

HOW TO REDUCE NEW WAISTLINES FOR OLD

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649482870

How to Reduce New Waistlines for Old by Antoinette Donnelly

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ANTOINETTE DONNELLY

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BY
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ILLUSTRATED BY
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D. APPLETON AND COMPANY
NEW YORK LONDON

1920

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PRINTED IN THE UNITED STATES OF AMERICA

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IN THE PREPARATION OF THIS BOOK I
HAVE HAD THE ABLE COÖPERATION OF
MAY M. BROWN, ASSISTANT TO DR.
W. A. EVANS, HEALTH EDITOR OF THE
CHICAGO TRIBUNE.—ANTOINETTE DONNELLY.

85469

INTRODUCTION

From my many years' experience with the wants of womankind as revealed to me through thousands upon thousands of letters received annually in my capacity as beauty editor of the *Chicago Tribune*, I have just about decided that the national feminine cry is not Votes for Women—but Fatless Figures for Women.

Nor am I revealing any deep dark confidence when I tell that women are not the only sex interested. The men are crowding onto the Fatless platform in amazing numbers for a sex that is supposed to be devoid of vanity.

Time was when the double standard stretched to the excess-pound male and the woman suffered alone in her superfluous misery—but nowadays to be fat is to be fat regardless of whether it is a man or woman who is carrying the excess burden. This is the reason I present this book of simple and commonsensible rules for reduction. The obesity problem of the average individual, in spite of

Introduction

indignant denials, is a matter of too much food and too little exercise. Nor is it always eating too much food—but eating fatmaking foods almost exclusively and not doing enough muscular work to burn up what is consumed.

The menus presented herein have been tried out by hundreds and been found to do the work of reducing claimed for them. They are not just hearsay menus nor menus picked up at random. I have personal knowledge of case after case in which fat-burdened bodies have been trained down through them.

They are menus which require no additional expense to the household budget, nor do they need to upset the meal planning to any unreasonable degree.

They are simply presented. I have tried to keep away from Don'ts as much as possible—rather to show what can be done with Do's properly applied to the figure.

If my flights into Jingleville offend your sense of rhyme and rhythm, may I beg for leniency? My excuse for them is that oftentimes a foolish bit of verse will carry home a message better than a yard of preaching.

I want the little prayer "To Be Said before
viii

Introduction

Meals" (page 47) to be adopted as the battle cry for freedom from avoirdupois. Dieting, after all, being the necessary state of mind, I recommend the prayerlet as a means of acquiring that necessary mental state.