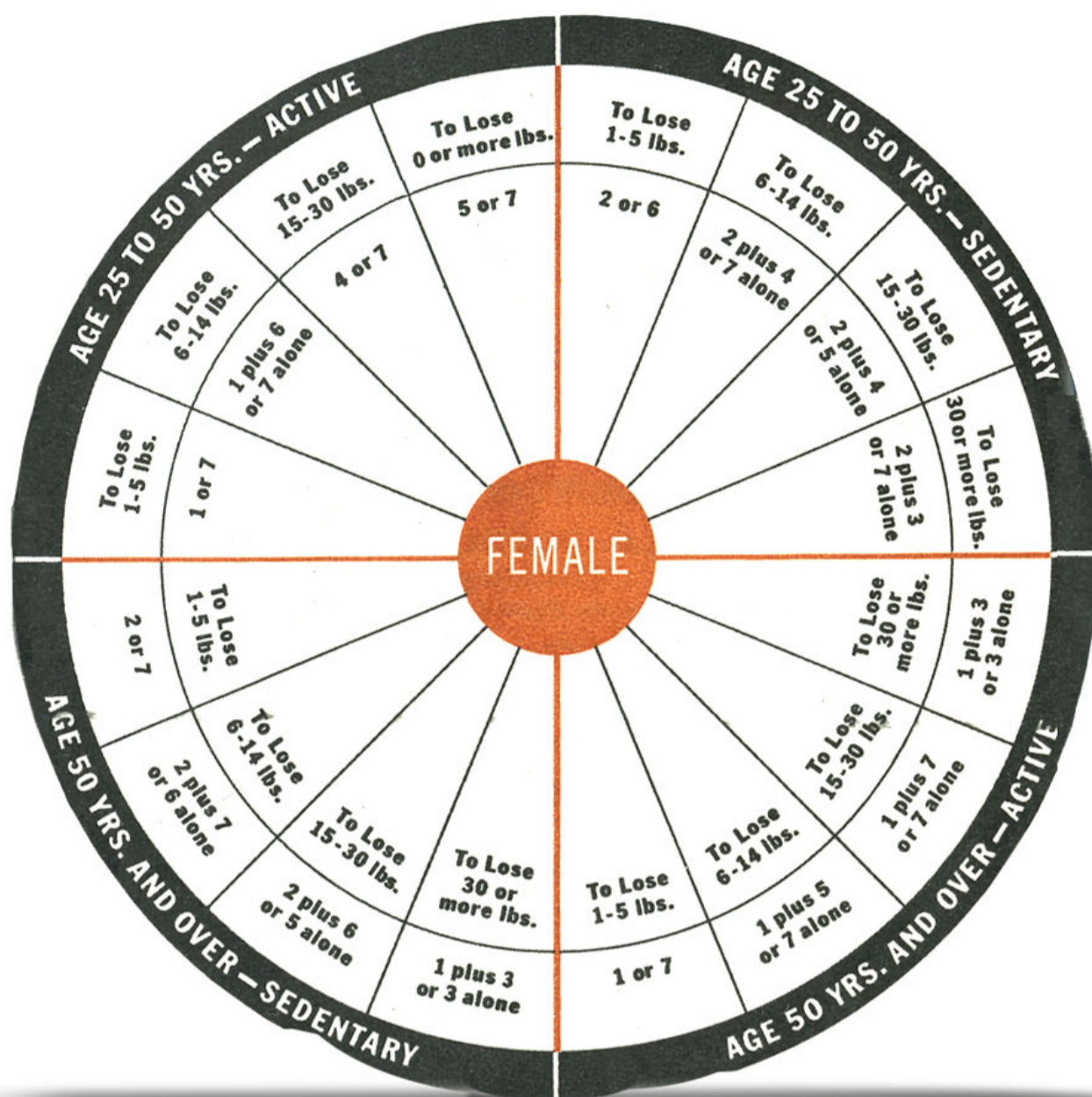


# DIAL YOUR OWN REDUCING DIET

BY DARLENE GEIS



■ THERE ARE literally hundreds of reducing diets. There's the protein diet, the liquid diet, the salt-free diet, etc., etc. But there's no assurance whatsoever that the diet that reduced Aunt Bessie to sylph-like proportions will do the same for you. No single diet is ideal for everyone. Diet requirements vary with size, age, working habits. Hence, the PAGEANT Diet Selector, which works for *everyone*. First, select one of the two wheels above, according to your sex. Next, look at the outside band of the wheel for your age and activity group

(whether you lead an active or a sedentary life). Then, select the number of pounds you want to lose. Finally, turn these pages until you find the diet, or combination of diets, indicated by number on the inner wheel. Easy? Only one more step is necessary: *Stick to the diet!* There is only one perfect diet for everyone, and that consists of nectar and ambrosia. Until you can qualify for that delightful combination, however, it is wise to shop shrewdly. Don't say, "this is for me," until you have made a considered choice from among the

# 1. THE LIQUID DIET

(Two-Day Rest Cure)

This diet is stringent—under 1,000 calories per day and no solid food. But after 48 hours you can go on to the next diet or call it quits, depending on the instructions given for your code number. In this diet, you treat your digestion tenderly for two days with nourishing liquid food, none of it fattening. Whenever you're hungry whip up one of the suggested drink snacks. Try to keep your day's total under 1,000 calories; the low calorie mixtures

will help there. If you have an electric blender, mix the ingredients in it. They will be frothier and will seem to have more body. Otherwise, an ordinary egg-beater will do. Drink whatever you choose whenever you're hungry, as long as it's under 1,000 calories a day. You'll lose a few pounds and be in good shape to start your *real* dieting if that's not enough. Remember you can choose anything you want on this diet so long as you stop when you get near 1,000 calories.

Okay? Now dial your correct number, and watch those extra pounds disappear!

	CALORIES
1. The Liquid Diet (or Two-Day Rest Cure).....	8
2. The Spring Cleaning Diet (Elimination Diet).....	9
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4. The Basic Seven Diet (For Protective Foods).....	10
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APRICOT and APPLE JUICE (1/2 cupful each).....	100
AVOCADO (1/2) and CONSOMME (1 cupful) .....	325
BEEF JUICE (2/3) and YOGURT (1/3 cupful) .....	95
BUTTERMILK and APPLESAUCE (1/2 cupful each) .....	100
BUTTERMILK (1 cupful) and CARBONATED WATER .....	88
CLAM JUICE and CHICKEN BOUILLON (1/2 cupful each) ..	60
CRANBERRY and ORANGE JUICE (1/2 cupful each) .....	85
EGGNOG (1 cupful milk, 1 egg, vanilla, 1/2 teaspoon sugar)....	260
GRAPEFRUIT JUICE (1 cupful) and AVOCADO (1/4) .....	250
GRAPEFRUIT JUICE and PEACHES (1/2 cupful each)....	125
MUSHROOMS and MILK (1 cup milk, 1 cup sliced mushrooms)..	195
ORANGE JUICE and MILK (1/2 cupful each) .....	140
PINEAPPLE JUICE (1 cupful) and BANANA (1/2) .....	180
PINEAPPLE JUICE and LEMONADE (1/2 cupful each)..	109
PRUNE JUICE (1 cupful) and LIME (juice of 1/2 lime) ..	313
PRUNE JUICE and MILK (1/2 cupful each) .....	230
TOMATO JUICE (1/3 cupful) and CLAM JUICE (2/3 cupful)..	105
TOMATO JUICE and BOUILLON (1/2 cupful each)...	25
V8 JUICE (1 cupful) and RAW ONION (1/2 teaspoonful)..	50

## 2. THE SPRING CLEANING DIET

(An Elimination Diet)

Tone up and slim down in one week with this vitamin and mineral feast. You will cleanse your system of accumulated waste, brighten your complexion, and pull in your belt several notches. (You should—this is a 750 calorie per day deal!) This is an excellent starter diet—that is, a prologue to a long-range diet.

### CHECK LIST

Fruits:	Vegetables:
Citrus	Watercress
Pineapple	Celery
Apple	Carrots
Peach	Spinach
Grapes	Parsley
Pear	Beets
Apricot	Cabbage
1. Berries	Asparagus
Melon	Cauliflower
2. Papaya	Sauerkraut

#### Breakfast:

Fruit juice—large glass (*Orange, grapefruit, pineapple or apple*)

Herb tea—1 or 2 cups

*Peppermint, papaya or strawberry.*  
(*Flavor with honey and lemon*)

Black coffee

Fresh or stewed fruit (*optional*)

#### Mid-morning:

Cup of yogurt or glass of buttermilk  
with celery or carrot sticks

#### Lunch:

Hot broth (*1 cup*)

Fresh fruit or fresh vegetable salad

Yogurt

Tea with lemon

#### Mid-afternoon:

Fruit juice or vegetable juice (*1 glass*)  
or herb tea (*1 cup*)

#### Dinner:

Hot vegetable broth, strained—1 cup

Cooked vegetable—1

Green salad

Coffee

#### Bedtime:

Fresh fruit or fruit juice or yogurt

### 3. THE DU PONT DIET

*(A Salt-Free Meat and Meat Fat Diet)*

This is the diet worked out by the du Pont Company's Medical Division for its employees. It is a long-range diet for losing a great deal of weight over an extended period. You do not count calories, you need never feel hungry. But you must follow *all* the rules for best results. This is the diet that "burns off fat in the flame of fat meat."

1. You may not use *any* salt, sugar or flour. Season your food with pepper, paprika, celery seed, lemon or herbs.

2. You have to drink at least six glasses of water daily by dinner time. One glass should also contain the juice of  $\frac{1}{2}$  lemon.

3. You should try to take a half hour walk before breakfast.

4. You must limit your sleep to 8 hours. In sleep, the body burns up its food less rapidly, so more sleep slows up the burning process and interferes with weight loss.

The diet itself is simply three meals a day, each composed of two courses.

**The first course is always:**  $\frac{1}{2}$  pound or more of fresh (or frozen) meat. It must always be 1 part fat to 3 parts lean (roast beef, steak, lamb, pork, fish and poultry on occasion, with added fat).

**The second course is any one of the following:** Potatoes (white or sweet), rice, grapefruit, grapes, melon, banana, pear, berries. *No second helpings.*

Later, when you have lost what you wish to, you may have potato and fruit with each meal, and a daily serving of either carrot, corn, squash, lima beans or peas.

## 4. THE BASIC SEVEN DIET

(A Protective Foods Diet)

Nourishing though slimming, this diet is based on the findings of the Food and Nutrition Board of the National Research Council, and includes the seven essential foods for good nutrition. This regimen should keep you in fighting trim.

### CHECK LIST

1. Leafy green and yellow vegetables.
2. Citrus fruits, tomatoes, raw cabbage.
3. Potatoes, other vegetables and fruit.
4. Milk, cheese, ice cream.
5. Meat, poultry, fish, eggs, dried beans, peas and nuts.
6. Bread, flour, cereals, enriched or whole grain.
7. Fats—butter or margarine.

#### Breakfast:

1 helping of fruit  
Cereal or 1 slice of toast  
1 egg, boiled or poached  
Coffee

#### 11:00 A.M.:

1 glass of milk

#### Lunch:

Meat—medium helping  
Small potato or rice or noodles  
Mixed green salad with lemon juice  
Bread—1 slice  
Sliced fresh fruit  
Coffee or tea

#### Snack:

2 crackers with small wedge of American cheese  
Tea or coffee

#### Dinner:

Tomato juice  
Meat, fish or fowl, large helping  
Rice or starchy beans  
Lettuce and tomato salad, no dressing

Bread—1 slice  
Fruit—1 serving  
Plain cake—small slice  
Coffee with milk

#### Bedtime:

1 glass of milk

### WHITE COLLAR MAN

2,500 calories

#### Breakfast:

1 helping of fruit  
Cereal or 1 slice of toast  
1 pat of butter  
1 egg  
1 slice bacon—crisp  
Coffee

#### 11:00 A.M.:

1 glass of milk

#### Lunch:

Meat—medium helping  
Vegetable—1 green or yellow  
Mixed green salad, dressing  
Bread or spaghetti  
1 pat of butter  
Fruit pie—1 slice, single crust  
Coffee or tea

#### Dinner:

Meat, fish or fowl—large helping  
Potato or rice or starchy food  
Mixed salad, no dressing  
Bread—1 slice  
1 pat of butter  
Cake with frosting—1 slice  
Coffee

#### Bedtime:

Fruit—1 piece

## 5. THE FAMOUS CLINIC DIET

(*High-Protein, High-Cholesterol Diet*)

This is the diet recommended to many overweight patients of a famed medical clinic. It was worked out by their top doctors and nutritionists, and will have you dropping 20 pounds in two weeks *if* you play it strictly according to the rules. (This diet is *not* for people with high blood pressure, arterio-sclerosis or kidney ailments.)

1. Check with your doctor first to determine your best weight.

2. Follow menus exactly—no substitutions, no omissions.

3. Eat only lean parts of meat.

4. No butter or fats, no cream or sugar, bare minimum of salt.

5. Omit hard and soft drinks.

6. Repeat diet for second week, but stay on it *only* for two weeks.

### MONDAY

**Breakfast:** Grapefruit; 1 to 2 eggs; coffee

**Lunch:** 2 eggs; tomatoes; coffee

**Dinner:** 2 eggs; combination salad; 1 piece dry toast; grapefruit

### TUESDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** 2 eggs; grapefruit

**Dinner:** Steak; tomatoes; lettuce; celery; olives; cucumber; coffee

### WEDNESDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** 2 eggs; spinach; coffee

**Dinner:** 2 eggs; cottage cheese; cabbage; 1 piece dry toast

### THURSDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** 2 eggs; spinach; coffee

**Dinner:** 2 eggs; cottage cheese; cabbage; 1 piece dry toast

### FRIDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** 2 eggs; spinach; coffee

**Dinner:** Fish; combination salad; 1 piece dry toast; grapefruit; coffee

### SATURDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** Fruit salad; nothing else

**Dinner:** Plenty of steak; celery; cucumbers; tomatoes; coffee

### SUNDAY

**Breakfast:** Grapefruit; 2 eggs; coffee

**Lunch:** Cold chicken; tomatoes; grapefruit

**Dinner:** Vegetable soup; chicken; tomatoes; cooked cabbage; carrots; celery; grapefruit; coffee

## 6. THE HARD AND FAST DIET

*(An Alternating Liquid and Solid Diet)*

For those who want results in a hurry: 600 to 1,000 calories. Alternating liquid and solid diet days, and stressing energy foods, this diet really slims you down, but it is not recommended for those leading an active life. The first liquid day is under 500 calories.

### FIRST LIQUID DAY

*Drink something every three hours*

**9:00 A.M.:** Orange and lemon juice (8 oz.)

**12:00 Noon:** Vegetable juice (8 oz.)

**3:00 P.M.:** Bouillon (1 cup)

**6:00 P.M.:** Mixed fruit juice (8 oz.)

**9:00 P.M.:** Bouillon (1 cup)

**Bedtime:** Yogurt or skim milk or buttermilk

### SOLID DIET DAY

**Pre-breakfast:** 1 glass of water with lemon juice

**Breakfast:** ½ grapefruit

1 slice toasted protein bread

Black coffee or tea

**Lunch:** 2 boiled eggs

1 slice protein bread

1 baked apple

**Dinner:** 1 cup bouillon

¼ head lettuce with lemon juice

2 lean lamb chops

½ cup carrots

⅔ cup string beans

Fresh fruit

**Bedtime:** Yogurt or skim milk or buttermilk

### AVERAGE LIQUID DIET DAY

**Pre-breakfast:** 2 glasses of water with lemon juice

**Breakfast:** ½ grapefruit

1 slice protein toast

Black coffee or tea

**Lunch:** Mixed raw vegetables in salad or liquefied

1 tbsp. cottage cheese

¼ slice small melon

**Dinner:** 1 cup bouillon

Mixed fresh fruit salad

**Bedtime:** Yogurt or skim milk or buttermilk

## 7. THE DAILY DOZEN DIET

(A Pick-and-Choose Diet from a Restricted List)

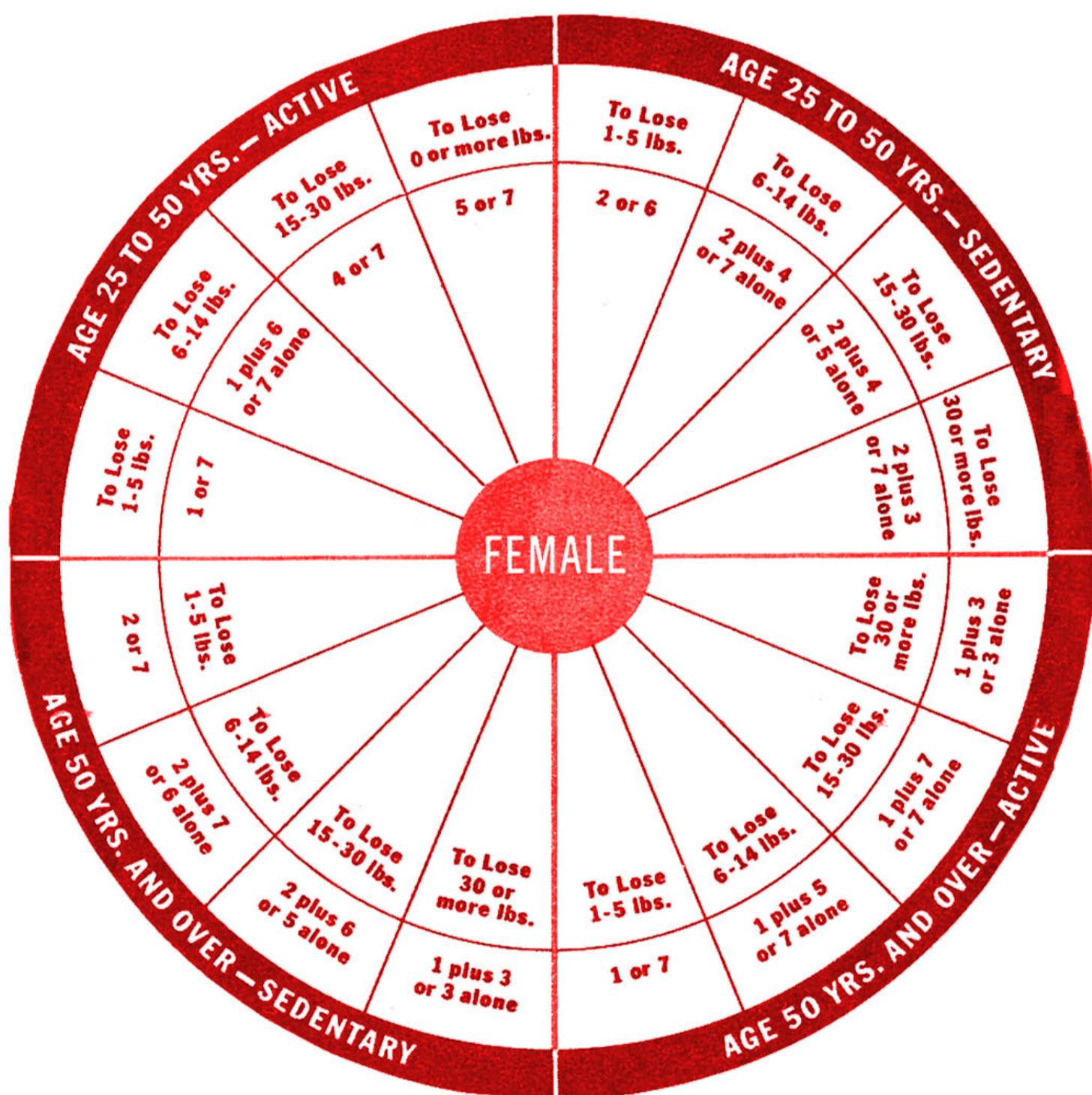
Twelve categories to eat your way through daily—approximately

1,200 calories. A healthful diet which includes the protective foods, will not starve you and assures a steady weight loss. You must eat one thing from each category (or the complete category where no alternatives are given) once each day. Tick off each category once a day, and tick off the pounds just as simply.

1. **Citrus Fruit** (100 calories)  
Grapefruit (1/2) or orange juice (small glass)
2. **Fruits** (non citrus, 150 calories)  
Fresh fruit (melon or fresh berries)
3. **Bread** (120 calories)  
Melba toast (2 slices 3 times a day) or whole grain bread (1 thin slice 3 times a day)
4. **Milk** (264 calories)  
Skim milk or buttermilk (3 cups a day)  
Black coffee or tea with meals
5. **Cheese** (60 calories)  
Cottage cheese (1 tablespoonful 3 times a day)
6. **Eggs** (70 calories)  
1 egg boiled or poached
7. **Meat, Poultry, Fish or Seafood** (200 calories)  
2 lean servings of beef, veal, pork, chicken, turkey, fish or seafood (liver once a week)
8. **White Potatoes** (50 calories)  
1/2 medium potato, no butter or gravy
9. **Yellow Vegetables** (50 calories)  
1/2 cupful (no butter, little salt, season with parsley, chives, herbs or lemon)
10. **Green Vegetables** (40 calories)  
1/2 cupful, season as above
11. **Vegetables** (other than green or yellow, 50 calories)  
1/2 cupful, season as above
12. **Green Salads** (20 calories)  
Large serving, dress with vinegar or lemon and herbs



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