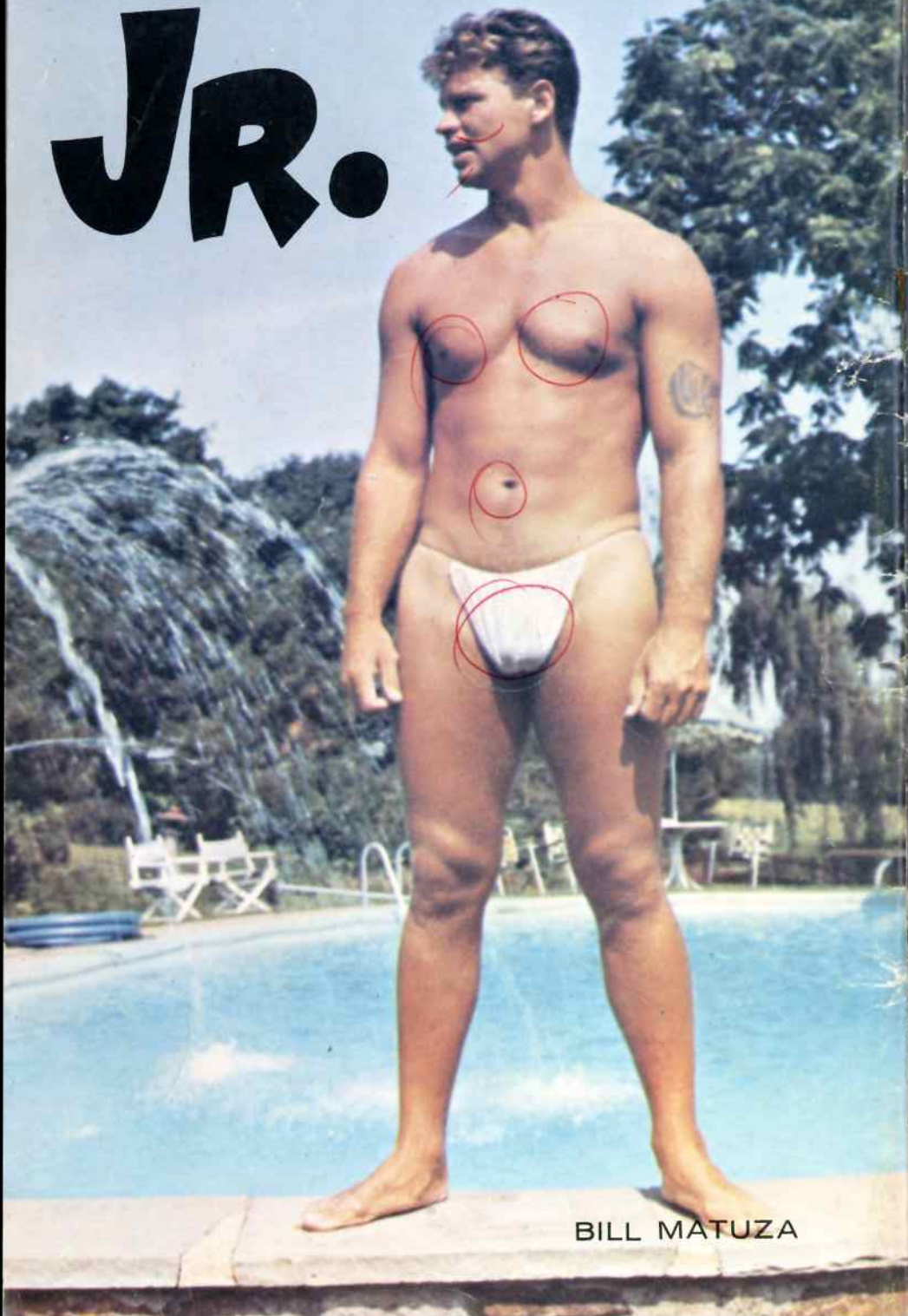


JR.



BILL MATUZA

THE STRENGTH OF AMERICA LIES IN ITS YOUTH

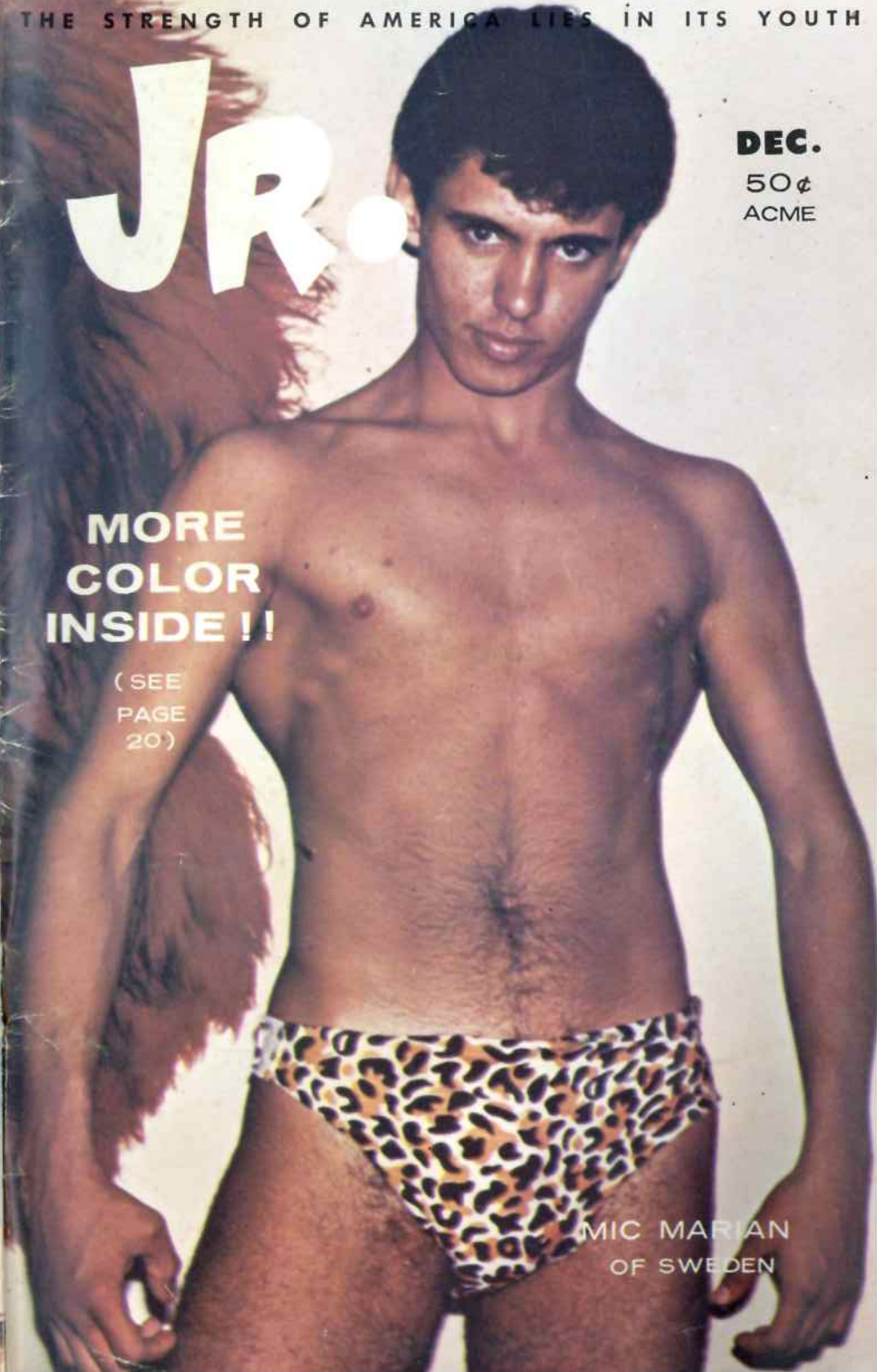
JR.

DEC.

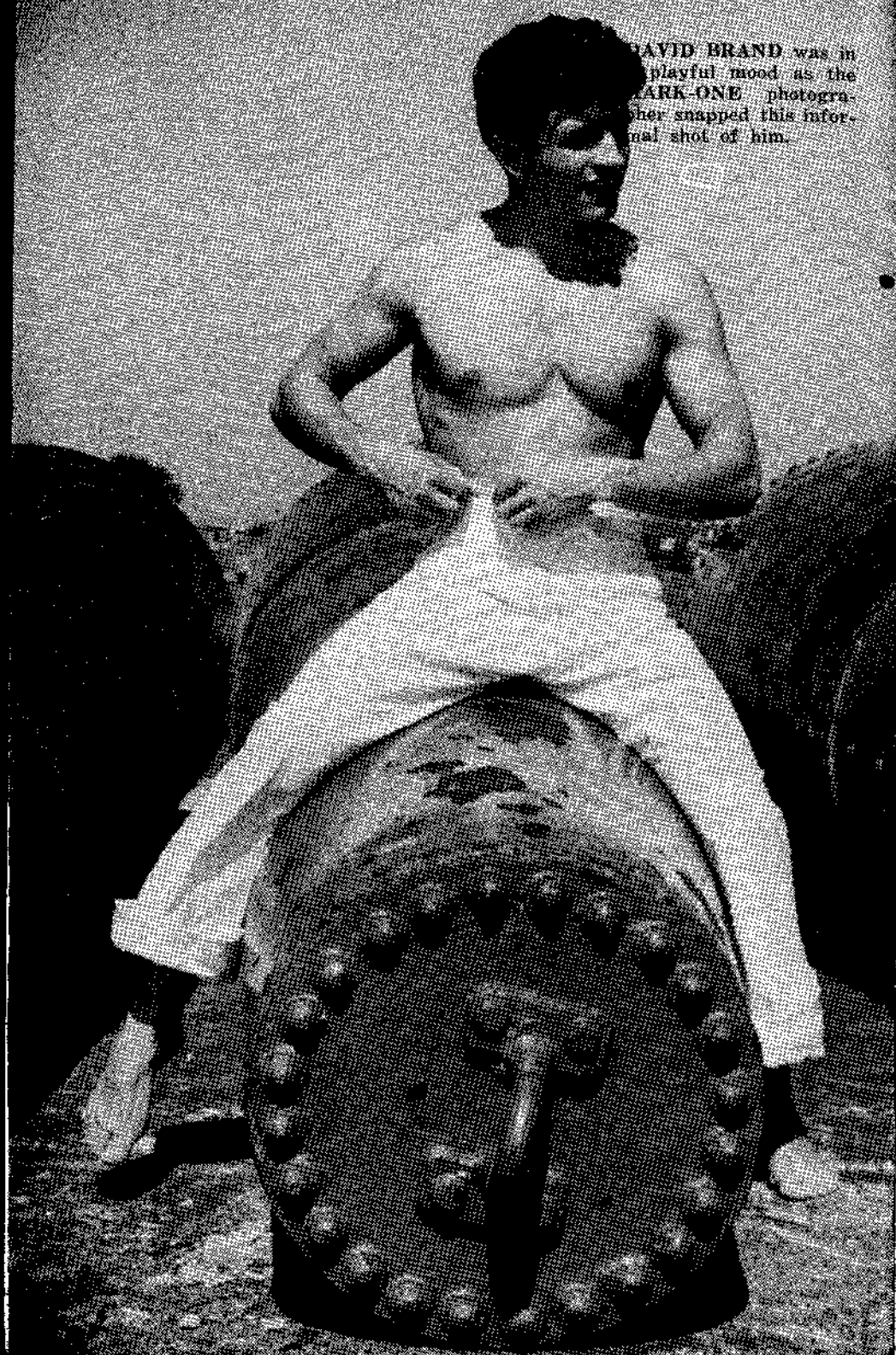
50¢
ACME

MORE
COLOR
INSIDE !!

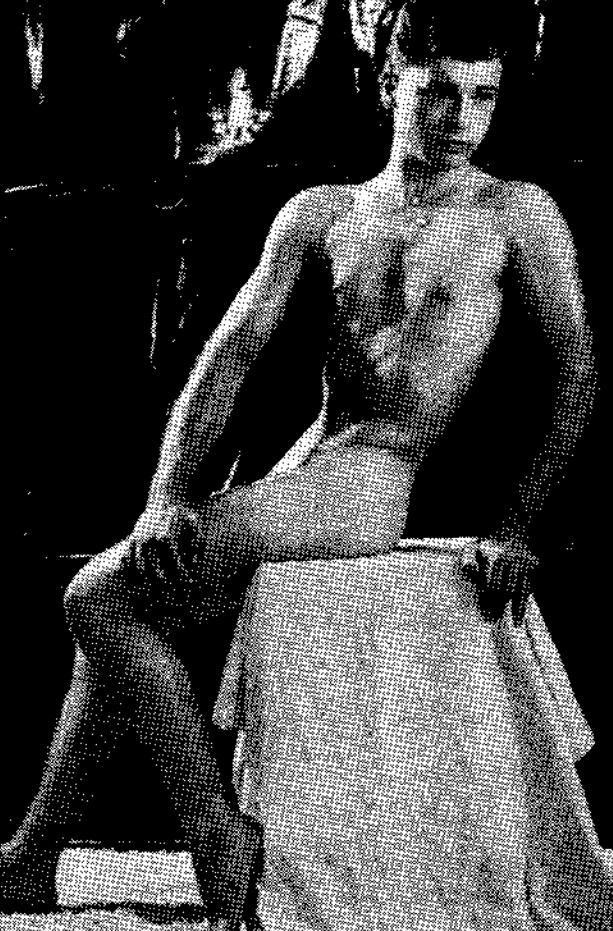
(SEE
PAGE
20)



MIC MARIAN
OF SWEDEN



DAVID BRAND was in a playful mood as the STARK-ONE photographer snapped this informal shot of him.

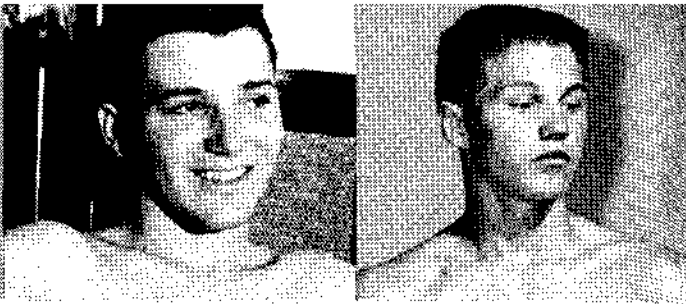


ALTHOUGH only 17, Shawn Dale (at left) has been interested in modeling for a long time. He has launched his career with this photo by R. A. ENTERPRISES.



BOB JONSE

WHEN not giving his "all" for the camera, BOB JONSE can be found fishing, playing football or snuggling up with a good book.
Photo by LYLE.



JR.

VOL. 1

DEC. 1963

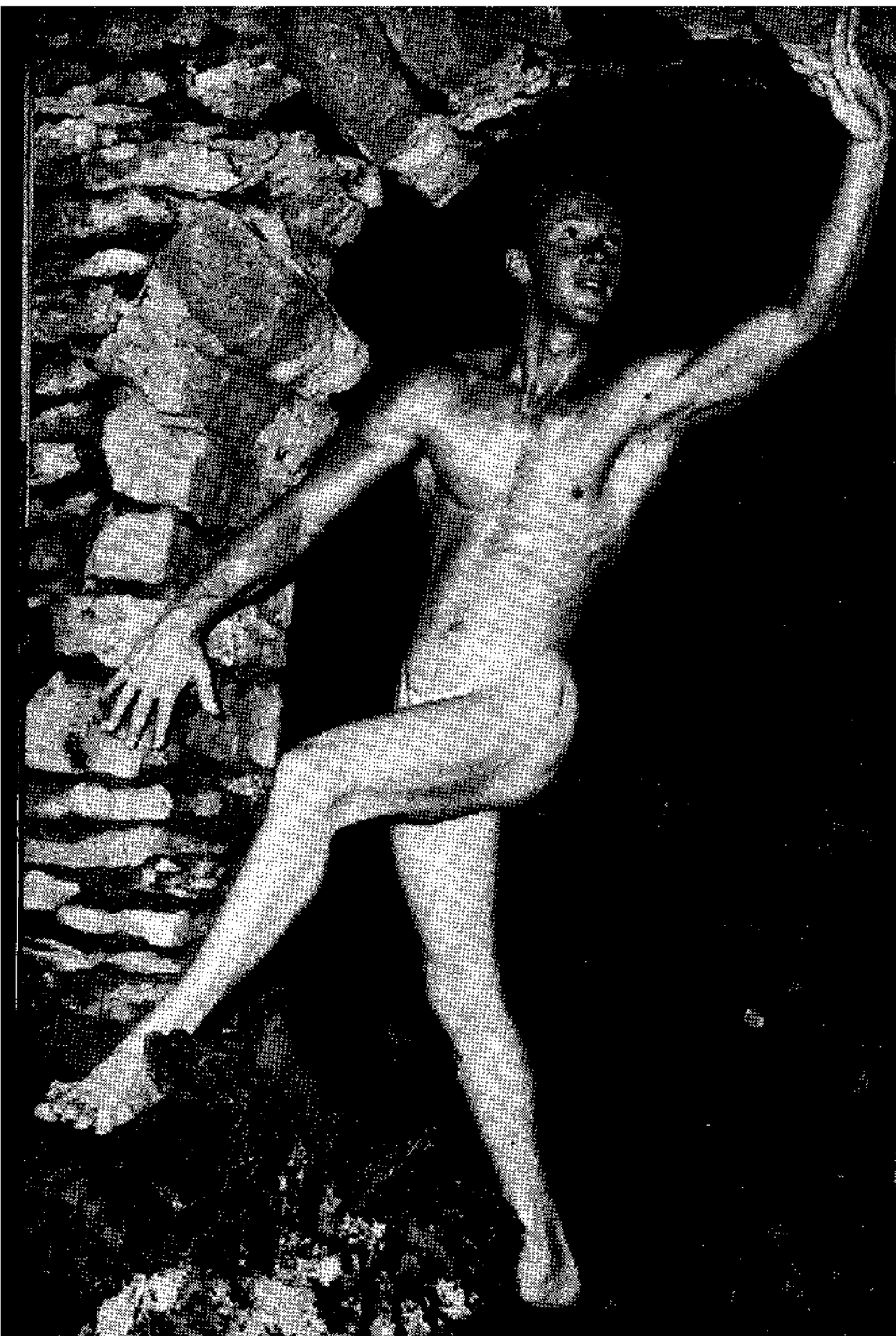
No. 3

JUST JESSIE	5
Outdoors With LARRY	6
VIVE ROMEO!	10
HERE, THERE, EVERYWHERE!	12
CARLOS	16
Indoors With CHAD	18
PHIL From ENGLAND	24
RANDY in the DIP	27
HOW TO KEEP TRIM The Easy Way	32
KEITH FISK	35
All about BOB	36

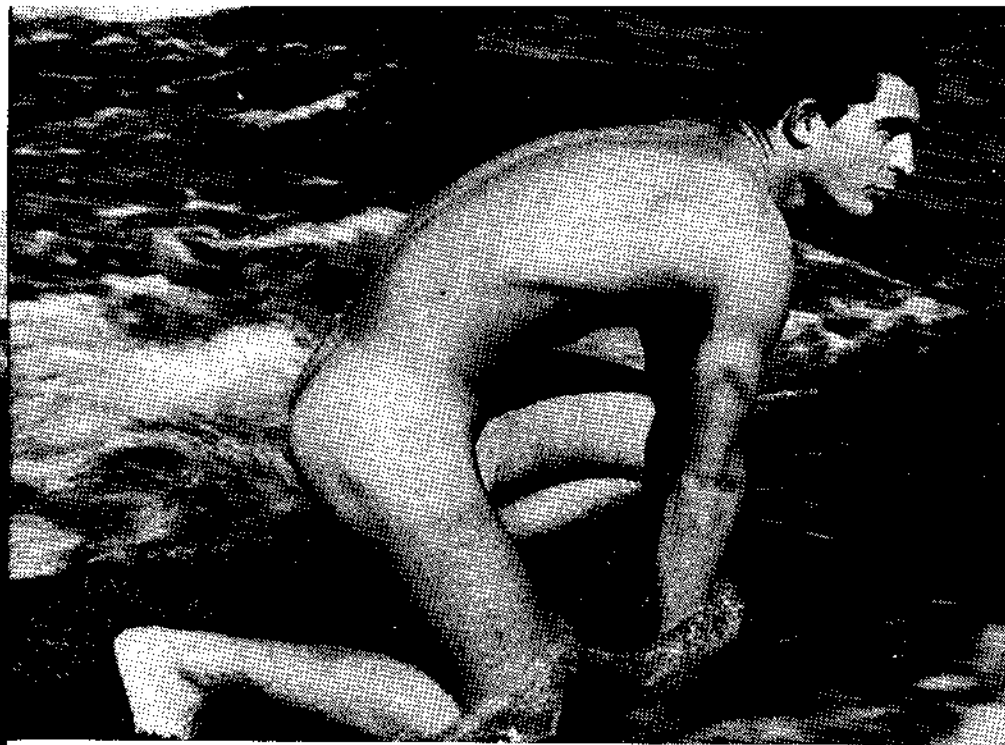
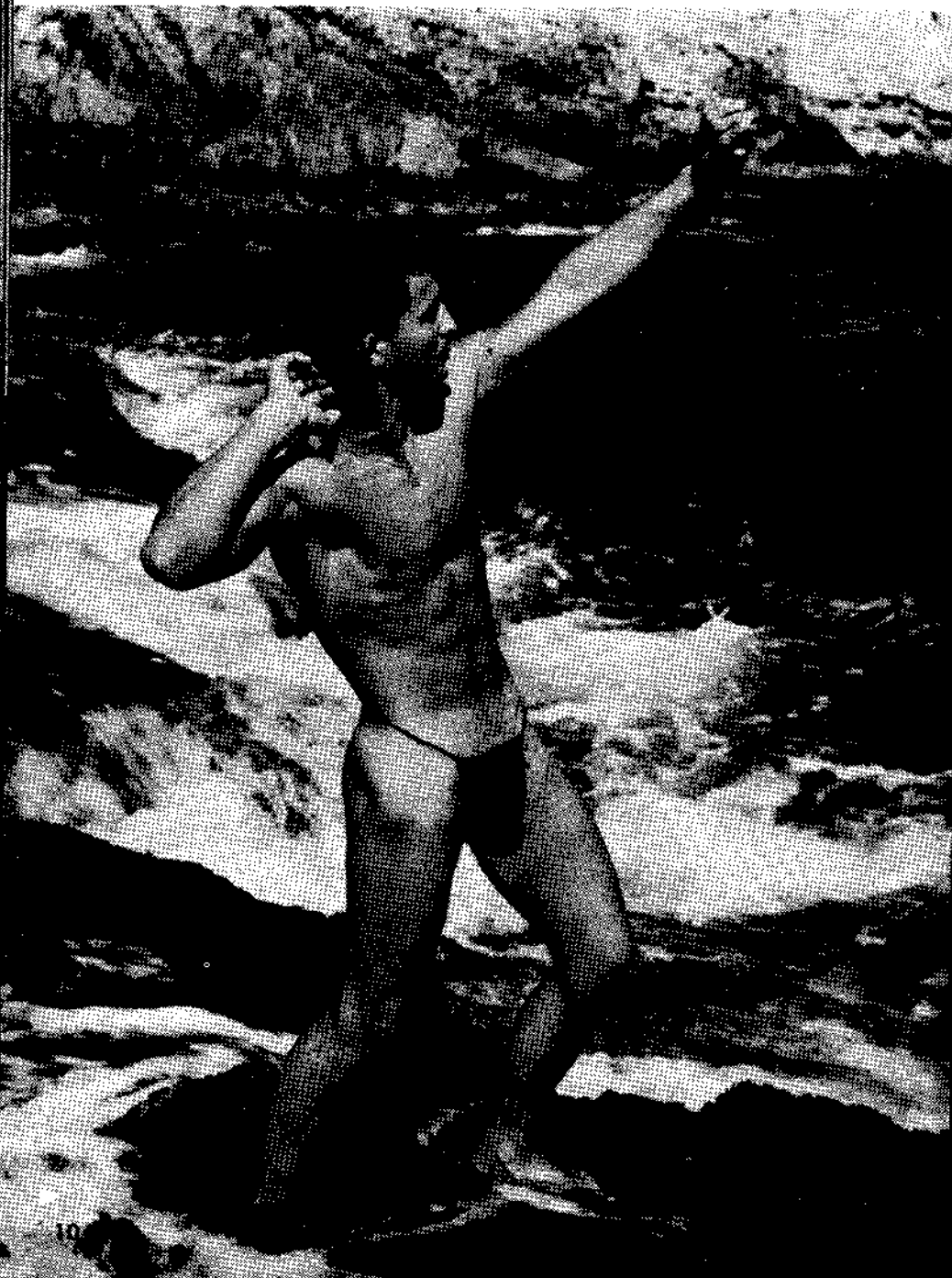
JR. is published Bi-Monthly, by TOMORROW'S MAN PUBLISHING CO., INC., 119 Fifth Avenue, New York 3, N. Y. All manuscripts, photos and art submitted become the property of JR. and submission of material will be construed as permission to publish same without further correspondence. No material contained herein may be reproduced except by written permission. All rights reserved under International and Pan-American Copyright Conventions. © 1963 by TOMORROW'S MAN PUBLISHING CO., INC.

PRINTED IN U.S.A.



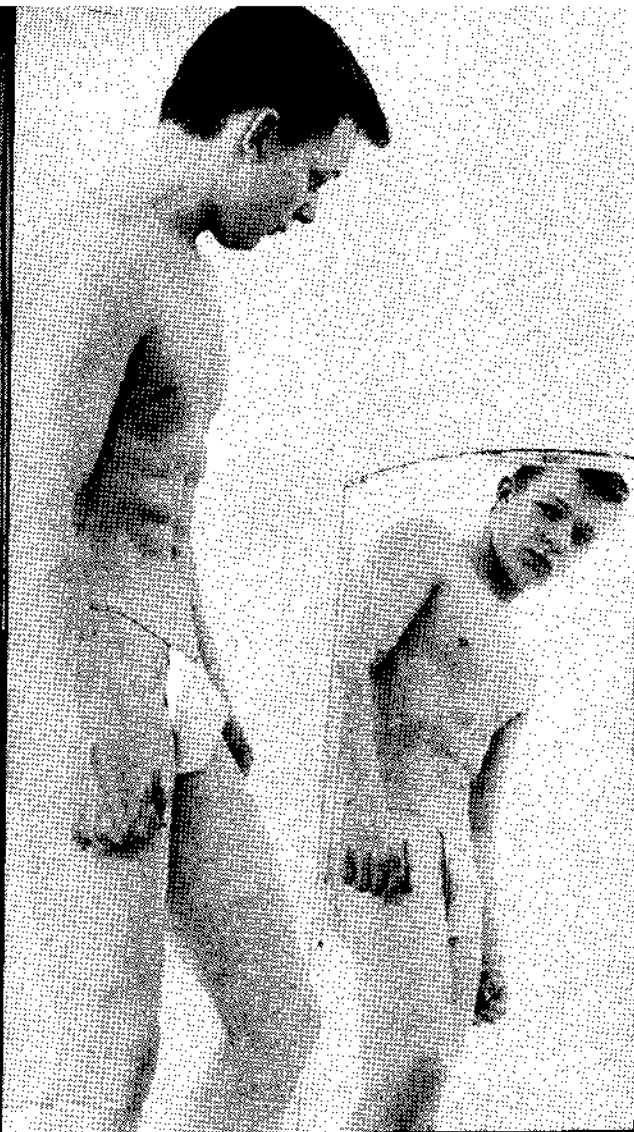


VIVE ROMEO !

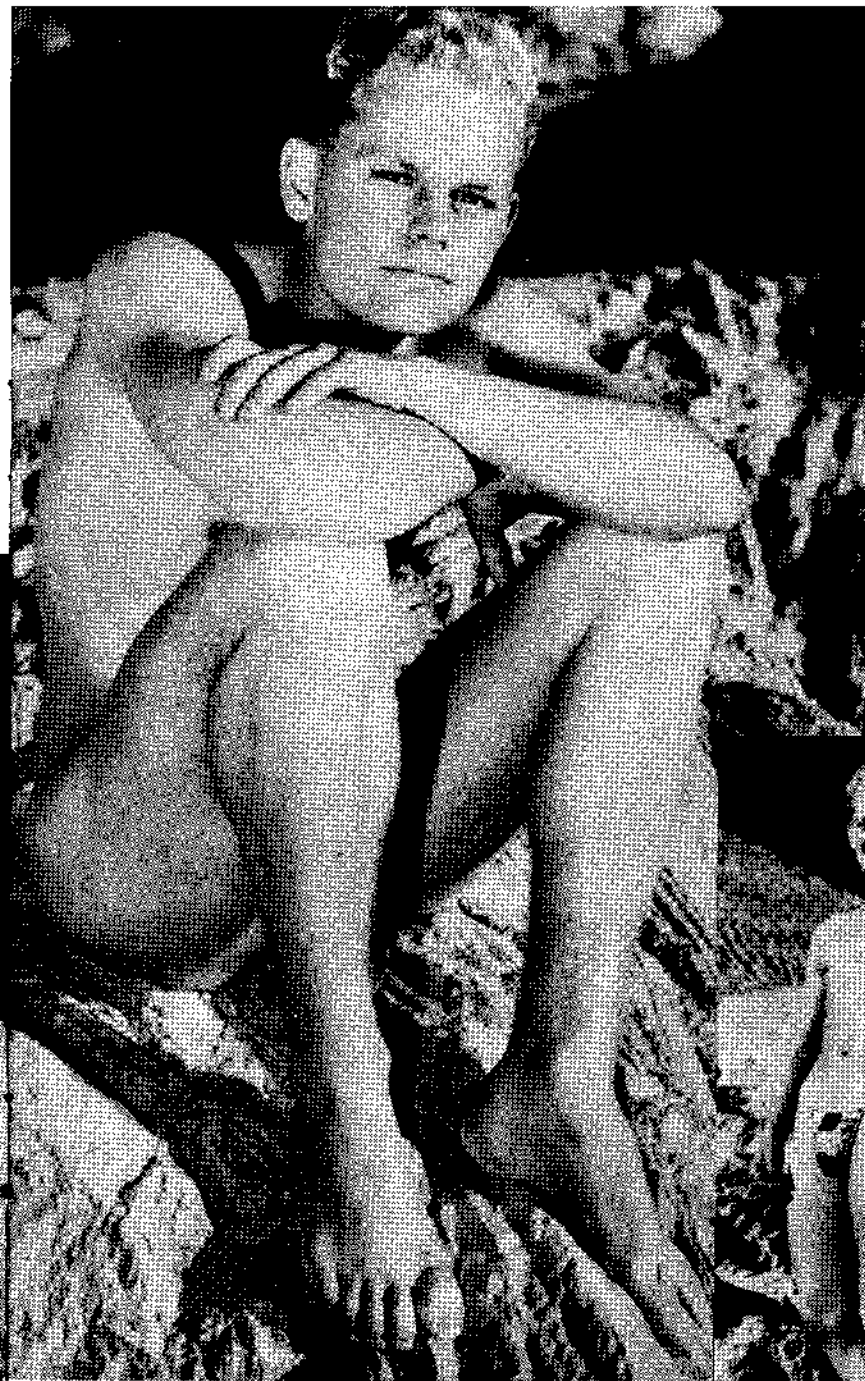


ROMEO, Romeo, where art thou? — In this case **Romeo** is at the seashore somewhere in the South of France. Lithe, robust Romeo is always ready, willing and most able to pose for **Jean FERRERO** anywhere his artistic mood takes him.

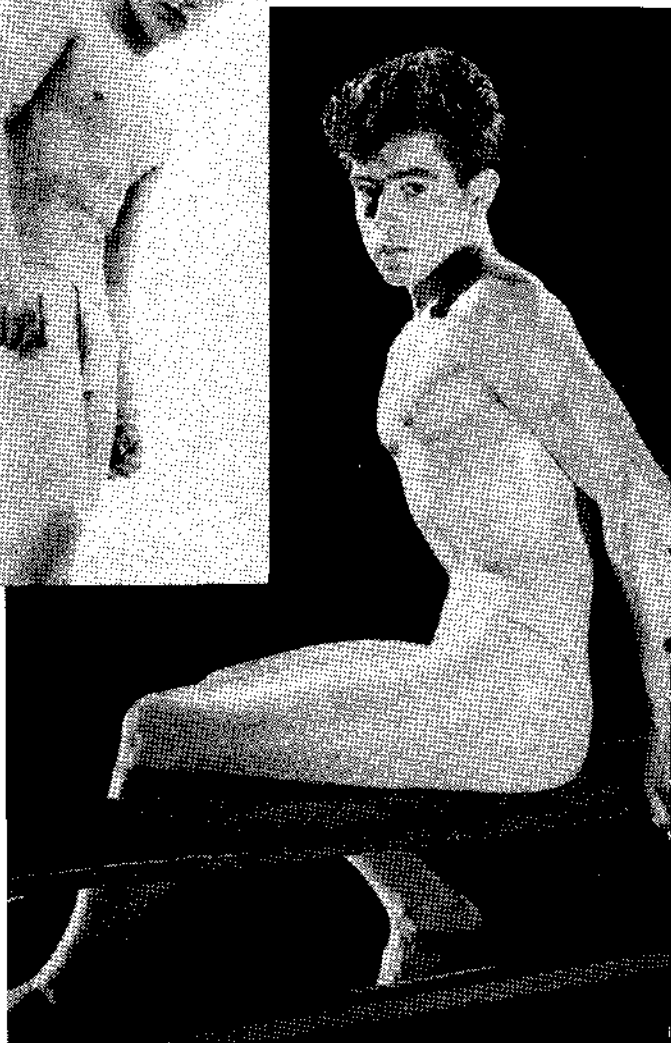




"JEFF" of England (left) studies himself in his bedroom mirror to see how he's developing. Photo by GALAXY.



KLAUS DIETER of South Africa reflects two moods in these photos by the **JOCK Studio**. He is serious when the occasion calls for it and laughs easily at a good joke.

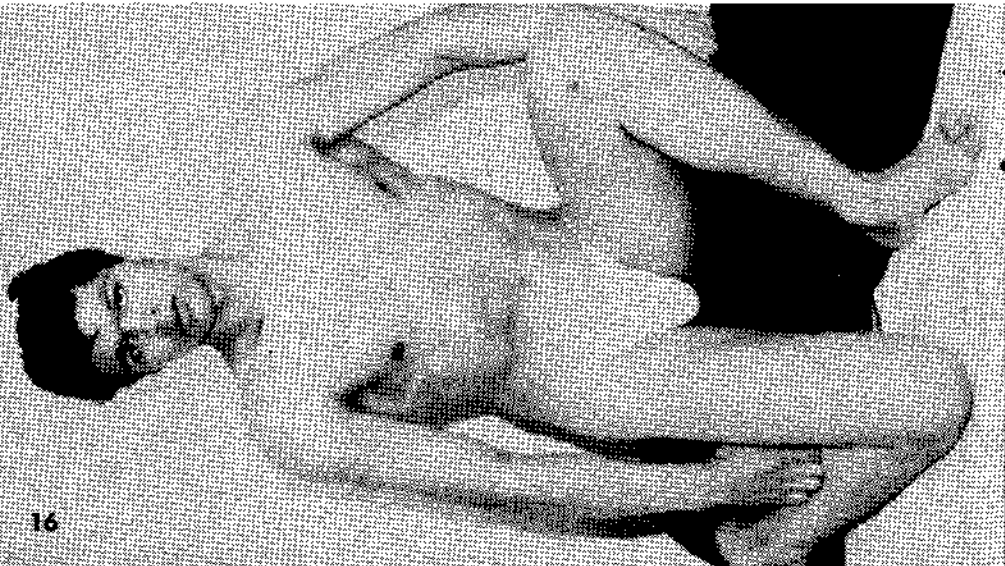


MIKE MORGAN, also of England wants to have a body that is trim and graceful. Photo by **HUSSAR**.

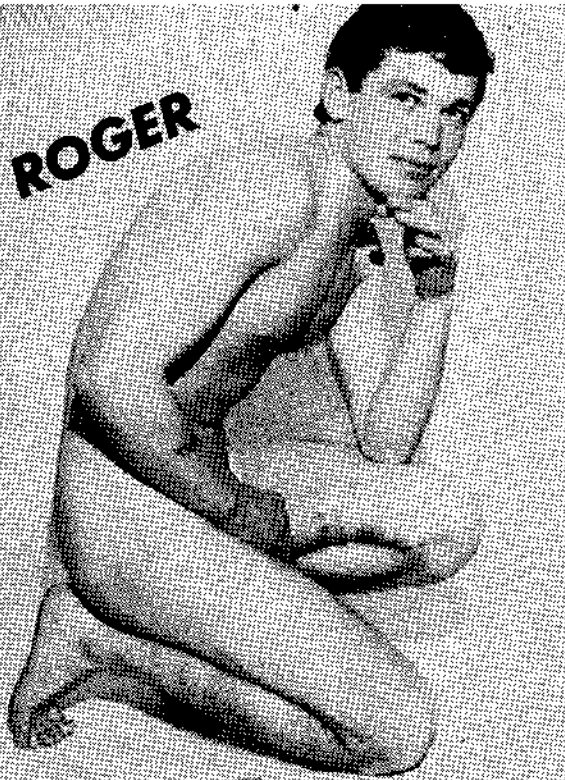


CARLOS

IT is rare that a 15-year old has the posing ability of Carlos Rossi. He takes a pose naturally, without tenseness or too much self-consciousness. He is a physique photographer's delight. Photo by C&J PHOTO SERVICE.

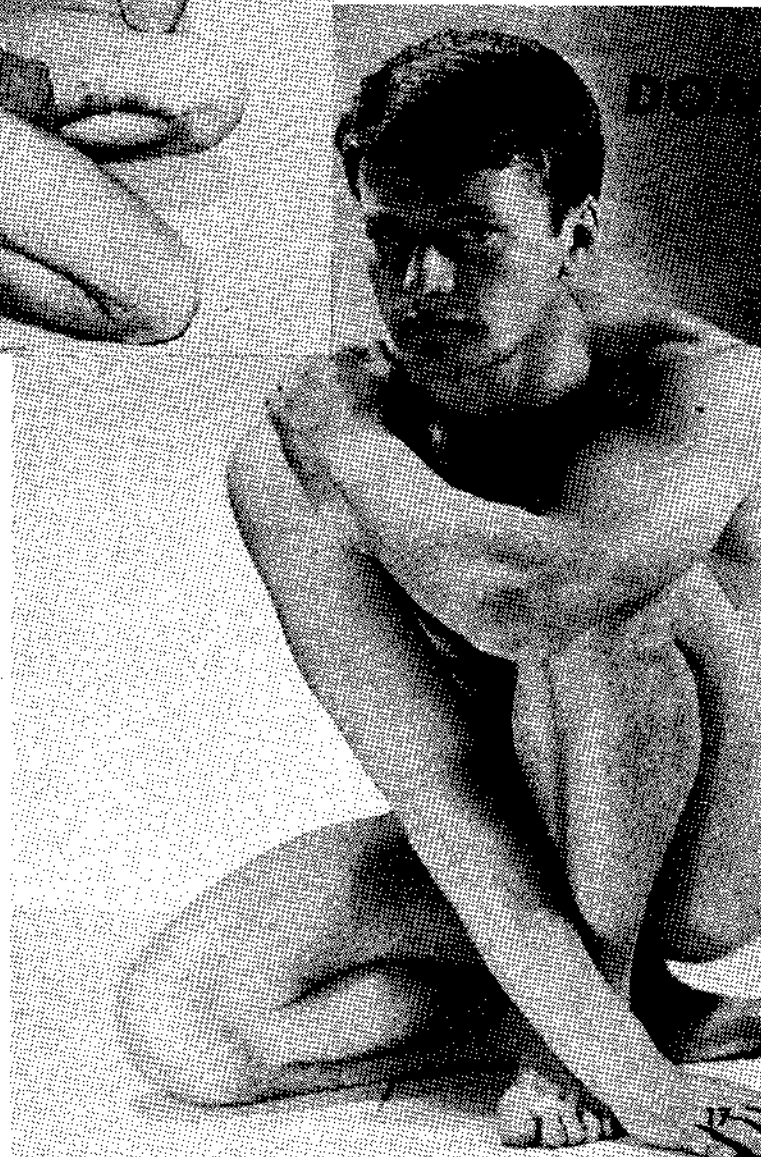


ROGER



"ROGER" (at left) of England is thinking of a career in the movies. He keeps in pleasing trim in preparation for such a step. Photo by GALAXY.

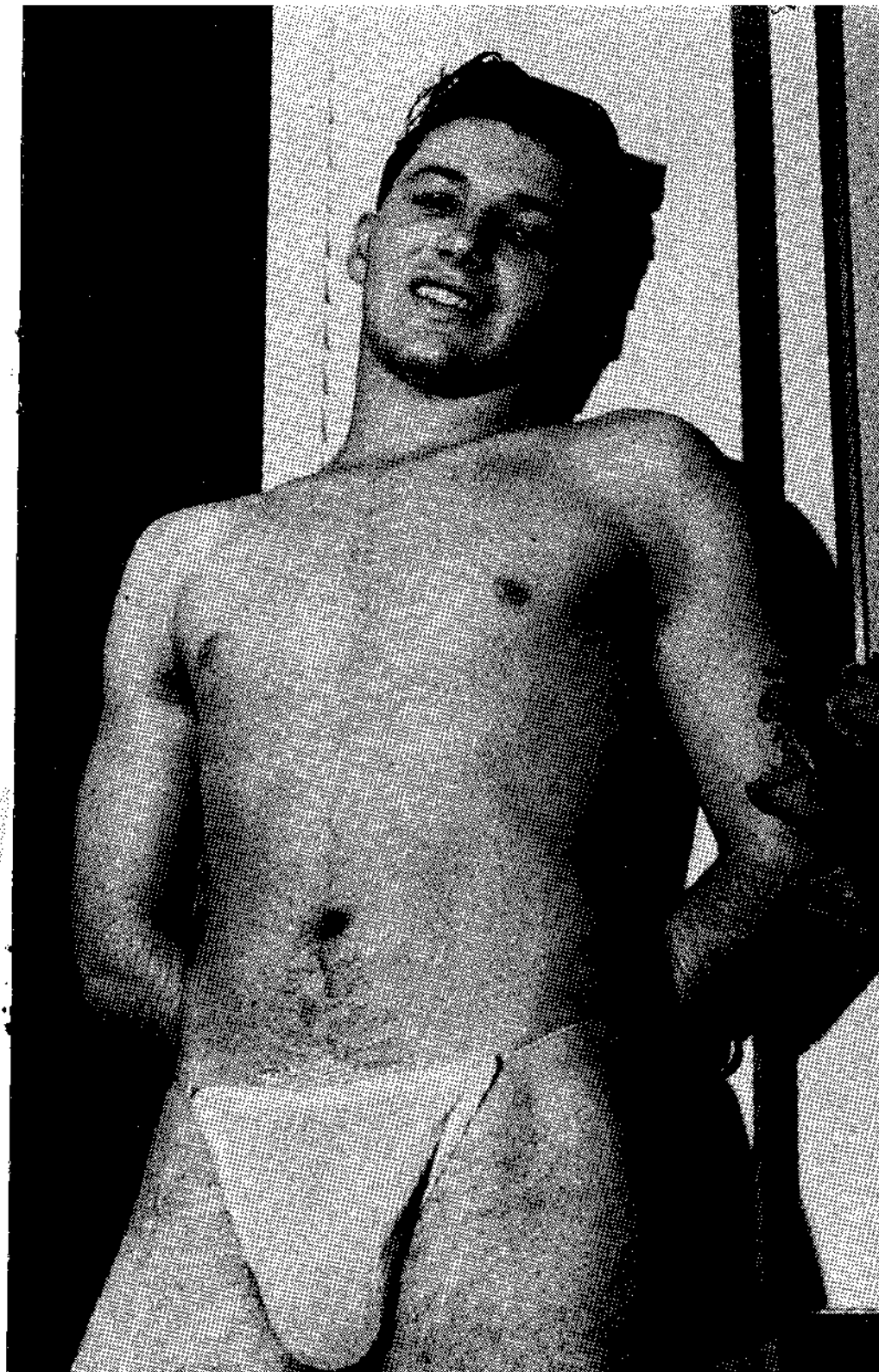
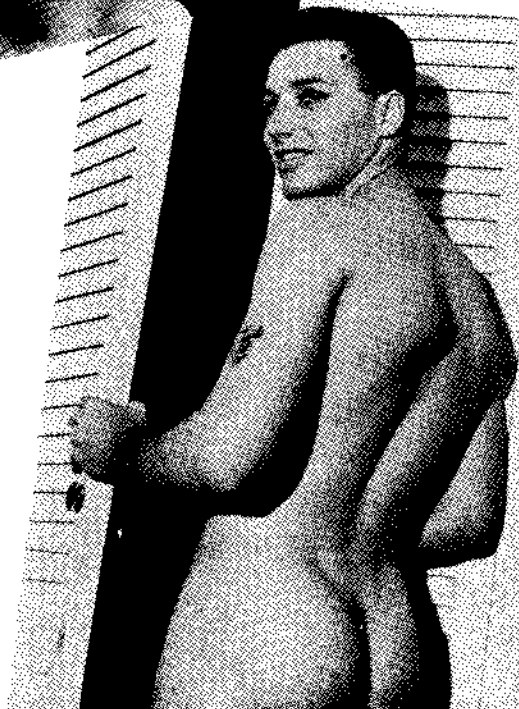
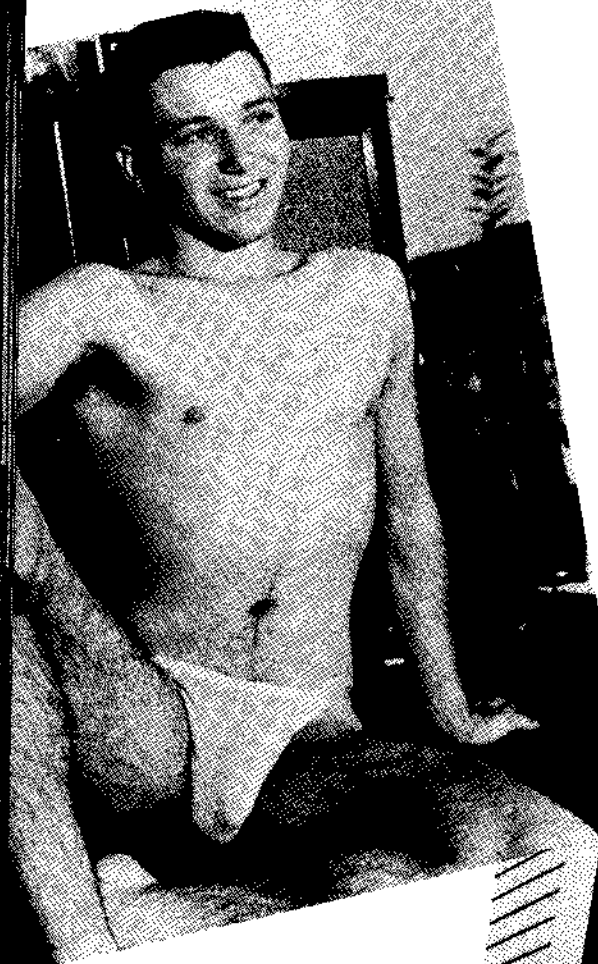
"DON", also of England is the shy, modest type—it takes some doing to get him in front of a camera but when he does the result are most satisfying. Photo by CLIMAX.



INDOORS WITH CHAD

ALTHOUGH Chad Morgan is not exactly a home-body, there are times when he really enjoys staying at home. He likes to lounge around, forget

any cares he might have and maybe catch up on some reading. Chad knows how to let himself go. Photo by CHAMPION.





"JUL CAESARUS" is the name of this model from Sweden. These color photos were taken by one of that country's foremost physique photographers, F. GRAFO.



RANDY RANDALL

Series No. 2319. Twelve 4 x 5 silk-matte photos of Randy for \$3.50. U. S. Airmail 35¢. COLOR slides of Randy. Six 35mm for \$3.50—twelve for \$6. Six stereo slides for \$4—twelve for \$7. State preference. U. S. Airmail 35¢.

SPECIAL FOR NEW CUSTOMERS! Five luxury photos of five selected models PLUS 96 pages of handsome models with illustrated stories. Only \$2 postpaid. U. S. Airmail 65¢ extra.

BRUCE

11762 Kensington Road, Los Alamitos, Calif.

JOE CASTLE

featured on Page 31 of this issue.

Get his catalog of poses—send only \$1 to:

PHOTO BY D

26 Horatio St.,
New York 14, N. Y.



GEORGE GREEN, 10 in two fine photos by R. A. ENTERPRISES. There will be more of George in future issues.



CHAD MORGAN

in
LIVING COLOR
as
FEATURED by
CHAMPION

3 1/2 x 5 and/or 5 x 7 brilliant COLOR prints and 35mm radiant COLOR slides.

Send \$2 for sample print and **Selector Catalog**—jam-packed with exciting poses in form-fitting G-string, briefs, and dungarees.

CHAMPION

Dept. M P. O. Box 39
217 West 16th St., New York, N. Y. 10011



MALE MODEL PARADE

VOLUME 7

The latest edition featuring America's greatest young models! Lavishly produced! Filled with many new photos and exciting drawings!

Deluxe edition only **\$1.**

ORDER YOUR COPY RIGHT NOW!

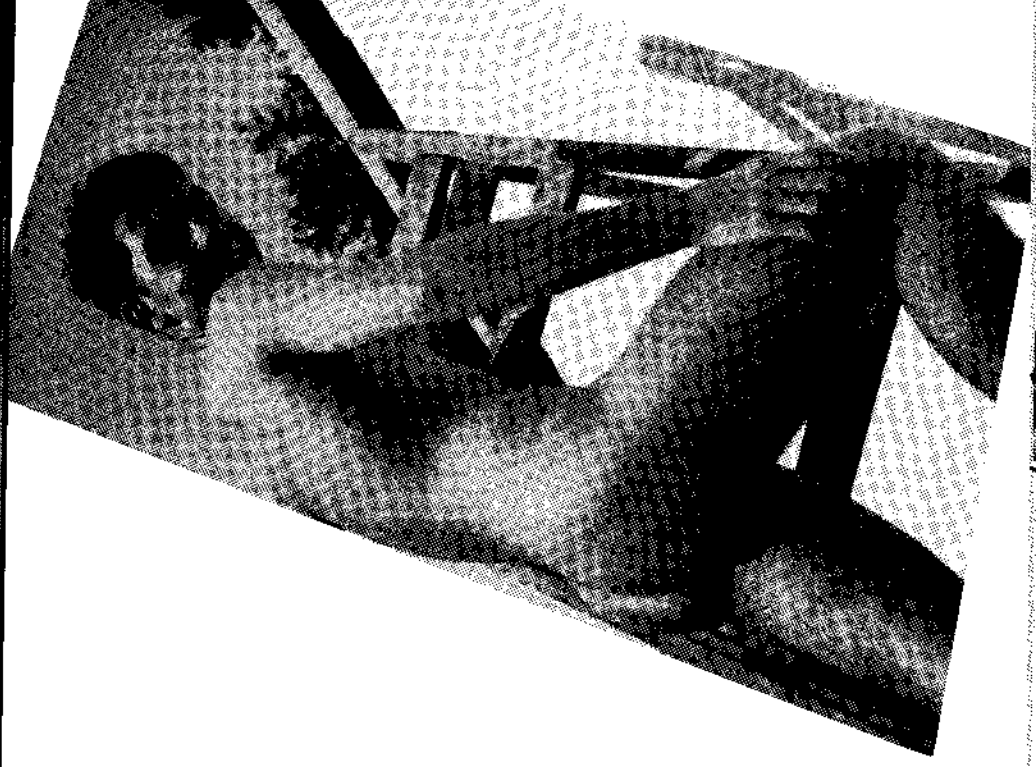
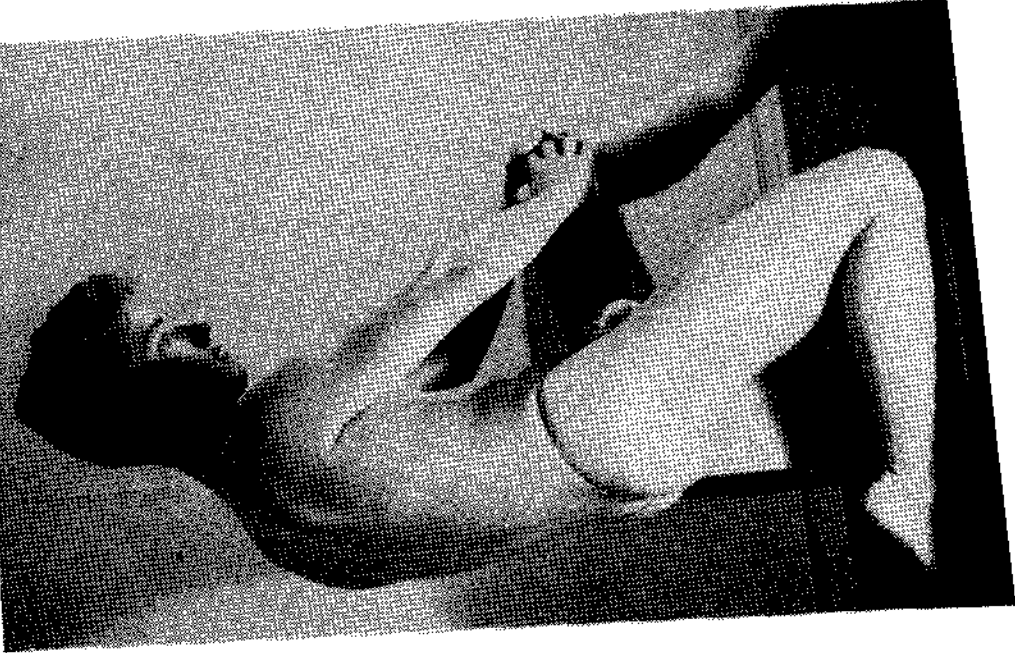
OLYMPIA, Suite 12A
166 West 72nd Street, New York 23, N. Y.

Enclosed is my \$1 for the new **MALE MODEL PARADE.**

Name

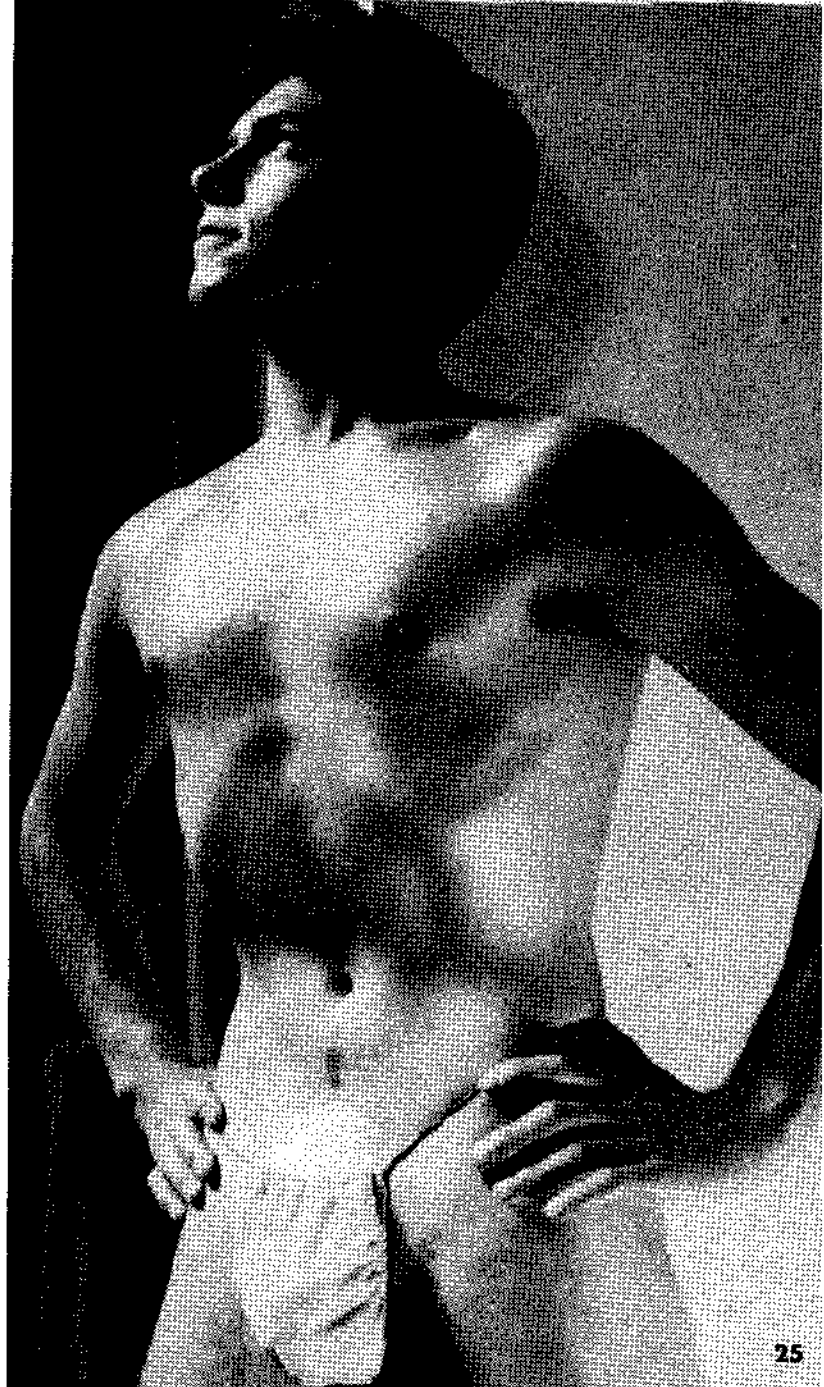
Address

.....



PHIL FROM ENGLAND

LOOKING at these photos of Phil Cook brings to mind this quotation by Ridgeway 'Youth is the gay and pleasant spring of life, when joy is stirring in the dancing blood, and nature calls us with a thousand songs to share her general feast.' All photos of Phil are by LARRY KNIGHT.



SPECIAL OFFER



Take advantage of our special half price offer to all readers of JR. Now, by clipping this ad you can receive TWO catalogs for the price of one! **David Brand** and **Bob Ferland** are seen in this issue of JR.—now you can get both catalogs for just one dollar. Remember to attach this ad to your order for this special offer. Sorry no checks or C.O.D.'s. All money orders to be made payable to: **MARK-ONE**. Send your order to:

Mr. J. Kirn
Special Order Dept. Mk-1
Box 32
Lachine, Quebec
Canada

Let me hear from you soon.

**RIVIERA
DOUBLET**

Perfect covering when the telephone interrupts your shower, or when friends drop in unexpectedly.

Made of soft cotton Terry cloth
—in Libra White
or Aquarian Stripes.

\$4.98

(California residents add 4% sales tax)

For other catalogs send \$1 to:

R. A. ENTERPRISES

6311 Yucca Street, Hollywood 28, Calif.



HECTOR VALOR of the East Coast enjoys posing for physique photos. He finds it a means of expressing his artistic sense. Photo by **OLYMPIA**.

... and after looking at these photo of Randy by **BRUCE**, we just might take a dip in some lake or stream ourselves.



Watch RICHARD

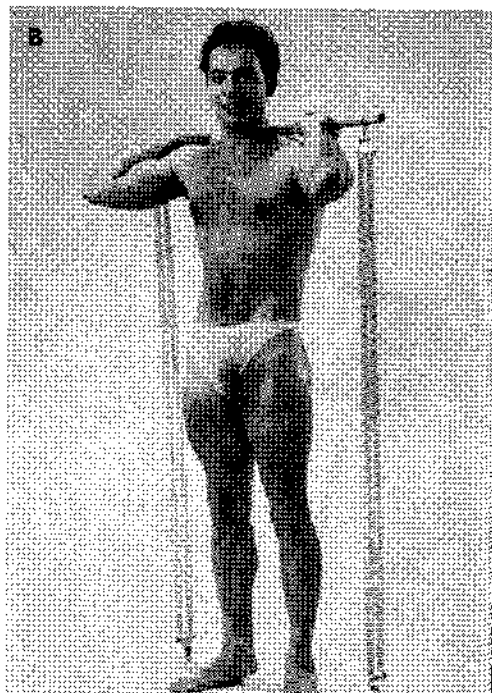
and
KEEP FIT!

IT REALLY doesn't take much to keep in good physical condition. About 15 minutes a day spent with a steel cable exercise outfit such as that being used in these photos of Richard Burnside, will trim your physique and keep it that way, too.

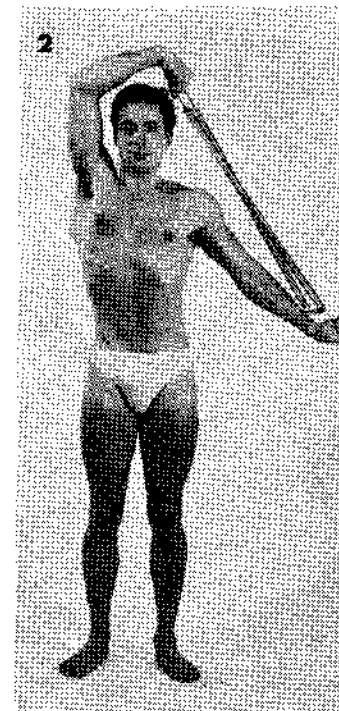
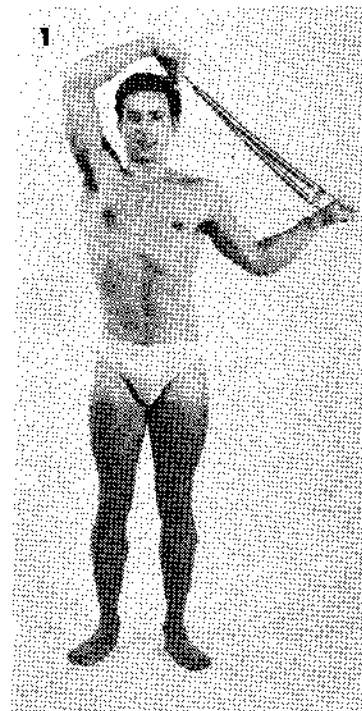
Getting started is the hardest part but once you do start, you will find it easier to keep going. You'll be encouraged to make exercise a regular habit as you see the improvements showing up on your physique and in the way you feel. Of course, to make your exercise program really effective you should also pay attention to the foods you eat. According to nutritionists and various medical men, your daily diet should consist of 60% vegetables and fruits and 40% meats, dairy products and whole grain products (cereals, rice, etc.). Avoid refined, processed foods as much as possible. These include candy, cake, ice cream and all products containing white sugar and white flour. These foods have very little nutritional value and tend to clog your system—robbing your body of vitality.

Start exercising now. Watch how Richard Burnside does his exercises on these pages and do the same—KEEP FIT!

DEEP KNEE BEND: Assemble barbell combination that comes with each steel cable outfit and get into position shown in Photo A. Now, inhale and push yourself up into upright position—as shown in Photo B. Do 4 sets of 10 repetitions.



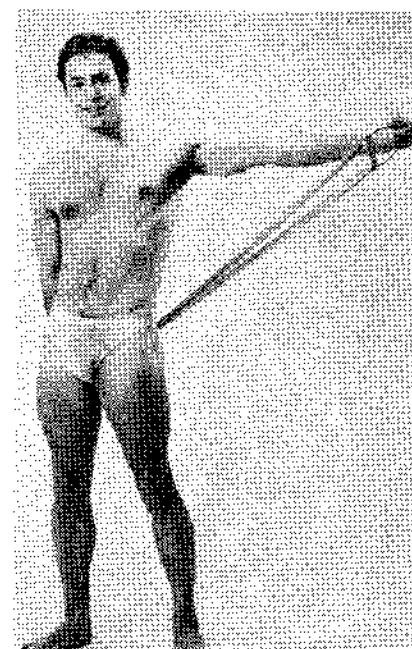
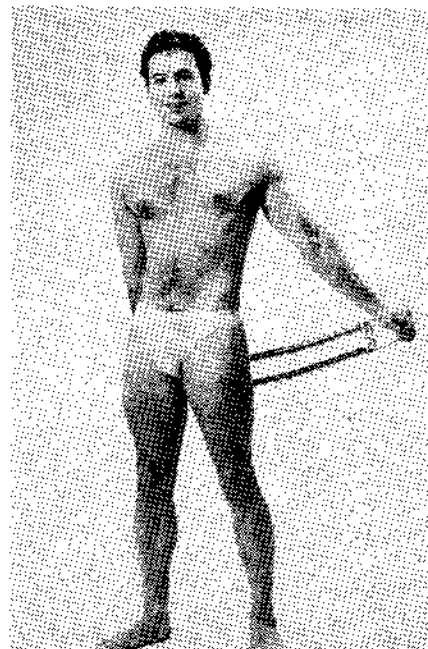
TRICEPS PRESS-DOWN: Hold cables with one hand just over your head and the other sideways—as shown in Photo 1. Both hands are held with palms down. Now, hold upper hand stationary and press cables down with the bottom hand—as shown in Photo 2.

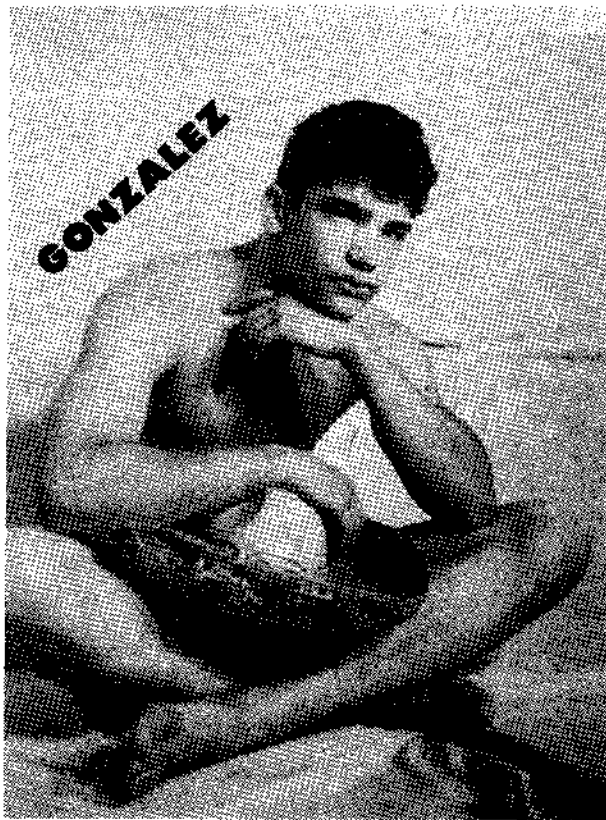


All photos of Richard Burnside are from the PHOTO BY D Studios.

LATERAL RAISE: Hold one end of cables behind you against your buttock and the other end out to the side—as shown in photo below.

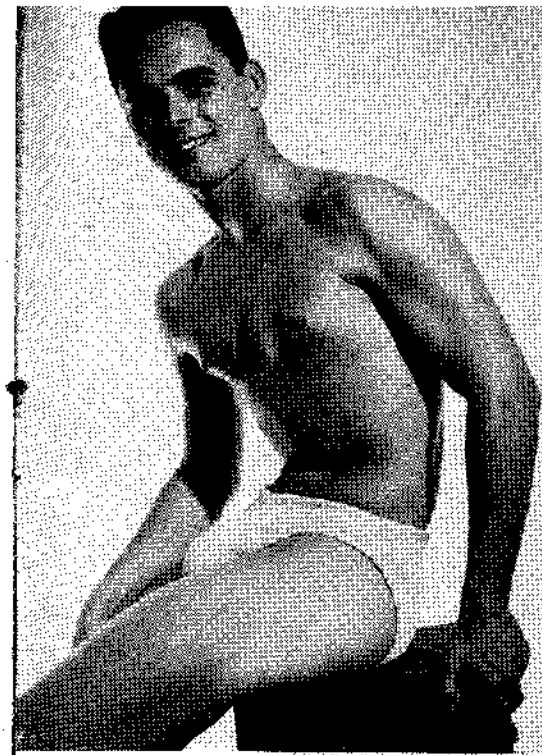
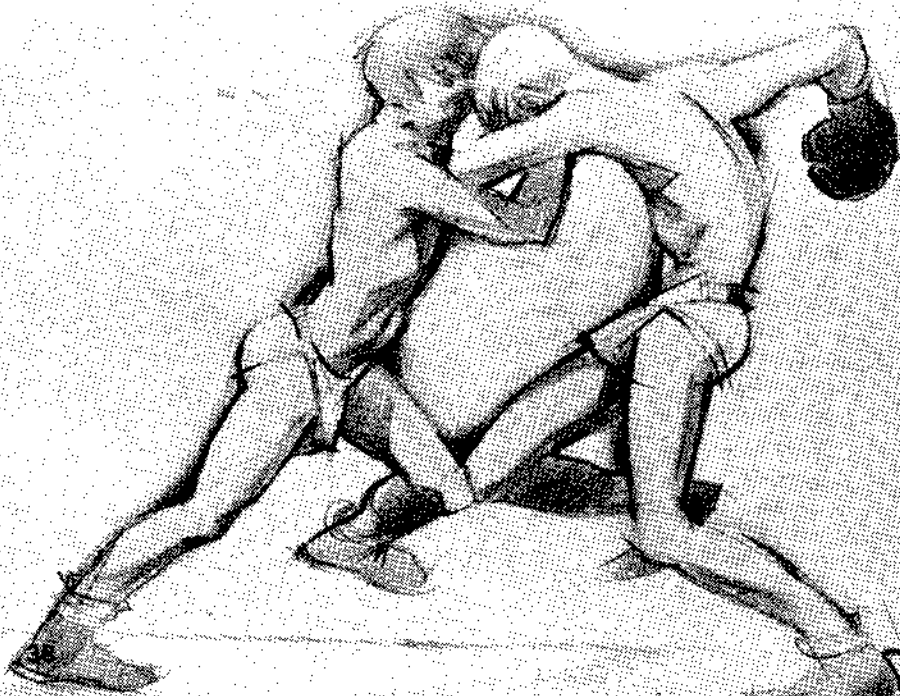
Now, hold hand behind you stationary but raise the other end of cables to the side of you to shoulder height. Do 3 sets of 10 repetitions.





STEVE GONZALES, 18 in a contemplative mood. Photo by **WOR-MERLY STUDIOS**.

THE sketch below, showing two Jr.'s boxing is an excellent piece of work. It has unusual style and great feeling. It is by **JAY STUART** of the **HENDERSON STUDIO**.



HAROLD REPOSA is the kind of fellow you can warm up to the first time you meet him. He is extremely good-natured and always ready to compliment if a compliment is deserving. Photos by **HILLS**.

