

The Stone Method

IS a system of exercise which requires no apparatus, and only 10 to 20 minutes time each day, in your own room, just before retiring. **Does not overtax the heart.** Systematically follow our instructions and we promise you a fine, strong, well-developed physique, and **good health.** All ages—5 to 85 years—are alike benefited.

WOMEN receive as much benefit from **The Stone Method** as men. We are the only instructors of prominence who pay special attention to instruction of women and children. Mrs. Ellen Walker, who has charge of this department, has had an extensive experience, and alone opens and answers letters of a private nature. Address confidential letters: "Mrs. Ellen Walker, care The Stone School."

24-Page Booklet **FREE**
with photos from life

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