

Lose 5 (five) Pounds In Two Days With The Amazing

Blitz Diet

by RUTH WEST

PEOPLE NOWADAYS often need short-haul help to keep weight down. I go to visit friends for a long week end. The food is wonderful. I eat, drink and make merry on a larger scale than at home. Because the food is festive and fattening, I come home weighing from two to five pounds more than when I went away.

Maybe it takes you more than a few days to gain that much. But gaining happens to everyone—during holidays, on vacation, during a time of depression or anxiety when one tends to eat more and oftener.

It's a wonderful feeling to be able to shed those few pounds in two days. And you can, if you will take the trouble.

If you happen to be fond of cottage cheese, you're in luck. No other ready-prepared dish you eat con-

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Eight ounces of fresh creamed cottage cheese; two or three Elberta peach halves and juice. Also, if you like, two pieces of Norwegian flat bread (Kavli or Ideal) spread with butter, cinnamon and sugar, toasted under a broiler. Coffee or tea.

Breakfast, lunch and dinner are the same. And that's it.

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tains so many balanced nutrients, and so much protein for so few calories. Remember, cottage cheese is milk, "the perfect food," in solid form, with most of the fat removed.

Thanks to its unique magic, in two days you can take off not less than two pounds—and as much as five pounds. Yes, in *two* days.

Instead of the peaches (Diet-Sweet puts them up, Sucaryl-sweetened) have a sliced orange or fresh berries, a whole cup of them, or all the cantaloupe you can eat; or Tasti-Diets' prune-plums, or apricots, or a few stewed prunes in Sucaryl-sweetened syrup, or any fresh fruit.

When you don't have an orange during the day, don't forget to take vitamin C, preferably dissolved in a little boiling water to make sure you absorb it all. This is the only vitamin your body cannot store. Most people today have found it a good idea to take vitamin supplements whether or not they're dieting.

Why the fruit? Each of those eight-ounce cartons of creamed cottage cheese contains 48 grams of the fanciest grade protein. Even those big thin rectangles of cinnamon "toast" contain a gram or two.

You won't get additional protein in the fruit. It does give you some extra vitamins, some nice fibrous bulk, and some natural fruit sugar for quick energy. But actually the big reason for the fruit is that it tastes so wonderful with the cottage cheese, which needs the sharp, fresh sweetness of fruit and fruit juice to set off its creamy blandness.

Sweeten your sliced orange, ber-

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ries, or cantaloupe with as much Sweeta or Sucaryl as you like. The main thing is that it should all taste so wonderful to you that you'd rather be eating it than anything else anyhow.

This ridiculously simple two-day diet accomplishes such remarkable results because you take in over 144 grams of the highest quality protein each day. And less than 1,200 calories.

Because of the 70 or 80 grams of excess protein you take in, the 1,200 calories behave like a lot less in your body. That's one reason why you lose so fantastically fast. Another reason is the flushing effect of this stepped-up protein intake on water-logged tissues. Still another is your speeded-up metabolic rate.

This little diet treat involves absolutely no work. There's nothing to remember or keep track of. You eat the same thing three times a day, both days. Monotonous? Sure, if you were to keep it up.

But because it's so congenial, so pretty, so satisfying, so good, I don't think you'll find it tiresome. On the contrary, it's habit-forming. Many people tend to keep right on eating this, one or two meals a day, several days a week.

Note the concentrated dose you get of milk's 60-odd nutrients, including vitamin A and riboflavin. But I don't suggest this diet as a way of life.

When you've done it one day, and weighed yourself the next morning, the results are so gratifying that your enthusiasm knows no bounds. It's not unusual to drop three or four pounds the first day; not so much, usually, the second.

But that second day nails the first day's weight loss down; and frequently you'll do big losing the second day instead.

You can divide each of these meals in half and have six meals instead of three. Or divide them any way you like as long as you eat it all. Be sure to get one third of the day's total down early in the day.

If you're one of those people who can't eat when you first get up, have coffee and your cinnamon "toast." But just as soon as you can take it, have your big protein breakfast. This is vital to a feeling of well-fed well-being that lasts all day.

You have to try it one day to realize how amazingly un-hungry you are on this simple, but sizeable, intake. It's not so strange considering the fact that you're taking in as much solid nourishment as if you had, instead, such high-protein foods as for—

Breakfast: 4 eggs, 8 rashers of bacon, 3 slices of toast.

Lunch: 3 lamb chops, a glass of milk, roll and butter.

Dinner: a far bigger sirloin steak than you'd get in almost any restaurant.

IT'S NOT HOW MANY CALORIES that determines how well-fed we are; it's what's in those calories. It's an old confusion, that "fat" equals nourishment. As a matter of fact, fat contains no protein, no vitamins (except for some vitamin A in butter and fortified margarine), no minerals. Only in nuts, avocados, and unhydrogenated salad oils do certain necessary fatty acids abound. Almost all the fat you eat furnishes you *only* calories which you do not need.

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Like all reducing diets, this has the disadvantage of isolating you from the human herd, especially at dinnertime. Only because this little diet treat does so much so quickly is it worth while.

Breakfast, taken at home usually, is easy, of course. If you can take lunch to the office, a wide-mouthed vacuum jar will keep it cool. And you have a little box with your toast in it. I do up both days' supply of toast all at once; it keeps indefinitely.

If you lunch at a restaurant, you have to do without the toast, and you explain to the waiter that you're on a special diet. That's to be sure you get a full cup of cottage cheese. Fresh fruit is usually to be had; and you'll have brought your Sucaryl or Sweeta with you.

At dinnertime, for these two days, you're different from your fellows, and that's that. So for two days, one can sometimes be odd—if the pay-off is big enough, quick enough, and *real* enough.

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