



Mrs. Vermilya before she found out about the new discovery. Weight 163 pounds. She thought her condition was hereditary, as she had relatives who weighed 200 pounds and more.



Mrs. Vermilya after she applied the new discovery to herself. Weight 123 pounds. Not only did she regain her normal weight, but she gained a beautiful complexion as well.

# Doctor's Wife Takes Off 40 Pounds Through New Discovery!

Tells how she quickly reduced to normal weight and improved 100% in health without medicines, drugs, starving or discomfort. Many others are losing a pound a day and more right from the very start!

**B**EFORE I began following your course my weight was 168 pounds. My blood was bad, my heart was weak and I had headaches always—didn't sleep and had constantly to use laxatives. It was a standing joke among my friends about me being fat and sick.

"With your help I am now in what you could call perfect health; sleep perfectly; my blood test is 100 per cent pure; my complexion is wonderful and my weight is 123 pounds—a loss of 40 pounds."

Above is an extract from a letter written us by Mrs. Hazel Vermilya, wife of Dr. J. C. Vermilya of Bloomington, Indiana.

Before her marriage Mrs. Vermilya was distinguished for her perfectly-proportioned figure.

Not one pound of unnecessary flesh marred her exquisite slenderness. No matter what she wore, the simplest little summer frock or the most elaborate evening gown, she was at ease. For she knew that she made an attractive, youthful appearance.

## Begins to Put on Flesh

With marriage came more happiness, more friends. "I felt that there was nothing left in all the world to wish for!" Mrs. Vermilya confides. Yet even then a subtle enemy was at work, preparing to destroy her youth.

It was hardly noticeable at first. Then, slowly, she began to realize what the trouble was. She was putting on superfluous flesh. But how could she prevent it? It seemed that most men and women, once they became overweight, began naturally to add more and more flesh until they became very stout. Already she had gained flesh until she weighed 168 pounds, 40 pounds more than her normal weight.

## Tries in Vain to Reduce Weight

She began to starve herself in an effort to reduce. She even gave up one meal a day and ate barely enough to satisfy her hunger. But it only weakened her without taking off a pound of flesh.

Then she drugged herself with medicines. "I even used a special corset to reduce my hips," she writes, "but it made me look just awful."

She exercised and dieted—all in vain. She was still 40 pounds overweight, and no matter what

she did she could not take off the excess flesh that was spoiling her figure and ruining her health.

Mrs. Vermilya had just about resigned herself to being fat and unattractive when she heard about a remarkable new discovery by a food specialist. She found out that he had discovered the simple natural law upon which the whole secret of weight control is based. He had actually discovered a way to reduce weight by eating. And she had been starving herself!

## Finds Right Way

"I grasped at that new discovery as a drowning man grasps at a straw," Mrs. Vermilya tells almost everything and I was still 40 pounds overweight. I couldn't enjoy my meals any more—I felt sure that everything I ate would add more flesh. Oh, if this new discovery would only show me the way to regain my normal weight!"

## A Remarkable Reduction

She gave up all medicines, starving and expensive "treatments" and just followed the one simple new law that has been discovered. It meant almost no change in her daily routine. She found that she could do about as she pleased, eating many of the foods she had been denying herself, enjoying her meals as never before. And yet almost from the very beginning a change was noticeable. She slept better than she had in months.

"Think of it!" she writes, "I didn't have to do anything discomforting, didn't have to deny myself anything I liked—and yet my excess flesh vanished like magic. Almost before I realized it I had taken off the 40 pounds that I wanted to lose. My health improved 100 per cent too. I no longer suffered from indigestion or sour stomach. And my complexion became so clear and smooth that my friends began to beg me for my beauty secret."

## What Is the New Discovery

The remarkable new discovery—weight control—is the result of many years of extensive research by Eugene Christian, the famous food specialist. It is one of the most amazing—and yet one of the most simple and inexpensive methods of weight reduction ever discovered.

## Read What These Users Say!

### LOST 28 POUNDS IN 30 DAYS.

"I found your instructions easy to follow and your method delightful. In 30 days I lost 28 pounds 8 pounds the very first week. My general health has been greatly improved."—(Signed) EARL A. KRITTEL, 225 W. 39th St., New York City.

### LOSES 22 POUNDS IN 14 DAYS.

"I reduced from 175 pounds to 153 pounds (a reduction of 22 pounds) in two weeks. Before I started I was flabby, heavy and sick. Stomach trouble bothered me all the time. I feel wonderful now."—BEN MADOLE, 102 Fulton St., New York City.

### LOSES 44 POUNDS—REGAINS GIRLISH FIGURE.

"I will always be thankful that I wrote for the course. I weighed 187 pounds. After getting the course I secured results right away and now am down to normal weight, having lost 44 pounds. It is grand to have a girlish figure again."—MRS. ERIC CAPON, Manhasset, Long Island.

### LOSES 74 POUNDS.

"I weighed 240 pounds and could not walk up a flight of stairs without my help. I was very nervous, couldn't sleep and had indigestion so bad I had to see a doctor. I had no success with anti-fat medicines. In fact, I even gained 3 or 4 pounds on some of them. Then I saw your advertisements and sent for your booklets. The first week I lost 10 pounds—and lost steadily until I reached 166 pounds (74 pounds reduction). I never felt better in my life. There is no indigestion and I can now RUN upstairs. I have a fine complexion whereas before I was always bothered with pimples. I have reduced my bust 7½ inches, waist 9 inches, hips 11 inches. About ten times a day I hear some one say: 'My, how thin you are getting.'"—(MRS.) MARY DENNENY, 82 W. 9th St., Bayonne, New Jersey.

### LOSES 47 POUNDS—REDUCES HIGH BLOOD PRESSURE.

"Since following your 'Weight Control' instructions I have reduced from 195 pounds to 148. I have been benefited in many other ways, including a lowering of blood pressure. After losing that surplus fat my flesh is firm and solid. No flabbiness or wrinkles. I will follow this method even though there is no fatter need to reduce. For the menus are so wonderfully well-balanced and satisfying."—MRS. WM. B. BOYER, 9919 Ostrand Ave., Cleveland, Ohio.

He found that certain foods when eaten together are almost immediately converted into excess fat. But these very same foods, when eaten in combination with different foods, actually cause the fat which has already accumulated to be consumed. It's the simplest thing in the world. It's just a matter of eating the right food combinations and avoiding the wrong ones.

This is not a starving "treatment" or a special food fad. It's entirely new and different. You can bring your weight down to where you want it and keep it there with practically no trouble. Instead of starving yourself or putting yourself through any trying discomforts or painful self-denials—you actually eat off flesh!

Christian has incorporated his remarkable secret of weight control into 12 easy-to-follow lessons called "Weight Control—the Basis of Health." To make it possible for every one to profit by his discovery he offers to send the complete course absolutely free to any one sending in the coupon. No money. Just the coupon.

You don't starve yourself or punish yourself with strenuous exercise. You just keep on doing practically whatever you please, eating many of the delicious foods you may now be denying yourself. All you have to do is follow one simple little natural law and you can weigh exactly what you should.

## Send No Money

Mail coupon at once. The complete 12-lesson course will be sent to you promptly. When it arrives pay the postman only \$1.97 (plus postage) and the course is yours. You have the privilege of returning it and having your money refunded if you are not entirely satisfied after a 5-day test. If more convenient you may remit with the coupon, but this is not necessary.

Don't delay. This is a special offer and you can lose nothing—yet if you act at once you gain a valuable secret of health, beauty and normal weight that will be of value to you throughout your life. Mail the coupon NOW! The course will be mailed in a plain wrapper. Corrective Eating Society, Inc., Dept. W-2281, 43 W. 16th Street, New York City.

## CORRECTIVE EATING SOCIETY, Inc.

Dept. W-2281, 43 W. 16th Street, New York City

You may send me, in plain wrapper, Eugene Christian's Course, "Weight Control—the Basis of Health," complete in 12 lessons. I will pay the postman only \$1.97 (plus postage) in full payment on arrival. If I am not satisfied with it, I have the privilege of returning the course to you within 5 days after its receipt and my money is to be refunded at once.

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 Price outside of U. S., \$2.15, Cash with order.