

America's 10 Happiest Women

Solving a lifelong problem is a thrill. Helping others solve the same problem is even more of a thrill. So say the ten happy women on this page.

All ten have defeated the problem of overweight... and are now devoted to helping others do the same.

After frustrating failures with starvation diets and strenuous exercise, each finally tried the Stauffer Home Reducing Plan of effortless exercise and calorie reduction. And each gained a lovely new figure!

Thrilled and grateful, these ten women began a personal crusade to help others get slim. Among them they have freed hundreds of their friends from thousands of

pounds and inches. And they are typical of at least a thousand dedicated Stauffer counsellors who find happiness twice...from their own slim figures and from the joy they bring to others.

For further information, write Stauffer, Dept. FW-68, 1919 Vineburn, Los Angeles 32, Calif.



Stauffer's "Magic Couch," the portable Posture-Rest®, is heart of the Stauffer Home Reducing Plan. Rent it by the month—or buy it for pennies a day.



Before: "When I weighed 186, cars all but ran over me when I crossed the street," says Lada McCutcheon of Burlingame, Calif. "It wasn't that they couldn't see me!"



After: "Now they slam on the brakes," says Lada down to 129. A dedicated Stauffer crusader, Lada feels her new figure and personality brought the man she married.



Before: "At 30, I was beginning to look middle-aged," says Clora Nelson of Baltimore. "I could hardly drag my 169 pounds around. Diet only aggravated my nerves."



After: Clora lost 41 pounds, trimmed 11 inches from her abdomen with Stauffer Home Plan. Her proud husband Stanley says, "I introduce Clora as my new wife!"



Before: "When you carry around 206 pounds you live in a different world," says Sybil Leon of Shreveport, La. "It's a lonely world. All you can do to be happy is eat."



After: Today down to 143, Sybil says, "It's heavenly to be slim, and a wonderful thrill to see my husband's admiring glances. He sings Stauffer's praises almost as much as I!"



Before: "When you've been slim all your life, it's hard to admit you're getting heavy," says Sally Bachowski of Pittsburgh. "I weighed 148 before I would admit I was fat."



After: "I'm back to 118," says Sally, "with better proportions than I had as a girl! I used to hate full-length mirrors. Now I love them. And I'm different inside too!"



Before: "Even as a baby I was overweight," says Dora Glasgow of Kansas City. "For years I was known as the smiling fat girl, but inside I was weeping." Dora weighed 225.



After: Stauffer Home Plan slimmed Dora to 120 pounds, and she hasn't gained a pound in two years. Her husband uses the "Magic Couch" for relaxation after a busy day.



Before: One day Doris Colgan, San Fernando, Calif., saw a snapshot of herself when she weighed 160. "That did it," says Doris. "I saw how fat and hippy I really was!"



After: Doris went from size 18 to 14, lost 30 pounds, 5 inches from hips. "Diet alone isn't the answer," she says, "Stauffer trims those inches and keeps them trimmed!"



Before: 30-year old Barbara Harter of Rochester, N. Y. says of her 160-pound days, "I used to get into an afternoon slump that would last all day. I envied slim people."



After: "Stauffer has given me the energy for a career," says Barbara, down to 136. "It isn't just making money that's fun. I love meeting people and helping them reduce."



Before: Eunice Maulsby of Lumberton, No. Carolina set out to buy a dress with Christmas money, found nothing to fit her 201-pound frame. She decided on Stauffer instead.



After: Today Eunice weighs 139, has firm, smooth skin. "Stauffer has put confidence and sunshine in my life," she says, "And it's a thrill to give these same gifts to others."



Before: In her sitting down job, Philadelphia Jeanne Forbes went from size 9 to 14. Her problem wasn't pounds, but 40 inches around the hips. With diet, hips stayed heavy.



After: The tape measure now says 35 at Jeanne's hip-line. Says Jeanne of Stauffer Home Plan, "It's great for spot reducing. You can lose inches wherever you need to."



Before: As a young widowed mother, Alice de Baets of St. Louis found herself withdrawing from society, nibbling all day long. Soon Alice weighed 160 pounds!



After: Stauffer pared Alice's weight to 107 pounds, lifted her posture. Says Alice, who has found a new life, "No wonder I talk about Stauffer all day. I'm so happy now!"