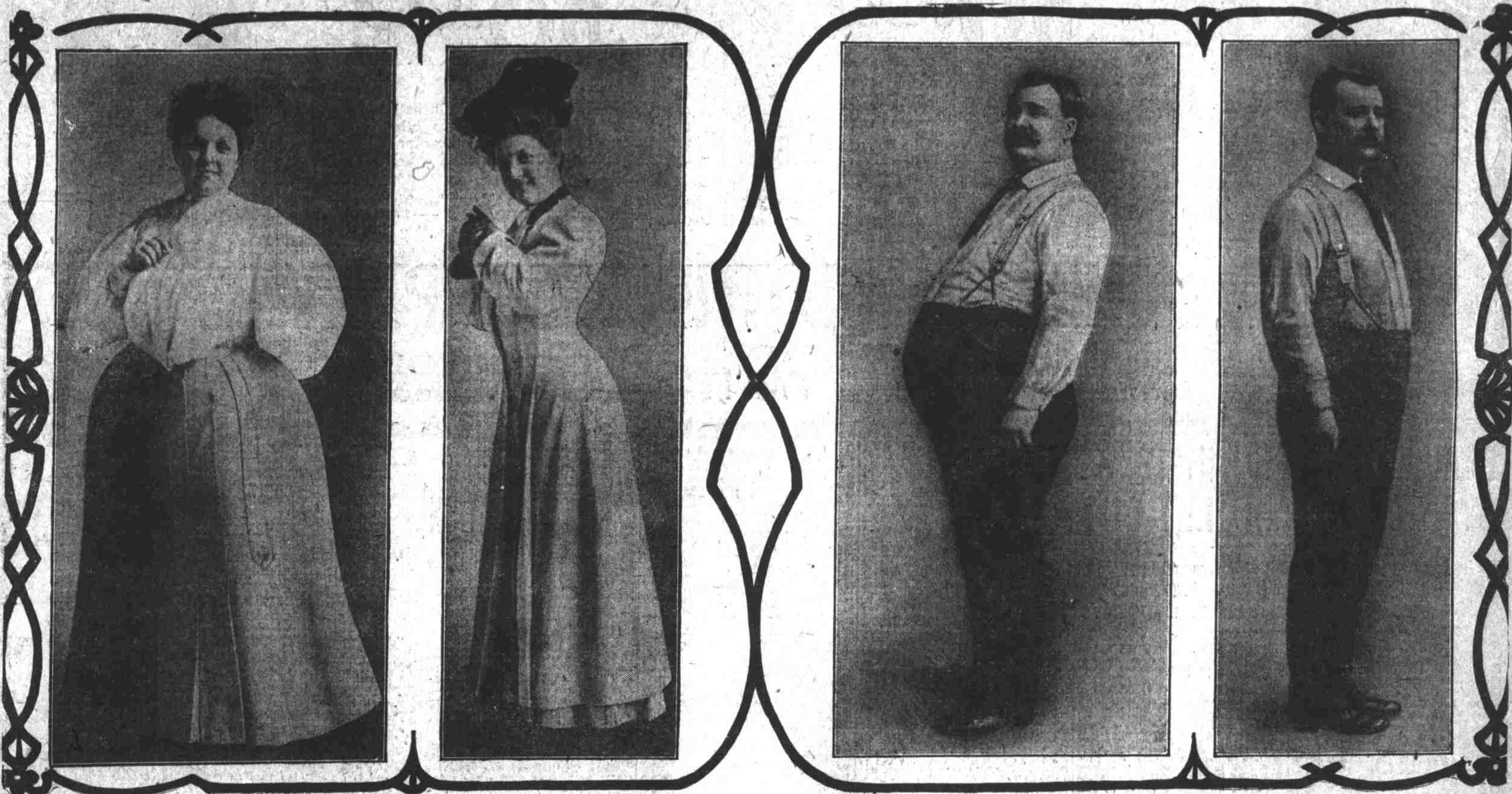


ARE YOU TOO FAT?

Let Me Send You a \$1.00 Box of My Safe Fat Reducer—Absolutely Free

I Want to Prove to You Before Your Own Eyes and At My Expense That I Can Reduce You to Normal Weight Safely, Without Starvation Diet or Tiresome Exercises

It Doesn't Matter What You Have Tried, Send For This Free \$1.00 Box of My Safe Fat Reducer Today



Positive Proof in Pictures. The Above Photographs Taken From Life, Show the Remarkable Reduction of Flesh by Means of Kellogg's Safe Fat Reducer

I Treat You Free

Free, positively free, a \$1.00 box of Kellogg's Safe Fat Reducer, to every sufferer from fat, just to prove that it actually reduces you to normal, does it safely and builds up your health at the same time. I want to send you without a cent of expense on your part this \$1.00 package of what I am free to call a really wonderful fat reducer. My treatment is prepared scientifically. It does not stop or hinder digestion; on the contrary, it promotes proper digestion, assimilation of food, which 99 fat people in 100 haven't got, and that's why they are fat. I will tell you why you are fat if you will send for this free package of my treatment. I can tell you a good many things about your fat which you probably never knew about and ought to know. When I tell you here what my treatment can do I speak from hard-earned experience, not from my own but from experience of others who have tried almost everything from starvation to violent exercise and drugs and have failed until they tried and used my treatment.

Loses 83 Pounds

In 90 Days
Mrs. Etta Hamerick, 220 Fischer avenue, Detroit, writes: "I have just finished the seven weeks' treatment of your Safe Fat Reducer, and must say that it is one of the most wonderful treatments I have ever seen or heard of. It has simply made me into a new woman. I have lost in weight 83 pounds in three months. My health is in every way improved. You can refer anyone to me."

"Ohio's Fat Boy" in 70 Days Loses 169 Lbs.

"Prof. F. J. Kellogg, My Dear Sir: Your Safe Fat Reducer is all and more than you ever claimed for it. My weight today, after 10 weeks' treatment, is 285 pounds, a loss of 183 pounds, as I weighed 474 pounds when I began with the Safe Fat Reducer. I never felt so well before, not even in 1894 when I was in hard training, as a professional bicyclist and riding partner of Baby Biles. The reduction has been natural and gradual, and has at no time interfered with my regular daily duties or caused me the slightest inconvenience in any way. The action of my heart

is strong and regular, and I have got rid of that 'smothered up' feeling which bothers all excessively fat people. My breathing is easy and I feel strong and active and lighter on my feet than I have been for years. Please send me another supply of your Safe Fat Reducer, as I am about out."

"Very truly yours, J. H. Bechler, Jr., 607 Cedar street, Canton, Ohio."

Loses 62 Pounds; Thanks God For It

Further Proof of Wonderful Strength-Giving Effects of Kellogg's Treatment.
Mrs. S. E. Carter of Tracy, Ky., lost 62 pounds of flesh and says she thanks God for the great blessing the treatment brought her. "I feel better than at any time in 18 years," she writes. My weight at this time is 148 pounds. "Very soon I began to feel beyond all doubt that I was really losing as fast as was best. I weighed at commencement 210 pounds, as you can well see by my photo. I shall ever be grateful to you and thankful to God that I found the right remedy on first trial. You can use my name when you want to. Anyone than wants to hear what I have to say in regard to such a great blessing will please write me and I will answer all letters."

How Much Flesh Should You Lose?

What the Well-Formed Man or Woman Should Weigh.

The following is the correct height and weight of a well-formed man. A woman's weight will be generally about 8 pounds less than the following figures:

Stature	Weight
5 ft. 0 in.	121 lbs.
5 ft. 1 in.	124 lbs.
5 ft. 2 in.	129 lbs.
5 ft. 3 in.	135 lbs.
5 ft. 4 in.	140 lbs.
5 ft. 5 in.	146 lbs.
5 ft. 6 in.	149 lbs.
5 ft. 7 in.	154 lbs.
5 ft. 8 in.	161 lbs.
5 ft. 9 in.	166 lbs.
5 ft. 10 in.	171 lbs.
5 ft. 11 in.	176 lbs.
6 ft. 0 in.	183 lbs.

A lady's waist should be two-fifths of her height.

Leaves No Wrinkles

You should have no fear, after being reduced by Kellogg's Safe Fat Reducer, that your loss of weight will result in wrinkles, as is usually the case with so many treatments used for flesh reduction.

Lost 30 Pounds in 30 Days

Mr. R. J. Richardson of Bolckow, Mo., writes: "I have already taken two months' treatment. I never fail to recommend your treatment to any fat person I see, for it surely does the work. I got a month's treatment and I lost just 30 pounds in 30 days."

Cure Prominent Nurse Of Terrible Fat

Clara Elizabeth Doolittle, nurse for over 15 years in America's best hospitals, including New York City and homeopathic hospitals of New York, praises the Kellogg Safe Fat Reducer: "When I commenced treatment with Safe Fat Reducer I weighed 200 pounds, my chest measure was 42 inches, waist measure 32 inches and hips 48 inches. For four months I have been losing in weight constantly and naturally and with no ill effects, and am feeling much better. Today I weigh 148 pounds. My chest measure is 37 inches, waist measure 27 inches and hips 38 inches. I cannot speak too highly of Mr.

Kellogg and the great work he is doing for fat-burdened humanity." Clara Elizabeth Doolittle, Box 64, Tekonsha, Mich.

101½ Pounds Gone

The remarkable case of Miss Artie Adams of Shelby, Ohio, is illustrated in her own words: "When I look back to the time be-

fore I took your wonderful obesity cure I do not see how I stood it. My weight is now 163½ pounds, and I have lost just 101½ pounds. I can hardly believe that there has been such a difference in my feelings and appearance. But oh! how thankful I am that I found a cure for my awful burden of fat, in Kellogg's Safe Fat Reducer. I can hardly realize that I weigh now only 163½ pounds. You can use my letter as a testimonial if you wish."

FREE \$1.00 PACKAGE COUPON

This Coupon is good for a \$1 package of Kellogg's Safe Fat Reducer, if sent with ten cents in silver or stamps to help cover postage and packing, and as an evidence of good faith, and if you can honestly say that you have never used this treatment before. Only one package will be sent, by mail in plain wrapper, to each person. Also testimonials will be sent from hundreds who have been greatly reduced. Fill in your name and address on dotted lines below and mail to:

F. J. KELLOGG, 1794 Kellogg Building, Battle Creek, Mich.

Name.....
Street.....
City.....

To Our Readers— This is a rare opportunity to obtain a genuine Safe Fat Reducer. We heartily recommend that you send for this \$1.00 free package today. Fill out the coupon