

SHELLEY'S GET-THIN-QUICK DIET

(or the Paratrooper's Two-Day Reducing Diet)

Check with your doctor first if you plan to try Shelley's blitz program.

Breakfast 1 glass grapefruit juice
 Black coffee—any amount you can drink

Lunch 1 glass tomato juice (medium-size)
 1 cup black coffee

Dinner 1 medium-size bowl of beef or chicken
 bouillon
 1 medium-size glass of skimmed milk
 1 cup black coffee

And that's *all*—no cheating or it won't work!

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