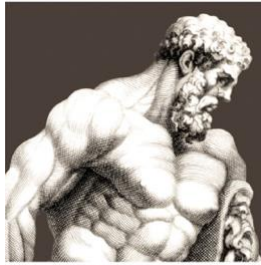
2 Copies: Various Items now made in Canada; no Customs duties, no date
(2 items)

2 copies: Xmas Barbell Offer, 12/1936-1/1937 (2 items)

Canadian Athletic Appliance Co. Stationery, no date (10 items)

2 Canadian Athletic Appliance Co. envelopes, 3" x 5 ½", no date (2
items)

2 Canadian Athletic Appliance Co. envelopes, 3 ¾" x 6 ½", no date
(2 items)



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2 Envelopes from Box 276, Morrisburg, Ont., Can. (Co. Headquarters), 3 ½" x 6 ½", no date (2 items)

2 Sheets of Stationery, 7 ¾" x 10", no date (2 items)

2 Sheets of Stationery with Crown, 8 ½" x 11", no date (2 items)

Box 2, Folder 19: Man Power Co. (same address as American Athletic Appliance Co.) Mailings; Automatic Chest Builder, no date (4 items)

3 Copies: Mailings: Automatic Chest Builder, no date (3 items)

Man Power: Official Publication of the American League of Physical Culture, no date (1 item)

Box 2, Folder 20: Saxon Bar Bell Co. Mailings, no date, 1936 (36 items)

2 Copies: A Complete Barbell Outfit for only \$5.00, no date (2 items)

Barbell and Iron Boot Offer, no date (2 items)

Encl. Iron Boot Coupon, no date (1 item)

The Greatest Bargain of All Time: Saxon lifting barbell, 217 South 24th Street, Philadelphia, PA, no date (1 item)

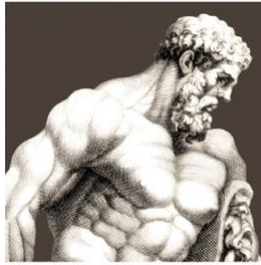
2 Copies: The Greatest Bargain of All Time: Saxon lifting barbell, 4324 Paul Street, Philadelphia, PA, no date (2 items)

5 Copies: The Greatest Bargain of All Time: Saxon crossed arms, 1936 (5 items)

Here's a Vacation Gift for You, no date (1 item)

Performing The (Saxon) Bent Press, no date (1 item)

2 Copies: Revolving Sleeve Barbell Offer, no date (2 items)



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4 Copies: Saxon Barbell Company Introductory letter: With Pleasure we forward you information on the popular Saxon Barbell outfits and courses, no date (4 items)

Special Price Offer, no date, 1936 (13 items)

Beige, Special Price Offer: Saxon lifting barbell, no date (1 item)

4 Copies: Grey, Special Price Offer: Saxon lifting barbell, 2/5/1936 (4 items)

5 Copies: Grey, Special Price Offer: Saxon crossed arms, 2/5/1936 (5 items)

3 Copies: Value of Progressive Barbell Training/ Offer, no date (3 items)

2 Copies: Xmas Barbell Offer, 1/1936 (2 items)

Second Barbell Follow-up: Dear Friend, I sent you our literature as requested etc., 3/4/1936 (1 item)

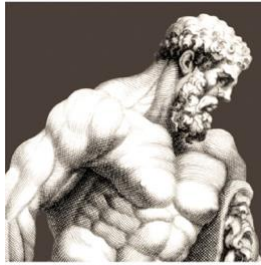
Box 2, Folder 21: Drawings for American Athletic Appliance Co., American Health Guild, Jowett Institute and *Man Power* Materials, no date, 1938 (41 items)

American Athletic Appliance Co. Logo by American Decalcomania, no date (1 item)

American Health Guild Drawing of Man with Hand to his Head, no date (1 item)

American Health Guild Drawing of Man with Hand to his Head and magic lamp used for pamphlet, no date (1 item)

Clip Art Man breaking a tree stump, no date (1 item)



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Clip Art Man...Question Marks, no date (1 item)

Copy of Roman Linament Ad featuring Pryor clip art of George F. Jowett, no date (1 item)

Cover featuring clip art of George F. Jowett, no date (1 item)

Drawing based on Question Marks Clip Art for Cover of Physical Questions Asked and Answered by George F. Jowett, no date (1 item)

Drawings of Dumbbell Curls, Baseball Batter, Grip Strength Measurer, and Baseball Pitcher, no date (1 item)

Drawing of Dumbbells, no date (1 item)

Drawing of George F. Jowett as he looks back over his right shoulder, no date (1 item)

Drawing of George F. Jowett as he looks back over his right shoulder for the Jowett Institute of Physical Culture, Scranton, PA, no date (1 item)

Drawing of George F. Jowett by W. Pryor, no date (1 item)

4 Copies: Drawing of George F. Jowett by W. Pryor in photo, no date (4 items)

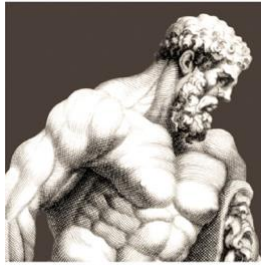
Drawing sketch of George F. Jowett's torso, no date (1 item)

Drawing of George F. Jowett with his elbows out to the side, no date (1 item)

Drawings of Gym Equipment, no date (3 items)

2 Copies: Black Gym Equipment Drawing, no date (2 items)

Blue Gym Equipment Drawing, no date (1 item)



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Drawing of Kettlebell, no date (1 item)

Drawing of Man: barbell curls, no date (1 item)

2 Copies: Drawing of Man (in silver) doing one arm barbell get-up, no date (2 items)

Drawing of Man doing one arm barbell get-up with dumbbell at his feet, no date (1 item)

Drawing of Man in Suit, no date (1 item)

Drawing of Man in Suit Smiling, no date (1 item)

Drawing of Man ready to press barbell overhead, no date (1 item)

Drawing of Man Reclining under Tree, no date (1 item)

Drawings of Dumbbells, Barbells and an Iron Shoe, no date (1 item)

Ends of barbell with different sized weights, no date (1 item)

Exercise Drawings, no date (1 item)

The Iron Shoe for the Jowett Institute, no date (1 item)

Iron Shoe Silhouette (likely for Ads), no date (1 item)

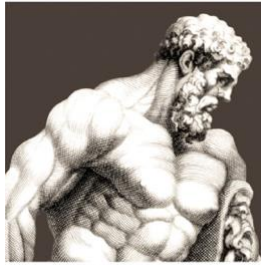
George F. Jowett: The Peerless Ironman, no date (1 item)

George F. Jowett: Pride and President of ACWLA, no date (1 item)

Man Power by George F. Jowett Cover drawing featuring Hercules, no date (1 item)

Nine Drawings of Man exercising with barbell, no date (1 item)

Set of Three Drawings depicting early part of Jowett's life, no date (1 item)



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Set of Three Drawings depicting next part of Jowett's life, no date (1 item)

Set of Three Drawings depicting most recent part of Jowett's life, no date
(1 item)

Silhouette of Jowett on cardboard, no date (1 item)

Drawing of Jowett by W. Pryor, 3/14/1938 (1 item)

Box 2, Folder 22: Seat of Health Materials, no date, 1930-1931 (10 items)

The Rowing Route to Radiant Health and Healthy Weight Reduction, no
date (1 item)

The Seat of Health Body-BUILDER and Reducer, no date (1 item)

Various Seat of Health Models: The Greatest Achievement in Rowing
Machines Paves The Way For \$1000 a Month Extra Profits, no date (1 item)

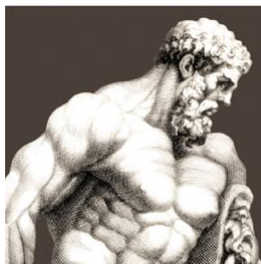
Vig-Row (A Seat of Health Model): A real rowing machine for real
results, no date (1 item)

Seat of Health Course No. 1 by George F. Jowett: Organic Stimulation
and Health Building, 1930 (1 item)

Seat of Health Course No. 2 by George F. Jowett: Scientific Reducing, 1930
(1 item)

Seat of Health Course No. 3 by George F. Jowett: Scientific Body Building,
1930 (1 item)

Sheet Music: *Seat Yourself in a Seat of Health (And You'll Sit Pretty All
Day)*, by Mitchell Parish and Frank Perkins, Mills Music Company, New
York City, no date, 1931 (3 items)



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Encl.: George F. Jowett Business Card, Health Developing Apparatus Company (made Seat of Health), no date (1 item)

Encl.: George F. Jowett Business Card, Jowett Institute of Physical Culture (Jowett at both companies), no date (1 item)

Box 2, Folder 23: *The Body Builder* Magazine Articles, Materials and Stationery, no date (27 items)

The Body Builder Articles, no date (9 items)

Because You Are A Woman by Emily G. Gay, no date (1 item)

Editorial: *How To Be Popular and Win Friends* by George F. Jowett, no date (1 item)

Gaining Weight with Diet and Exercise by Dr. Caleb T. Saunders, M.D., no date (1 item)

How To Make The Adjustable Chinning Bar by George F. Jowett, no date (1 item)

How to Successfully Improve Your Running Speed, no date (1 item)

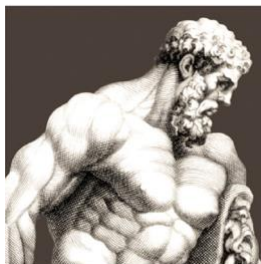
How You Can Drive a Steel Spike through a Block of Wood or an Iron Plate with the Power of the Arm (a Blow of the Fist), no date (1 item)

Vibrant Relaxation by George F. Jowett, no date (1 item)

Why You Should Use (Bob) Hoffman Supplements to Help You Gain Weight, Muscle and Endurance, no date (1 item)

Photocopy: *The Dare-Devil Woman* (Lillian Leitzel) by Phyllis Jowett (George F. Jowett's daughter), no date (1 item)

The Body Builder Materials, no date (13 items)



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Free With your Purchase a Subscription to the *The Body Builder* (on back of cover of *The Body Builder*), no date (1 item)

Not Just "Another" Magazine, no date (1 item)

10 Flyers: *The Body Builder's* Physical Development Picture Club, no date (10 items)

Read *The Body Builder*, no date (1 item)

The Body Builder Stationery, no date (5 items)

3 Copies: *The Body Builder* Envelope, no date (3 items)

2 Copies: *The Body Builder*, edited by George F. Jowett, Stationery, 8 ½" x 11", no date (2 items)

Box 2, Folder 24: Ads and Ad Proofs for Business Ad Ideas, no date, 1923-1944 (9 items)

Five in One Home Gym New Home Exercising Invention, no date (1 item)

I broke his fingers like Twigs!: Guerilla Defense, no date (1 item)

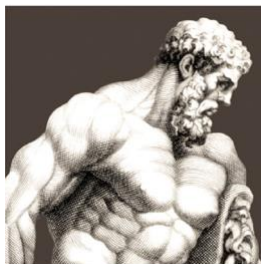
I broke his hand like a Match!: Guerilla Defense, no date (1 item)

Do You want to be a good Boxer?, 2/1923 (1 item)

What Kind of a Man Will You Be a Year from Now, Milo Bar Bell Co., *Strength*, 2/1923 (1 item)

Page of Five Ads: 1926-1929 (1 item)

Features: Strong Men Look, 2/1926; Man Power, 4/1927; Exercise Fans LOOK!, 11/1928; A Xmas Gift For YOU, 12/1928; Wrists of Steel, 2/1929



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Wrists of Steel, 2/1929 (1 item)

Advertising Proof: York Bar Bell Co.: Summertime Is The Ideal Time for Bar Bell Training, *Physical Culture*, 5/1/1933 (1 item)

Palmolive and Palmolive Super Suds Soap Ad (Maze article on back), *The American Weekly*, 4/30/1944 (1 item)

Box 2, Folder 25: Exercise Equipment Information to inspire Business mailings, no date, 1915-1951 (9 items)

The GymGem Pocket Gym, no date (1 item)

The Higgins Rejuvenator, no date (1 item)

Whitley Original Athletic Equipment, no date (1 item)

Catalog of Stage and Exhibition Bar-Bells, Dumbbells, and Kettle-Bells, Milo Bar-Bell Company, 5/1915 (1 item)

Elgin Exercise Appliance Co., 1951 (4 items)

Elgin Price List, 1951 (1 item)

Elgin Exercise Unit, 1951 (1 item)

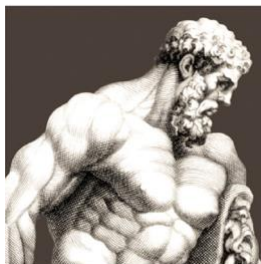
Elgin Heavy Resistance Exercise Equipment, 1951 (1 item)

Elgin Dumbbell Assembly, 1951 (1 item)

Envelope to A. Yunko from Elgin Exercise Appliance Co., postmarked 7/3/1951 (1 item)

Box 2, Folder 26: Hans Schmidt's German Multiplex Exerciser, no date (11 items)

2 Copies: Exercises for the German Multiplex Exerciser, no date (2 items)



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2 Copies: Hans Schmidt's Exercisor, no date (2 items)

5 Copies: Hans Schmidt's Exerciser, no date (5 items)

2 Copies: Hans Schmidt German Multiplex Exerciser Stationery, no date (2 items)

Box 2, Folder 27: Exercise Company Stationery, no date (1 item)

Health Sales Corporation: "Health in a Suitcase," no date (1 item)

Box 2: Folders 28-38: Correspondence between George F. Jowett and George F. Jowett Publications and Joe and Ben Weider, no date, 1941-1959 (48 items)

Box 2, Folder 28: Joe Weider to George F. Jowett, 1941 (1 item)

Weider to Jowett: *Your Physique*; Canadian customs, 3/21/1941 (1 item)

Box 2, Folder 29: V. Stevenson (Treasurer of George F. Jowett Publications) and Joe Weider, 1942-1943 (4 items)

Stevenson to Weider: Invoice, Canadian tariff stamps, 2/2/1942 (1 item)

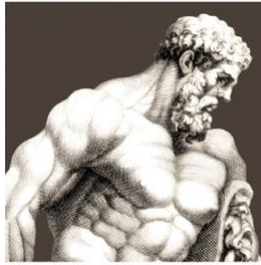
Weider c/o *Your Physique* to Stevenson: Cheque for \$15.75, Canadian tariff stamps, 2/5/1942 (1 item)

Weider to Stevenson: Order to be filled; Jowett and (Earle) Liederman booklets, 6/2 (1943) (1 item)

Weider to Stevenson: Draft of what He owes Jowett, booklets, 6/17 (1943) (1 item)

Box 2, Folder 30: Joe Weider to George F. Jowett, 1943, 4/1943 (2 items)

Weider to Jowett: Please write 500 word review for dumbbell book; do you like set up for Liederman book, Tuesday, 1943 (1 item)



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Weider to Jowett: Why the silence, Jowett's Articles in *Strength*, 4/13
(1943) (1 item)

Box 2, Folder 31: George F. Jowett and Joe Weider, 6/1943 (8 items)

Jowett to Weider: You owe \$69.80; Bonomo "One Shots" failures, 6/7/1943
(1 item)

Weider to Jowett: Here is \$47.30 for what I have received, letter of
Reference from printers, 6/17 (1943) (5 items)

Encl.: Letter of Reference from M.J. Viau et Fils, 6/14/1943 (1 item)

Encl.: Envelope for Letter of Reference from M.J. Viau et Fils,
6/14/1943 (1 item)

Encl.: Letter of Reference from Imprimerie Berthier, 6/15/1943 (1
item)

Encl.: Envelope for Letter of Reference from Imprimerie Berthier,
6/15/1943 (1 item)

Weider to Jowett: Envelope for letter, postmarked 6/17/1943 (1 item)

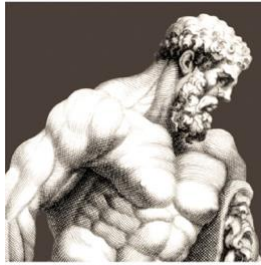
Jowett to Weider: Shipping all charts; five cartons to be shipped by train,
6/24/1943 (1 item)

Box 2, Folder 32: George F. Jowett and Joe Weider, 7/1943 (5 items)

Jowett to Weider: Inventory; time tables, 7/1/1943 (1 item)

Weider to Jowett: \$28.00 to balance account; must wait for next magazine,
6/6 (dated incorrectly, date should be 7/6) (1943) (1 item)

Jowett to Weider: Got check; will trace books via railroad; 7/8/1943 (1
item)



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Weider to Jowett: Will be in Philadelphia 7/19, issue mailed today, 7/12
(1943) (1 item)

Weider to Jowett: *Your Physique* to be a monthly; need ads, article, 7/31
(1943) (1 item)

Box 2, Folder 33: George F. Jowett and Joe Weider, 8/1943 (4 items)

Weider to Jowett: Book Courses on newsstands, "Body Beautiful," 8/16
(1943) (1 item)

Weider to Jowett: Magazine on the press; bill for booklets and books, 8/18
(1943) (1 item)

Weider to Jowett: Books I received; I owe you \$461 (8/1943) (1 item)

Jowett to Weider: Billing incorrect, you owe \$500.16; lease arrangement,
8/25/1943 (1 item)

Box 2, Folder 34: George F. Jowett and Joe Weider, 9/1943 (9 items)

Weider to Jowett: Books and booklets; let's work together, 9/4 (1943) (1
item)

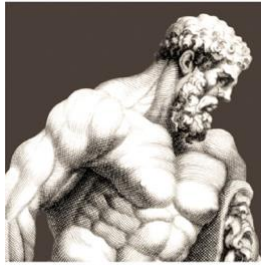
Weider to Jowett: Envelope for letter, postmarked 9/4/1943 (1 item)

Jowett to Weider: Had to write as I did; ads in books could be replaced,
9/7/1943 (1 item)

Weider to Jowett: Much to discuss; a few more orders; 9/10 (1943) (1 item)

Jowett to Weider: Legal documents; ad agencies, 9/19/1943 (1 item)

Weider to Jowett: Invoices totaling about \$300; future help, 9/19 (1943) (1
item)



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Weider to Jowett: Canadian national physical campaign; new cover, 9/24 (1943) (1 item)

Weider to Jowett: Resale tax slip; White Owl cigars, 9/28 (1943) (1 item)

Weider to Jowett: New publication; Dr. Tilney's Sex book, 9/29 (1943) (1 item)

Box 2, Folder 35: George F. Jowett and Joe Weider, 10/1943 (7 items)

Weider to Jowett: Can't take bus, must use train; \$200 check, Tuesday (10/5/1943) (1 item)

Weider to Jowett: Two packs typing paper; will try to get *Writers Journal* for Phyllis (Jowett's daughter) (10/1943) (1 item)

Weider to Jowett: Postcard: Montréal; chest course ad, 10/9 (1943) (1 item)

Weider to Jowett: Letter and captions; will print your book, 10/15 (1943) (1 item)

Weider to Jowett: Phyllis' magazine; replies from the foundry, 10/18 (1943) (1 item)

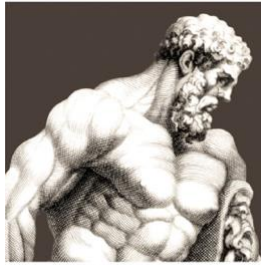
Weider to Jowett: *Writers Journal* for Phyllis; cigars (10/1943) (1 item)

Weider to Jowett: Cigars; nice layout for your comic book, 10/30 (1943) (1 item)

Box 2, Folder 36: George F. Jowett to Messrs Hackett, Mulvens, Foster, Hackett and Hanneen Re: Joe Weider, 11/5/1943 (1 item)

Jowett to Mr. F.W. Hackett: Legal advice re: Weider contracts, 11/5/1943 (1 item)

Box 2, Folder 37: Joe Weider to George F. Jowett, 11/28/1943 (1 item)



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Weider to Jowett: Legal angles; printer can make 64 page issues, 11/28
(1943) (1 item)

Box 2, Folder 38: George F. Jowett and Joe and Ben Weider, 10/1946, 1958-1959 (7
items)

Joe Weider to Jowett: Former York (Barbell Co.) Men; 1936 Olympic
(Weightlifting) team, 10/7 (1946) (1 item)

Jowett to Joe Weider: Carbon Copy: You never had right to reprint my
books; I don't want you to get into legal trouble, 10/7/1946 (2 items)

Encl.: Jowett to Joe Weider: Carbon Copy: stop publishing and
selling new versions of my books; only right to sell old ones,
10/7/1946 (1 item)

Ben Weider to Jowett: Forwarding enclosed letters; never reprinted any of
your booklets, 10/8/1946 (3 items)

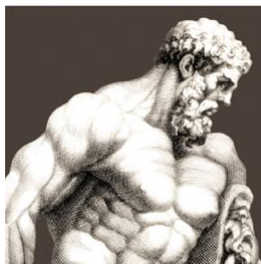
Encl.: Ben Weider to Jowett: Will not advertise your books in *Your
Physique* and *Muscle Power* or sell them, 10/8/1946 (1 item)

Encl.: Ben Weider to Jowett: Am selling the old stock of books (no
new ones), 10/8/1946 (1 item)

Weiders to Jowett: *Your Physique* envelope, formerly contained
assessments, 1958-1959 (1 item)

Box 2, Folders 39-72: Correspondence with George F. Jowett, no date, 1918-1962 (175
items)

Box 2, Folder 39: Business Correspondence with George F. Jowett, no date, 1918-
1952 (36 items)



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B. Martin to Jowett: Postcard: Here are my prices for (photo) enlargements, no date (1 item)

The Gilbreath System of Bar Bell Exercising to Jowett, no date, 1918-1919 (6 items)

Howard E. Gilbreath to Jowett: Kettle bell prices as requested, 2/14/1919 (5 items)

Encl.: Course of Instructions, no date (1 item)

Encl.: Gilbreath Bar Bell Order Blank, no date (1 item)

Encl.: Some Facts About Lifting, no date (1 item)

Encl.: The Bar Bell as a Means of Developing The Human Body, 1918 (1 item)

Gilbreath to Jowett: envelope for letter, postmarked 2/15/1919 (1 item)

Money Orders, 1919 (5 items)

Jowett to Stanley Gullick: \$1.25 money order, 4/10/1919 (1 item)

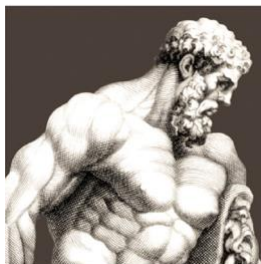
Jowett to Ewart (last name illegible): \$1.50 money order, 4/11/1919 (1 item)

Jowett to Ewart (last name illegible): \$2.50 money order, 4/17/1919 (1 item)

Jowett to D.C. Martin: 40 cent postal note, 5/7/1919 (1 item)

Jowett to D.C. Martin: \$1 postal note, 5/7/1919 (1 item)

Hanson Hardware Co. to Jowett, 1919 (12 items)



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Hanson Hardware to Jowett: Here is your course of exercises,
9/17/1919 (11 items)

Encl.: 10 Exercise Flyers, no date (10 items)

Hanson Hardware to Jowett: envelope for letter; course,
postmarked 9/19/1919 (1 item)

Strength Magazine to Jowett, 1920-1921 (3 items)

J.C. Egan c/o *Strength* to Jowett: Proposed Weight Lifting
Association, cannot lift and be on the board of the Association,
12/17/1920 (1 item)

J.C. Egan c/o *Strength* to Jowett: Am enclosing letter from E.W.
Goodman: lifts ranked with points system; 8 standard lifts used,
1/14/1921 (1 item)

J.C. Egan c/o *Strength* to Jowett: envelope for letter, postmarked
1/day illegible/1921 (1 item)

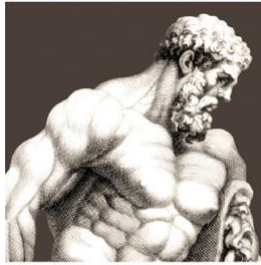
Dr. R.A. Wood c/o Australian Shoe System of Body Building to Jowett,
1937 (2 items)

Wood to Jowett: would you like to advertise my bar-bells and
workout shoes in *The Body Builder*, would split profits 50-50,
2/3/1937 (2 items)

Encl.: Pamphlet: The Big Austral Super-A Leads the Body
Building Way (1937) (1 item)

The Playthings Directory to Jowett, 1940 (2 items)

R.H. McCready to Jowett: Please see version of your ad that would
run in the *The Playthings Directory*, 1/30/1940 (2 items)



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Encl.: Copy of Jowett Table Tennis Ad, 1940 (1 item)

Jowett to Bob (Unknown last name), ca. 1944 (2 items)

Jowett to Bob: Glad you think the chapters sufficient to represent a course; Book I, 1/18/1944 (1 item)

Jowett to Bob: Not sure why you need four extra lessons; Book II, ca. 1944 (1 item)

Strength and Health to Jowett, 1947 (2 items)

Christmas card to Jowett, 1947 (1 item)

Envelope for Christmas card, postmarked 12/31/1947 (1 item)

Robert Collier Publications, Inc. to Jowett, 1952 (1 item)

Gordon Collier to Jowett: Please see enclosed Prayer Works, would be glad if you contributed an article, 1/10/1952 (1 item)

Box 2, Folder 40: Anonymous to George F. Jowett, no date (3 items)

Royal Road to Strength, Thomas Inch's Course, no date (1 item)

Staff-Sergt. MOSS' No. 1 Light Dumb Bell Exercises, no date (1 item)

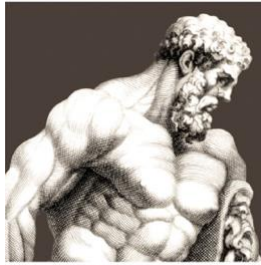
Anonymous to Jowett: envelope for letter, no date (1 item)

Box 2, Folder 41: Ian "Mac" Batchelor to George F. Jowett, 1946-1965 (4 items)

Batchelor to Jowett: Inspirational writings; wrist turning, 1946 (1 item)

Batchelor to Jowett: Envelope for letter, postmarked 7/5/1946 (1 item)

Batchelor to Jowett: envelope with drawing of Jowett, postmarked 12/17/1958 (1 item)



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Batchelor to Jowett: envelope with drawing of Jowett, postmarked
12/20/1965 (1 item)

Box 2, Folder 42: Vic Boff to George F. Jowett, no date, 1920-1962 (24 items)

Boff to Jowett: Envelope for Diet Course Materials, no date (5 items)

Encl.: Note: Pages 2-3, Foods, Don'ts and Suggestions; Page 4-30
day diet, no date (1 item)

Encl.: Page 2: Chart: With These Foods: Use the Following; Do Not
Use The Following, no date (1 item)

Encl.: Lower-(Page) 2: Health Suggestions, no date (1 item)

Encl.: Page 4: Suggested Thirty Day Menu by A.R. Williamson Jr.,
N. D., no date (1 item)

Boff to Jowett: Jowett Career Affidavits, no date, 1920-1950 (19 items)

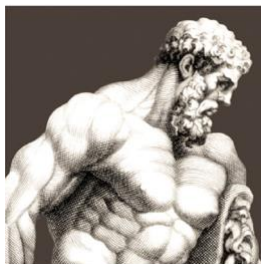
Arthur Flynn, Solicitor to Carl Van Wurden: Please sign enclosed
contracts for Jowett bout, 12/6/1920 (3 items)

Encl.: 2 Copies: Contract for Wrestling bout between Jowett
and Van Wurden, 12/1920 (2 items)

George L. Barkley certification of Jowett's career accomplishments,
signed at Morrisburg, Ont. Can., 1/6/1950 (1 item)

Photocopy: George L. Barkley certification of Jowett's career
accomplishments, signed at Morrisburg, Ont. Can., 1/6/1950 (1
item)

George Whipps certification of Jowett's career accomplishments,
signed at Morrisburg, Ont. Can., 1/12/1950 (1 item)



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Photocopy: George Whipps certification of Jowett's career accomplishments, signed at Morrisburg, Ont. Can., 1/12/1950 (1 item)

Donald Redmond certification of Jowett's career accomplishments, signed at Winchester, Ont. Can., 2/11/1950 (1 item)

Photocopy: Donald Redmond certification of Jowett's career accomplishments, signed at Winchester, Ont. Can., 2/11/1950 (1 item)

Boff to Jowett: envelope for affidavits, no date (1 item)

Boff to Jowett: Envelope for enclosures (postmarked 11/8/1951) 1948-1951 (8 items)

Encl.: Boff to Jowett: You can use this material from the Jowett Institute women's course, 1951 (1 item)

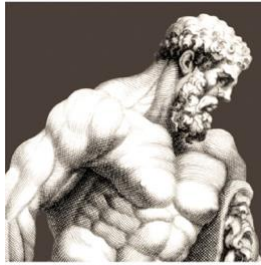
Encl.: How to Lose Fat Fast by Jowett, no date (1 item)

Encl.: Progressive-Resistance Exercise Technic, no date (1 item)

Encl.: Technics of Progressive Resistance Exercise: *Archives of Physical Medicine*, Vol. 29, pages 263-273, 5/1948 (1 item)

These three stuck together

Encl.: The Response of the Quadriceps Femoris to Progressive Resistance Exercise In Poliomyelitic Patients, *The Journal of Bone and Joint Surgery*, Vol. 30-A, No. 4, pages 834-837, 10/1948 (1 item)



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Encl.: Influence of Progressive-Resistance Exercises on Knee Function, *The Journal of Bone and Joint Surgery*, Vol. 32-A, No. 4, pages 910-924, 10/1950 (1 item)

Encl.: Intermittent Treatment of Poliomyelitis With Progressive Resistance Exercise, *Journal of The American Medical Association*, Vol. 144, pages 458-460, 10/7/1950 (1 item)

Boff to Jowett: Here are your pictures; Business better, 1/16/1962 (1 item)

Box 2, Folder 43: Ben H. Charon (Athletic Department of the Young Men's and Young Women's Hebrew Association) to Jowett, no date, 1935 (4 items)

Charon to Jowett: Sorry couldn't come to tournament; gym addresses, 5/8/1935 (4 items)

Encl.: Andrew W. Jackson to Charon: Jackson's Barbell System, no date, 3/24/1935 (2 items)

Encl.: Description of Jackson Barbell System, no date (1 item)

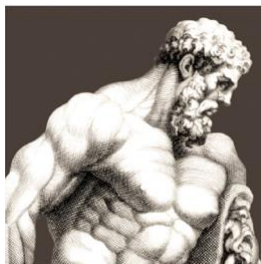
Encl.: List: Stephen Weish info and gym addresses, no date (1 item)

Box 2, Folder 44: Arthur F. Gay to George F. Jowett, no date, 1919 (3 items)

Gay to Jowett: Should bring foreign lifting champs to New York or Canada; photo of Gay, 6/25/1919 (2 items)

Encl.: Signed Photo of Arthur F. Gay, no date (1 item)

Gay to Jowett: envelope for letter, postmarked 6/25/1919 (1 item)



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Box 2, Folder 45: Hermann Goerner to George F. Jowett, 1948 (4 items)

Goerner to Jowett: Been trying to reach you; keeping fit, 3/20/1948 (1 item)

Goerner to Jowett: envelope for letter, postmarked 4/24/1948 (Montréal, Que., Can.); 4/26/1948 (Morrisburg, Ont., Can.) (1 item)

Goerner to Jowett: Christmas postcard, 12/1948 (1 item)

Goerner to Jowett: envelope for postcard, postmarked 12/29/1948 (1 item)

Box 2, Folder 46: Greater Niagara Chamber of Commerce to George F. Jowett, 1920-1954 (5 items)

Greater Niagara Chamber of Commerce to Jowett: envelope for clippings, postmarked 7/12/1954 (5 items)

Encl.: 2 Copies: Clippings: Jowett Makes New Worlds Record-Lifts 310 lbs at 154 lbs Body Weight, 1920 (2 items)

Encl.: 2 Copies: Clippings: Ontario Hercules Performs Marvelous Record Lift, 1920 (2 items)

Box 2, Folder 47: John Grimek to George F. Jowett, 1943 (2 items)

Grimek to Jowett: Brief bio for old timer's column, 2/23/1943 (1 item)

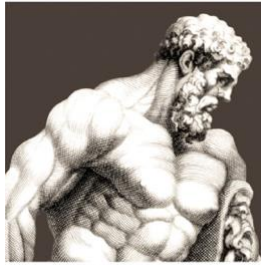
Grimek to Jowett: Envelope for letter, postmarked 2/23/1943 (1 item)

Box 2, Folder 48: Junior Higgins to George F. Jowett, 1949 (2 items)

Higgins to Joe Weider; forwarded to Jowett: French Canadians, strength feats in lumber camps; wrist turning, 1949 (1 item)

Higgins to Jowett: envelope for letter, postmarked 12/23/1949 (1 item)

Box 2, Folder 49: David G. Johnson to George F. Jowett, 1952 (2 items)



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Johnson to Jowett: Hope you are fit; John Grimek; *Mr. Universe* Contest,
5/28/1952 (1 item)

Johnson to Jowett: envelope for letter, postmarked 7/15/1952 (1 item)

Box 2, Folder 50: Edward Jubinville to George F. Jowett, 1949 (2 items)

Jubinville to Jowett: Training 3 times a week; thanks for Muscle Control
book ad, 3/28/1949 (1 item)

Jubinville to Jowett: envelope for letter, postmarked 4/4/1949 (1 item)

Box 2, Folder 51: Clyde Long to George F. Jowett, 1928 (2 items)

Long to Jowett: This may happen to some of your pupils, 3/2/1928 (2
items)

Encl.: Stories Without Words: The Correspondence School Wrestler
Tries a New Hold, by Clifford McBride, *The Tribune Magazine*,
1/15/1928 (1 item)

Box 2, Folder 52: Antone Matysek to George F. Jowett, 1919-1948 (16 items)

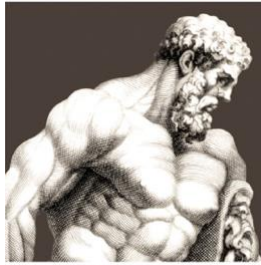
Matysek to Jowett: Glad you liked photos; possible magazine publishing
partnership, 5/8/1919 (1 item)

Matysek to Jowett: Best to wait until Jowett returns from England,
6/26/1919 (1 item)

Matysek to Jowett: envelope for letter, postmarked 6/27/1919 (1 item)

Matysek to Jowett: Fitness more popular than lifting as lesson topic;
American lifters in 1/20/1920 Montréal tourney, 1/14/1920 (1 item)

Matysek to Jowett: envelope for letter, postmarked 1/15/1920 (1 item)



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Matysek to Jowett: Mailed two photos; no longer publishing system,
6/11/1920 (1 item)

Matysek to Jowett: envelope for letter, postmarked 6/11/1920 (1 item)

Matysek to Joe Weider (forwarded to George F. Jowett), no date, 1948
(9 items)

Matysek to Weider: Here is sample you requested, 12/12/1948 (3
items)

Encl.: Torsocraft Club Column for Weider magazine,
12/12/1948 (1 item)

Encl.: Drawing Torsocraft weight, 12/12/1948 (1 item)

Matysek c/o Physical Fitness Products: Seven minutes to read;
Torsocraft System, 1948 (5 items)

Encl.: Torsocraft System Course One, 1948 (1 item)

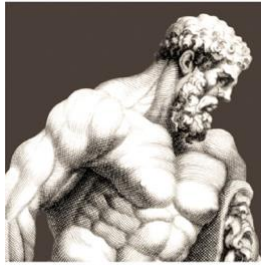
Encl.: Torsocraft System Course One Photo Chart, 1948 (1
item)

Encl.: Torsocraft System Course Three, 1948 (1 item)

Encl.: Torsocraft System Course Three Photo Chart, 1948 (1
item)

Matysek to Weider: envelope for materials, postmarked 12/13/1948
(1 item)

Box 2, Folder 53: Milo Bar-Bell Company to George F. Jowett, 1915-1919 (11
items)



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Milo Bar-Bell Co. to Jowett: First Course in Body Building and Muscle-Building, 1915 (1 item)

Envelope for Body Building Course, postmarked 11/3 (1915) (1 item)

Milo Bar-Bell Co. to Jowett: Eight Standard Lifts, 1918 (1 item)

Milo Bar-Bell Co. to Jowett: envelope for Eight Standard Lifts, postmarked, 1/25/1918 (1 item)

Milo Bar-Bell Co. to Jowett: Sent 2nd Course on 1/25, 3rd Course enclosed, no longer make leotards, 1/30/1918 (2 items)

Encl.: (3rd) Advanced Course of Instructions, 1918 (1 item)

Milo Bar-Bell Co. to Jowett: envelope for letter; 3rd Course, postmarked 1/30/1918 (1 item)

Milo Bar-Bell Co. to Jowett: Exchange offer applies in Canada as long as you prepay the charges; purchasing separate weights, 4/12/1919 (3 items)

Encl.: Catalogue of Adjustable Milo Bells, 1919 (1 item)

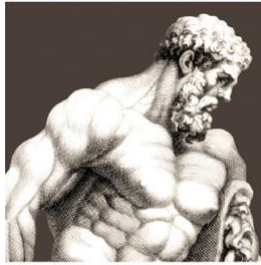
Encl.: Milo Bar-Bell Co. Order Form, 4/12/1919 (1 item)

Milo Bar-Bell Co. to Jowett: Envelope for letter, postmarked 4/12/1919 (1 item)

Box 2, Folder 54: Bob Mitchell to George F. Jowett, 1934 (1 item)

Mitchell to Jowett: To the Iron Master, Geo. F Jowett, from one of your greatest admirers, 1934 (1 item)

Box 2, Folder 55: Adolph Nordquest to George F. Jowett, no date, 1934 (5 items)



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Nordquest to Jowett: *Strength and Health* article; kindnesses, no date (1 item)

Nordquest to Jowett: Career outline; thanks, 3/2/1934 (1 item)

Nordquest to Jowett: Exercise routines; athletic clubs, 3/17/1934 (1 item)

Nordquest to Jowett: Otis Lambert's address; pictures, 4/2/1934 (1 item)

Nordquest to Jowett: Physical culture course; his brother Joe's artificial limb, 6/28/1934 (1 item)

Box 2, Folder 56: John (brother of Adolph) Nordquest to George F. Jowett, 1934 (1 item)

Nordquest to Jowett: Molding a Mighty Arm; his brother Joe's artificial limb, 7/21/1934 (1 item)

Box 2, Folder 57: The Ontario-St. Lawrence Development Commission to George F. Jowett, 1961 (4 items)

Commission requests the honour of your presence, 6/24/1961 (1 item)

Memorandum to Guests, 1961 (1 item)

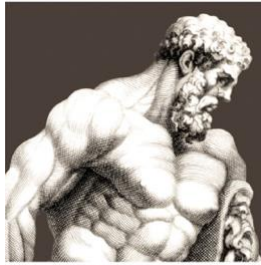
Window Sticker for car, 6/24/1961 (1 item)

Commission to Jowett: envelope for invitation, postmarked 6/14/1961 (1 item)

Box 2, Folder 58: Bob Orth to George F. Jowett, 1945 (1 item)

Orth to Jowett: "Cannonball" Richards; circus triple bar act, 6/20/1945 (1 item)

Box 2, Folder 59: Charles M. Postl to George F. Jowett, no date (2 items)



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Postl to Jowett: Facts About Foods!, no date (2 items)

Encl.: Postl's Plan For Reducing, no date (1 item)

Box 2, Folder 60: Peary Rader (*IronMan*) to George F. Jowett, 1940 (1 item)

Rader to Jowett: New Lifting Association for USA; diplomas, 5/23/1940 (1 item)

Box 2, Folder 61: Chas Rappo to George F. Jowett, 1936 (4 items)

Rappo to Jowett: Thanks; was prisoner of war, 2/29/1936 (1 item)

Rappo to Jowett: Envelope for letter, postmarked 2/29/1936 (1 item)

Rappo to Jowett: Thanks; separated from wife, 3/6/1936 (1 item)

Rappo to Jowett: Envelope for letter, postmarked 3/7/1936 (1 item)

Box 2, Folder 62: Philip Rasch, Ph.D. to George F. Jowett, 1959 (1 item)

Rasch to Jowett: Book on weight-training geared to schools, 5/22/1959 (1 item)

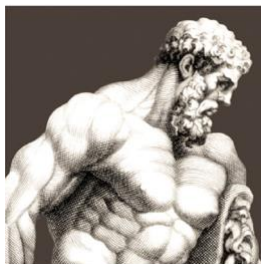
Box 2, Folder 63: "Cannonball" Richards to George F. Jowett, no date, 1945 (3 items)

Richards to Jowett: Your training system is tops; endorses it, 5/11/1945 (2 items)

Encl.: Photo: Richards getting hit by sledgehammer swung by Jack Dempsey, no date (1 item)

Richards to Jowett: Envelope for letter, postmarked 5/17/1945 (1 item)

Box 2, Folder 64: Leo Robert to George F. Jowett, 1950 (1 item)



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Robert to Jowett: Happy to hear from you; you do me a great favor,
1/9/1950 (1 item)

Box 2, Folder 65: Hermann and Kurt Saxon to George F. Jowett, 1935 (2 items)

Saxons to Jowett: Stop selling our book without our consent, 1/28/1935 (1 item)

Saxons to Jowett: Envelope for letter, postmarked 1/30/1935 (1 item)

Box 2, Folder 66: Emma Sloan to George F. Jowett, 1950 (2 items)

Sloan to Jowett: Book of 12 Lessons; has friend who wants it, 2/20/1950 (1 item)

Sloan to Jowett: Envelope for letter, postmarked 2/20/1950 (1 item)

Box 2, Folder 67: Salvatore Sullo to George F. Jowett, 1952 (2 items)

Sullo to Jowett: The Strongest Man That Ever Lived; Louis Cyr, 9/6/1952 (1 item)

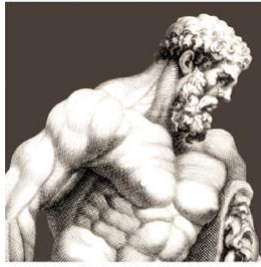
Sullo to Jowett: Airmail Envelope for letter, postmarked 9/6/1952 (1 item)

Box 2, Folder 68: Bjarni Sveinsson last to George F. Jowett, Reykjavík, Iceland, 1968 (3 items)

Sveinsson to Jowett: I love your little books; I'm your friend in Iceland,
11/22/1968 (1 item)

Copy of Aflraunir Gerdar Audveldar (Strong Man Stunts Made Easy in Icelandic) eftir (by) George F. Jowett, Reykjavík, Iceland, 1968 (1 item)

Sveinsson to Jowett: envelope for letter and book, postmarked 11/22/1968 (Reykjavík, Iceland), 11/25/1968 (Morrisburg, Ont., Can.) (1 item)



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Box 2, Folder 69: Prof. Henry W. Titus to George F. Jowett, no date, 1918 (15 items)

Titus to Jowett: I am the originator of these body building exercises, no date (2 items)

Encl.: Flyer: Pupils of Prof. H.W. Titus, no date (1 item)

Titus to Jowett: envelope for letter, no date (1 item)

Titus to Jowett: I am the originator of these body building exercises, no date (2 items)

Encl.: Another Example of what the Titus Progressive and Automatic Exerciser...will do For You!, no date (1 item)

Titus to Jowett: The very fact that you wrote for my books etc., no date (2 items)

Encl.: Offer No. 1 (\$15.00) and Offer No. 2 (\$20.00), no date (1 item)

Titus to Jowett: envelope for letter, no date (1 item)

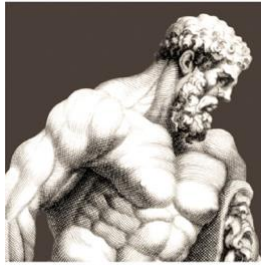
Titus to Jowett: The very fact that you wrote for my books etc., no date (2 items)

Encl.: Offer No. 1 (\$15.00); Offer No. 2 (\$20.00), no date (1 item)

Titus to Jowett: I am sure you will be glad to receive my two booklets, no date, 9/18/1918 (4 items)

Encl.: Booklet: The "Whys" of Exercise, no date (1 item)

Encl.: Booklet: First and Last Law of Physical Culture, no date (1 item)



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Encl.: Flyer: Dear Sir:-Enclosed find \$15.00, no date (1 item)

Titus to Jowett: envelope for letter and booklets, postmarked 9/23/1918 (1 item)

Box 2, Folder 70: John Tremblay to George F. Jowett, no date, 1955 (3 items)

Tremblay to Jowett: Sorry to hear about financial losses, will proclaim your method to the world, no date, 1955 (2 items)

Encl.: Postcard:"Bobby": The Miracle Child, no date (1 item)

Tremblay to Jowett: envelope for letter, postmarked 2/23/1955 (1 item)

Box 2, Folder 71: United States Olympic Weightlifting Committee to George F. Jowett, 1960 (4 items)

United States Olympic Weightlifting Committee requests your presence in York, PA, 8/6/1960 (1 item)

Reply Card signed by Jowett, 1960 (1 item)

Reply Envelope to John B. Terpak, York, PA, 1960 (1 item)

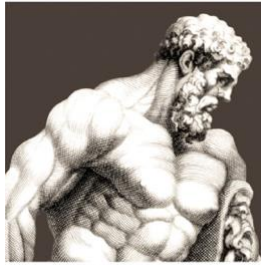
Envelope for Invitation, postmarked 7/21/1960 (1 item)

Box 2, Folder 72: World Body Building Guild (WBBG) to George F. Jowett, no date (3 items)

Dan Lurie c/o WBBG to Jowett: Welcome; free gym workouts, no date (3 items)

Encl.: WBBG Membership Acceptance card, no date (1 item)

Encl.: envelope for WBBG Acceptance card, no date (1 item)



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Box 2, Folder 73: George F. Jowett, the British Amateur Weightlifters Association (BAWLA) and the American Continental Weight Lifting Association (ACWLA), 1919-1926 (8 items)

Stanley Gullick (Secretary of BAWLA) to Jowett: Canadian Records part of British Empire Records but must be achieved under BAWLA rules, 5/3/1919 (1 item)

Gullick to Jowett: envelope for letter, postmarked 5/4/1919 (1 item)

Gullick to Jowett: Spittlehouse's middleweight Dumb-Bell Swing Record; BAWLA has no middleweight class, dumbbells not weighed, 6/13/1919 (1 item)

Gullick to Jowett: envelope for letter, postmarked 6/14/1919 (1 item)

ACWLA Certificate for Jowett's Two Hands Clean and Military Press of 244 Pounds in the Light Heavy weight class in compliance with rule 37, 1/4/1924 (1 item)

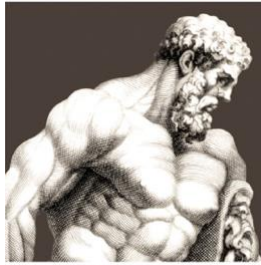
ACWLA Certificate for Jowett's Pull Over and Press in Wrestlers Bridge 224 Pounds in the Heavy weight class in compliance with rule 29, 1/4/1924 (1 item)

ACWLA Records up to January 1926, ca. 1925 (1 item)

The Rules, regulations and Records of Weight Lifting compiled by George F. Jowett for the ACWLA (signed by Ottley Coulter), 1926 (1 item)

Box 2, Folder 74: Documents relating to and supporting George F. Jowett's Career and Records, no date, 1924-ca. 1969 (13 items)

American *Strength and Health* League Certificate (signed by Bob Hoffman and George F. Jowett), no date (1 item)



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Biography of Jowett, including his many wrestling victories and weightlifting feats, no date (1 item)

A Brief Summary of Achievements and Information of the Late George F. Jowett by Phyllis Jowett (his daughter), no date (1 item)

Health and Life Diploma: This is to certify that George F. Jowett is the Winner of The Health and Life Pose and Development Competition (signed by Bernard Bernard, editor), no date (1 item)

William Morris, eldest son of Alfred Morris who Jowett beat in a wrestling match testifies to the legitimacy of Jowett's victories and records, no date (1 item)

Carbon Copy: Legal Proof of Jowett Institute Claims given to James Leigh in England to aid in formation of the Body Sculpture Club, ca. 1949 (1 item)

Raymond Herbert Armstrong, Morrisburg, Ont., Can. notary public: The 10 Medals on Why They Call Me Champion of Champions have all been seen by me and are legitimate, 6/14/1950 (1 item)

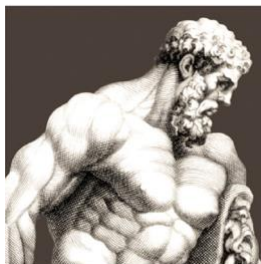
Photocopy: George F. Jowett to Alvin Kaplan: Have Trained Olympic Lifters, Morrisburg, Ont., Can., 8/6/1950 (1 item)

Note From Vic Boff: Jowett career letter, no date (1 item)

Vic Boff letter detailing Jowett's career and accomplishments, 7/31/1952 (1 item)

R.U. Mahaffy to Fred Brooks: Please provide career accomplishment and biographical information about George F. Jowett, 3/16/1964 (1 item)

Brooks to Mahaffy: Questions answered in order by Jowett, 1964 (1 item)



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Brief Summary of Achievements and Information of the Late George F. Jowett, ca. 1969 (1 item)

Box 2, Folder 75: *New York Clipper* Annual for 1900, ca. 1900 (1 item)

Partial *New York Clipper* Annual (pages 111-128): lists of records (including those for weightlifting which mention Eugen Sandow and Louis Cyr), ca. 1900 (1 item)

Box 2, Folder 76: Advertisements sent to George F. Jowett by Readers, no date, ca. 1939-ca. 1941 (15 items)

Jowett Advertisements, no date, ca. 1941 (12 items)

Henry Allgeier: Moulding a Mighty Arm, no date (1 item)

Ace Bachert, Rockford, IL: Free Book with Photos of Famous Strong Men, no date (1 item)

Sid Baylor: Moulding a Mighty Arm, no date (1 item)

A. Deane: Moulding a Mighty Arm, no date (1 item)

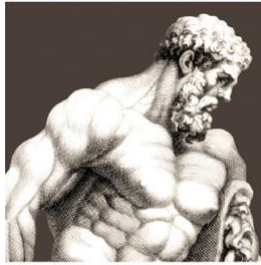
Henry Gurecki: German Iron Shoe Muscle Builder, no date (1 item)

Daniel Kanzaki, Territory of Hawaii (T.H.): German Iron Shoe Muscle Builder, no date (1 item)

Terry Labine, Toronto, Ont., Can.: Moulding a Mighty Arm, no date (1 item)

James MacRae, California: Complete Barbell Outfit for as Little as \$5, no date (1 item)

A Nicki: 6 Body-Building Courses for \$1.00, no date (1 item)



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John Rafadi, Cullinan, South Africa: Moulding a Mighty Arm, no date (1 item)

Joe Torrone, Paterson, NJ: Moulding a Mighty Arm Course, no date (1 item)

Ralph C. Hylton, Frankfort, IN: Free! George F. Jowett 1939 Catalog, ca. 1939 (1 item)

Willard Smale, Killarney, illegible state or province, possibly ca. 7/10/1941 (hard to read date) (1 item)

Apollo Exerciser Company (George F. Jowett employed there when he lived in Pittsburgh, PA), no date (1 item)

W. Wright, Port Adelaide, South Australia Get a 16 Inch Calf with a 16 Inch Arm, unknown publication, no date (1 item)

Trustin High Protein Beverage by Spencer Churchill, no date (1 item)

Ad sent to George F. Jowett by anonymous reader showing that Churchill has used Pryor drawing of Jowett without permission, unknown British publication, no date (1 item)

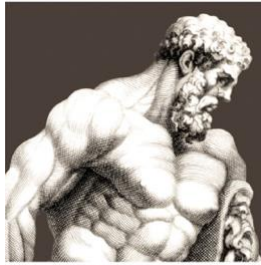
Box 2, Folders 77-78: Athletic and Wrestling Articles by George F. Jowett, Dale Cedo and c/o Billy Wolfe, no date, 1935-1951 (43 items)

Box 2, Folder 77: Athletic articles by George F. Jowett, no date, 1935-1950 (27 items)

June Byers c/o Billy Wolfe, no date (1 item)

June Byers Feature, no date (1 item)

Lord Carlton, no date (3 items)



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Cultured, Travelled the World, no date (1 item)

Lord Carlton: Aristocrat of the Mat, no date (1 item)

After a Stay of Six Months etc., no date (1 item)

Juanita Coffman c/o Billy Wolfe, no date (1 item)

Juanita Coffman Feature, no date (1 item)

Dot Dotson c/o Billy Wolfe, no date (1 item)

Dot Dotson Feature, no date (1 item)

Verne Gagne, no date (1 item)

Notes on Verne Gagne, no date (1 item)

Jack Johnson, no date (1 item)

Jack Johnson: The Goliath with the Golden Smile, no date (1 item)

John B. Kelly, no date, 1935 (3 items)

Rower, Politician, no date (2 items)

Encl.: Newspaper article: Jowett's words, 1935 (1 item)

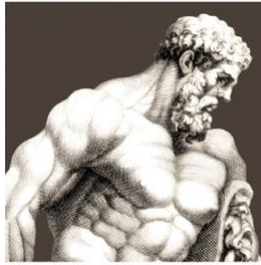
List of Kelly's rowing victories, no date (1 item)

Bobby Managoff, no date (1 item)

Bobby Managoff: Wrestling's Most Scientific Exponent, no date (1 item)

Mike Mazurki, no date, 1948-1951 (6 items)

"Iron" Mike Mazurki---Spartan of the Mat, no date (1 item)



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Pamphlet: "Iron Mike" Mazurki: Internationally Known Star, Ring-Screen-Radio, no date (1 item)

2 Copies: Poster: 'Iron Mike' Mazurki: Here Next Week, no date (2 items)

Mike Mazurki, age 40 etc., 1948 (1 item)

Mike Mazurki under management of Joe "Toots" Mondt, 1951 (1 item)

Marvin "Atomic" Mercer by Dale Cedo, no date (1 item)

Junior Heavyweight Champion of the World, Marvel of Matdom...dubbed "Atomic Wonder" by Ripley, no date (1 item)

Gene Stanlee, no date (3 items)

Gene Stanlee: The Golden Apollo of the Mat, no date (1 item)

Gene Stanlee: 1st Draft: Wrestling's Newest Personality, no date (1 item)

Gene Stanlee: Final Draft: Wrestling's Newest Personality, no date (1 item)

Therese Theis by Billy Wolfe, no date (1 item)

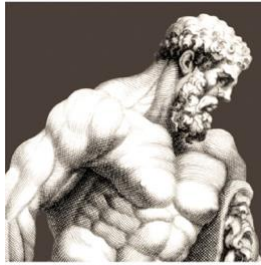
Therese Theis Feature, no date (1 item)

Lou Thesz, no date (1 item)

Lou Thesz-Super Matman, no date (1 item)

Jess Willard, no date (1 item)

Jess Willard- -The Fighting Paradox, no date (1 item)



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Yukon Eric (Holmback), no date (1 item)

Yukon Eric- -The Colossus of the Klondike, no date (1 item)

Wrestling Gossip and Notes, no date (2 items)

Encl.: Written note: content and length of article, no date (1 item)

Wrestling Notes, 3/1950 (1 item)

Box 2, Folder 78: Wrestler descriptions by George F. Jowett, no date (16 items)

Arthur Benard: started career at 15 in Montréal, no date (1 item)

Raymond Cazeaux: great match with (Raoul de) Rouen, no date (1 item)

Victor DeLamarre: used tremendous head-lock, no date (1 item)

George Deslongchamps: physical culture, lifting expert, no date (1 item)

Leo Langevin: great with leg holds, no date (1 item)

Fred Lapointe: one of best French-Canadian lightweights, no date (1 item)

Jacques Larose: 1945 world's champion, no date (1 item)

Leo Lefebvre: went to the United States and Europe, no date (1 item)

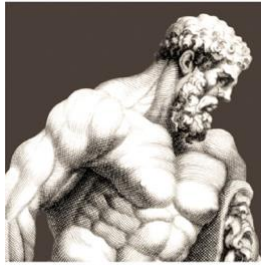
Constant LeMarin: had sensational bout with Zybszko, no date (1 item)

Emile Maupas: distinguished man; scientific wrestler, no date (1 item)

Larry Moquin: undefeated 1941 Montréal junior champ, no date (1 item)

Jean-Baptiste Paradis: physical culturalist, played many sports, no date (1 item)

Yvon Robert: Best French-Canadian wrestler ever, no date (1 item)



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Raoul de Rouen: fought with French Army in WWI, no date (1 item)

Maurice Tillet: hunter in Singapore before wrestling, no date (1 item)

Eugene Tremblay: Lightweight champ for 30 years, no date (1 item)

Box 2, Folder 79: Pamphlets featuring George F. Jowett, no date, 1920-1935 (20 items)

Book 1: How to Mold Mighty Arms, no date (1 item)

Compare these measurements with your own, no date (1 item)

Facts About Health by George F. Jowett, no date (1 item)

Facts on Muscle Building: The Jowett Institute of Physical Culture, no date (1 item)

How To Become A Physical Director, no date (1 item)

How to Streamline Your Waistline and Tone Your Stomach, no date (1 item)

Jowett patent, Progressive Disc Dumb-bells, no date (1 item)

4 Copies: Nerves of Steel, Muscles like Iron Pamphlet, no date (4 items)

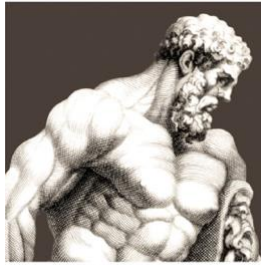
Official Rules and Regulations of the I.F.B.B. (George F. Jowett, Chairman), no date (1 item)

Smashing Champion Secrets by George F. Jowett, no date (1 item)

The Sower Xmas Pamphlet from Jowett, no date (1 item)

Muscular Development by Earle E. Liederman, 1920-1922 (2 items)

Muscular Development, 7th Edition, 1920 (1 item)



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Muscular Development, 9th Edition, 1922 (1 item)

2 Copies: Development of Muscular Power and Beauty by the Apollo
System of Physical Culture, 1923 (2 items)

Milo Bar-Bell Company First Course in Body-Building and Muscle-
Developing Exercises by George F. Jowett, 1924 (1 item)

Are You Muscle Conscious?, 5/1/1935 (1 item)

Box 2, Folder 80: Pamphlets, no date, 1925-ca. 1940 (11 items)

(Bob) Orth Circus: Available for Fair-Auspices-Vaudeville, no date (1
item)

Physical Conditioning Home Service, no date (1 item)

Royal Road to Strength by Thomas Inch, no date (1 item)

Strength Powerful Physique Building by Prof. Anthony Barker, no date (1
item)

System: The Journal of Modern Business Management: The Leveling
Years, no date (1 item)

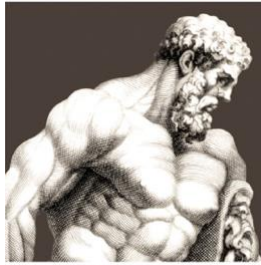
Announcing My (Alan Calvert's) New Magazine: *Body-Molding*, 7/1925 (1
item)

The Arena Wrestling Course by Harry Mann: Lesson One, 1931 (1 item)

The Book of Gold, ca. 1940 (1 item)

Unity Training School, Kansas City, MO, 1940 (3 items)

Encl.: Unity School to Jowett: Interest in our work, 4/1/1940 (1 item)



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Encl.: Unity Training School Advance Registration Blank, 1940 (1 item)

Box 2, Folder 81: Programs Featuring George F. Jowett, 1923 (1 item)

Fifth Annual Victory Field Day and Athletic Meet, Forbes Field, Pittsburgh, PA (George F. Jowett, The Modern Hercules, in Feats of Strength), 9/29/1923 (1 item)

Box 2, Folder 82: Programs, 1952 (3 items)

NABBA's Third Annual *Mr. Universe* Contests, 7/12/1952 (3 items)

Encl.: 1952 *Mr. Universe* Class Line-up, 7/12/1952 (1 item)

Encl.: *Health and Strength*: Body Builder's Forum Stationery, 1952 (1 item)

Box 2, Folder 83: George F. Jowett Souvenir cards, no date, 1933-1937 (30 items)

Card: I (Jowett) will be with you Jack Dempsey, Cornwall (Ont., Can.) Lacrosse Grounds, Tuesday 7/18/no year (1 item)

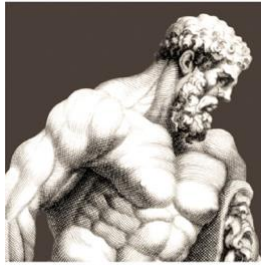
19 Cards: Wrestling Match: Jowett vs. Carl Van Wurden, South Mountain, Ont., Can. 12/22/no year (10 orange, 6 blue, 3 pink) (19 items)

Member International Strong Man Association, (signed by George F. Jowett and Peary Rader), no date (1 item)

Old Orchard Beach, ME: Bon-Air Hotel Card, no date (1 item)

Old Orchard Beach, ME: Villa Cote Café Card, no date (1 item)

2 Copies: Member of American Continental Weightlifters Association (ACWLA), (signed by George F. Jowett and Bob Hoffman), 1933 (2 items)



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2 Copies: Member of International Order of Body Builders, Blue writing
1937 (2 items)

3 Copies: Member of International Order of Body Builders, Black writing
1937 (3 items)

Box 2, Folder 84: Stories featuring George F. Jowett, 1954 (1 item)

Funny Incident with Jowett ripping a suit, 1/6/1954 (1 item)

Box 2, Folders 85-89: Books by George F. Jowett, no date, 1938-1993 (13 items)

Box 2, Folder 85: How to Mold A Mighty series, no date, 1938 (9 items)

2 copies: Jowett Institute of Body Building: Muscular He-Man (has
instructions from books in How to Mold A Mighty series), no date (2
items)

2 copies: Jowett Institute of Physical Training: Muscular He-Man (has
instructions from books in How to Mold A Mighty series), no date (2
items)

How to Mold A Mighty Arm, 1938 (1 item)

How to Mold A Mighty Back, 1938 (1 item)

How to Mold A Mighty Chest, 1938 (1 item)

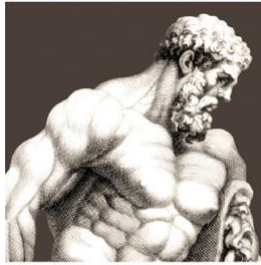
How to Mold A Mighty Grip, 1938 (1 item)

How to Mold Mighty Legs, 1938 (1 item)

Box 2, Folder 86: Strong Man Stunts Made Easy!, 1938 (1 item)

Box 2, Folder 87: The Dangers to You of Everyday Fatigue, 1942 (1 item)

Box 2, Folder 88: Nerves Like Steel, Muscles Like Iron, 1953 (1 item)



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Box 2, Folder 89: The Drama of the Lost Disciples, 12th Edition, 1993 (1 item)

Box 3, 41 Folders: Books, Women's courses, Magazines and Newspapers, no date, 1884-1985 (115 items)

Box 3: Folders 1-20: Books, no date, 1911-1957 (22 items)

Box 3, Folder 1: A Complete Course in Hand Balancing And Tumbling, by C.A. Baeza, no date (1 item)

Box 3, Folder 2: Health, Strength and Will Power, by Maxick and Saldo, no date (1 item)

Box 3, Folder 3: How to Use a Barbell, by W.A. Pullum, no date (1 item)

Box 3, Folder 4: Modern Weightlifting and How to Gain Strength, by Edward Aston: Britain's Strongest Man, no date (1 item)

Box 3, Folder 5: Powerful Arms for You, by David P. Willoughby and George R. Weaver, no date (1 item)

Box 3, Folder 6: Text Book of Swimming, by "Jappy" Wolffe, no date (1 item)

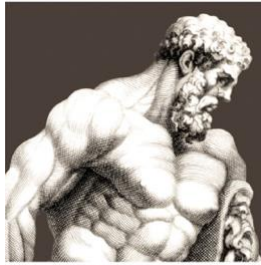
Box 3, Folder 7: Handbalancing Made Easy by Prof. E.M. Orlick, no date (3 items)

Handbalancing Made Easy by Prof. E.M. Orlick, Chapters 1 and 2, no date (1 item)

Handbalancing Made Easy by Prof. E.M. Orlick, Chapters 3 and 4, no date (1 item)

Handbalancing Made Easy by Prof. E.M. Orlick, Chapter 5, no date (1 item)

Box 3, Folder 8: Health and Strength Annual, 1911 (1 item)



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Box 3, Folder 9: Breathing, by Paul von Boeckmann, 1923 (1 item)

Box 3, Folder 10: "The Broad of the Back", by Alan Calvert, 1925 (1 item)

Box 3, Folder 11: Muscle Building, by Earle Liederman, 4th Edition, 1929 (1 item)

Box 3, Folder 12: Muscle Building, by Earle Liederman, 4th Edition, 1929 (1 item)

Box 3, Folder 13: Secrets of Strength, by Earle Liederman, 4th Edition, 1929 (1 item)

Box 3, Folder 14: The Science of Wrestling and the Art of Jiu-Jitsu, by Earle Liederman, 6th Edition, 1930 (1 item)

Box 3, Folder 15: The Science of Wrestling and the Art of Jiu-Jitsu, by Earle Liederman, 6th Edition, 1930 (1 item)

Box 3, Folder 16: The Secret of Gaining Weight, by George Russell Weaver, 1944 (1 item)

Box 3, Folder 17: Intimate Sex Discussions, by Earle E. Liederman, 1945 (1 item)

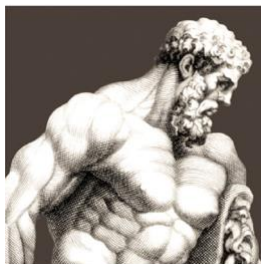
Box 3, Folder 18: The Complete Guide to Muscular Measurements, by David P. Willoughby and George R. Weaver, 1947 (1 item)

Box 3, Folder 19: The Creation And Utilization Of Growing Pains For Fast Weight Gaining, by Leonard M. Green, 1948 (1 item)

Box 3, Folder 20: Training Tips...From Champions; Fight Secrets by Joe Louis, by the National Sports Council, 1957 (1 item)

Box 3, Folders 21-22: Strongman and Health Articles and Information, no date, 1948-1962 (30 items)

Box 3, Folder 21: Strongman and Health articles from other publications, no date, 1948-1962 (16 items)



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The Battle of the Champions: John L. Sullivan vs. Eugen Sandow,
unknown publication, no date (1 item)

*Builder of Men: A tribute to Alan Calvert (mentions George F. Jowett and
Siegmund Klein) by Raymond Van Cleef, Your Physique, Dec.-Jan., no year
visible (1 item)*

Here's How to Get Greater Strength by H.L. Jones, unknown publication,
no date (1 item)

How Healthy is America's Youth by Howard Rusk, unknown
publication, no date (1 item)

Magnificent Shoulders, by George F. Jowett, unknown publication, no date
(1 item)

*Tales of Strength: Frank Bienkowski, Louis Cyr, John Grun Marx, and
Charles Vansittart*, by George F. Jowett, unknown publication, no date (1
item)

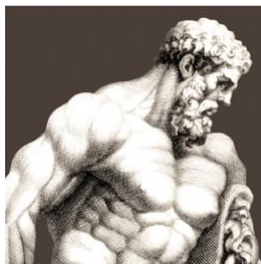
Thrombus, The London Globe and Mail, no date (1 item)

Why Proper Breathing is so Important for Faster Muscle Gains, by George
F. Jowett, unknown publication, no date (1 item)

Muscle Developer to Aid Victims of Paralysis Demonstrated Here by
William L. Laurence, *The New York Times*, 7/15/1948 (1 item)

The Coney Island Sampson, by George F. Jowett, unknown publication,
1952 (1 item)

Wheat Germ Oil Plus Exercise Ups Men's Capacity 50 Per Cent, by Ed Borman
The Champaign News-Gazette, 3/14/1954 (1 item)



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Are We Becoming Soft: Why the President Is Worried About Our Fitness,
Newsweek, 9/26/1955 (1 item)

York's Pre-Olympic Highlights (Mentions Siegmund Klein and George F.
Jowett), probably *Strength and Health*, 8/1960 (1 item)

Says Fitness Sacrificed For 'Sporting Skills', The Ottawa (Ont., Can.)
Journal, 2/18/1961 (1 item)

Un veteran homme fort rappelle ses souvenirs (A veteran strongman
recalls his memories) (in French), *La Patrie Du Dimanche*, 1/14/1962 (1
item)

A Poor Grip Means Weak Arms, by George F. Jowett, *Muscle Builder*,
11/1962 (1 item)

Box 3, Folder 22: Health Information, no date, maybe 1948-1951, 1952 (14 items)

Developing Vitality, Health and Strength... by P.W. Hirst Drugless
Practitioner, no date (1 item)

Bernarr Macfadden's Culinary Creed; Obverse: Dietetic Creed, no date (1
item)

Bernarr Macfadden Foundation: heart health, no date (1 item)

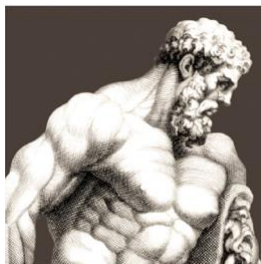
Bernarr Macfadden's Physical Culture: heart exercises, no date (1 item)

The Macfadden 30-Day Reducing and Health Diet by Alicia Mayre Flager,
no date (2 items)

Encl.: Use These Exercises with your diet, no date (1 item)

3 Copies: *Strength and the Human Body*, no date (3 items)

Thoughts applied for the Culture of the body beautiful, no date (1 item)



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Tromp Van Diggelen (South Africa): What About Our Children? Etc.,
maybe 1948 (1 item)

Tromp Van Diggelen (South Africa): Up or Down? Here Are Two Cases,
maybe 1951 (1 item)

Progressive Resistance Exercise its Technic and Application by Thomas
DeLorme and Arthur Watkins, 2/1951 (1 item)

Healthful Living Highlights, 1952 (1 item)

Box 3, Folders 23-26: Women's Beauty Courses, no date, 1943-1944 (13 items)

Box 3, Folder 23: John Robert Powers Home Course with Grace Eden, 1943 (1
item)

Box 3, Folder 24: Du Barry Beauty Course: 1st-2nd Week Lessons, 1944 (4 items)

1st Week Lesson: Beauty: Is The Magnet, etc., 1944 (1 item)

Envelope for 1st Week Lesson, 1944 (1 item)

2nd Week Lesson: Beauty Angle Position...with the Shoulder lift, 1944 (1
item)

Envelope for 2nd Week Lesson, 1944 (1 item)

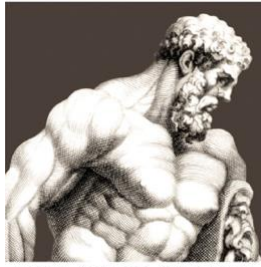
Box 3, Folder 25: Du Barry Beauty Course: 3rd-4th Week Lessons, 1944 (4 items)

3rd Week Lesson: Think It Over, 1944 (1 item)

Envelope for 3rd Week Lesson, 1944 (1 item)

4th Week Lesson (Partial), 1944 (1 item)

Envelope for 4th Week Lesson, 1944 (1 item)



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Box 3, Folder 26: Du Barry Beauty Course: 5th-6th Week Lessons, 1944 (4 items)

5th Week Lesson, 1944 (1 item)

Envelope for 5th Week Lesson, 1944 (1 item)

6th Week Lesson, 1944 (1 item)

Envelope for 6th Week Lesson, 1944 (1 item)

Box 3, Folders 27-41: Magazines and Newspapers, no date, 1919-1984 (50 items)

Box 3, Folder 27: Articles in Weider Magazines by George F. Jowett, 1944-ca. 1950
(2 items)

Articles in *Your Physique*, 1944-1950 (1 item)

Articles in *Muscle Power*, 1947-1950 (1 item)

Box 3, Folder 28: Books by George F. Jowett advertised in Weider Magazines,
ca. 1952 (2 items)

Books Advertised in *Your Physique*, 11,12/1943-7/1952, ca. 1952 (1 item)

Books Advertised in *Muscle Power*, 8/1949-8/1952, ca. 1952 (1 item)

Box 3, Folder 29: *Auditorium Wrestling News*, 1950 (1 item)

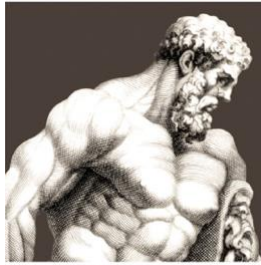
No Volume, No Number, 1950 (1 item)

Box 3, Folder 30: *The Bodybuilder* (England), 1952 (4 items)

Vol. 6, No. 4, 4/1952 (1 item)

Vol. 6, No. 6, 6/1952 (1 item)

Vol. 6, No. 7, 7/1952 (1 item)



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Vol. 6, No. 9, 9/1952 (1 item)

Box 3, Folder 31: *Body Builder, The* (Edited by George F. Jowett), 1928-1936 (12 items)

No Volume, No Number, 1928 (1 item)

No Volume, No Number, 6/1936 (1 item)

Vol. 1, No. 2, 8/1936 (1 item)

Vol. 1, No. 3, 9/1936, 4 copies (4 items)

Vol. 1, No. 4, 10/1936, 3 copies (3 items)

Vol. 1, No. 5, 11/1936, 2 copies (2 items)

Box 3, Folder 32: *Body Builder, The* (Edited by George F. Jowett), 1936-1937 (10 items)

Vol. 1, No. 6, 12/1936, 2 copies (2 items)

Vol. 2, No. 1, 1/1937, 3 copies (3 items)

Vol. 2, No. 2, 2/1937 (1 item)

Vol. 2, No. 3, 4/1937, 3 copies (3 items)

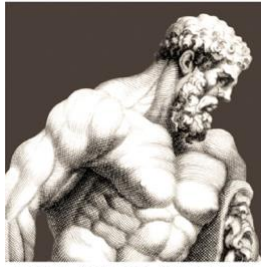
Vol. 2, No. 4, 5/1937 (1 item)

Box 3, Folder 33: *Body Culture* (England), no year (1 item)

Vol. 1, No. 3, 11/no year (1 item)

Box 3, Folder 34: *Body Molding*, 1925 (1 item)

Vol. 1, No. 3, 9/1925 (1 item)



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Box 3, Folder 35: *Boxing News* (England), 1952 (1 item)

Vol. 8, No. 45, 11/5/1952 (1 item)

Box 3, Folder 36: *The British Amateur Weight-Lifter and Body-BUILDER*, 1950 (1 item)

Vol. 4, No. 7, 7/1950 (1 item)

Box 3, Folder 37: *Canadian Manhood* (publication of the YMCA), 1919 (1 item)

Vol. 1 Enlarged New Series, No. 4, 9/1919 (1 item)

Box 3, Folder 38: *The Chronicle of the Early American Industries Association*, 1974-1975 (2 items)

Vol. 27, No. 4, 12/1974 (1 item)

Early American Industries Association, Inc. to Phyllis Jowett: Envelope for Magazine, postmarked 1/6/1975 (1 item)

Box 3, Folder 39: *The Circus Review*, 1960 (1 item)

Vol. 7, No. 4, Fall 1960 (1 item)

Box 3, Folder 40: *Flex*, 1984 (2 items)

Vol. 2, No. 8, 11/1984, 2 copies (2 items)

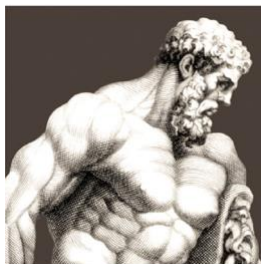
Box 3, Folder 41: *Health and Strength* (England), 10/1951-6/1955 (9 items)

Vol. 80, No. 21, 10/18/1951 (1 item)

Vol. 80, No. 22, 11/1/1951 (1 item)

Vol. 84, No. 7, 3/31/1955 (1 item)

Vol. 84, No. 8, 4/14/1955 (1 item)



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Vol. 84, No. 9, 4/28/1955 (1 item)

Vol. 84, No. 10, 5/12/1955 (1 item)

Vol. 84, No. 11, 5/26/1955 (1 item)

Vol. 84, No. 12, 6/9/1955 (1 item)

Vol. 84, No. 13, 6/23/1955 (1 item)

Box 4, 61 Folders: Magazines, Newspapers, Clippings, Photographs, Legal Documents, Stamps and Ephemera, no date, 1907-1980 (1068 items)

Box 4, Folders 1-27, Magazines and Newspapers continued, 1950-1955 (94 items)

Box 4, Folder 1: *Health and Strength* (England), 7-12/1955 (10 items)

Vol. 84, No. 14, 7/7/1955 (1 item)

Vol. 84, No. 15, 7/21/1955 (1 item)

Vol. 84, No. 16, 8/4/1955 (1 item)

Vol. 84, No. 17, 8/18/1955 (1 item)

Vol. 84, No. 18, 9/1/1955 (1 item)

Vol. 84, No. 19, 9/15/1955 (1 item)

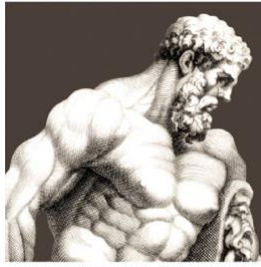
Vol. 84, No. 21, 10/13/1955 (1 item)

Vol. 84, No. 22, 10/27/1955 (1 item)

Vol. 84, No. 23, 11/10/1955 (1 item)

Vol. 84, No. 25, 12/8/1955 (1 item)

Box 4, Folder 2: *Healthful Living*, 1952-1956 (3 items)



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Vol. 10, 1952 (1 item)

Vol. 11, 1952, cover and *Mining the Human Body* by Jowett only (1 item)

Vol. 25, 1956 (1 item)

Box 4, Folder 3: *In The Ring*, St. Louis, MO, 1950 (1 item)

Vol. 5, No. 8, 2/25/1950 (1 item)

Box 4, Folder 4: *IronMan*, 1949-1970 (4 items)

Vol. 9, No. 6, 11,12/1949 (1 item)

Vol. 18, No. 2, 8,9/1958 (1 item)

Vol. 28, No. 1, 10,11/1965 (1 item)

Vol. 29, No. 2, 12/1969-1/1970 (1 item)

Box 4, Folder 5: *Man Power*, no date (3 items)

Vol. 1, No. 1, 2 copies, no date, (2 items)

No Volume, No Number (cover missing), no date (1 item)

Box 4, Folder 6: *Man's World* (England), 1953-1955 (5 items)

Vol. 1, No. 1, 5/1953, 2 copies (2 items)

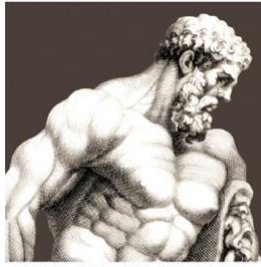
Vol. 2, No. 8, 8/1954 (1 item)

Vol. 2, No. 11, 11/1954 (1 item)

Vol. 3, No. 3, 3/1955 (1 item)

Box 4, Folder 7: *Mat* (England), ca. 1949 (1 item)

Vol. 4, No. 1, ca. 1949 (1 item)



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Box 4, Folder 8: *Mr. Universe*, 1955 (1 item)

Vol. 2, No. 5, 5/1955 (1 item)

Box 4, Folder 9: *Muscular Development*, 1966 (1 item)

Vol. 3, No. 2, 2/1966 (1 item)

Box 4, Folder 10: *Physical Training Notes*, no date (1 item)

No Volume, No. 2, no date (1 item)

Box 4, Folder 11: *Power*, 1968 (1 item)

Vol. 2, No. 4, 9/1968 (1 item)

Box 4, Folder 12: *Le Roman Policier* (Montréal, Que., Canada), no date (1 item)

No Volume, No Number, no year (1 item)

Box 4, Folder 13: *Romer's Thinker: A Great Thinker: Elbert Hubbard*, 1939 (1 item)

Vol. 8, No. 2, 11,12/1939 (1 item)

Box 4, Folder 14: *Santé et Force*, 1948 (1 item)

Vol. 2, No. 2, 4/1948 (1 item)

Box 4, Folder 15: *Sporting Goods News*, 1962 (1 item)

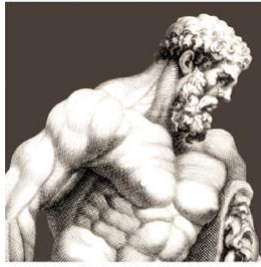
No Volume, No Number, 10/1962 (cover with Ben Weider only) (1 item)

Box 4, Folder 16: *Sports Pictorial Review*, 1949-1950 (15 items)

Vol. 5, No. 14, 4/6/1949 (1 item)

Vol. 6, No. 5, 1/30/1950 (1 item)

Vol. 6, No. 7, 2/13/1950 (1 item)



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Vol. 6, No. 6 (wrong #), 4/17/1950 (1 item)

Vol. 6, No. 8, 5/1/1950 (1 item)

Vol. 6, No. 10, 5/15/1950 (1 item)

Vol. 6, No. 13, 6/5/1950 (1 item)

Vol. 6, No. 25, 8/28/1950 (1 item)

Vol. 6, No. 26, 9/4/1950 (1 item)

Vol. 6, No. 27, 9/11/1950 (1 item)

Vol. 6, No. 28, 9/18/1950 (1 item)

Vol. 6, No. 29, 9/25/1950 (1 item)

Vol. 6, No. 30, 10/2/1950 (1 item)

Vol. 6, No. 31, 10/9/1950 (1 item)

Vol. 6, No. 32, 10/16/1950 (1 item)

Box 4, Folder 17: *Sports Pointers*, 1949-1950 (2 items)

Vol. 9, No. 3, 11/9/1949 (1 item)

Summer Edition, 5/27/1950 (1 item)

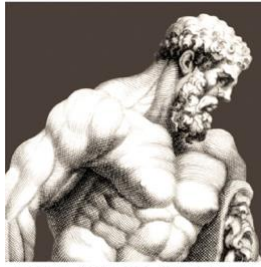
Box 4, Folder 18: *Strength and Health*, 1961 (1 item)

No Volume, No Number, 5/1961 (1 item)

Box 4, Folder 19: *The Strong Man* (England) (W.A. Pullum), 1923 (2 items)

Vol. 1, No. 1, 2/1923 (1 item)

Vol. 1, No. 2, 3/1923 (1 item)



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Box 4, Folder 20: *The UNESCO Courier*, 1954 (1 item)

Vol. 7, No. 7, 12/1954 (1 item)

Box 4, Folder 21: *The Weight Lifter and the Home Gym*, 1936 (1 item)

No Volume, No Number, 1936 (1 item)

Box 4, Folder 22: *Wrestling*, 1951 (1 item)

Vol. 1, No. 3, 3/1951 (no cover) (1 item)

Box 4, Folder 23: *Wrestling* (Buffalo, NY), no date (1 item)

No Volume, No Number, no date (1 item)

Box 4, Folder 24: *Wrestling: As You Like It*, 1950 (5 items)

Vol. 2, No. 24, 2/9/1950 (1 item)

Vol. 2, No. 26, 2/23/1950 (1 item)

Vol. 2, No. 27, 3/2/1950 (1 item)

Vol. 2, No. 34, 4/20/1950 (1 item)

Vol. 2, No. 36, 5/6/1950 (1 item)

Box 4, Folder 25: *Wrestling News*, 1950 (3 items)

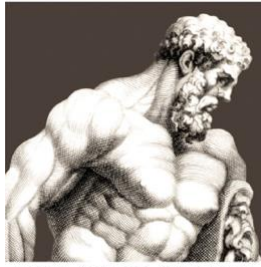
Yellow: No Volume, No Number, 4/25/1950 (1 item)

White: No Volume, No Number, 5/2/1950 (1 item)

Yellow: No Volume, No Number, 8/1/1950 (1 item)

Box 4, Folder 26: *Wrestling News: Pictorial Pulse*, 1951 (3 items)

Vol. 1, No 23, 2/8/1951 (1 item)



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Vol. 1, No 24, 2/15/1951 (1 item)

Vol. 1, No 25, 2/23/1951 (1 item)

Box 4, Folder 27: *Wrestling Program*, 1950 (24 items)

No Volume, No. 46: Iron Talun and others, 2/16/1950 (1 item)

No Volume, No. 52: Nebraska Wildcat and others, 3/30/1950 (1 item)

No Volume, No. 53: Joe Pazandak, 4/6/1950 (1 item)

No Volume, No. 55: Red Berry, 4/20/1950, 2 copies (2 items)

No Volume, No. 56: Beverly Lehmer and Marilyn Martin, 4/27/1950 (1 item)

No Volume, No. 57: Carol Cook and Nell Stewart, 5/4/1950 (1 item)

No Volume, No. 58: Lou Thesz, 5/11/1950, 2 copies (2 items)

No Volume, No. 59: Three Men on a Side, 5/18/1950, 2 copies (2 items)

No Volume, No. 60: The Zebra Kid, 5/25/1950, 2 copies (2 items)

No Volume, No. 61: Jack Steele, 6/1/1950 (1 item)

No Volume, No. 62: Danny Plechas, 6/8/1950 (1 item)

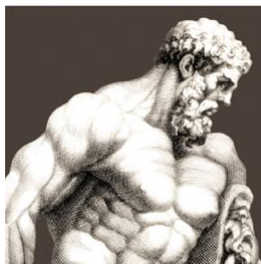
No Volume, No. 63: Dick Raines, 6/13/1950 (1 item)

No Volume, No. 64: Pistol Pete Petersen, 6/22/1950 (1 item)

No Volume, No. 66: Gorgeous George and others, 7/6/1950 (1 item)

No Volume, No. 67: Gorgeous George, 7/13/1950 (1 item)

No Volume, No. 72: Billy Darnell and others, 8/17/1950 (1 item)



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No Volume, No. 73: Wladek Kowalski, 8/24/1950 (1 item)

No Volume, No. 74: Billy Varga, 8/31/1950 (1 item)

No Volume, No. 75: Alfred H. Ober, 9/7/1950 (1 item)

No Volume, No. 76: Rito Romero and Gorgeous George, 9/14/1950 (1 item)

Box 4, Folders 28-38: Clippings, no date, 1884-1985 (413 items)

Box 4, Folders 28-29: Clippings featuring George F. Jowett and/or Phyllis Jowett, no date, 1920-1985 (100 items)

Box 4, Folder 28: Clippings featuring George F. Jowett and/or Phyllis Jowett, no date (34 items)

Athletic Department by M.N. Bunker, *The Boys' Magazine*, no date (1 item)

Fitness Expert G.F. Jowett Is Honored, unknown publication, no date (1 item)

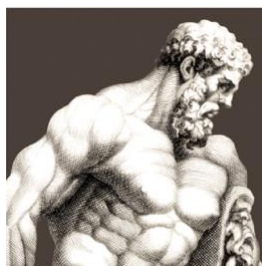
For Better Results- -Use (first page) by George F. Jowett, *Your Physique*, no date (1 item)

Gymkhana Staged at Local Arena Creates Interest, unknown publication, no date (1 item)

Hoffman to Lift Against "Shelly," unknown publication, no date (1 item)

L'homme-fort de tous les temps (The Strongman for all time, about Louis Cyr) par (by) Geo-F. Jowett, unknown publication, no date (1 item)

George F. Jowett: Father of Bodybuilding...Tells How He Built His Fabulous Forearms, unknown publication, no date (1 item)



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George Jowett Guest Speaker At 100 Club, unknown publication, no date
(1 item)

George F. Jowett in “trademark” pose, *Scientific Muscle Illustrated*, no
date (1 item)

George F. Jowett performing one hand push-up and hand press, no date (1
item)

George F. Jowett with the York Barbell gang from left: Bob Hasse, Steve
Stanko, Dick Bachtell, Jowett, Bob Hoffman, Johnny Terpak, John Grimek
and Jules Bacon, *Strength and Health*, no date (1 item)

Jowett vs. Louis Dupre: *Who Is the Strongest Man*, *The Boys’ Magazine*, no
date (1 item)

George F. Jowett and Phyllis Jowett, Obverse: G.F. Jowett: Most Perfect
Physical Man Contest Winner, *Art and Life*, no date (1 item)

Geo. F. Jowett, breadth of this back etc., unknown publication, no date (1
item)

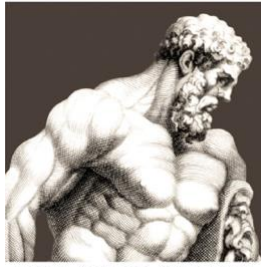
George Jowett possessed the grip etc., unknown publication, no date (1
item)

George F. Jowett, veteran lifter etc., unknown publication, no date (1 item)

(George F.) *Jowett Defeats Van Wurden*, unknown publication, 12/23/no
year (1 item)

Jowett Now With The Milo Company, unknown publication, no date (1
item)

George F. Jowett and Doug Hepburn, unknown publication, no date (1
item)



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Siegmund Klein recalls George F. Jowett, unknown publication, no date (1 item)

Large Crowd Sees Weight Contest, York (PA) Gazette and Daily, no date (1 item)

The March of a Great Athlete by Richard Bonner, *Health and Life*, no date (1 item)

Massive manhood in relaxation, unknown publication, no date (1 item)

Physical Fitness- Life's Greatest Asset by Vic Boff (mentions Jowett),
Veterans Voice and Views, no date (1 item)

Strong Men I Have Known, Note Re: Earle Liederman article, no date (1 item)

Strong Men I Have Known: George F. Jowett by Earle Liederman, *Your Physique*, 10/no year (1 item)

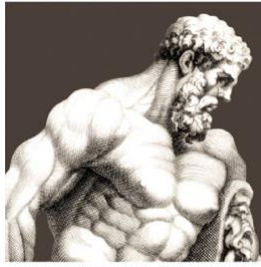
Weider Research Clinic (Jowett is the Muscle-building authority),
unknown publication, no date (1 item)

Weight Lifters to Stage Exhibition, unknown publication, no date (1 item)

Weight Lifting Event Scheduled at Fairbanks Co., unknown publication,
no date (1 item)

Weight Lifting Events Were First Step Toward Better Olympic Showing,
unknown publication, no date (1 item)

With the Men of Iron (Jowett challenges Matysek), *Health and Life*, no date (1 item)



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With the Men of Iron: Jowett-Johnson Tornado Settled, Health and Life, no date
(1 item)

*With the Men of Iron: Some Good Show Tricks.-Coulter Answers Jones. etc.,
Health and Life*, no date (1 item)

The Wrestling Match (Joe Shimkus vs. Young Samson, refereed by Jowett),
unknown publication, no date (1 item)

Box 4, Folder 29: Clippings featuring George F. Jowett and/or Phyllis Jowett,
1920-1985 (66 items)

Jowett Makes New Worlds Record-Lifts 310 lbs at 154 lbs Body Weight,
unknown publication, 1920 (1 item)

Ontario Hercules Performs Marvelous Record Lift, unknown publication,
1920 (1 item)

The Unknown Champion by Jowett, *Health and Life*, 1920 (1 item)

When Jowett lifted 310 lbs weighing 154, *Health and Life*, 1920 (1 item)

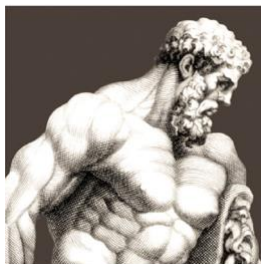
Canadian Giant (Jowett) Issues Challenge to Al Marlowe, *Ogdensburg News*,
12/8/1920 (1 item)

French Cyclone (Al Marlowe) Ready to Defend His Sacred Word,
Ogdensburg News, 12/13/1920 (1 item)

The Man (Jowett) Who Is Naturally Strong by George F. Jowett, unknown
Ogdensburg publication, 1/13/1921 (1 item)

The Science of Strength by Alan Calvert, *Strength*, 2/1923 (1 item)

Athletic Department by M.N. Bunker, *The Boy's Magazine*, 11/1923 (1 item)



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American Continental Weight Lifters' Association Notes (founded by Jowett), *Strength*, 1924 (1 item)

Les Hommes Forts (Strongmen), *La Presse*, (In French) dated 4/27/1924 (1 item)

Les Hommes Forts (Strongmen), *La Presse*, (In French) 4/27/1925 (1 item)

Jowlett (probably should be Jowett) *Club Conducts Big Weight Contest*, unknown Jersey City, NJ publication, ca. 7/1925 (1 item)

Weight Lifters Score A Success, *Jersey Observer* (Hoboken, NJ), 7/21/1925 (1 item)

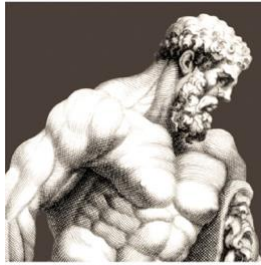
Strength Tests Friendly Ones: No Room for Jealousy When Muscular Rivals Meet in Herculean Combat, *Boston Post*, 6/2/1926 (1 item)

Sanctions Test for Strong Men: Head of Weight Lifter's Association (Jowett) Will Let Professionals Compete Against Amateurs by Howard G. Reynolds, *Boston Post*, 6/7/1926 (1 item)

Who's Strongest New Englander by Howard G. Reynolds (article about contest refereed by Jowett and won by John Y. Smith), *Boston Post*, ca. 6/20/1926 (1 item)

New England's Strongest Man: Preliminary Tests for Boston Post Championship Belt Will Be Held on Common at Noon (Jowett refereed), *Boston Post*, 6/26/1926 (1 item)

Smith Leads In Strength Tests: 60-Year-Old Veteran Shows Way to Mitchell in Preliminaries (Jowett refereed) for *Boston Post Belt*, *Boston Sunday Post: Sporting Section*, 6/27/1926 (1 item)



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(John Y.) *Smith Champion N.E. (New England) Strong Man: 60-Year-Old Dry Goods Packer Wins Title After Close Competition With Mitchell* by Arthur Duffey (Jowett refereed), *Boston Post*, 6/29/1926 (1 item)

(John Y.) *Smith Getting Post Belt (from Jowett)*, *The Boston Post*, 6/29/1926 (1 item)

Age No Bar To Strength Feats: John Y. Smith, Boston's Remarkable 60-Year-Old Strong Man Champion (Jowett refereed), *Gives Interesting Views* by Arthur Duffey, *Boston Post*, 6/30/1926 (1 item)

Le Concours Travis-Giroux (The Travis-Giroux Contest), unknown publication, (In French) 11/24/1927 (1 item)

Exerciser Goods Show Rising Demand (features Jowett's American Athletic Appliance Company), *The Sporting Goods Dealer*, ca. 1933 (1 item)

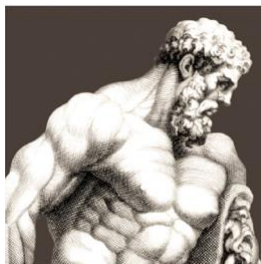
George F. Jowett lifting an anvil with one hand, *Strength and Health*, 12/1933 (1 item)

Should Women Exercise? by Phyllis Jowett (Jowett's daughter), *The Body Builder* (edited by George F. Jowett), 1936 (1 item)

Four Types of Feminine Perfection, by Phyllis Jowett (Jowett's daughter), *The Body Builder* (edited by George F. Jowett), 1/1937 (1 item)

Builder of Famed Physical Fitness Program Living in Semi-Retirement Near Morrisburg by Hal Lee, *The Daily Standard-Freeholder*, 3/20/1948 (1 item)

Muscle Builder (George F. Jowett) In Retirement, *The Daily Standard-Freeholder*, 3/20/1948 (1 item)



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Physical Fitness Program Need Stressed By George F. Jowett, The Daily Standard-Freeholder, 3/31/1948 (1 item)

Democracies Awaken To Possibilities of World Youth Training, The Prescott Journal, 4/1/1948 (1 item)

Battle of Biceps by Hal Lee, The Standard, Montréal, 4/17/1948 (1 item)

Body-Building Muscle Experts Give Display At Morrisburg: Physical Culture Exponents Take Part In Gymkhana, The Daily Standard-Freeholder, 9/2/1948 (1 item)

Photo of George F. Jowett lifting “unliftable” dumbbell, Santé et Force, 10/1949 (1 item)

Un nouveau Louis Cyr decouvert a Montréal (A New Louis Cyr discovered at Montréal) (In French), Le Petit Journal, 2/10/1952 (1 item)

Some Readers Have asked about various old-timers (like)...George F. Jowett, IronMan, 3/1955 (1 item)

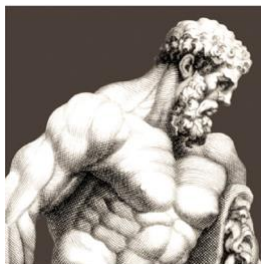
Incomplete Photocopy: Muscle Builder Salutes George F. Jowett: The Father of American Weightlifting by Charles A. Smith, Muscle Builder, 4/1955 (1 item)

Muscle Builder Salutes George F. Jowett: The Father of American Weightlifting by Charles A. Smith, Muscle Builder, 4/1955 (1 item)

What The Champs Are Saying: muscle talk with a personal touch, Muscle Builder, 5/1955 (1 item)

Ottawa Report: Seaway Project Reveals History by Patrick Nicholson, The Evening Reporter, 12/13/1956 (1 item)

Ottawa Report: Seaway Uncovering Canadian History, The Daily Press, 12/14/1956 (1 item)



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Mon Ami "George F. Jowett" par (by) le Prof. Ben Weider (In French), Santé et Force, 8/1957 (1 item)

Geo. F. Jowett: Where Is He Now?, IronMan, 9/1958 (1 item)

Chemical Plant For Area (Jowett Planning Board Chairman), The Daily Standard-Freeholder, 1/13/1959 (1 item)

Riverside Heights Has High Potential For New Industries, The Daily Standard-Freeholder, 1/17/1959 (1 item)

George F. Jowett and Doug Hepburn; younger Jowett, Santé et Force, 4/1959 (1 item)

Arthur Gay explains how Jowett inspired him, Strength and Health, 4/1959 (1 item)

Complete: Three Titans of Yesteryear by Earle Liederman, Strength and Health, 5/1959 (1 item)

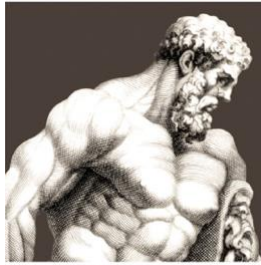
Incomplete: Three Titans of Yesteryear by Earle Liederman, Strength and Health, 5/1959 (1 item)

(Jowett) Sees British Firms Here Within Three Years, The Daily Standard-Freeholder, 8/21/1959 (1 item)

Must Begin Now To Lure Tourists by George F. Jowett, The Daily Standard-Freeholder, 8/31/1959 (1 item)

Toronto Meeting To Set New Publicity Pattern by Hal Lee, The Daily Standard-Freeholder, 10/17/1959 (1 item)

2 Copies: Weightlifters Get Together, Hagerstown (MD) Daily Mail, 8/31/1960 (2 items)



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And I might weave in George Jowett etc., *Strength and Health*, 4/1961 (1 item)

4 Copies: *Jowett Recalls Early Days With Cyrs*, *Montréal Star*, 1/6/1962 (4 items)

At Morrisburg: Industrial Committee Optimistic in Report, *The Standard-Freeholder*, 4/9/1962 (1 item)

Hackenschmidt-The Immortal Hercules by George F. Jowett, *Muscle Builder*, 6/1962 (1 item)

Jowett with Joe and Ben Weider, *Santé et Force*, 1963 (1 item)

Geo. Jowett Honoured by World Athletic Federations, unknown publication, 5/18/1968 (1 item)

They Don't Forget, unknown publication, ca. 1969 (1 item)

Sunday marked the consecration service of two stained glass windows...in memory of the late George Fiusdale Jowett and his wife, unknown publication, ca. 8/1969 (photo of Phyllis Jowett) (1 item)

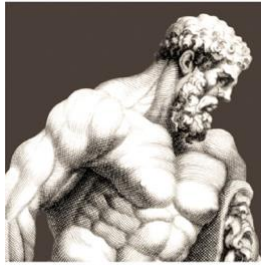
Photocopy: *How it All Began* by John Foster, *Flex*, 6/1985 (1 item)

Box 4, Folder 30: Athletic, Wrestling and Boxing Clippings, no date, 1901-1950 (37 items)

Georges Carpentier, no date (1 item)

Often a Loser but Always a Winner by W. Stewart Robinson, *The Philadelphia Public Ledger*, no date (1 item)

James J. Corbett, no date (1 item)



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A Rare and Early Photograph of James J. Corbett, unknown
publication, no date (1 item)

Louis Cyr, 1947 (1 item)

Louis Cyr's Last Match by Martin Franklin, *Muscle Power*, 10/1947 (1
item)

Jack Dempsey, no date, 1926 (2 items)

A Tense Moment in the Dempsey-Carpentier Fight, unknown
publication, no date (1 item)

Won't Go Five Rounds: Jack (Dempsey) the More Likely to Rise, *The
Philadelphia Public Ledger*, 9/19/1926 (1 item)

Alexander Garkawienko, no date (1 item)

Giant Russian Wrestler in Action, *National Police Gazette*, no date (1
item)

Frank Gotch, 1917 (1 item)

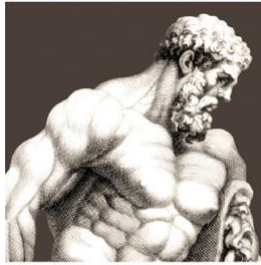
On and Off The Mat by Jack Curley, unknown publication, 1917
(1 item)

George Hackenschmidt, no date, 1905 (6 items)

Foreign Strong Men by Alan Calvert, *Vim*, no date (1 item)

Hackenschmidt's, no date (1 item)

Hackenschmidt Showing a Neck Twist, *National Police Gazette*, no
date (1 item)



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Heavyweight champ ruled for 14 years, unknown publication, no date
(1 item)

Hackenschmidt Wins Two Falls And Championship, unknown
publication, 1905 (1 item)

(Tom) *Jenkins no Match for the "Russian Lion"* (Hackenschmidt),
unknown publication, 1905 (1 item)

Jim Jeffries, no date, 1925 (2 items)

Jim Jeffries and His Backers, Tommy Ryan, John Pollock and Jack
Jeffries, unknown publication, no date (1 item)

Jeffries—Strongest Boxer Ever Lived by Edgren, *The Pittsburgh Sunday*
Post, 5/3/1925 (1 item)

Tom Jenkins, 1901 (1 item)

Jenkins Accepts A Match With Maher, unknown publication,
7/31/1901 (1 item)

Ed Lewis, no date (1 item)

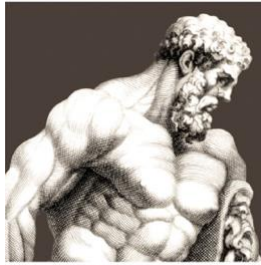
Ed Lewis Greatest and Most Active Champion by Geo. A. Newton,
Pueblo (CO) Chieftain, no date (1 item)

Bobby Managoff, 1949 (1 item)

Kay (Stop The Music) Armen Upholds Managoff Tradition: Kay
and Bobby Managoff Star In Their Respective Fields, *Sports Pictorial*
Review, 10/29/1949 (1 item)

Mike Mazurki, 1950 (1 item)

Playing the Field by Dink Carroll, *The Gazette*, 8/12/1950 (1 item)



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Giovanni Raicevich, no date (1 item)

Hercules' Big Brother?, No, No., unknown publication, no date (1 item)

Tom Sharkey, no date (1 item)

The "Arab" Comes to Fight Sharkey, unknown publication, no date (1 item)

John L. Sullivan, no date, 1925 (2 items)

Seventh round of...Jake Kilrain and John L. Sullivan, 7/8/1889, unknown publication, no date (1 item)

Mike Sullivan, 5 Foot 3, Made John L. Repudiate Story He Had Whipped His Dad by R.F. Dibble, *The Philadelphia Bulletin*, 1925 (1 item)

Stanislaus Zybszko, no date, 1926-1937 (4 items)

Modern Giants (Zybszko and Ike Robin) to Battle, unknown publication, no date (1 item)

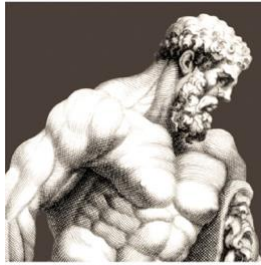
Homeric Wrestling-Zybszko Saves His Title, unknown publication, 1926 (1 item)

Cartoon Depicting Zybszko at 58, unknown publication, 5/9/1937 (1 item)

Zybszko Champion In His 58th Year by Robert Edgren, unknown publication, 5/9/1937 (1 item)

Random Wrestling Clippings, no date, 1906-1950 (10 items)

A Batch of Continental Wrestlers, maybe *Health and Strength*, no date (1 item)



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The Battle...Between Tom King and Jem Mace at Thames Haven,
11/25/1862, unknown publication, no date (1 item)

Contest Between J.C. Heenan and Tom Scyers at Farnborough,
England, 4/17/1860, unknown publication, no date (1 item)

German wrestling clipping, unknown publication, no date (1 item)

Randall and Turner Sparring at the Fives Court, London, unknown
publication, no date (1 item)

Romano Throws Draak Into Judge's Lap by Perry Lewis, unknown
publication, no date (1 item)

A Great Wrestling Troupe, *National Police Gazette*, ca. 1906 (1 item)

Some Olympic Wrestlers, *Health and Strength*, 8/8/1908 (1 item)

Waiting for the Bell by Sy Sandler, *Sports Pictorial Review*,
2/20/1950 (1 item)

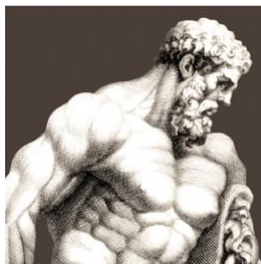
Wrestling articles, *The Post-Standard Sports*, 3/28/1950 (1 item)

Box 4, Folder 31: Johnny Kilonis vs. Johnny Meyers (1/11/1927), no date, 1927 (8
items)

Big League Wrestling Match To Be Seen, Kilonis-Meyers Go Jan. 11,
unknown publication, no date (1 item)

Championship at Stake, Mat Battle Here, unknown publication, no date (1
item)

*Claim Meyers Should Wrestle Van (Carl Van Wurden) Not Greek (Johnny
Kilonis)*, *The Manitowoc (WI) Times*, no date (1 item)



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Kilonis and Meyers Meet Grudge Fight, unknown publication, no date (1 item)

2 Copies: *Meyer(s)-Kilonis Match Signing Brings Protest; Meyer(s) and Kilonis Here Thursday*, *The Manitowoc (WI) Times*, 1/5/1927 (2 items)

200 See Meyers Defeat Kilonis In Two Falls, *The Manitowoc (WI) Herald-News*, 1/12/1927 (1 item)

Kilonis Loses To Meyers in Straight Falls, *The Manitowoc (WI) Times: The Two Rivers Times*, 1/12/1927 (1 item)

Box 4, Folder 32: Small Boxing, Strongman, and wrestling Clippings, no date (63 items)

F.G. Beaujean: A Well-Built Athlete and Strong Man of Mayville, NY, *National Police Gazette*, no date (1 item)

Fred Beaujean: Mayville, NY, Hercules, *National Police Gazette*, no date (1 item)

Fred Beaujean: Strong Man of Mayville, NY, *National Police Gazette*, no date (1 item)

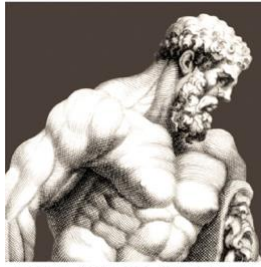
Harry Blickman, *National Police Gazette*, no date (1 item)

Harry Blickman: Alliance Club, New York, Who Challenges All Weight Lifters, *National Police Gazette*, no date (1 item)

Abe Boshes, *National Police Gazette*, no date (1 item)

Charles Busch: Showing the Marvelous Muscles of the Wrestler who Bars No One at the Grappling Game, *National Police Gazette*, no date (1 item)

W. Cabana, unknown publication, no date (1 item)



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W.P. (William Penton) Caswell and his son aged six, unknown publication, no date (1 item)

Joe Coburn, Heavyweight Champion, 1863, unknown publication, no date (1 item)

W.W. Coe, *National Police Gazette*, no date (1 item)

Delmore and Lee, of Vaudeville Fame, unknown publication, no date (1 item)

Prof. Mike Donovan, Famous Boxing Instructor, unknown publication, no date (1 item)

Mr. Wm. Duncan, General Physical Director at Physical Culture Health Home, unknown publication, no date (1 item)

Bob Fitzsimmons...With a Mustache, unknown publication, no date (1 item)

John Flannigan, unknown publication, no date (1 item)

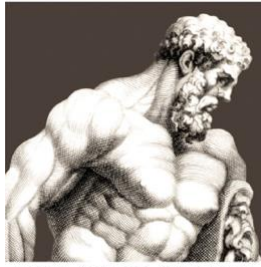
Tiger Flowers: Present Middleweight Champion, *National Police Gazette*, no date (1 item)

The Great (Arthur) Santell, *National Police Gazette*, no date (1 item)

Fred Gruhn, *National Police Gazette*, no date (1 item)

Fred Gruhn: A Great Wrestler now in this Country (the USA), *National Police Gazette*, no date (1 item)

Georg Hackenschmiedt (right) the...Russian wrestler, with Charles Kammerer the Honorary President of the Austrian Power Sports Association, unknown German (or Austrian) publication, no date (1 item)



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Morris Harris: Strong Man and Lightweight Wrestler of Superior, Wis.,
National Police Gazette, no date (1 item)

John C. Heenan, 1860, Known as the Benicia Boy. He was Six Feet Two
Inches Tall, unknown publication, no date (1 item)

Prof. Herold, unknown publication, no date (1 item)

Tom Hyer, America's First Champion and One of the Greatest Fighters,
unknown publication, no date (1 item)

Jim Jeffries, Fighter and Actor, Who Played for Two Seasons in *The Man*
From the West, unknown publication, no date (1 item)

S. Judenfriend of the Alliance A.C., New York City, *National Police*
Gazette, no date (1 item)

Latest photo of Clarence Weber, the Champion Strong Man of Australia,
unknown publication, no date (1 item)

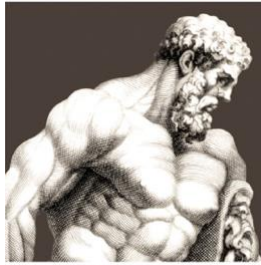
Josef Leppelt, Wien (Vienna, Austria), unknown publication, no date (1
item)

Prof. Gilman Low, unknown publication, no date (1 item)

George Lurich: The well known Russian Wrestler who aspires to
Hackenschmidt's Laurels, unknown publication, no date (1 item)

Jem Mace, a Contemporary of John L. Sullivan, unknown publication, no
date (1 item)

Eddie Miller: 140-Pound Wrestler and Weight Lifter of the Alliance A.C.
New York, *National Police Gazette*, no date (1 item)



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A Modern Hercules (John Grunn Marx), unknown publication, no date (1 item)

Hon. John Morrissey, One-Time Champion of America, and Later Elected to Congress, unknown publication, no date (1 item)

William Muldoon, Trainer of John L. Sullivan for His Fight With Jake Kilrain, unknown publication, no date (1 item)

(Frederick) Muller (Eugen Sandow), The German Hercules, *National Police Gazette*, no date (1 item)

Neromus: Muscular Black who has made an Enviably Reputation as a Bull Wrestler, *National Police Gazette*, no date (1 item)

Fred Neupert: Star Pupil of Prof. Attila Who Issues A Challenge to Strong Men and Weight Lifters, *National Police Gazette*, no date (1 item)

A(dolph) Nordquest of Ashtabula, Ohio-What the Dumbbells Did, unknown publication, no date (1 item)

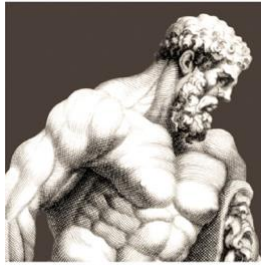
August Pitz, unknown publication, no date (1 item)

August Pitz, Bridgeport, Conn., unknown publication, no date (1 item)

August Pitz, Bridgeport, Conn., resting on left arm, unknown publication, no date (1 item)

Hector Prince: Famous Weightlifter and Strong Man of Manchester, NH, *National Police Gazette*, no date (1 item)

John Relmberg: Claims to Be The Champion Strong Man of the World at 170 Pounds and Challenges (All), *National Police Gazette*, no date (1 item)



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John Relmberg: Hails From New Rochelle, NY, and Claims the Strong Man 170-Pound Championship of the World and Wants a Match, *National Police Gazette*, no date (1 item)

Georg Rissbacher, unknown German publication, no date (1 item)

Samson Breaking a Chain in The Fingers, unknown publication, no date (1 item)

Alex Samuelson, *National Police Gazette*, no date (1 item)

Alex Samuelson: Heavyweight Wrestler Who Challenges Any Man In The Country (USA), *National Police Gazette*, no date (1 item)

Strongest Man in College: The Strength Record Broken by (Arthur) Lovering, of Harvard, unknown publication, no date (1 item)

An Early Photograph of John L. Sullivan, unknown publication, no date (1 item)

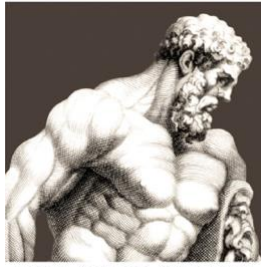
This Pose by a Continental Physical Culturist illustrates how little is required to make a striking photo, unknown publication, no date (1 item)

Three unknown strongmen posing, *National Police Gazette*, no date (1 item)

Unknown strongman lifting people above him on a multi-rider bicycle, *National Police Gazette*, no date (1 item)

Unknown strongman posing and flexing his right arm, unknown publication, no date (1 item)

Unknown strongman reclining in chair, *National Police Gazette*, no date (1 item)



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Unknown strongman standing in strongman outfit with right arm in front of him, unknown publication, no date (1 item)

Unknown Strongman with arms crossed in front of him, *The Press*, no date (1 item)

Unknown strongman with hands clasped behind his back, unknown publication, no date (1 item)

Carl Victor, St. Louis, Mo., maybe *Physical Culture*, no date (1 item)

Tug Wilson: Old Time Heavyweight, *National Police Gazette*, no date (1 item)

A Young Boston Athlete. Developed By Home Training, unknown publication, no date (1 item)

Box 4, Folder 33: Small Boxing, Strongman, and Wrestling Clippings, 1902-1925 (8 items)

Tom Winklehoefer, Hamilton, Ohio, *National Police Gazette*, ca. 1902 (1 item)

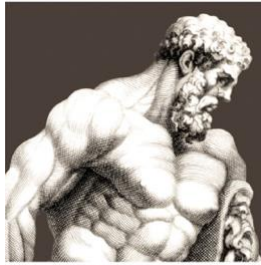
Abe Boshes, *National Police Gazette*, ca. 1905 (1 item)

Alex Samuelson: Heavyweight Wrestler and Strong Man of New York City, *National Police Gazette*, ca. 1905 (1 item)

Nelson L. Hall, A Philadelphia Athlete Who Is Physical Perfection, *National Police Gazette*, ca. 1906 (1 item)

Henry Weigold: He is The Best 150-Pound Wrestler of The State of Iowa, *National Police Gazette*, ca. 1906 (1 item)

Georg Rissbacher, unknown German publication, ca. 10/1924 (1 item)



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Starke Frauen! (Strong Woman) lifts elephant in New York City, unknown German publication, ca. 10/1924 (1 item)

"World's Strong Man" Dies, unknown publication, 10/12/1925 (1 item)

Box 4, Folder 34: Strongman/Strongwoman Clippings, no date (56 items)

Backlift, 18 to 20 Men, by Warren Lincoln Travis, unknown publication, no date (1 item)

Best Test of Physical Skill by Hermann Saxon; Obverse: *Animal Athletes v. Human Athletes*, maybe *Health and Strength*, no date (1 item)

A Boston Apollo (Henry Austin Higgins) *Belvidere Who Juggles Sugar Barrels As If They Were Playthings*, *The (New York) Journal*, no date (1 item)

Broke Records In Strength Test (Dr. W.S. Cummings), unknown publication, no date (1 item)

"Brooklands" on Four Legs (featuring the Saxon Trio), unknown publication, no date (1 item)

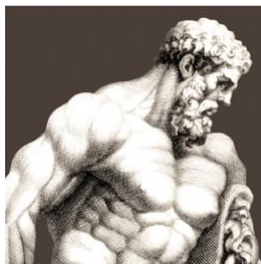
Charles Busch: (wrestled) at Sohmer Park, Montréal, (Québec), Canada, *National Police Gazette*, no date (1 item)

Cardani and Combis, A Pair of Ambitious Athletes Now Exhibiting Successfully before the Public, *National Police Gazette*, no date (1 item)

(Charles Andrews) *Carver, Of Yale, Makes A New Record In Feats of Strength*, *The North American*, 5/21/no year (1 item)

Castor-Pollux, *Physical Culture*, no date (1 item)

William Penton Caswell, unknown publication, no date (1 item)



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Chewing on a Steel Chain: Ben Darwin, European Strong Man, shows one of his Favorite Stunts on Arrival Here, *National Police Gazette*, no date (1 item)

Cyclops and Sandowe Win, unknown publication, no date (1 item)

Emile Deriaz, unknown French publication, no date (1 item)

("Professor" Daniel L.) *Dowd's Death Caused By Queer Dieting*, unknown publication, 12/31/ no year (1 item)

William A. Duncan, *Vim*, no date (1 item)

Four Strongmen: G.S. Aldous, Tom Carno, R. Gifford, J. Hogan, maybe *Health and Strength*, no date (1 item)

Francis Gerard, another German Strong Man, unknown publication, no date (1 item)

Francis Gerard, The Austrian Marvel by Prof. Gilman Low, *Vim*, no date (1 item)

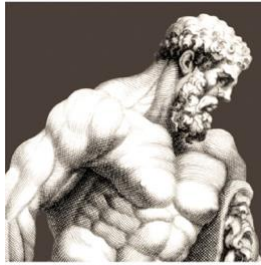
Great Lifting by (Henry) *Holtgrewe*, *National Police Gazette*, no date (1 item)

The Great Santell: A Noted Athlete and Weight Lifter on Tour with the Irene Meyers Stock Company, who will Meet any Strong Man for \$1000 a side, *National Police Gazette*, no date (1 item)

Harness Lift with horses, unknown publication, no date (1 item)

How to Preserve Health and Attain Strength by Eugen Sandow, unknown publication, no date (1 item)

Jas. Montgomery Irving posing as Zara in "In The Days of King Herod," unknown publication, no date (1 item)



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Edward Ittmann, *National Police Gazette*, no date (1 item)

(Unknown first name) Kupfer posing, unknown publication, no date (1 item)

Earle E. Liederman, unknown publication, no date (1 item)

George Lurich, unknown publication, no date (1 item)

Milo (Luigi Borra), *The Modern Hercules: A Pupil of Sandow, He Now Performs Wonderful Feats of Strength*, 3/14/no year (1 item)

A New French Canadian Strong Man (Victor Decarie) by G. Edwards, unknown publication, no date (1 item)

August Pitz (with photos), unknown publication, no date (1 item)

Bruno Polonic, Strength, no date (1 item)

Poses by Max Wexler, New York, unknown publication, no date (1 item)

Romische Kampfer (Roman Wax Statues), unknown German Publication, no date (1 item)

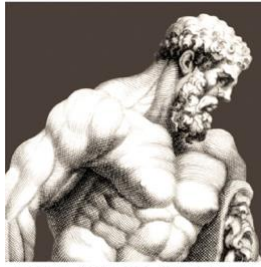
(Eugen) Sandow-A Study, unknown publication, no date (1 item)

Smith (unknown first name), unknown publication, no date (1 item)

Some Famous Foreign Strongmen (featuring Launceston Elliott and Charles Vansittart), *Vim*, no date (1 item)

Straining the Lungs (featuring "Zello"), *Vim*, no date (1 item)

Strength That Was Costly: Colonel (Fred) Burnaby Contracted Muscle...at the Expense of Health, unknown publication, no date (1 item)



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Lionel Strongfort, The Perfect Man by Peter K. Maddern, *Broadway Magazine*, no date (1 item)

(Lionel) Strongfort's "Human Bridge" Act, unknown publication, no date (1 item)

Strong Men (featuring Eugen Sandow), *Vim*, no date (1 item)

Strong Men of the Middle States (featuring Henry Holtgreve (should be Holtgrewe and Tom Winklehoefer) L. Boyd Marvin, *Physical Culture*, no date (1 item)

Strong Men of the North of England by "Northerner" with photos of R. Heaney, Sam Watson and Leo (Jos. Cair, Newcastle), maybe *Health and Strength*, no date (1 item)

Strong Men: Their Feats of Strength and Measurements by Paul Von Boeckmann, *Vim*, no date (1 item)

The Strongest Man in Spain (Secundo de Acha), unknown publication, no date (1 item)

The Swedish Athletic Club of Brooklyn, *National Police Gazette*, no date (1 item)

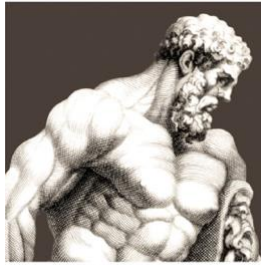
Totes Half-Ton of Beauty (Ernest Edwin Coffin, ACWLA California state representative), unknown Los Angeles publication, no date (1 item)

Warren Travis, *National Police Gazette*, no date (1 item)

Warren Travis, The Strongest Boy in the World, *Vim*, no date (1 item)

Unknown Chicago Strongman, unknown publication, no date (1 item)

Unknown Strongman, unknown publication, no date (1 item)



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Unknown Strongman posing, unknown German publication, no date (1 item)

Verwundeter Kämpfer, unknown German publication, no date (1 item)

Carl Victor, unknown publication, no date (1 item)

Weight Lifters, Newark, NJ, Turn Verein: Gus Gensvogel, Ferdinand Lock, Arthur Schaad, Fred Closen, Ernest Legert and Nathan Kubold, *National Police Gazette*, no date (1 item)

Who Is The World's Strongest Man?: Some remarkable Feats by (G.W.) Rolandow, Physical Culture, no date (1 item)

Zybszko flexing his right biceps, *Health and Strength*, no date (1 item)

Box 4, Folder 35: Strongman/Strongwoman Clippings, 1884-1955 (49 items)

Western Samson (Thomas H. Carroll, Oakland, CA), *The New York World*, 1884 (1 item)

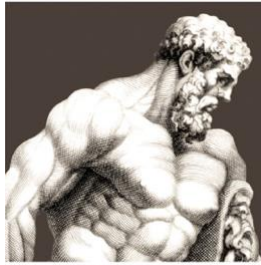
Dr. Krajewski, St. Petersburg, Russia, unknown Philadelphia publication, 7/9/1893 (1 item)

How to Grow Strong: the Physical Giants of To-Day Impart the Secret by J.W. Kennedy, *The Philadelphia Press*, 2/4/1894 (1 item)

Another Strong Boy: Max Unger Bids Fair to Become Champion of His Class, unknown publication, ca. 1895 (1 item)

A Hercules of Sixteen (featuring Philadis Cellai), unknown publication, ca. 1896 (1 item)

Brooklyn's Strong Boy (Maurice Deister) *Was Not Poison-Proof*, unknown publication, 1897 (1 item)



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Max Unger, A Wonderful 17-Year-Old Strong Boy, unknown publication,
1/26/1897 (1 item)

A French "Hercules" (Albert Auvry) Challenges Strong Men, unknown
publication, ca. 1898 (1 item)

Strongest Man: Arthur Levering (probably should be Lovering), unknown
publication, ca. 1898 (1 item)

(Luther C.) *Rood Tried But Failed*, unknown publication, pre-1899 (1 item)

(Charles Andrew) *Carver, of Yale, Once A Weakling, Gained Record-
Breaking Strength*, unknown publication, 4/29/1900 (1 item)

*The Making of a Strong Man: And Some Suggestions for Those Who Would Also
Be Strong* by Alexander Kidd, *The New Country Life*, 10/1901 (1 item)

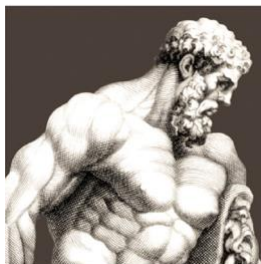
A Philadelphian (Samuel S. White) *Wins The Sandow Medal*, unknown
Philadelphia publication, ca. 1902 (1 item)

Eugen Sandow in Strength and How to Obtain It, by Eugen Sandow, ca.
1902 (1 item)

*Philadelphia Athlete Modeled by Rodin, France's Greatest Sculptor: Samuel
Stockton White, 3d, of Germantown, Winner of the Sandow Medal, Is the object
of a Statuette That Will Soon Be Exhibited Here*, *The Philadelphia Sunday Press*,
3/16/1902 (1 item)

Photo of Samuel Stockton White, unknown Philadelphia publication,
3/16/1902 (1 item)

Photo of Samuel S. White's arms, unknown Philadelphia publication,
3/16/1902 (1 item)



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Showing Samuel S. White's Remarkable Biceps, unknown Philadelphia publication, 3/16/1902 (1 item)

Columbia's Remarkable Strongman/ Testing The Strength of Columbia's Samson (Nelson Willard), Leslie's Weekly, 5/1/1902 (1 item)

Mr. A.F. Nordquest with photo, *Physical Culture*, ca. 1903 (1 item)

The Strong Man of Chelsea (Thomas Eugene White) by C. Gilbert Percival, MD, unknown publication, 1904 (1 item)

How I Acquired My Development by William Annal Duncan, Vim, 5/1905 (1 item)

Champions I have Trained by Tom W. Burrows, Health and Strength, 10/1907 (1 item)

Clarence Weber, Australia's Champion Strong Man, Health and Strength, 1907 (1 item)

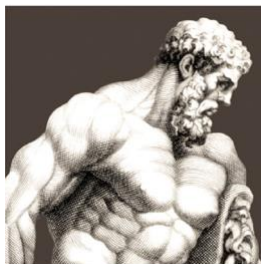
Joseph Bonelli, Zybszko, Milon, Jacques Vorillon, Nino et sa Rue (Nino and his Wheel), Ruiz da Cuhna, Les Rois De La Force (The Kings of Strength) (In French), 1911 (1 item)

Pierre Bonnes, Les Rois De La Force, 1911 (1 item)

Francisco and Joseph Steinbach, Les Rois De La Force, 1911 (1 item)

(Michael) Dorizas Strongest College Athlete, *The (Philadelphia) Evening Bulletin*, 11/24/1913 (1 item)

That Meeting (featuring Harry Glick), Post Pep!!!, 9/13/1921 (1 item)



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An Offer to Max Unger (aka Lionel Strongfort) from Alan Calvert (publisher of Strength), Strength, 1917; Obverse: Strongfort...Challenge to the World, The Strong Man (published by W.A. Pullum) 1924 (1 item)

Québec Farmer (Victor Delamarre) Canada's Samson Picks Up Horses and Automobiles by Gil O'Mourne, The Leader, Regina (Saskatchewan, Canada), 12/20/1924 (1 item)

Québec Farmer (Victor Delamarre), Canada's Samson Picks Up Horses and Automobiles by Gil O'Mourne, The Daily Colonist, Victoria, B.C. (Canada), 1/1/1925 (1 item)

(Antoine) Matysek Is Beaten By Local Man (Arthur Giroux), Montréal Star, 4/17/1925 (1 item)

Samson (World's Strongest Man), Health and Strength, 10/10/1925 (1 item)

Strength-What is the Fairest Test?, Health and Strength, 10/10/1925 (1 item)

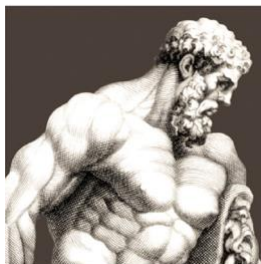
Noted Strongman Dies at 58: Eugene Sandow Won World Fame, Boston Post, 10/15/1925 (1 item)

Letters to the Editor: The World's Strongest Man, Health and Strength, 11/21/1925 (1 item)

Strength-The Fairest Tests.: An interesting article on a subject that is being much discussed in the Physical Culture World by A.E. Gardner, Health and Strength, 11/21/1925 (1 item)

The "World's Strongest Man.": Edward Aston's Views on the Controversy Which is Exciting Such Attention, Health and Strength, 11/28/1925 (1 item)

The Title of World's Strongest Man, Health and Strength, 12/5/1925 (1 item)



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Challenge To Decide Which Is The World's Strongest Woman (between Mademoiselle Jean de Vesley, France and Miss Frances Rhineland, England, *The American Weekly*, 1926 (3 items)

Encl.: Clipping: Photo: de Vesley, *The American Weekly*, 1926 (1 item)

Encl.: Clipping: Photo: Rhineland, *The American Weekly*, 1926 (1 item)

(Wladyslaw) Maksymiak, Polish Strong Man, Impresses Large Falls Audience with Remarkable Exhibition (his wife, Mary, also participated in show), unknown publication, ca. 1926 (1 item)

How the Champion Strong Man (Warren J. Travis) *Got His Strength* by Warren J. Travis, *The World Magazine*, 2/21/1926 (1 item)

Henry M. Steinborn Improving Rapidly as told by Ernest Edwin Coffin, *Los Angeles News*, 3/12/1926 (1 item)

Strong Man Breaks Up Theatre Act, unknown publication, 4/1/1926 (1 item)

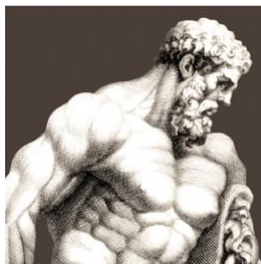
James J. Jeffries and His Brother Joe, At the Capitol, Today, Tomorrow, and Saturday (photo caption), *The Scranton Times*, 8/30/1928 (1 item)

Sports of the Times by Arthur Daley: *Strongest Man in the World* (Paul Anderson), *The New York Times*, 10/24/1955 (1 item)

Box 4, Folder 36: Weightlifting Clippings, no date, 1903-1926 (46 items)

A Remarkable Weight Lifting Feat, Vim (pages 190-192) no date (1 item)

Barbell Illustration, Der Kraftsport, no date (1 item)



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Barbell Illustrations with bench, unknown German publication, no date (1 item)

Club Athletique Boubaiseren (France) with man who lifted a record 93 kilogram barbell, unknown German publication, no date (1 item)

Ex-Olympic Coach Escapes Jail Term (Mark Berry), unknown publication, no date (1 item)

B. Fuglein, W. Geibold, and U. Stadtler, unknown German publication, no date (1 item)

Gance, Champion des Poids Moyens (Middle-Weight); *Cadine, Champion Toutes Categories* (All Weights) (In French), *Miroir des Sports*, no date (1 item)

Gablenberg Athletic Club of Stuttgart, unknown German publication, no date (1 item)

German Weightlifter, unknown German publication, no date (1 item)

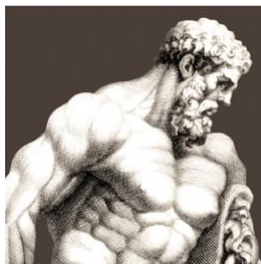
(Thomas) Inch vs. (W.P.) Caswell in weightlifting contest, *Health and Strength*, no date (1 item)

Kettlebell Illustration, *Der Kraftsport*, no date (1 item)

Kettlebell Toss Photos, unknown German publication, no date (1 item)

Lifts and Rules Governing Weightlifting at the Olympic Games, *Health and Life*, no date (1 item)

Munich Kettlebell lifters and Sports Club Members (with photos), unknown German Publication, no date (1 item)



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Poids et Halteres: Le 7eme Championnat de France (Weights and Dumbbells: The 7th Championship of France) (In French), unknown French publication, no date (1 item)

Progressive Weight-Lifting by B.R. Bell, *Health and Strength*, no date (1 item)

Willy Reinfrank (probably should be Rheinfrank), German Weightlifter, Mannheim, unknown German publication, no date (1 item)

Willy Rheinfrank, German Weightlifter, Mannheim, unknown German publication, no date (1 item)

(G.W.) Rolandow Jumping Backward through 180 lb (bar)bell, unknown publication, no date (1 item)

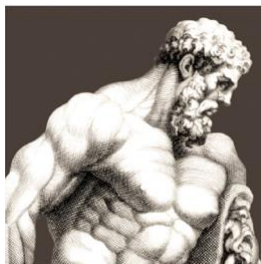
Unknown German weightlifter with barbell over his head, unknown German publication, no date (1 item)

Unknown German weightlifting club, unknown German publication, no date (1 item)

Weight-lifting in France: Some Champions and Their Records (Pierre Bonnes, Francois le Breton, Emile Deriaz, A. Maspoli, Victorino, with photos), likely *Health and Strength*, no date (1 item)

Weight Lifting in France: More Record Holders (with photos of Arvid Andersen, G. Empain, Charles Poiree and Emile Schweitzer), *Health and Strength*, no date (1 item)

Physical Culture in New Zealand. Specimens of Manhood from the Christ Church School of Physical Culture, *Physical Culture*, 10/1903 (1 item)



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W.L. Carquest, Pupil of Mr. T. Inch and 8st. 7lb. weight-lifting champion of the world, open to make a match for any amount, *Health and Strength*, ca. 1906 (1 item)

The World's Match Weight-Lifting Championship (with photo of Thomas Inch), *Sandow's Magazine*, 5/16/1907 (1 item)

The Art of Weight-Lifting by Thomas Inch: Worlds Middle-Weight Champion-Lifter (with photo of Inch), *Health and Strength*, 9/28/1907 (1 item)

The Art of Weight-Lifting by Thomas Inch: Worlds Middle-Weight Champion-Lifter, *Health and Strength*, 10/12/1907 (1 item)

Right and Wrong Methods of Weight-Lifting (photos of Warren L. Travis) by Bernarr Macfadden, *Physical Culture*, Vol. 18, No. 5 (pages 293-298), 11/1907 (1 item)

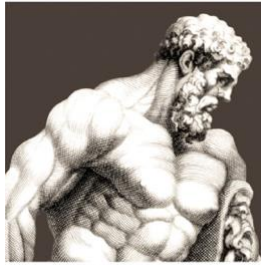
Right and Wrong Methods of Weight-Lifting (photos of Warren L. Travis) by Bernarr Macfadden, *Physical Culture*, Vol. 18, No. 6 (pages 367-370), 12/1907 (1 item)

Wanted: An Heir of Strength: A Vigorous Defence of Weight-Lifting, by J. Holliday, *Health and Strength*, 5/23/1908 (1 item)

Weight-Lifting in Yorkshire (The Heavy-Weight Championship of the North of England) by T(homas) Inch, *Health and Strength*, 6/13/1908 (1 item)

Fritz Hunenberger, German Weightlifter, unknown German publication, 1924 (1 item)

Heinrich Lang, German Weightlifter, unknown German publication, 1924 (1 item)



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Middleweight Weightlifting Team at Manheim, Germany, unknown
German publication, 1924 (1 item)

Unknown heavyweight weightlifter lifting 285 pounds at Mannheim,
unknown German publication, 1924 (1 item)

Unknown weightlifter with barbell over his head at Mannheim, unknown
German publication, 1924 (1 item)

Weightlifting Team at Manheim, Germany, unknown German
publication, 1924 (1 item)

*Weight-Lifting Records Broken at the Olympiad: British Representatives
the Victims of Rank Injustice, All Sports Weekly, 8/9/1924 (1 item)*

(David P.) *Willoughby Keeps Title*, unknown publication, 1925 (1 item)

Breaks All Records for Weight Lifting (Charles Rigoulat, should be Rigoulot),
unknown publication, 1/25/1925 (1 item)

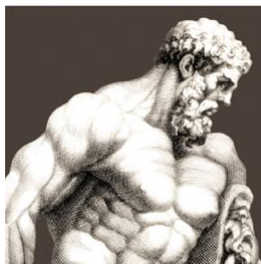
He's a Nurmi At Weights (photo of Charles Rigoulat, should be
Rigoulot), *Boston Post*, 1/28/1925 (1 item)

Do You Know That by Feg Murray (features A. Corcoran lifting a 121 lb
dumbbell with one arm 14000 times in a row), unknown publication,
7/20/1925 (1 item)

2 Copies: *Sauer=Kraut* (Karl Moerke) *Wins Big Lifting Match: German,
Champion in New York Contest, Attributes His Strength to Rhineland Dish, The
Philadelphia Bulletin*, 12/14/1925 (2 items)

(Charles) *Rigoulet* (should be Rigoulot) *Sets New Record By Lifting 289.3
Pounds, The New York Times*, 4/11/1926 (1 item)

Box 4, Folder 37: Random Athletic Clippings, no date, 1903-1927 (12 items)



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Athletics, no date, 1925-1927 (7 items)

Athletes Receive Plaudits, unknown publication, no date (1 item)

Athletics of the Pioneer by E.E. Harriman, unknown publication, no date (1 item)

Does Exercise Induce Longevity, *The Sunday Sun*, 12/13/1925 (1 item)

Every One A Champion, unknown Philadelphia publication, 1926 (1 item)

Here Are Many 1927 Leaders, *The Philadelphia Inquirer*, 1927 (1 item)

Too much exercise wastes energy, unknown publication, no date (1 item)

Why Brain beats Brawn in Sport by J. Herbert Duckworth, *The Philadelphia Public Ledger*, no date (1 item)

Balancing, no date (1 item)

A routine by the Trois de Plano. Balancing is a fascinating hobby, unknown publication, no date (1 item)

Discus, 1903-1908 (2 items)

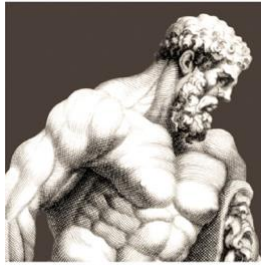
"The Modern Discus Thrower," *Vim*, 1/1903 (1 item)

Throwing the Discus at the Olympic Games.: Where are the British competitors?, *Health and Strength*, 6/13/1908 (1 item)

Fencing, 1926 (1 item)

Fencing, unknown publication, 1926 (1 item)

Rowing, no date (1 item)



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Juvenal's Crews Win: Ex-Sculling Champion Makes Good in Cuba
Regatta, unknown publication, no date (1 item)

Swimming, no date (1 item)

Marvelous Swimming Record: Wonderful Endurance of an Illinois
Boy, unknown publication, no date (1 item)

Box 4, Folder 38: Random Clippings, no date, 1900-1975 (34 items)

A Few Words About The Editor, Physical Beauty, no date (1 item)

British Scientist First in World To Split Atom, unknown publication, no
date (1 item)

City's Old Name: The Ancient name for Dublin was Ashcled, unknown
publication, no date (1 item)

Correct Your Foot Trouble at Home!, ad for the Physical Science Institute,
unknown publication, no date (1 item)

Electricity is Nature's Greatest Tonic, Vim, no date (1 item)

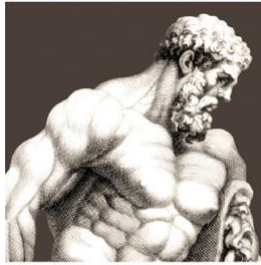
Envelope: Missing Newspaper Sections, no date (1 item)

The finished drawing shows how a well-built healthy foot should be
etc., unknown publication, no date (1 item)

Dr. Jesse Mercer Gehman, Executive Director Benedict Lust Permanent
Memorial, P.O. Box 1725, Paterson, NJ, unknown publication, no date (1
item)

He Hopes For A Perfect Child, unknown publication, no date (1 item)

How Britons Helped Yanks, by A.C. Cummings, unknown publication, no
date (1 item)



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Maybe you will be able to talk your boss into installing air-conditioning,
unknown publication, no date (1 item)

Men of Weight, unknown publication, no date (1 item)

Muscle Builders Wreck The Nervous System, unknown publication, no
date (1 item)

Nine Requisites For The Contented Life, unknown publication, no date (1
item)

No citizen has the right to be an amateur in the matter of physical
training...Socrates, unknown publication, no date (1 item)

One Wild Beast That Defies Power of Man, unknown publication, no date
(1 item)

St. Peter's Church, Hook Norton (above) is one of many delightful
sketches in a new book, North-Oxfordshire Churches, by John Brookes,
unknown publication, no date (1 item)

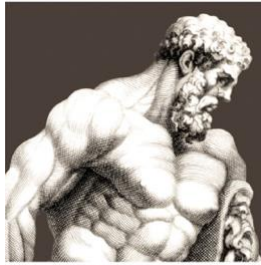
Strange as it Seems re: carbon dioxide concentration in the atmosphere,
unknown publication, no date (1 item)

Albert Philip Tauscher...Holding a 160-Pound Marine Sergeant Above
His Head With One Hand, unknown publication, no date (1 item)

There are countless cases on record etc., unknown publication, no date (1
item)

Two Remarkable Examples of Physical Development by James Redding,
unknown publication, no date (1 item)

You May Be Wrong About Rest by Robert D. Potter, *The American Weekly*, no
date (1 item)



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German wrist strengthener, unknown publication, 1900 (1 item)

Nature's Wonderful Triumph Over Illness, Tit-Bits, 3/10/1923 (1 item)

The New Science of Health, Founded on Mathematical Rules by Ernest Brennecke, *The (New York) World*, 11/26/1924 (1 item)

Strength of Insects Envied By Mere Man, unknown Philadelphia publication, 1925 (1 item)

Love At Sight For Apollo-Diana, *The New York Evening Graphic* (founded on 9/15/1924 by Bernarr Macfadden), 3/9/1925 (1 item)

Richard Byrd, unknown publication, 1926 (1 item)

Half a Million in Half an Hour! By J.C. Kofoed, *The Philadelphia Public Ledger*, 1926 (1 item)

Take Care of that Cold, *Chicago Herald-American*, 10/1/1944 (1 item)

Third Wonder Drug by J.D. Ratcliff, unknown Toronto (Ont., Can.) publication, 10/21/1944 (1 item)

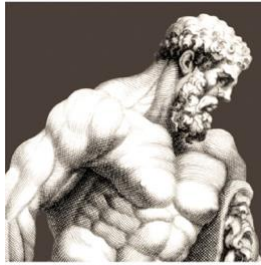
Not long ago etc., *The Star Weekly Magazine*, 4/28/1962 (1 item)

Return of the Spoonbills, *The (Kingston, Ont., Can.) Whig-Standard*, 5/2/1975 (1 item)

Second Annual Senior Citizen Olympics, *The Ottawa (Ont., Can.) Journal*, 9/10/1975 (1 item)

Box 4, Folders 39-40: Photographs of or about George F. Jowett and/or Phyllis Jowett, no date (73 items)

Box 4, Folder 39: George F. Jowett and/or Phyllis Jowett Photos, no date (54 items)



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Jowett about to attempt one-arm swing, 1 $\frac{3}{4}$ " x 2", no date (1 item)

Jowett Portrait, 2 $\frac{1}{4}$ " x 3 $\frac{1}{4}$ ", no date (1 item)

Jowett with right arm to his side, 2 $\frac{1}{4}$ " x 5 $\frac{1}{4}$ ", no date (1 item)

Jowett looking over his right shoulder, 2 $\frac{1}{2}$ " x 5 $\frac{7}{8}$ ", no date (1 item)

Jowett with arms stretched to the side; has seven sides, no date (1 item)

Jowett about to lift a barbell, 4" x 6", no date (1 item)

Jowett, Ottley Coulter, and another man in photo used for 1923 Apollo System of Physical Culture, 3 $\frac{3}{4}$ " x 5 $\frac{3}{4}$ ", no date (1 item)

George F. Jowett: The Most Perfectly Developed Man, 3 $\frac{3}{4}$ " x 5 $\frac{3}{4}$ ", no date (1 item)

How To Build A Mighty Book Series by George F. Jowett, 5 $\frac{3}{8}$ " x 6 $\frac{1}{8}$ ", no date (1 item)

How To Build A Mighty Book Series by George F. Jowett, 5 $\frac{1}{8}$ " x 7", no date (1 item)

How to Mold a Mighty Grip by George F. Jowett, 2 $\frac{1}{4}$ " x 2 $\frac{3}{4}$ ", no date (1 item)

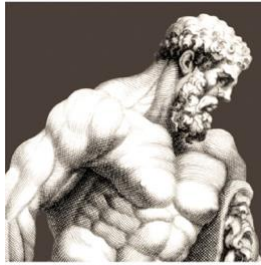
Books by George F. Jowett, 5 $\frac{3}{4}$ " x 6", no date (1 item)

Older Jowett lifting a dumbbell over his head, 5" x 7", no date (1 item)

Younger Jowett flexing right bicep, 4" x 6 $\frac{1}{2}$ ", no date (1 item)

Younger Jowett sitting, arms crossed, 4 $\frac{1}{2}$ " x 6 $\frac{1}{2}$ ", no date (1 item)

Jowett doing One Armed Swing, 4 $\frac{7}{8}$ " x 6 $\frac{7}{8}$ ", no date (1 item)



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Younger Jowett flexing his back, tinted, 4 3/4" x 6 1/2", no date (1 item)

Younger Jowett flexing his back, black and white, 4 7/8" x 7", no date (1 item)

Drawing of Jowett by W. Pryor, no date, 4 7/8" x 7", no date (1 item)

Younger Jowett wearing his medals, no date, 4 7/8" x 7", no date (1 item)

Younger Jowett wearing his medals mounted on board, 5 1/4" x 5 7/8", no date (1 item)

Older Jowett standing in front of plane, 3 7/8" x 5 7/8", no date (1 item)

Jowett Holding A Man Upside Down, 3 1/2" x 4 1/2", no date (1 item)

Portrait of An Older Jowett, 3 1/2" x 4 1/2", no date (1 item)

Jowett (sitting) with another man, about 2 7/8" x 4 1/4", no date (1 item)

Jowett (with dumbbell) with another man, 3" x 3 1/2", no date (1 item)

Jowett doing a headstand on a small table, 3 1/2" x 5 1/2", no date (1 item)

Jowett doing an arm stand on a chair, 3 1/2" x 5 1/2", no date (1 item)

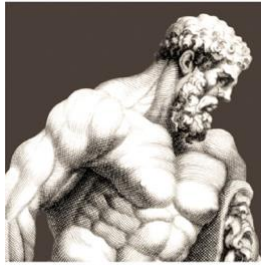
Jowett (2nd from left) having a beer with friends, 3 1/2" x 5 1/2", no date (1 item)

Jowett (visible on left) having a beer with a friend, 3 1/2" x 5 1/2", no date (1 item)

Jowett standing behind a gate, 3 1/2" x 5 1/2", no date (1 item)

Two of Jowett's friends, 3 1/2" x 5 1/2", no date (1 item)

Jowett (left) and another man in front of cars, 3 1/2" x 5 1/2", no date (1 item)



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Jowett (back row, left) and friends under an awning, 3 ½" x 5 ½", no date (1 item)

Jowett in front of a car, 3 ½" x 5 ½", no date (1 item)

Jowett in front of a porch, 3 ½" x 5 ½", no date (1 item)

Jowett (middle) and two other men in front of cars, 3 ½" x 5 ½", no date (1 item)

Jowett lifting another man with his right arm, 3 ½" x 5 ½", no date (1 item)

A man lifting another man with his right arm, 3 ½" x 5 ½", no date (1 item)

Jowett (smiling in back row, left) and friends under an awning, 3 ½" x 5 ½", no date (1 item)

Jowett (foreground, left) and friends in a restaurant, 3 ½" x 5 ½", no date (1 item)

Jowett (right) and another man in front of cars, 3 ½" x 5 ½", no date (1 item)

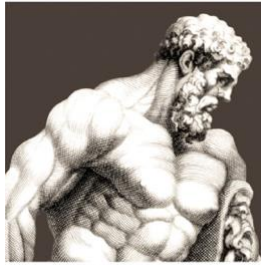
Jowett (upside down) and another man, 3 ½" x 5 ½", no date (1 item)

Jowett lifting a barbell with his right hand, 4" x 4 7/8", no date (1 item)

One man holding another while drinking beer, 3 ½" x 5 ½", no date (1 item)

Jowett (right) and another man standing behind a gate, 3 ½" x 5 ½", no date (1 item)

Jowett with arms crossed, 2 ¼" x 2 ½", no date (1 item)



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Older Jowett on the phone wearing glasses, 3 5/8" x 4 1/2", no date (1 item)

Older Jowett portrait, 5 1/4" x 6 1/2", no date (1 item)

Older Jowett portrait in sweater and tie, 5 1/4" x 6 1/2", no date (1 item)

Older Jowett with typewriter and bookshelves, 7" x 7 3/4", no date (1 item)

Photo of Jowett's 1923 World's Champion Wrist Turner Medal, 2 7/8" x 5",
no date (1 item)

Photo of two of George F. Jowett's trophies, 4" x 5", no date (1 item)

Phyllis Jowett (center) with Vic Boff (right) and unknown man (left), 4" x
6", no date (1 item)

Box 4, Folder 40: Large George F. Jowett Photographs, no date, 1960 (19 items)

Jowett standing with elbows out to his side, 4 3/8" x 8 3/4", no date (1 item)

Jowett standing looking over his right shoulder, mounted on board, 3 1/2"
x 7 5/8", no date (1 item)

Jowett standing looking over his right shoulder, mounted on board, 4" x 8
1/2", no date (1 item)

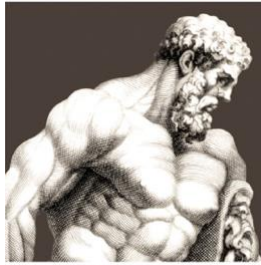
Jowett standing looking over his right shoulder, 3 7/8" x 10 1/8", no date (1
item)

Jowett standing with back turned, 4" x 8", no date (1 item)

Jowett Sitting in chair in Strongman outfit, 4 3/4" x 8", no date (1 item)

Jowett Sitting in chair in Strongman outfit, 4 1/4" x 8 1/4", no date (1 item)

Jowett Sitting in chair in Strongman outfit mounted on board, 4 1/4" x 8 1/2",
no date (1 item)



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Jowett Sitting in chair in Strongman outfit, 3 1/8" x 7 1/2", no date (1 item)

Jowett standing looking over his right shoulder, 3 1/4" x 7 3/4", no date (1 item)

Jowett Posing with all of his medals, 4 1/8" x 8 3/8", no date (1 item)

Jowett in center with many strongmen around him, mounted on board, 5 1/4" x 8 3/4", no date (1 item)

Jowett Posing in Strongman outfit, 8" x 10", no date (1 item)

Jowett standing looking over his right shoulder, mounted on board, 5 7/8" x 9 5/8", no date (1 item)

Younger Jowett wearing his medals, no date, 6 3/4" x 7 1/2", no date (1 item)

Jowett Posing with all of his medals, mounted on board, 4 1/4" x 8 3/8", no date (1 item)

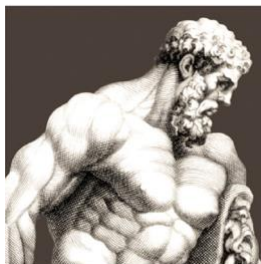
Jowett and Du Mont Wrestling Announcer Dennis James on 8 1/2" x 11" backer with caption, no date (1 item)

Jowett standing looking over his right shoulder, 8" x 10", no date (1 item)

George F. Jowett (2nd from right) posing at the *Strength and Health* Picnic with (from left) Bob Snyder, Dick Bactell (should be Bachtell), Ottley Coulter, John Grimek, Siegmund Klein, and Vic Boff, 8" x 10", 8/7/1960 (1 item)

Box 4, Folders 41-42: Iron Shoe and Table Tennis Table Photographs, no date (43 items)

Box 4, Folder 41: Iron Shoe Strength Builder "the Conqueror" Exercise Photographs by Caruso, no date (39 items)



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No Number: Man with Iron Shoe clamped to table, 5" x 7", no date (1 item)

No Number: Man Crushing Iron Shoe With His Arms, 5" x 7", no date (1 item)

No Number: Man Holding Iron Shoe while another man holds the clamp, 5" x 7", no date (1 item)

No Number: Man Flexing His Left Bicep with Iron Shoe clamped to table, 5" x 7", no date (1 item)

No Number: Man Holding Iron Shoe on Covered Table, 5" x 7", no date (1 item)

No Number: Man Sitting on Stool Bent to his right with Iron Shoe by his Right foot, 5" x 7", no date (1 item)

No Number: Man Balancing Iron Shoe on his Right Knee, 5" x 7", no date (1 item)

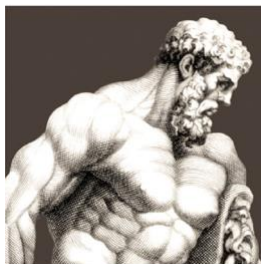
No. 1: Man Gripping Iron Shoe In Front while Standing (Also illustration for Exercise No. 2), 5" x 7", no date (1 item)

No. 3: Man Balancing Iron shoe on his Left Knee, 5" x 7", no date (1 item)

No. 3: Man Balancing Iron shoe on his Right Knee, 5" x 7", no date (1 item)

No. 4: Man Gripping Iron Shoe with Right Arm Outstretched, 5" x 7", no date (1 item)

No. 4A: Man Gripping Iron Shoe while Twisted to his right, 5" x 7", no date (1 item)



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No. 5: Man Holding Iron Shoe Over His Head to the Right, 5" x 7", no date (1 item)

No. 5: Extra: Man Holding Iron Shoe Over His Head to the Right, 5" x 7", no date (1 item)

No. 6: Man Gripping Iron Shoe Behind His Neck, 5" x 7", no date (1 item)

No. 7: Man Gripping Iron Shoe Behind His Back, 5" x 7", no date (1 item)

No. 8: Man Gripping Iron Shoe Diagonally Behind His Back, 5" x 7", no date (1 item)

No. 9: Man Gripping Iron Shoe in front with Sides of Shoe Pointing away from Him, 5" x 7", no date (1 item)

No. 9: Extra: Man Gripping Iron Shoe in front with Sides of Shoe Pointing away from Him, 5" x 7", no date (1 item)

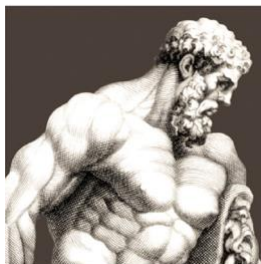
No. 10: Man Gripping Iron Shoe In Front of his Chest, 5" x 7", no date (1 item)

No. 11: Man Gripping Iron Shoe Behind His Neck while Crouching, 5" x 7", no date (1 item)

No. 12: Man Balancing Iron Shoe on his Right Thigh, 5" x 7", no date (1 item)

No. 13: Man Gripping Iron Shoe In Front of his Chest while smiling, 5" x 7", no date (1 item)

No. 14: Man Gripping Iron Shoe with his Left Thumb Pointing Toward Him, 5" x 7", no date (1 item)



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No. 15: Man Gripping Iron Shoe with his Left Thumb Pointing Away from Him, 5" x 7", no date (1 item)

No. 16: Man Gripping Iron Shoe In Front with Shoe resting on his Thighs, 5" x 7", no date (1 item)

No. 17: Man Gripping Iron Shoe While slightly bent to his Right, with arms of Shoe pointing upward, 5" x 7", no date (1 item)

No. 18: Man Gripping Iron Shoe While on His back with his feet in the air, 5" x 7", no date (1 item)

No. 19: Man Gripping Iron Shoe While Bent over at the Waist with his legs extended on the ground, 5" x 7", no date (1 item)

No. 20: Man Gripping Iron Shoe Over His Head while on the ground with his feet in the air, 5" x 7", no date (1 item)

No. 21: Man on his Knees with his face pointed toward the ground and the Iron Shoe behind his Neck, 5" x 7", no date (1 item)

No. 22: Man Standing With Iron Shoe in Front of His Right Bicep, 5" x 7", no date (1 item)

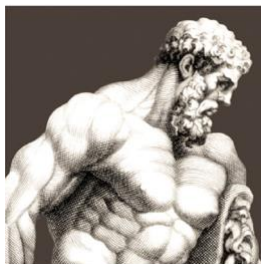
No. 23: Man Gripping Iron Shoe Between His Knees, 5" x 7", no date (1 item)

No. 24: Man Gripping Iron Shoe Over his Head with the arms of the Shoe pointing upward while he crouches, 5" x 7", no date (1 item)

Table Clamped Iron Shoe A, 5" x 7", no date (1 item)

Table Clamped Iron Shoe B, 5" x 7", no date (1 item)

Table Clamped Iron Shoe C, 5" x 7", no date (1 item)



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Table Clamped Iron Shoe D, 5" x 7", no date (1 item)

Table Clamped Iron Shoe E, 5" x 7", no date (1 item)

Box 4, Folder 42: Table Tennis Table Photographs, no date (4 items)

Close-up: Table Tennis Table opened flat, 5" x 7", no date (1 item)

Table Tennis Table opened flat, 5" x 7", no date (1 item)

Table Tennis Table, partially folded, 5" x 7", no date (1 item)

Table Tennis Table, partially folded, camera position slightly higher than previous photo, 5" x 7", no date (1 item)

Box 4, Folder 43: Fitness and Gymnasium Photos, no date, 1936 (17 items)

Children at the Park on a Rocker Swing, 7 3/4" x 11", no date (1 item)

Children on a teeter-totter (seesaw) and "rocking horses", 7 3/4" x 11", no date (1 item)

Children rocking on a Rocker Swing, 7 3/4" x 11", no date (1 item)

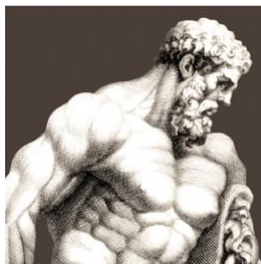
Girls on a fulcrum style teeter-totter (seesaw), 7 3/4" x 11", no date (1 item)

The Girls Department of the Shafran Gymnasium, 381 Rockaway Avenue, Brooklyn, New York, 8" x 10 1/8", no date (1 item)

Siegmund Klein's Gym, barbells to right of locker room door, 717 7th Ave., New York City, 8 1/4" x 10", no date (1 item)

Siegmund Klein's Gym, no barbells to right of locker room door, 717 7th Ave., New York City, 8 1/4" x 10", no date (1 item)

Men Exercising, maybe at Rosendahl's The House of Figure Beauty, Atlanta, GA, 8 1/8" x 10", no date (1 item)



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Pool in Gymnasium, 8" x 10", no date (1 item)

Reducers and other Exercise equipment, 8" x 10 1/8", no date (1 item)

Al Roon's Gymnasium, no date (4 items)

Al Roon with his Gym Instructors (including four women), 8" x 10 1/8", no date (1 item)

Al Roon's Gym Table Tennis Table and workout benches, 8" x 10 1/8", no date (1 item)

Al Roon's Gym Workout Benches and Exercise Bikes, 8" x 10 1/8", no date (1 item)

An interesting Handball game at Al Roon's Gym, 8" x 10", no date (1 item)

Woman in Rosendahl's The House of Figure Beauty, Atlanta, GA, 8" x 10", no date (1 item)

Women Exercising in Rosendahl's The House of Figure Beauty, Atlanta, GA, 8" x 10", no date (1 item)

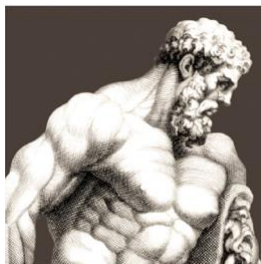
Handball in an unknown gym, 8 1/8" x 10", 12/17/1936 (1 item)

Box 4, Folder 44: Strongmen Photographs and Postcards, no date, 1918-early 1960s (47 items)

Edward Aston After Michelangelo's "David", 10 1/2" x 14" (in halves), no date (1 item)

Mac Batchelor, 8 1/8" x 10", no date (1 item)

(Unknown first name) Birdely: To George, Sincerely, Birdely, 3" x 5 1/8", no date (1 item)



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Ottley Coulter Posing with elbow pointed up, 5" x 7 ¼", (signed by Coulter with Best Wishes to George Jowett), no date (1 item)

Ottley Coulter Posing with elbow pointed up, 5" x 7 ¼", no date (1 item)

Ottley Coulter Posing with fist pointed up, 5" x 7 ¼", (signed by Coulter with Regards to George Jowett), no date (1 item)

Ottley Coulter Posing with fist pointed up, 5" x 7 ¼", no date (1 item)

Ottley Coulter Posing with elbow pointed toward camera, 5" x 7 ¾", (signed by Coulter to George F. Jowett), no date (1 item)

Ottley Coulter Posing with elbow pointed toward camera, 5" x 7 ¾", no date (1 item)

Ottley Coulter Posing with outstretched arms, 8 1/8" x 10", (signed by Coulter in Remembrance of the Good Old Days to George F. Jowett), no date (1 item)

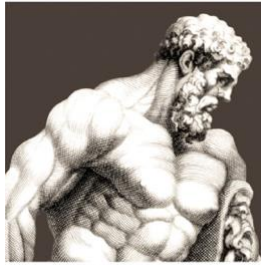
Ottley Coulter Posing with outstretched arms, 8 1/8" x 10", no date (1 item)

Ottley Coulter: Exponent of Strength Postcard, 3 ½" x 5 ½", (signed by Coulter with best regards to George Jowett), no date (1 item)

Ottley Coulter: Exponent of Strength Postcard, 3 ½" x 5 ½", no date (1 item)

Ottley R. Coulter: Holder of World Records Muscle Control (signed by Coulter with best wishes to George Jowett), 3 ½" x 5 ½", no date (1 item)

Ottley R. Coulter: Holder of World Records Muscle Control, 3 ½" x 5 ½", no date (1 item)



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Ottley Coulter and Charles Shaffer: Adroit Athletes: Introducing A Study in Equilibrium Postcard (feet at top) (signed to George Jowett from Coulter), 3 ½" x 5 3/8", no date (1 item)

Ottley Coulter and Charles Shaffer: Adroit Athletes: Introducing A Study in Equilibrium Postcard (head at top) (signed regards to George Jowett from Coulter), 3 ½" x 5 3/8", no date (1 item)

Ottley Coulter and Charles Shaffer: Adroit Athletes: Introducing A Study in Equilibrium Postcard (feet at top), 3 ½" x 5 3/8", no date (1 item)

Ottley Coulter and Charles Shaffer: Adroit Athletes: Introducing A Study in Equilibrium Postcard (head at top), 3 ½" x 5 3/8", no date (1 item)

Ottley Coulter and Charles Shaffer: A Study in Equilibrium Postcard (signed by Coulter: taken at Pittsburgh Highland Park Reservoir), 3 ½" x 5 ½", no date (1 item)

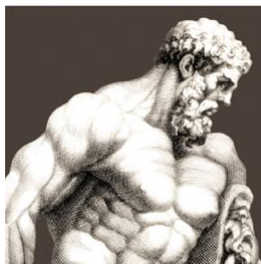
Ottley Coulter and Charles Shaffer: A Study in Equilibrium Postcard (signed by Coulter: taken at Pittsburgh reservoir), 3 ½" x 5 ½", no date (1 item)

Milo Of Old Postcard, 3 ½" x 5 ½", no date (1 item)

Photo of Wrestling Illustration, 5 7/8" x 9 ¼", no date (1 item)

Six Strongmen Posing: J. Barnes, U.S.; H. Llyod, P.D.; N. Probst, P.D.; Rolandow, New York City; C. School, P.D. F. Winters, U.S., on 9" x 12" backer, no date (1 item)

366 happy days from the Liedermans (Earle and his wife), in 6 ½" x 10" holder, no date (1 item)



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Unknown Oshkosh, WI Strongman, in 6 3/8" x 10 3/8" holder, no date (1 item)

Unknown Strongman posing at end of diving board, 3 3/8" x 4 7/8", no date (1 item)

Unknown Strongman posing from behind, 2 5/8" x 9", no date (1 item)

Unknown Strongman posing from in front, 4 1/4" x 8 7/8", no date (1 item)

Various Strongmen Posing, 5" x 8", no date (1 item)

Ben Weider: To my sincerest friend George F. Jowett from Ben Weider, 4" x 6", no date (1 item)

2 Copies: Ottley Coulter Postcard, 3 1/2" x 5 3/8", 3/21/1918 (2 items)

Adrian P. Schmidt, 1926 (1 item)

Schmidt to Jowett: with best wishes to my friend Geo. F. Jowett, 5" x 7", 10/10/1926 (1 item)

Paul Conrad, 1935 (1 item)

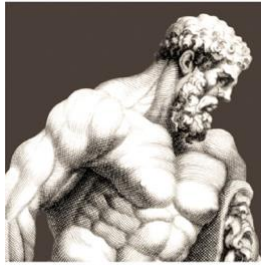
Conrad shaking hands with Earle Liederman, 2 3/4" x 4 1/2", 1/12/1935 (1 item)

Earle Liederman, 1935 (1 item)

To My Pal George Jowett from Earle Liederman, 8 3/4" x 9 1/2", 1935 (1 item)

Mr. Christian Paul, 1935 (1 item)

Paul to Jowett: Happy Christmas; Bright New Year, in beige holder, 4 1/4" x 6", 11/26/1935 (1 item)



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2 Copies: Ottley Coulter flexing right bicep at age 54, 8" x 10", 1944 (2 items)

"Cannonball" Richards, 1945 (2 items)

Cannonball hitting "Cannonball" Richards, 6 3/4" x 7 1/8", 9/23/1945 (1 item)

"Cannonball" Richards about to be hit by log carried by soldiers, 6 7/8" x 8 7/8", 9/23/1945 (1 item)

Bob Orth, 1945 (1 item)

Orth to Jowett: With every best wish for my good pal George F. Jowett, 3 3/8" x 5 7/8", 9/25/1945 (1 item)

Earle Liederman, 1947 (2 items)

Earle Liederman Portrait, 8" x 10", 1947 (1 item)

Earle Liederman: To my old friend George Jowett with every good wish from Earle Liederman, 8 1/8" x 10", 1947 (1 item)

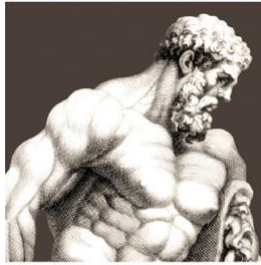
Jack Russell, 1950 (1 item)

Jack Russell performing in Colorado in early 1950, 8 1/8" x 10", (1 item)

United States Weightlifting Team, 1955 (1 item)

Jim George, Clarence Johnson, Chuck Vinci, Bob Hoffman, and Clyde Emrich pose for the cameraman during a demonstration on their world tour following the 1955 World Championships, 4 1/2" x 6 1/4", 1955 (1 item)

Doug Hepburn, early 1960s (1 item)



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Hepburn to Jowett: To George "one of the greatest," 8" x 10 1/8",
early 1960s (1 item)

Box 4, Folders 45-51: Seat of Health and Vig-Row (Seat of Health Model) Photos: Zaro
Agha-Irene Etarre, no date, 1929-1932 (77 items)

Box 4, Folder 45: Seat of Health and Vig-Row (Seat of Health Model) Photos:
Zaro Agha-Irene Etarre, no date, 1931-1932 (9 items)

Zaro Agha, no date (1 item)

Zaro Agha, 156 Years Old and Still Pulling Strong on the Seat of
Health, 8 1/8" x 10", no date (1 item)

Patricia Bowman, no date (1 item)

Patricia Bowman, Roxy's Premiere Danseuse, Exercising on the Seat
of Health, 8" x 10", no date (1 item)

Dorothy Britton, no date (1 item)

Dorothy Britton, Famous Broadway Star (on Vig-Row), 8" x 10 1/8",
no date (1 item)

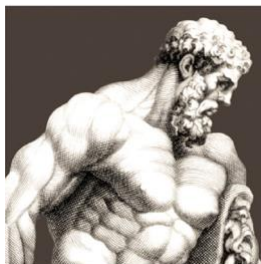
Earl Carroll's Vanity Girls, no date (1 item)

Earl Carroll's Vanity Girls Keeping Fit on the Vig-Row, 8" x 10
1/8", no date (1 item)

Suzanne Dehelly, 1931 (1 item)

Suzanne Dehelly in *La Fine Combine* on the Seat of Health, 6 3/8" x
8 3/4", 1931 (1 item)

Dorothy Dell, 1931 (2 items)



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Dorothy Dell (*Miss Universe* 1931) on the Seat of Health (black and white), 8" x 10 1/8", 1931 (1 item)

Dorothy Dell (*Miss Universe* 1931) on the Seat of Health (sepia tone), 8" x 10 1/8", 1931 (1 item)

Marcelle Edwards, 1932 (1 item)

Marcelle Edwards of 1932 Earl Carroll Vanities, exercising on Vig-Row, 8 1/8" x 10", 1932 (1 item)

Irene Etarre, no date (1 item)

Irene Etarre (on the Seat of Health), 8 1/8" x 10", no date (1 item)

Box 4, Folder 46: Seat of Health and Vig-Row (Seat of Health Model) Photos:
Evelyn Hoey-Phyllis Jowett, no date, ca. 1931-1932 (10 items)

Evelyn Hoey, no date (3 items)

Evelyn Hoey and chorus girls of *Fifty Million Frenchmen* keeping fit on the Seat of Health, 8" x 10", no date (1 item)

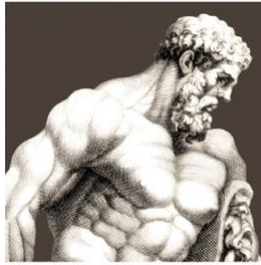
Evelyn Hoey of *Fifty Million Frenchmen* unpacking the Seat of Health, 8" x 10", no date (1 item)

Evelyn Hoey, star of *Fifty Million Frenchmen*, keeping fit on the Seat of Health, 8" x 10", no date (1 item)

Lou Holtz' 1932 Vaudeville Review, 1932 (3 items)

Beauties in Lou Holtz' 1932 Vaudeville Review Hollywood Theatre, New York City (one on Vig-Row), 8" x 10", 1932 (1 item)

Beauties in Lou Holtz' 1932 Vaudeville Review Hollywood Theatre, New York City (three on Vig-Row), 8" x 10", 1932 (1 item)



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Beauties in Lou Holtz' 1932 Vaudeville Review Hollywood Theatre,
New York City (three, two from photo above and one different girl,
on Vig-Row), 8" x 10", 1932 (1 item)

Phyllis Jowett, ca. 1931, (4 items)

Phyllis Jowett carrying the Seat of Health in its suitcase, 7 5/8" x 9
7/8", ca. 1931 (1 item)

Phyllis Jowett on her back on the Seat of Health, 7 1/4" x 9 1/2", ca.
1931 (1 item)

Phyllis Jowett with legs bent on the Seat of Health, 7 5/8" x 9 3/4", ca.
1931 (1 item)

Phyllis Jowett with legs outstretched on the Seat of Health, 7 3/4" x
9 3/4", ca. 1931 (1 item)

Box 4, Folder 47: Seat of Health and Vig-Row (Seat of Health Model) Photos:
Vivian Keefer-Tommy Loughran, no date, 1932 (9 items)

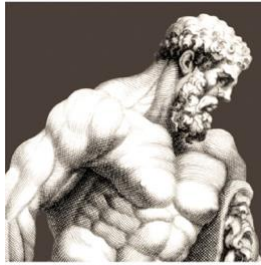
Vivian Keefer, 1932 (5 items)

Vivian Keefer of 1932 Earl Carroll Vanities, exercising on Vig-Row,
8" x 10 1/8", 1932 (1 item)

Vivian Keefer of 1932 Earl Carroll Vanities, exercising (bent
forward) on Vig-Row, 8" x 10 1/8", 1932 (1 item)

Vivian Keefer of 1932 Earl Carroll Vanities, exercising (leaning
back) on Vig-Row, 8" x 10 1/8", 1932 (1 item)

Vivian Keefer of 1932 Earl Carroll Vanities, exercising (legs bent;
smiling at camera) on Vig-Row, 8" x 10 1/8", 1932 (1 item)



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Vivian Keefer of 1932 Earl Carroll Vanities, exercising (standing) on Vig-Row, 8" x 10 1/8", 1932 (1 item)

Lucy Levine, no date (1 item)

Lucy Levine of Molly Picon's Company Taking her Daily Workout on the Seat of Health, 8" x 10 1/8", no date (1 item)

Tommy Loughran, no date (3 items)

Boxer Tommy Loughran on Seat of Health, 7 7/8" x 9 7/8", no date (1 item)

Tommy Loughran Training on a Seat of Health (looking toward camera), 8" x 10 1/4", no date (1 item)

Tommy Loughran Training on a Seat of Health (not looking toward camera), 8" x 10 1/4", no date (1 item)

Box 4, Folder 48: Seat of Health and Vig-Row (Seat of Health Model) Photos: Jim McMillan –Ann Pennington, no date (10 items)

Jim McMillan, no date (3 items)

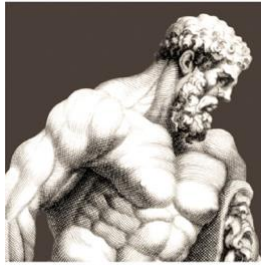
2 Copies: Jim McMillan, Champion Wrestling Contender (on the Seat of Health), 8" x 10 1/8", no date (2 items)

Wrestler Jim McMillan (on the Seat of Health), 7 3/8" x 9 7/8", no date (1 item)

Miss Cuba, no date (1 item)

Miss Cuba on the Seat of Health, 7 1/2" x 9 3/4", no date (1 item)

Helen Morgan, no date (1 item)



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Helen Morgan enjoying the Seat of Health, 8" x 10", no date (1 item)

New York Giants (baseball), no date (1 item)

New York Giants (baseball) with (perhaps) manager holding a folded Seat of Health, 8 1/8" x 10", no date (1 item)

Zelma O' Neal, no date (2 items)

Zelma O' Neal, Popular Stage and Screen Star on Seat of Health (legs bent), 8" x 10 1/4", no date (1 item)

Zelma O' Neal, Popular Stage and Screen Star on Seat of Health (legs outstretched), 8" x 10 1/4", no date (1 item)

Ann Pennington, no date (2 items)

Ann Pennington, Famous Broadway Actress, Keeping Fit on the Seat of Health, 8" x 10 1/4", (no backer), no date (1 item)

Ann Pennington, Famous Broadway Actress, Keeping Fit on the Seat of Health, 8" x 10 1/4", (with backer), no date (1 item)

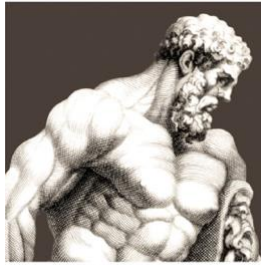
Box 4, Folder 49: Seat of Health and Vig-Row (Seat of Health Model) Photos:
Buddy Rogers and Paul Ash-Jack Sharkey, no date, 1932 (11 items)

Buddy Rogers and Paul Ash, no date (2 items)

Buddy Rogers and Paul Ash carrying their Seat(s) of Health, 8" x 10 1/8", no date (1 item)

Ben Smith Starting Buddy Rogers and Paul Ash on a Seat of Health Race, 8" x 10 1/8", no date (1 item)

Pat Rooney, no date (1 item)



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Pat Rooney, Famous Broadway Star, works out on the new Vig-Row, 8 1/8" x 10", no date (1 item)

Pat Rooney and Pat Rooney, 3rd, no date (1 item)

Pat Rooney and Pat Rooney, 3rd, Keep Fit on the new Vig-Row, 8 1/8" x 10", no date (1 item)

Leonard Ross, no date (1 item)

Leonard Ross (standing on the Seat of Health), 8 1/8" x 10", no date (1 item)

Marion Sayres, no date (1 item)

Marion Sayres (on Vig-Row), Appearing in *I Surrender Dear*, An Educational-Mack Sennett Comedy, 8" x 10 1/8", no date (1 item)

Seat of Health Girls, no date (2 items)

Fox Movietone and News Cameraman photograph the Seat of Health Girls, Roof of Chanin Building, 8" x 10", no date (1 item)

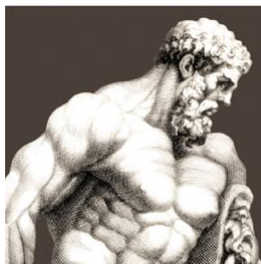
Fox Movietone shooting Seat of Health Girls exercising on Roof of Chanin Building, 8" x 10", no date (1 item)

Jack Sharkey, no date, 1932 (3 items)

Jack Sharkey on the Seat of Health (looking toward camera), 8" x 10 1/4", no date (1 item)

Jack Sharkey on the Seat of Health (not looking toward camera), 8" x 10 1/4", no date (1 item)

Jack Sharkey on 1932 Model Vig-Row, 8" x 10 1/4", 1932 (1 item)



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Box 4, Folder 50: Seat of Health and Vig-Row (Seat of Health Model) Photos:
Lucille Taylor-*You Said It* Girls, no date (12 items)

Lucille Taylor, no date (1 item)

Lucille Taylor, Illustrators' Favorite Model, exercising on Vig-Row,
8" x 10 1/8", no date (1 item)

Armand Tokatyan, no date (1 item)

Armand Tokatyan, Metropolitan Opera Star, Keeping Fit on the
Seat of Health, 8" x 10 1/4", no date (1 item)

Pearl Dean Vail, no date (2 items)

Pearl Dean Vail, Motion Picture Actress, Exercising on the Vig-Row
(legs bent), 8" x 10", no date (1 item)

Pearl Dean Vail, Motion Picture Actress, Exercising on the Vig-Row
(legs outstretched), 8" x 10", no date (1 item)

Gus Van, no date (2 items)

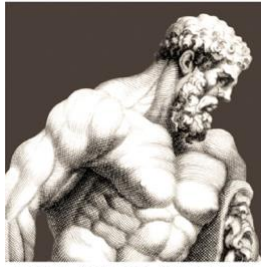
Gus Van, Exercising between Shows on the Seat of Health, 8" x
10 1/4", no date (1 item)

Gus Van, Exercising between Shows on the Seat of Health, 8" x
10 1/4" (with backer), no date (1 item)

Johnny Weissmuller (in *Tarzan* films), no date (1 item)

Johnny Weissmuller, World's Champion Swimmer, Training on the
Seat of Health, 8" x 10 1/8", no date (1 item)

Johnny Weissmuller (in *Tarzan* films) and Stubby Kruger, no date (3 items)



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Johnny Weissmuller and Stubby Kruger happily Keeping fit on the Seat of Health, 8 1/8" x 10", no date (1 item)

Johnny Weissmuller and Stubby Kruger seriously Keeping fit on the Seat of Health, 8 1/8" x 10", no date (1 item)

Johnny Weissmuller and Stubby Kruger Training on the Seat of Health, 8" x 10 1/8", no date (1 item)

You Said It Girls, no date (2 items)

You Said It Girls (on roof of New York Skyscraper) Exercising on the Seat of Health (in circle), 8" x 10 1/8", no date (1 item)

You Said It Girls (on roof of New York Skyscraper) Exercising on the Seat of Health (lined up), 8" x 10 1/8", no date (1 item)

Box 4, Folder 51: Seat of Health and Vig-Row Demonstration and Exhibit photos, no date, 1929-1932 (17 items)

Demonstration by group of people on Seats of Health on the beach, 8" x 10", no date (1 item)

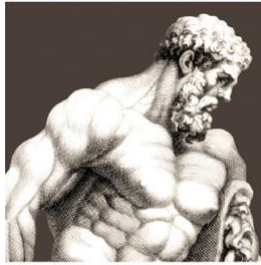
Demonstration (of Vig-Row) in Davega's Empire State Building Store, 8" x 10 1/8", no date (1 item)

Demonstration (window of Vig-Row) in Davega's Empire State Building Store, 8" x 10 1/8", no date (1 item)

The Fair Store (Seat of Health Window), Chicago, Illinois, 8" x 10 1/4", no date (1 item)

Man Exercising on Seat of Health, 8" x 8 1/4", no date (1 item)

Man Holding Seat of Health in Store Window, 8" x 10", no date (1 item)



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Seat of Health Exhibit on Steel Pier, 8" x 10", no date (1 item)

2 Copies: Seat of Health Window Display at James A. Hearn and Son,
New York City, 8" x 10", no date (2 items)

(Seat of Health Display in) Spalding's Fifth Avenue Store, 8" x 10", no
date (1 item)

(The Seat of Health) Used with Wall Bracket Extension Cords as a Chest-
Expander and Pulley-Weight Machine, 8" x 10", no date (1 item)

Woman on Seat of Health, 6 5/8" x 8 1/2", no date (1 item)

Woman (from previous photo) with Paul Ash, 6 5/8" x 8 1/2", no date (1
item)

Seat of Health Exhibit, Steel Pier, Atlantic City (NJ), 8" x 10", 1929 (1 item)

(Seat of Health) Window Display, Gimbel Brothers, New York City, 8" x
10", 7/1930 (1 item)

The New Vig-Row 1932 Model, 8" x 10 1/8", 1932 (1 item)

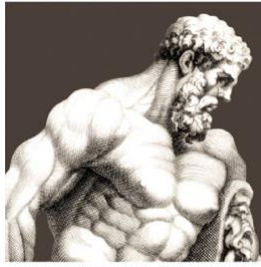
Scruggs-Underwood-Barney Window Display, 8" x 10 1/4", 1/27/1932 (1
item)

Box 4, Folder 52: Photos of Women, no date (8 items)

Esther Brodelet, no date (1 item)

Esther Brodelet 20th Century Fox Stock Player, an unusual bathing
suit etc., 8" x 10", no date (1 item)

Dixie Dunbar, photo by Gene Kornman, no date (1 item)



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Dixie Dunbar...20th Century Fox Player ready for afternoon
plunge, 8" x 10", no date (1 item)

Helen Heckman, no date (2 items)

Helen Heckman, The Artist Model; Obverse: To Daisy Land, 8" x 10
¼", no date (1 item)

Helen Heckman, The Wonder Girl, 8" x 10 ¼", no date (1 item)

Sylvia (Unknown last name), no date (1 item)

Sylvia posing in coat, 3" x 7 ¼", no date (1 item)

Mildred Walker, no date (2 items)

Mildred Walker with left leg off the ground, 4" x 7 7/8", no date (1
item)

Mildred Walker with right leg off the ground, 4 3/8" x 7 7/8", no
date (1 item)

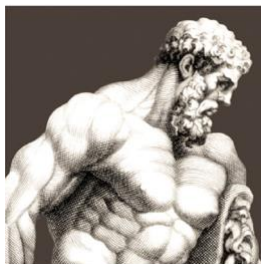
Lois Wilde, no date (1 item)

Lois Wilde, star of Republic serial, *Undersea Kingdom*, 8" x 10", no
date (1 item)

Box 4, Folder 53, Exercise Photos of George F. Jowett, no date (53 items)

Jowett and a disc dumbbell in his right hand by his head with left arm
stretched to the side, 6 3/8" x 8 7/8", no date (1 item)

Jowett and a disc dumbbell in his right hand by his head with left arm
stretched to the side, 6 7/8" x 9 ½", no date (1 item)



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Jowett and a disc dumbbell in his right hand overhead with left arm stretched to the side, 5" x 8 5/8", no date (1 item)

Jowett and a disc dumbbell in his right hand, preparing to swing it, 5 5/8" x 7 3/8", no date (1 item)

Jowett and a disc dumbbell in his right hand while he does a wrist curl, 5 5/8" x 7 1/4", no date (1 item)

Jowett and a disc dumbbell in his right hand while he swings it overhead, 5 3/8" x 8 7/8", no date (1 item)

Jowett and his disc dumbbells while he does a left arm curl, 5 1/4" x 8 1/8", no date (1 item)

Jowett and his disc dumbbells above him while he leans back, with each arm outstretched diagonally, 6 1/2" x 8 5/8", no date (1 item)

Jowett and his disc dumbbells above him while he performs a bridge on the ground, 5 1/8" x 7 3/4", no date (1 item)

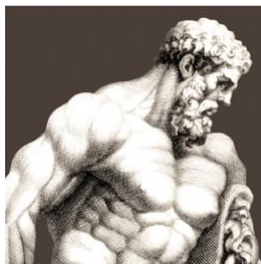
Jowett and his disc dumbbells by his chest while he prepares to perform a bridge, 4 1/2" x 7 1/2", no date (1 item)

Jowett and his disc dumbbells by his chest while he stands about to lift the bells overhead, 3 7/8" x 8", no date (1 item)

Jowett and his disc dumbbells by his shoulders while he stands about to lift the bells overhead, 4 1/2" x 7 3/4", no date (1 item)

Jowett and his disc dumbbells by his shoulders while he stands bent over at the waist about to lift the bells overhead, 5" x 7 1/2", no date (1 item)

Jowett and his disc dumbbells directly above him while he lies on the ground, 4 3/4" x 8 1/2", no date (1 item)



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Jowett and his disc dumbbells in his hands by his sides, 5" x 8 3/8", no date (1 item)

Jowett and his disc dumbbells out in front of him, 5 1/2" x 8 3/4", no date (1 item)

Jowett and his disc dumbbells out to the side, black and white, 7 1/4" x 7 5/8", no date (1 item)

Jowett and his disc dumbbells out to the side, sepia tone, 6 3/4" x 7 1/2", no date (1 item)

Jowett and his disc dumbbells, preparing to raise them while he lies over a bench, 4 1/8" x 8 7/8", no date (1 item)

Jowett and his disc dumbbells, preparing to swing them, 3 1/2" x 5", no date (1 item)

Jowett and his disc dumbbells, while he crouches preparing to raise them overhead with books under each shoe, 4 3/4" x 6 7/8", no date (1 item)

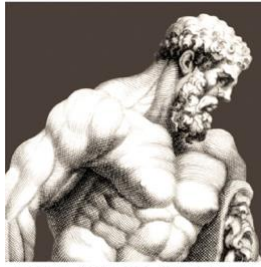
Jowett and his disc dumbbells, while he does wrist curls with them, 4 3/8" x 7 5/8", no date (1 item)

Jowett and his disc dumbbells, with his left arm stretched overhead, 3 7/8" x 9", no date (1 item)

Jowett facing away with right arm outstretched, 1 7/8" x 3", no date (1 item)

Jowett holding two fingers of his right hand in his left hand behind him, 3 7/8" x 9", no date (1 item)

Jowett performing a right arm dumbbell curl, 1 7/8" x 3 1/8", no date (1 item)



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Jowett preparing to lift a barbell, 2 3/8" x 4", no date (1 item)

Jowett preparing to press a barbell overhead, 3 3/8" x 4 1/8", no date (1 item)

Jowett preparing to press a barbell overhead while facing away, 3 1/8" x 3 5/8", no date (1 item)

Jowett preparing to press a barbell overhead while facing away with barbell slightly higher than in previous photo, 3 1/8" x 3 5/8", no date (1 item)

Jowett preparing to swing a dumbbell, 3" x 4", no date (1 item)

Jowett raising barbell overhead, 3 1/8" x 4", no date (1 item)

Jowett somewhat crouching with barbell bar under chin, preparing to lift barbell overhead, 2 5/8" x 3 1/4", no date (1 item)

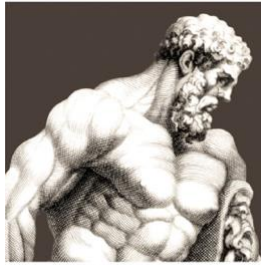
Jowett with barbell at his waist, preparing to lift it overhead, 3 3/8" x 3 5/8", no date (1 item)

Jowett with barbell bar under chin, preparing to lift barbell overhead, 3 1/8" x 3 3/8", no date (1 item)

Jowett with a fulcrum bell in his left hand, swinging it overhead, 2 5/8" x 4", no date (1 item)

2 Copies: Jowett with a fulcrum bell in his right hand, 3" x 4", no date (2 items)

Jowett with a fulcrum bell in his right hand doing a wrist curl, 4" x 5 1/8", no date (1 item)



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Jowett with fulcrum bells in both hands and lying on the ground, 3 3/8" x 9 1/8", no date (1 item)

Jowett with fulcrum bells in both hands and lying over a bench, 1 7/8" x 4 3/4", no date (1 item)

Jowett with fulcrum bells in both hands above him and lying over a bench, 3 1/8" x 5 1/4", no date (1 item)

Jowett with fulcrum bells in both hands, pointing them toward the camera, 2 1/8" x 3 3/4", no date (1 item)

Jowett with fulcrum bells in both hands while sitting on the ground, 3 3/8" x 3 1/2", no date (1 item)

Jowett with fulcrum bells in both hands while working with the weights: three images, 4 7/8" x 11", no date (1 item)

Jowett with fulcrum bells in both hands, with backer, pointing the weights toward the camera, 7" x 7 1/2", no date (1 item)

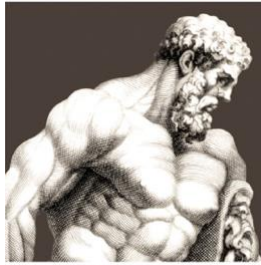
Jowett with his left foot on the ground and both arms in front of him while someone holds his right foot off of the ground, 5" x 8 1/4", no date (1 item)

Jowett with an iron bar behind him while he prepares to bend it, with backer, 4 1/8" x 9", no date (1 item)

Jowett with outstretched arms and a book under his right heel, 2 3/8" x 9", no date (1 item)

Jowett with outstretched arms and a book under his right heel, 2 3/8" x 9 1/8", no date (1 item)

Jowett with outstretched arms and a book under his right heel, 3" x 9 1/8", no date (1 item)



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Jowett with outstretched arms and slightly twisted and a book under his right heel, 3" x 7 3/8", no date (1 item)

Jowett with right knee near the ground preparing to press barbell overhead, 3 1/4" x 3 7/8", no date (1 item)

Box 4, Folder 54: Publicity Photos of George F. Jowett, no date (28 items)

28 Copies: Jowett looking back over his right shoulder in famous pose, 8 1/8" x 10", no date (28 items)

Box 4, Folder 55: Strength Photos of George F. Jowett, no date (70 items)

George F. Jowett flexing right bicep viewed from behind, 1 5/8" x 3", no date (1 item)

George F. Jowett preparing to wrestle, 1 3/4" x 2 1/8", no date (1 item)

Geo. F Jowett: World's Record Holder and Greatest Authority on Scientific Methods of Building Strength, 3" x 5 1/8", no date (1 item)

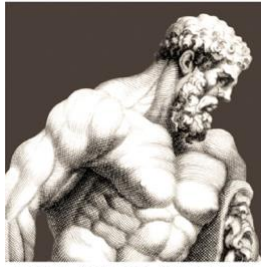
Geo. F Jowett: World's Record Holder and Greatest Authority on Scientific Methods of Building Strength (Jowett posing with barbell bar), 3" x 5 1/8", no date (1 item)

George F. Jowett: photographic negative of pose in previous photo, 8" x 10", no date (1 item)

George F. Jowett with the York Barbell gang from left: Bob Hasse, Steve Stanko, Dick Bachtell, Jowett, Bob Hoffman, Johnny Terpak, John Grimek and Jules Bacon, 5 1/8" x 7", no date (1 item)

Jowett and his medals on shirt, 3 1/4" x 4 1/4", no date (1 item)

Jowett and Oscar Marineau, 2 7/8" x 4 3/4", no date (1 item)



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Jowett flexing both arms viewed from the back, 2 7/8" x 4 1/2", no date (1 item)

Jowett flexing both arms viewed from the back, 3" x 4 1/2", no date (1 item)

Jowett flexing both arms viewed from the back, 3 1/4" x 4 7/8", no date (1 item)

Jowett flexing both arms viewed from the back, 4 1/2" x 6 1/4", no date (1 item)

Jowett flexing both arms viewed from the back, 5" x 7 1/8", no date (1 item)

Jowett flexing right arm with backer, 2 1/4" x 2 1/2", no date (1 item)

Jowett flexing right arm, 3" x 3", no date (1 item)

Jowett flexing right bicep, 2 3/4" x 3 5/8", no date (1 item)

Jowett holding himself up with his elbows, 5" x 5 3/8", no date (1 item)

Jowett in center of collage of period strongmen, 4 1/8" x 6 3/4", no date (1 item)

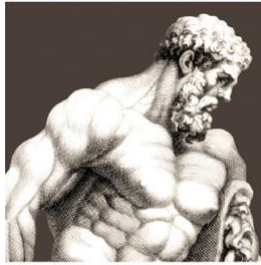
Jowett lifting barbell, 3 1/4" x 3 1/2", no date (1 item)

Jowett lifting dumbbell, 1 5/8" x 3", no date (1 item)

Jowett lifting dumbbells overhead, 3 1/2" x 8 3/4", no date (1 item)

Jowett looking at camera and holding right arm in front, 4 3/4" x 6 3/4",
(upright horizontal), no date (1 item)

Jowett looking at camera and holding right arm in front, 4 3/4" x 6 3/4",
(upright vertical), no date (1 item)



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Jowett looking at his right arm while he flexes, 4 ½" x 6 ½", no date (1 item)

Jowett: Muscular Monarch of the Ages, 4 7/8" x 9 5/8", no date (1 item)

Jowett: Muscular Monarch of the Ages pose, 4 ¾" x 8 ¾", no date (1 item)

Jowett: Muscular Monarch of the Ages pose with backer, 5 ½" x 9 1/8", no date (1 item)

Jowett posing at Bridlington, York, England, 2 ¼" x 4 1/8", no date (1 item)

4 Copies: Jowett posing with barbell bar, 3 ¼" x 5 ½", no date (4 items)

Jowett posing with barbell bar, 3 ½" x 6 ½", no date (1 item)

Jowett seated in strongman outfit holding right arm in front, 3 ½" x 7 5/8" no date (1 item)

Jowett seated in strongman outfit holding right arm in front, 3 5/8" x 7 7/8", no date (1 item)

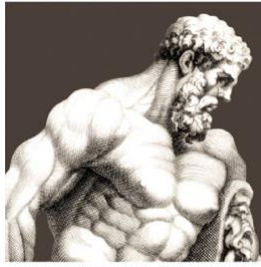
Jowett seated in strongman outfit holding right arm in front, 4" x 8", no date (1 item)

Jowett standing and looking over his right shoulder, 3 ¼" x 8 ¾", no date (1 item)

Jowett standing and looking over his right shoulder with backer, 4 ¼" x 9 ¼", no date (1 item)

Jowett standing and looking back over his right shoulder (famous pose), 4 ½" x 6 ½", no date (1 item)

Jowett standing and looking back over his right shoulder, black and white (famous pose), 6 ¼" x 10", no date (1 item)



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Jowett standing and looking back over his right shoulder, sepia tone
(famous pose), 6 1/4" x 10", no date (1 item)

4 Copies: Jowett standing and looking back over his right shoulder
(famous pose), 8 1/8" x 10", no date (4 items)

Jowett standing in a strongman pose, 5" x 7", no date (1 item)

Jowett training with J. Myers at Philadelphia, PA, 2 3/4" x 4 1/4", no date (1
item)

Jowett training with J. Myers at Philadelphia, PA, 3 1/2" x 4", no date (1
item)

Jowett training (maybe with J. Myers) at Philadelphia, PA, 4 5/8" x 5 3/8",
no date (1 item)

Jowett training with Jack Russell at Philadelphia, PA, with backer, 6 1/4" x
7 1/8", no date (1 item)

Jowett with medals around his neck, 2 3/4" x 3 3/8", no date (1 item)

Jowett with medals around his neck: Are You Skinny, with backer, 3 5/8"
x 4 1/4", no date (1 item)

Jowett with medals around his neck, 5 5/8" x 6 5/8", no date (1 item)

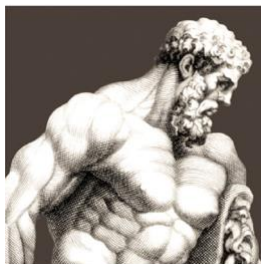
Jowett with medals around his neck, 6" x 6 7/8", no date (1 item)

Jowett with medals around his neck, 6 1/8" x 7 1/2", no date (1 item)

Jowett with medals around his neck, 6 3/8" x 8 3/4", no date (1 item)

Jowett with medals around his neck, 7 1/4" x 8 3/8", no date (1 item)

Jowett with medals around his neck, 7 1/4" x 8 5/8", no date (1 item)



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Jowett with medals around his neck, 7 3/8" x 8 7/8", no date (1 item)

Jowett with medals around his neck, 7 3/4" x 8 5/8", no date (1 item)

Jowett with medals around his neck, 8 1/8" x 10", no date (1 item)

Jowett with medals on sash, 3 3/4" x 8 3/8", no date (1 item)

Jowett with medals on sash, 3 1/2" x 8 1/2", no date (1 item)

Jowett with medals on sash, 7 1/2" x 9 3/8", no date (1 item)

Jowett with medals on sash, smiling, 8" x 10 1/8", no date (1 item)

Jowett wrapped with chain with backer, 3" x 4 1/4", no date (1 item)

Some of Jowett's Medals, 3 3/4" x 4 1/2", no date (1 item)

Trophy held by Jowett as he looks at it Trelawney Manor, Morrisburg, Ont., Can., 7 7/8" x 9 7/8", no date (1 item)

Trophy held by Jowett as he smiles at it, Trelawney Manor, Morrisburg, Ont., Can., 7 7/8" x 9 7/8", no date (1 item)

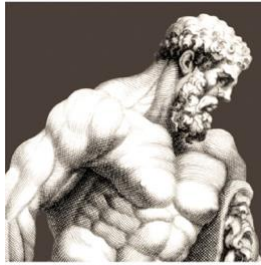
Two Jowett poses: flexing right arm and Jowett in Muscular Monarch of the Ages pose with barbell, 7 1/2" x 8 7/8", no date (1 item)

Box 4, Folder 56: Strength Photos of George F. Jowett, 1907-1968 (42 items)

Jowett flexing both arms viewed from the front with backer, 2 5/8" x 5 1/4", 1907 (1 item)

Jowett flexing both arms viewed from the front, 4" x 6", 1907 (1 item)

Jowett flexing both arms viewed from the front, photographic negative in 5 3/4" x 8" holder, 1907 (1 item)



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Jowett posing at Bridlington, York, England, 3 ¼" x 3 5/8", 1908 (1 item)

Jowett flexing right arm, 2 ¼" x 8", 1910 (1 item)

Jowett flexing right arm, 3" x 8 7/8", 1910 (1 item)

Jowett flexing right arm with backer, 3 ¼" x 9 1/8", 1910 (1 item)

Jowett flexing right arm, 6 ½" x 9 ½", 1910 (1 item)

Jowett with arms crossed in front of him, 3 ½" x 4 ½", ca. 1914 (1 item)

Jowett posing at Inkerman, Ont., Can., 1 5/8" x 2 7/8", 1916 (1 item)

Jowett and Earl Bailey at Inkerman, Ont., Can., 1 7/8" x 3 ¼", 1919 (1 item)

Jowett and Three Women from his show (one at his feet with her head to the left), 7" x 7 3/8", ca. 1923 (1 item)

Jowett and Three Women from his show (one at his feet with her head to the right), 6 7/8" x 7 ¾", ca. 1923 (1 item)

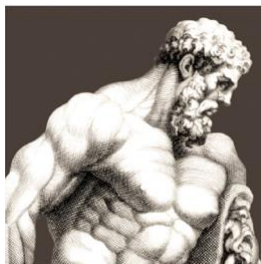
Jowett and Three Women from his show one at his feet with her head to the right, 7" x 7 ½", ca. 1923 (1 item)

Jowett holding One Woman Aloft (maybe Mildred Walker) while another lies at his feet, 6 7/8" x 8 ¼", ca. 1923 (1 item)

Jowett on table and Three Women from his show, 6" x 7 ½", ca. 1923 (1 item)

Jowett on table and Three Women from his show, 6 ¼" x 7 ½", ca. 1923 (1 item)

Jowett showing album to Mildred Walker (from Kingston, Ont., Can.) (*Miss America* 1923), 4" x 8 ¼", 1923 (1 item)



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Jowett showing album to Mildred Walker (*Miss America* 1923) with backer, 5 1/4" x 9 1/8", 1923 (1 item)

Jowett standing next to Mildred Walker (*Miss America* 1923), 4" x 8", 1923 (1 item)

Jowett standing next to Mildred Walker (*Miss America* 1923) (on the left) and another woman from his show, 6 3/4" x 7 3/4", 1923 (1 item)

Jowett standing with elbows pointed out to the side, 3 7/8" x 7 3/4", ca. 1932 (1 item)

Jowett standing with elbows pointed out to the side, 4 1/4" x 8 1/4", ca. 1932 (1 item)

Jowett standing with elbows pointed out to the side, 4 1/8" x 9 3/8", ca. 1932 (1 item)

Jowett standing with elbows pointed out to the side, 4 5/8" x 9 5/8", ca. 1932 (1 item)

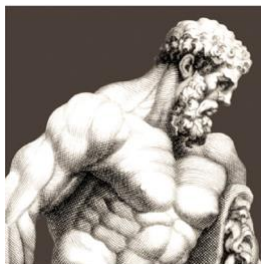
Jowett and Bernarr Macfadden at Dansville, NY (location of Macfadden's *Physical Culture* Hotel), 3 1/4" x 5 5/8", 7/1933 (1 item)

Jowett and Bernarr Macfadden at Dansville, NY (location of Macfadden's *Physical Culture* Hotel), 4 3/4" x 6 3/4", 7/1933 (1 item)

Jowett and strongman Paul Conrad, 2 7/8" x 4 1/2", 1/19/1935 (1 item)

Jowett with Chest Expander, Trelawney Manor, 8 1/8" x 10 1/8", 1945 (1 item)

George F. Jowett and Joe Weider at Trelawney Manor, Morrisburg, Ont., Can., 8" x 10", 1950 (1 item)



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George F. Jowett and Ben Weider 8" x 10", ca. 1958 (1 item)

Jowett and Joe (to the left) and Ben (to the right) Weider, 8 1/8" x 10", 1967 (1 item)

Jowett and Ben (far left) and Joe Weider flanking *Mr. Canada* 1968 at Montréal, 3 1/2" x 5", 1968 (1 item)

Jowett and Ben (far left, looking away from camera) and Joe Weider flanking *Mr. Canada* 1968 at Montréal, 3 1/2" x 5", 1968 (1 item)

Jowett and Ben Weider (immediately to Jowett's left) at *Mr. Canada* Contest in Montréal, 3 1/2" x 5", 1968 (1 item)

Ben Weider introducing Jowett at *Mr. Canada* Contest in Montréal (horizontal), 3 1/2" x 5", 1968 (1 item)

Ben Weider introducing Jowett at *Mr. Canada* Contest in Montréal (vertical), 3 1/2" x 5", 1968 (1 item)

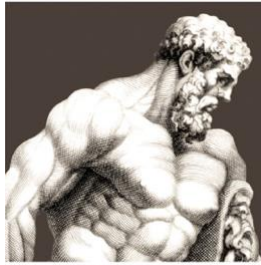
Jowett speaking at *Mr. Canada* Contest in Montréal, 3 1/2" x 5", 1968 (1 item)

Ben Weider introducing Jowett at *Mr. Canada* Contest in Montréal, 3 1/2" x 5", 1968 (1 item)

Close-up of Jowett speaking at *Mr. Canada* Contest in Montréal, 3 1/2" x 5", 1968 (1 item)

Jowett speaking at *Mr. Canada* Contest in Montréal (Ben Weider visible immediately to Jowett's right), 3 1/2" x 5", 1968 (1 item)

Jowett and Ben Weider (immediately to Jowett's right) at *Mr. Canada* Contest in Montréal, 5" x 7", 1968 (1 item)



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Jowett and Ben Weider at *Mr. Canada* Contest in Montréal, 8" x 10", 1968
(1 item)

2 Copies: Jowett and Joe (to the left) and Ben (to the right) Weider at *Mr. Canada* Contest in Montréal, 5" x 6 ½", 1968 (2 items)

Jowett holding hands with the Ben (to the right) and Joe Weider at *Mr. Canada* Contest in Montréal, 5" x 6 ½", 1968 (1 item)

Box 4, Folder 57: Legal Documents and Patents, 1928-1977 (5 items)

United States patent for disc dumbbells invented by George F. Jowett
(received by Jowett 4/1945), patented 6/12/1928 (1 item)

Canadian patent for disc dumbbells invented by George F. Jowett
(received by Jowett 5/1946), patented 8/21/1928 (1 item)

Carlton F. McInnis (the Jowett's' attorney) Phyllis Jowett (his daughter)
and Bessie Hilda Jowett (his wife) to Margaret Van Every, 1976-1977 (3
items)

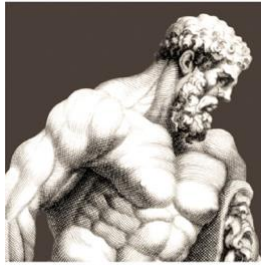
McInnis, Phyllis and Bessie to Van Every: please return all items
conveyed to you to Mr. Barry Penhale, 5/26/1977 (3 items)

Encl.: Copy of Last Will and Testament (5/9/1969) of George
F. Jowett, signed by Fosdick, 5/26/1977 (1 item)

Encl. Copy: Phyllis Jowett to Penhale: glad you are writing
about father, please return all materials when finished,
6/25/1976 (1 item)

Box 4, Folder 58, Ephemera having to do with the death of George F. Jowett,
no date, 1969-1973 (18 items)

Note: Dad in Canada (10/1902) (likely should be 10/1912), no date (1 item)



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Note: Hymn numbers, no date (1 item)

Note: Names (Funeral notices) sent to, no date (1 item)

Note: Rev. Howald and hymn numbers, no date (1 item)

Photo: Stained glass window in Holy Trinity Church dedicated to George F. Jowett, 4 ½" x 9 ¾", no date (2 items)

Encl.: Card: K. Wayne Riley, editor *Winchester (Ont., Can.) Press*, no date (1 item)

June 1969 Calendar Page with notes on 6/22 and 6/29, 1969 (1 item)

Note: V.E.L. Service, Dad, Mom (written by Phyllis Jowett), 6/22/1969 (1 item)

Note: Ideas for 6/29 Service (written by Phyllis), 6/28/1969 (1 item)

Note: Hymn numbers, 6/29/1969 (1 item)

Note: Hymn List: Holy Trinity Church, 7/6/1969 (1 item)

Note: Hymn List: Holy Trinity Church, 9/21/1969 (1 item)

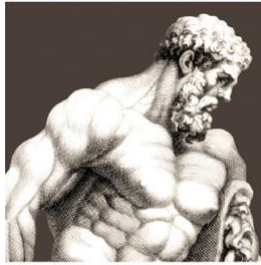
Note: Hymn List: Holy Trinity Church, 10/12/1969 (1 item)

2 Copies: Notes: Hymn List: Holy Trinity Church, 1/11/1970 (2 items)

Note: Hymn numbers, 1/11/1970 (1 item)

Note: Phyllis Jowett to Mr. Earle: Father has been gone for 6 months, 1/11/1970 (1 item)

Note: Suggested inscription for Father's Memorial Plaque (written by Phyllis) sent to Vic Boff for approval, 5/21/1973 (1 item)



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Box 4, Folder 59, Ephemera, no date, 1926-1980 (23 items)

Brockville Cemetery Memorials Ltd., no date (1 item)

The Innocent Abroad: "The Leaguers Guide and Pocket Companion," no date (1 item)

Male and Female Chart of weights with regard to age, no date (1 item)

Strongman Pamphlet: Figures 68-70 (could be George F. Jowett tearing a deck of cards in Figures 69-70), no date (1 item)

Map of Philadelphia Sesqui-Centennial Exposition, 1926 (1 item)

Ringling Bros. and Barnum and Bailey Circus Official Route, 1936 (1 item)

Map of State of Indiana, 1937 (1 item)

Hire Car Company Slip, Bridlington, England, ca. 1951 or 1959 (1 item)

Ben Weider Invitation, 1967 (1 item)

Ben Weider cordially invites you to...dinner in honor of Doug Hepburn and George F. Jowett at The Bellevue Casino, 11/21/1967 (1 item)

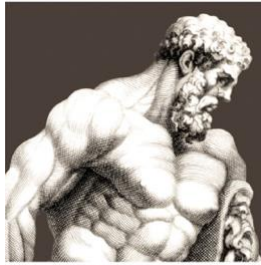
The Cotswold Kit Envelope, no date, 1973-1975 (12 items)

Encl.: Five Pages: Things to do in the Cotswolds, no date (5 items)

Encl.: Flyer: The Burford Welsh Shop, High Street, Burford, Oxford/
The Spinning Wheel, High Street, Winchcombe, Gloucestershire, no date (1 item)

Encl.: Flyer: It Pays to Shop in Winchcombe, no date (1 item)

Encl.: Flyer: St. Andrew's Church, Mottisfont, no date (1 item)



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Encl.: Pamphlet: Friends of the Earth, no date (1 item)

Encl.: An Introduction to the Cotswolds, 1973 (1 item)

Encl.: Michelmersh, Mottisfont and Timsbury Newsletter, 8-9/1975
(1 item)

Dogs Calendar, 1974 (1 item)

Edgerton Fuels (Morrisburg, Ont., Can.) Calendar, 1974 (1 item)

John Entwistle Construction (Cornwall, Ont., Can.) Calendar, 1974 (1 item)

Matchbook cover with George F. Jowett's Face from El Morocco, 1976 (1
item)

Casselman's Shoe Store (Morrisburg, Ont., Can.) Calendar, 1980 (1 item)

Box 4, Folder 60: Canadian and United States Stamps, no date, 1945-1949 (32
items)

Canadian Stamps, no date, 1948-1949 (13 items)

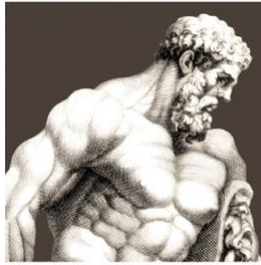
Canadian Coat of Arms stamp, no date (1 item)

Three 1 Cent stamps: King George VI: unknown location, no date (3
items)

Two 1 Cent stamps: King George VI: Montréal, Québec, Canada,
1948 (2 items)

Three 1 Cent stamps: King George VI: unknown location, 1949 (3
items)

Four 1 Cent stamps: King George VI: unknown location, 1949 (4
items)



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United States Stamps, no date, 1945-1947 (19 items)

2 Cent stamp: John Adams: Los Angeles, CA, no date (1 item)

2 Cent stamp: Army and Navy: For Defense: Los Angeles, CA, no date (1 item)

3 Cent stamp: Thomas Jefferson: Philadelphia, PA, no date (1 item)

3 Cent stamp: Thomas Jefferson: unknown location, no date (1 item)

3 Cent stamp: Win The War: Fort Worth, TX, no date (1 item)

3 Cent stamp: Win The War and 1 ½ Cent stamp: Martha Washington: Fort Worth, TX, no date (2 items)

5 Cent stamp: James Monroe: maybe New York, NY, no date (1 item)

Four 2 Cent Stamps: John Adams; Three 8 Cent stamps: Martin Van Buren; Two 10 Cent stamps: John Tyler: New York, NY, 2/2/1945 (9 items)

Two 10 Cent stamps: John Tyler: Jersey City, NJ, 2/19/1947 (2 items)

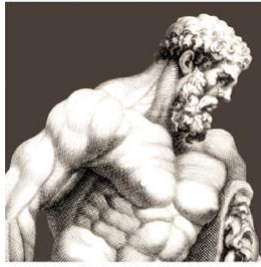
Box 4, Folder 61: Written Ephemera, no date, 1917-1969 (25 items)

Baby born every 14 seconds, no date (1 item)

John Burton; M. Watson, no date (1 item)

For Exercise No. 5 etc., no date (1 item)

Four page Article length etc., no date (1 item)



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The Giant Within You, Gremlins of Fear, Mental Fog, Your Vital Vision,
Your Psychic Miracles, no date (1 item)

How to balance bank book (checkbook), no date (1 item)

George F. Jowett's notes re: Award Certificates, no date (1 item)

George F. Jowett's notes re: Newspaper clippings, no date (1 item)

George F. Jowett's notes re: Order proposed for Box 1 of materials, folders
1-17, no date (1 item)

George F. Jowett's notes re: Order proposed for Box 2 of materials:
photographs, no date (1 item)

George F. Jowett's notes re: Photograph Album No.1: Memoirs of George
F. Jowett: World's Champion Athlete, no date (1 item)

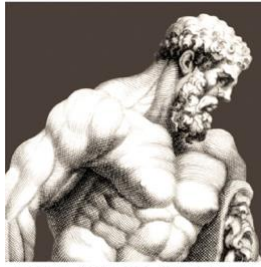
George F. Jowett's notes re: Photograph Album No.1: Memoirs of George
F. Jowett: World's Champion Athlete, photos loose in plastic folder, no
date (1 item)

George F. Jowett's notes re: Physical Questions and Answers, no date (1
item)

George F. Jowett's notes re: Publications by George F. Jowett, no date (1
item)

George F. Jowett's notes re: Publications by George F. Jowett: books, no
date (1 item)

George F. Jowett's notes re: Publications by George F. Jowett: printed by
others, no date (1 item)



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List of Stores from which George F. Jowett bought supplies with amounts spent at each one and total, no date (1 item)

List of Strongmen and Strongwomen, no date (1 item)

No picture for Ex(ercise) No. 2, Reference is drawn to position in Ex(ercise) No.1, no date (1 item)

Note: Vertical with box, no date (1 item)

Tag: To my wonderful Indian Chief-Lord Man of Mighty Thoughts, Great Deeds and Quiet Country, no date (1 item)

Measurements of George F. Jowett as of 10/11/1917 (1 item)

Note with dates and addresses, ca. 1951 (1 item)

George F. Jowett's notes re: Photograph Album No. 2: World Wrestling and Weight-Lifting Champions, compiled by Jowett, 11/1968 (1 item)

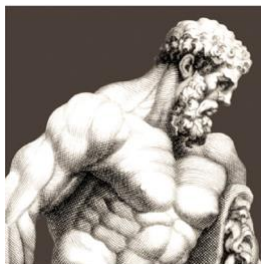
George F. Jowett's notes re: Photograph Album No. 3: A Short Photographic Record of the Career of George F. Jowett by Ottley Coulter and Victor Boff, 4/1969 (1 item)

Oversized Book, Chart, Magazine, Newspaper, Photograph, Poster, and Weightlifting Results and Records Box 1, no date, 1917-1984 (82 items)

Oversized Photocopy of Canadian Expeditionary Force Enlistment (from 4/2/1917) and Discharge Documents for George F. Jowett (discharged due to being medically unfit, 4/20/1917) (copied 4/27/2010 by Susan Robinson Peters, Archivist: South Dundas Township Archives in Morrisburg, Ont., Can.) (1 item)

Oversized American Athletic Appliance Co. Charts, no date (9 items)

2 Copies: The Cal-Cord Police Gym, no date (2 items)



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2 Copies: Chart for Course No. 1, no date (2 items)

2 Copies: Chart for Course No. 2, no date (2 items)

2 Copies: Chart for Course No. 3, no date (2 items)

Chart for Course No. 4 (only top half), no date (1 item)

Oversized Books, 1940 (1 item)

Good Healthkeeping by Joe Bonomo, 1940 (1 item)

Oversized Exercise Charts, no date, 1926-1938 (18 items)

3 Copies: AJAX: Building a Body of Boundless Health and Vigor!, no date (3 items)

Chart of Exercises for Terry's Patent Spring Chest Expander, no date (1 item)

Chest Pull-Reducer, Leg Developer!, no date (1 item)

Dynamic Powerful Health: The Exercise Route, no date (1 item)

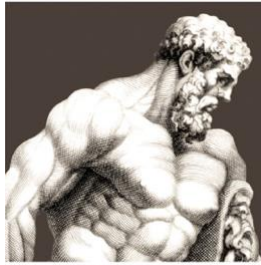
Illustrated (Exercise Chart) for the Advanced Course, Milo Bar-Bell Company, no date (1 item)

Illustrated (Exercise Chart) for the Course In The Eight Standard Lifts, Milo Bar-Bell Company, no date (1 item)

Metropolitan Life Insurance Company: My Daily Exercise Chart, no date (1 item)

Moosehead Whitley Exerciser Co. Chart, no date (1 item)

The New Gymnastics: A Strictly Scientific System, no date (1 item)



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Power Health and Pep by Adrian Schmidt pages 1, 5 and 6, 1926 (1 item)

Power Health and Pep by Adrian Schmidt pages 2, 3 and 4, 1926 (1 item)

Saxon Super System, no date (1 item)

Special Exercises for the Vig-Row (a Seat of Health Model), 1932 (1 item)

Joe Bonomo Mr. and Mrs. Companion Exerciser Chart, 1936 (1 item)

Exercise and Muscle Chart, 11/13/1936 (1 item)

Tabulated Scales of Graded Resistance by Adrian Schmidt, 1938 (1 item)

Oversized Jowett Institute Charts, no date, 1938 (2 items)

Chart of Exercises Part 2, Jowett Institute of Physical Culture, no date (1 item)

George F. Jowett Exercise Chart, 3/14/1938 (1 item)

Oversized Magazines, 1944-1968 (16 items)

Pic, 1944 (1 item)

Vol. 16, No. 9, 10/24/1944 (1 item)

Detroit Wrestling News, 1950 (10 items)

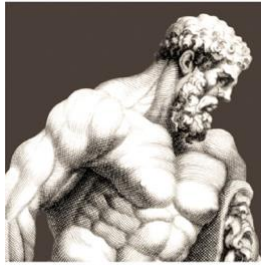
No Volume, No. 100, 1/5/1950 (1 item)

No Volume, No. 101, 1/12/1950 (1 item)

No Volume, No. 102, 1/19/1950 (1 item)

No Volume, No. 103, 2/2/1950 (1 item)

No Volume, No. 105, 2/16/1950, 2 copies (2 items)



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No Volume, No. 106, 2/23/1950, 2 copies (2 items)

No Volume, No. 107, 2/2/1950 (wrong date) (1 item)

No Volume, No. 114, 4/20/1950 (1 item)

Globe Magazine, The Globe and Mail, 1968 (5 items)

5 Copies: *Globe Magazine, The Globe and Mail*, (George F. Jowett on cover) 2/17/1968 (5 items)

Oversized Man Power Company Charts, no date (2 items)

2 Copies: How to Adjust and Use the Automatic Chest Belt, no date (2 items)

Oversized Newspapers, 1933-1984 (9 items)

Dansville (NY) Breeze, 1933 (4 items)

Vol. 49, No. 315, 7/1/1933, 3 copies (3 items)

Vol. 49, No. 317, 7/5/1933, (1 item)

The Montréal Star, 1962 (1 item)

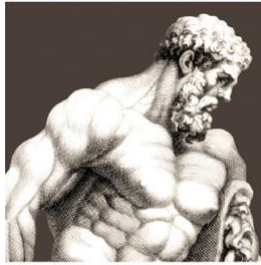
No Volume, No Number (incomplete), 1/6/1962 (1 item)

Winchester (Ont., Can.) Press, 1984 (4 items)

Complete Paper: Vol. 97, No. 29, 10/31/1984, 3 copies (3 items)

Section with George F. Jowett Story: Vol. 97, No. 29, 10/31/1984 (1 item)

Oversized Photos of Women, no date (11 items) (first 9 arrived damaged)



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Lillian Leitzel, Circus Performer, hanging from a ring with her right hand in the air, 8 1/8" x 12 1/8", no date (1 item)

Lillian Leitzel, Circus Performer, holding a rope with her right hand in the air, 8" x 12 1/8", no date (1 item)

Lillian Leitzel, Circus Performer, leaning back and smiling in the air, 10 5/8" x 13", no date (1 item)

Lillian Leitzel, Circus Performer, looking to the right in the air, 10 5/8" x 13", no date (1 item)

Lillian Leitzel, Circus Performer, on her back in the air, 10 5/8" x 13", no date (1 item)

Woman in Ballet tutu, 10 1/2" x 13 1/4", no date (1 item)

Woman (first name Helmar, later married to Earle Liederman), seated with right leg bent and left leg outstretched, 10 1/4" x 13", no date (1 item)

Woman (first name Helmar, later married to Earle Liederman), looking over her left shoulder, 10 1/4" x 13", no date (1 item)

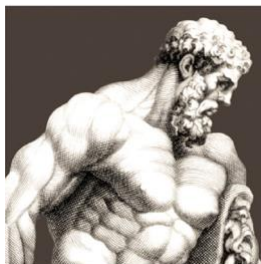
Woman (maybe Ruth Budd) sitting on a table by a vase, 9 3/4" x 13 1/2", no date (1 item)

Woman (first name Helmar, later married to Earle Liederman), with right arm above her head and dressed in ballet tutu, 11" x 14", no date (1 item)

Woman (Helmar Liederman, Earle Liederman's wife), dedicated to Jowett: Best wishes to George from Helmar, 11" x 14", 1925 (1 item)

Oversized Posters, no date, 1945 (3 items)

The New Encyclopedia of Health by Bernarr Macfadden, no date (1 item)



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The Seat of Health: Super Health and Body Builder-and Reducer, no date
(1 item)

Montréal Possede Le Meilleur Centre de Physiotherapie au Canada,
7/19/1945 (1 item)

Oversized Weightlifting Meet Reports and Records, no date, 1950 (2 items)

Weightlifting Records for different lifts: Barbell: One Hand Military Press,
One Hand Push, One Hand Snatch, One Hand Swing, One Hand Jerk,
One Hand Press, Bent Press, Two Hand Clean to Shoulder, Crucifix,
Crucifix with weights on hands, Two Hands Jerk, Two Hands Anyhow,
Two Hands Clean, Two Hands Snatch, Two Hands Press, Two Hands
Military Press, Two Hands Push

Dumbbell: Two Hands Jerk, Two Hands Push, Two Hands Press, Two
Hands Press whilst laying on back, Neck Bridge, no date (1 item)

World Championship Results-Paris: First Place: United States (18 points),
Second Place: Egypt (15 points), Third Place: USSR (14 points), Fourth
Place: Iran (5 points), Fifth Place: Great Britain (2 points) 1950 (1 item)

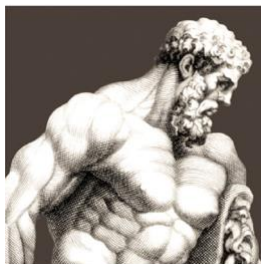
Photo Boards, no date (6 items)

6 Photo Boards: Earle E. Liederman: America's Leading Director of
Physical Education, 8 ½" x 12 ¾", no date (6 items)

Photo Folders, early-1950s-1960 (2 items)

George F. Jowett at Trelawney Manor, Morrisburg, Ontario, Canada, early
1950s (1 item)

Jim Bradford and George F. Jowett: The Old and New World's Greatest
Strength Champions, 8/6/1960 (1 item)



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Medals Box (in safe): George F. Jowett Medals and Bernarr Macfadden pin, no date, 1907-1967 (28 items)

Medal #1: Sterling Silver: 3 link chain; Inscriptions: Clasp: G.F. Jowett 1906-22; Front: British Empire Middle Wght Champion Lifter Worlds Record Holder; Obverse: 310 lbs 2 Hand Continental jerk, May 24, '20 Bdy Wght 154 lbs, 1920 (1 item)

Case: Green/ Grey Ruffles, 2 ½" x 3 5/8"; Ribbon: No; Diameter: 1 ¾"

Medal #2: Inscriptions: Front: G.F. Jowett; Obverse: 1st 1907 No. 283666, 1907 (1 item)

Case: Green/ Grey Ruffles, 2 ½" x 3 5/8"; Ribbon: Navy Blue/ White

Medal #3: Sterling Silver: Two 7 link chains, 8 pointed star with circular center; Inscriptions: Clasp: Presented by A.C.W.L.A. 1923 To George F. Jowett; Front: World's Champion Wrist Turner, 1923 (1 item)

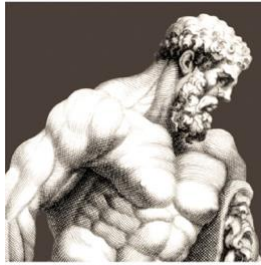
Case: Mottled Grey and Brown, 3 ¾" x 5 3/8"; Ribbon: No

Medal #4: Gold: Two 6 link chains with 5 link chain in centre, pair of crossed barbells; Inscription: Obverse: Presented by W.A. Pullum to G.F. Jowett in Recognition of his Abilities as A Writer Teacher Lecturer and Athlete Feb. 1924, 1924 (1 item)

Case: Mottled Brown, 2 ¼" x 2 5/8"; Ribbon: Red/White/Blue

Medal #5: Gold: Two 7 link chains with 12 link chain in centre; Inscription: W.A. Pullum to G.F. Jowett Canadian Middle Weight Wrestling and Weight-Lifting Champion, no date (1 item)

Case: Navy Blue Fattorini and Sons Ltd, Bradford; Ribbon: Place for



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Medal #6: Sterling Silver, Two 3 link chains; Inscriptions: Clasp: G.F. Jowett;
Front: 1906-22 Can. Middle and Light Heavy Wrestling Champion, 1922 (1 item)

Case: Green/ Grey Ruffles, 2 ½" x 3 5/8"; Ribbon: No

Medal #7: Sterling Silver; Inscriptions: Clasp: G.F. Jowett; Front: 1906-22;
Obverse: 1st 168 lb Weight Lifting Champion Canada, 1922 (1 item)

Case: Mottled Red/Grey, 2 ¾" x 2 ¾"; Ribbon: No

Medal #8: Sterling Silver, Two 5 link chains; Inscriptions: Clasp: A.C.W.L.A
Second Award; Obverse: 200 lb Overhead Snatch Worlds Record, no date (1
item)

Case: Navy Blue w/ Gold piping, 2 7/8" x 3 ½"; Ribbon: No

Medal #10: Bronze: Hand Ball Athlete, Inscription: Obverse: G.F. Jowett 1st hand
Ball, 1919 (1 item)

Case: No; Ribbon: Red/ Green

Medal #11: Bronze, painted Army Green: Inscriptions: Front: YSER; Obverse:
Crown a YSER, 17-31 Oct., 1914, 1914 (1 item)

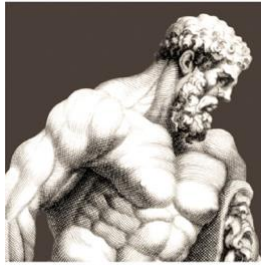
Case: No; Ribbon: Black/ Red/ Black; Diameter: 1 5/8"

Medal #13: Sterling Silver: Inscriptions: Front: A.C.W.L.A.; Obverse: G.F. Jowett
272 T.H. Clean and Jerk Worlds Record, 1921, 1921 (1 item)

Case: No; Ribbon: Royal Blue; Diameter: 1 ¼"

Medal #14: Sterling Silver: Inscriptions: Front: A.C.W.L.A.; Obverse: G.F. Jowett
232 ½ lb 7 H.M.P. Worlds Record, no date (1 item)

Case: No; Ribbon: Royal Blue; Diameter: 1 ¼"



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Medal #15: Sterling Silver: Inscription: Front: G.F. Jowett A.C.W.L.A. Right Hand Swing 172 ½ lbs Worlds Record, no date (1 item)

Case: No; Ribbon: Royal Blue; Diameter: 1 3/8"

Medal #16: Sterling Silver: Inscriptions: Front: A.C.W.L.A.; Obverse: G.F. Jowett 1925 Overhead Military Press 127 ½ lbs Worlds Record, 1925 (1 item)

Case: No; Ribbon: Royal Blue; Diameter: 1 5/8"

Medal #17: Sterling Silver: Inscriptions: Front: 1st Gym 1907; Obverse: G.F. Jowett, 1907 (1 item)

Case: No; Ribbon: Red/ White/ Blue; Size: 1"x1 ½"

Medal #18: Sterling Silver with dark surface: Inscriptions: Front: Par La Santé Les Sports Methode Desbonnet Paris; Obverse: A La Regeneration de la Race, no date (1 item)

Case: No; Ribbon: Red/ White/ Blue; Diameter: 1"

Medal #19: Bronze: Inscriptions: Front: Y.M.C.A. 1st Shot Put 50 lbs; Obverse: G.F. Jowett, no date (1 item)

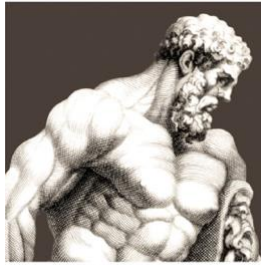
Case: No; Ribbon: Red/ White/ Blue; Diameter: 1 3/8"

Medal #20: Bronze: Inscriptions: Front: Earle Liederman Physical Culture School; Obverse: Awarded to G.F. Jowett 1918 for Strength and Ability, 1918 (1 item)

Case: No; Ribbon: Red/ White/ Blue; Diameter: 1 ¼"

Medal #21: Bronze: Inscription: Front: A.A.U. U.S., 1926 (1 item)

Case: No; Ribbon: Yellow/ Black: Delegate Annual Convention South Atlantic Association A.A.U. U.S. Baltimore, MD Nov. 14, 15, 16, 1926



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Medal #22: 20 karat Gold: Inscription: Obverse: A.C.W.L.A. G.F. Jowett Worlds Heavy Lift Weight Lifting Champion 1922, 1922 (1 item)

Case: No; Ribbon: Missing; Size: 1"x 1 ½"

Medal #23: Brass finished (Silver Plate) Stamped: Inscription: Front: G.F., no date (1 item)

Case: No; Ribbon: Place For; Size: Approx. 1 3/8"x 1 3/8"

Medal #24: Bronze: Inscriptions: Front: A.A.U. Convention Baltimore 1926; Obverse: Compliments of the Robbins Company Medals Badges and Art Jewelry Attleboro, Mass., 1926 (1 item)

Case: No; Ribbon: No; Diameter: 1 ½"

Medal #25: Bronze: Inscriptions: Front: Graduate J.I. (Jowett Institute) of P.C. (Physical Culture); Obverse: Metalarts Co., Roch. NY, no date (1 item)

Case: No; Ribbon: No; Size: 11/16"x 13/16"

Medal #26: Brass: Inscription: Front: I.F.B.B. (International Federation of Bodybuilders), no date (1 item)

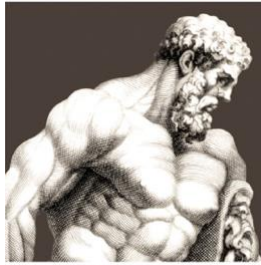
Case: No; Ribbon: No; Diameter: 9/16"

Medal #27: Silver: Inscriptions: Front: PE; Obverse: Queen Victoria head of coin, no date (1 item)

Case: No; Ribbon: Place For; Diameter: ¾"

Medal #28: Silver: Inscriptions: Front: The Robbins Company Craftsmen in Medal; Obverse: Compliments of the Robbins Co. Attleboro Massachusetts Badges – Medals and Souvenirs Advertising Specialties, no date (1 item)

Case: No; Ribbon: Place For; Diameter: 1"



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Medal #29: Jowett IFBB Graduate Medal Gold: Inscriptions: Front: IFBB, Nuguenin Swiss Made; Obverse: Federation Internationale de Culturistes Concours Officiel/ Official Contest International Federation of Bodybuilders, Ben Weider President, 1967 (1 item)

Case: No; Ribbon: Red/White; Diameter: 2"

Pin #1: (Bernarr Macfadden's) Annual Physical Culture Convention, likely the one from 1933 in Dansville, New York, location of Macfadden's Physical Culture Hotel, Top of pin has photo of Macfadden, 1933 (dangerous pin on back, sharp)

Case: No; Ribbon: Navy Blue; Diameter: 1 ¼"

Albums Box 1, no date, 1968-1969 (4 items)

Memoirs of George F. Jowett: World's Champion Athlete, no date (1 item)

Album 1: George F. Jowett Business Photos Album, no date (1 item)

Album 2: Wrestling Champions, 1968 (1 item)

Album 3: Personal Scrapbook George F. Jowett, ages 15-80, 1969 (1 item)

Artifact Box 1, no date (172 items)

2 Hand-Grip Springs, no date (2 items)

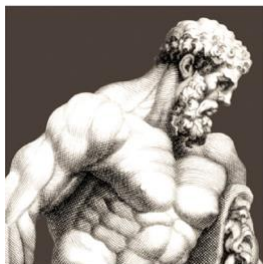
3 ¾" x 5" Springs (Expansion), no date (3 items)

6 Handles with Casting "U", no date (6 items)

12 Pairs of Handgrips, no date (12 items)

36 of Handles with eyes, no date (36 items)

106 Through hole handles (rings at one end), no date (106 items)



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Candlestick made from iron, no date (1 item)

Desk paperweight, no date (1 item)

Handle with formed rods, no date (1 item)

Pivot holder for punching bag, no date (1 item)

Red Ball, no date (1 item)

Rubber Expander, no date (1 item)

Tension Spring, 2" long, no date (1 item)

Artifact Box 2, no date (22 items)

Box of Canvas Belt Buckles (Size according to labels), no date (7 items)

No. 1, Size 5/8", no date (1 item)

No. 1, Size 7/8", no date (1 item)

No. 635, Size 5/8", no date (1 item)

No. 635, Size 3/4", no date (1 item)

No. 635, Size 1/2", no date (1 item)

No. 635, Size 1", no date (1 item)

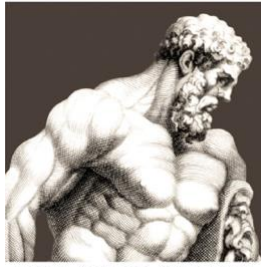
No. 1406, Size 3/4", no date (1 item)

Exercise Belt, no date (1 item)

Exercise Pants, no date (1 item)

Flowers made from metal, no date (1 item)

Iron Shoe Exerciser, no date (1 item)



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Leather Punching Bag, no date (1 item)

Printing Plate with image of George F. Jowett, no date (1 item)

Rubber Skipping Unit, no date (1 item)

Spring, 1 ½" x 14", (one wood handle missing), no date (1 item)

Unidentified leather bag-like object, no date (1 item)

Workout shoes: George F. Jowett, light shoes with dark laces, no date (2 items)

Workout shoes: George F. Jowett, dark shoes without laces, no date (2 items)

Workout shoes: Phyllis Jowett, light shoes with light laces, no date (2 items)

Trophies, no date, 1949 (2 items)

Angel and wrestler trophy, front bronze plaque no longer readable, no legible date (1 item)

Trophy: "Presented by Ben Weider of the IFBB to George F. Jowett: The Father of Modern Bodybuilding and Weightlifting in Grateful Appreciation by his World of Followers for his Unselfish Devotion and his Great Work rendered to the Cause of Physical Culture (man in middle; beavers on sides), 1949 (1 item)

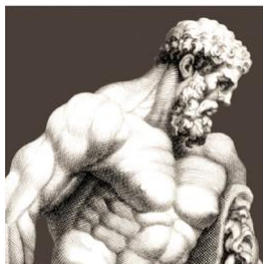
Artifact in Suitcase, no date (1 item)

Seat of Health rowing machine folded in suitcase owned by George F. Jowett, no date (1 item)

Framed Artifacts, no date, 1933 (3 items)

Framed Drawing of George F. Jowett by Pryor, no date (1 item)

Framed Photograph of George F. Jowett as he appeared in 1908, no date (1 item)



THE STARK CENTER

George Jowett Collection
The H.J. Lutch Stark Center for Physical
Culture & Sports
The University of Texas at Austin

Pennsylvania Certificate of Incorporation for Jowett's American Athletic Appliance Company, 9/25/1933 (1 item)

Anvil (173 lbs), no date (1 item)

173 lb anvil owned by George F. Jowett, no date (1 item)

Associated Items

From the Victor Boff Collection:

Trophy: To George F. Jowett From the Boys: As a Token of our Appreciation, ACWLA (American Continental Weight Lifting Association), 1926

From The Todd Collection:

Photo of Phyllis Jowett as a youth, around age 7 (ca. 1923) (shelf 37, item number 15)

Burgundy Dumbbells owned by Phyllis Jowett, no date (shelf 40, item number 13)

Four books that once belonged to George F. Jowett