



Sitting on Top of the World

Minneapolis Grandmother, Mother and Daughter find new figure beauty and youthful happiness.

A few months ago the world was closing in for the women of the Tryon household. Life was becoming more and more routine—a limited pattern of daily work, nightly television watching and not much else.

The reason was obvious. They were all far overweight.

For all three—Margaret Tryon, her daughter Gwenda, and her mother Mrs. Fern Alseth—the burden of extra

pounds sapped away energy, made them look and feel years older. They had tried to reduce...but without success. They didn't have the energy to exercise, nor the willpower to stick with rigid diets. So the pounds stayed on.

Then, they heard about the Stauffer Home Reducing Plan of effortless exercise and calorie reduction. They tried it. And right away the inches and pounds began to disappear.

Today the change is dramatic. Between them they have lost 81 pounds and trimmed down ten dress sizes.

Gwenda is now a popular teen-age beauty. Margaret's new figure has made her look and feel years younger. And Grandmother Fern now has such a youthful appearance and attitude that her daughter and granddaughter have to really step to keep up with her. Because the Stauffer Plan did so much

for them, both Fern and Margaret have become Stauffer counselors, helping others slim down.

And Mr. Tryon is perhaps happiest of all. He says proudly, "I love my trim young family!"

To learn how you, too, can get and keep a lovelier figure, write to: Stauffer Home Reducing Plan, Dept. FW-108, 1919 Vineburn Avenue, Los Angeles 32, Calif. No obligation.



Before Stauffer: Grandmother weighed 167. She had battled overweight for 20 years, felt resigned to "getting old and fat."



After Stauffer: Grandmother looks and feels years younger. Shown weighing 137, Fern is still losing to reach her goal of 129.



Before Stauffer: Mother was a hefty 151 pounds, felt futile because reducing efforts failed. She seemed years older than 35.



After Stauffer: Mother is a trim 118 with lovely proportions, new confidence. She says, "I feel like I've turned back time!"

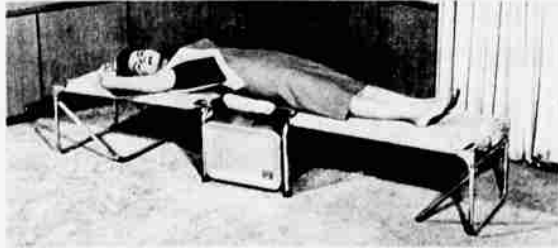


Before Stauffer: Daughter weighed 135 and was gaining. Especially heavy around the middle, she had poor, slouching posture.



After Stauffer: Daughter lost 18 pounds, plus 6 inches from waist and hips. She changed to a poised, graceful young lady.

To increase circulation: while on the unit and to exercise legs, Fern uses the "Magic Couch" in one of its many positions. For the first time in 15 years, she can wear high heels. The unit is lightweight and portable, available in Princess model and deluxe family model. Rent it by the month—or buy it for pennies a day.



The "Magic Couch" (Posture-Rest®) is the heart of the Stauffer Home Reducing Plan. Margaret uses it daily to maintain her lovely new figure. The "Magic Couch" lets you exercise without effort, helps firm and tone muscle tissue—something diet alone cannot do. For more information about this wonderful reducing plan, write: Stauffer, Dept. FW-108, 1919 Vineburn, Los Angeles 32, Calif., or Dept. FW-108, 1500 N. Ogden, Chicago 10, Ill., or Dept. FW-108, 2121 Route #4, Fort Lee, N. J. No obligation!

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