

How I Lost 100 Pounds in a Year



Miss Summerville As She Saw Herself When She Looked into the Mirror One Day, and Said: "I'm So Fat I'm Ridiculous," and Determined She Would Make Herself Over on a Better Plan.



As She Looked a Year Later When, She Says, by Normal Living She Had Lost One Hundred Pounds.

The Famously Fat Amelia Summerville Explains in a New Book Just How She Banished Her Triple Chin, Reduced a Too Generous Bust and Cut 6 Inches Off Her Hips

Safe and Sane Recipes for Fleahy People



Miss Amelia Summerville as "The Merry Mountain Maid" in Adonis. Her Bulk Won More Laughter Than Did Her Comedy.

MISS AMELIA SUMMERVILLE has gone farther than the average opinion about the fat man. There is an adage: "Nobody loves a fat man." Miss Summerville asserts: "Nobody respects a fat man. For every one knows that if he were living in the right way he wouldn't be fat. Obesity is disgusting."

If Miss Summerville seems severe she must still be regarded as an authority. She had the heroism to lose one hundred pounds in one year. She possessed the determination to grow thin. She had the greater resolution to remain thin.

She has written a book on the reduction of weight and the preservation of health and beauty. It is entitled, "Why Be Fat?" and is published by the F. A. Stokes Company.

"It is hard to tolerate an over-fat woman," says the author in her usual vigorous style. "It is absolutely impossible to look at an obese man without a feeling of disgust, because if he were living the life of a normal, healthy man he would not be fat. Hence the lack of love and, I may add, respect for the fat man."

Miss Summerville says she has studied the psychology of the reduction of weight. It can be reduced, she says, to a sentence. "Eating and drinking are habits; one may easily adjust oneself to a non-fattening diet and at the same time acquire a desire or liking for the things that are healthful and beneficial." She says: "To be able to control one's appetite for food is self-mastery in its highest form."

"To diet properly and healthfully it is advisable to take three moderate meals a day. These must all be of non-fattening foods. I approve of a mixed diet. The best results at the commencement of dieting are gained by decreasing the quantity, not suddenly changing the quality. For instance, instead of eating two eggs at breakfast eat one. Instead of two cups of coffee take one. Use one lump of sugar instead of the two or three to which you have been accustomed. You will be surprised how quickly you will become accustomed to eating less. The first feeling of hunger will soon pass away."

"Many persons in these days of dining out like the French or Italian table d'hôte. I rather like them, for I can always choose a fairly good, non-fattening meal. I use a little white wine. Never red! The French and Italians have a better system of eating than any other nation. They have a knowledge of food values!"

"The only advice concerning weight reduction I ever received, and which I have successfully followed, was given to me by an old Scotch-Canadian doctor. He advised a mixed diet and told me to eat plentifully of lettuce and pineapple. I probably eat more lettuce and pineapple, both fresh and canned, than any woman on earth. Every morning I have a plate of fresh, crisp lettuce on the table, and eat it with salt. At four o'clock tea I always eat lettuce. I sit as little as possible at table, especially after eating. I always stand or take a walk after

FRENCH SALAD DRESSING.
MIX together a demitasse spoonful of oil, one tablespoonful and one dessert-spoonful of vinegar, one pinch of dry mustard, one pinch of salt, and one pinch of pepper. If garlic is desired, take the very hard end of a French loaf, or a small piece of stale crust of roll, and rub thoroughly with garlic, then put into salad bowl and mix with contents of salad. A little paprika may be added, if desired.

AMBROSIA—FOOD FOR THE GODS.
AMBROSIA is a fresh fruit dish that for insectuousness cannot be equaled. First, take an attractive-looking large glass salad bowl; have ready twelve oranges, one box of strawberries, one pineapple fresh, or large can of sliced Hawaiian pineapple, and one box of stoned black cherries. Slice six of the oranges, removing seeds and rind. Place a layer in the bowl, then a layer of strawberries, then a layer of pineapple (cut in small pieces), then a layer of cherries. Keep alternating layers of fruit until bowl is filled. Take remaining six oranges and squeeze juice over contents of bowl; a few maraschino cherries may be scattered over top of fruit. Place away in ice-box for three hours before using. This is the most delicious dessert imaginable. It is rightly named, "Food for the gods."

Serve in large glass berry dishes. A little light cake (no icing), such as angel or plain pound or small sweet biscuits, may be eaten.

FRUIT OMELETTES.
MAKE an ordinary plain omelette, and add any kind of fruit, fresh or stewed. Stewed prunes (with stones removed) make a delicious omelette; as do also dried peaches, apples, strawberries and raspberries. When using berries, stew only slightly. These omelettes are most palatable and nourishing and are a splendid substitute for meat in Summer.

BAKED APPLE WITH PRUNES AND CINNAMON.

TAKE good-sized apples; core and fill with cooked prunes which have been stoned and chopped fine; dust with cinnamon; pour over it a little of the prune juice, and bake. Add a little water to pan to prevent burning. The juice of the apple and prune together makes a most appetizing fruit dish for breakfast.

STUFFED GREEN PEPPERS WITH MEAT AND CELERY.

TAKE green peppers; cut off top and scoop out. Have ready cold meat—

lamb, beef or lean corned beef—one small head of celery, the inside of the green pepper, pinch of pepper, salt and paprika. Chop fine; place inside green pepper; put small piece of pepper back on top; bake in slow oven until done. The pan should have enough water in it to keep it from burning.

BAKED SPANISH ONION WITH LAMB KIDNEY.
TAKE fairly good-sized Spanish onion; do not remove the skin. Cut off top of onion and scoop out a place large enough to hold the small lamb kidney. After cleaning kidney properly without cutting it, wipe thoroughly dry, dust with salt and pepper, and place inside onion, with a very small piece of butter. Replace the piece of onion you had cut from the top; then put in a baking pan, with enough water to keep pan from burning, and bake four hours in slow oven. The onion takes a long time to cook, but you will find this a most delicate morsel.

MEAT SALAD WITH VEGETABLES.
TAKE cold roast beef and lamb and cold corned beef, if desired. Add cold boiled string beans, asparagus tips, cauliflower cut into small pieces, one small beet, one small carrot cut into small pieces, and one raw onion sliced; a few capers may be added, also a little garlic. The meat should be cut into small pieces, and all placed in a large bowl. Pour over it French salad dressing. The dish may be garnished with small hearts of lettuce leaves. This makes a most appetizing Sunday supper dish. It is non-fattening and very nutritious.

MEAT CAKES WITH PARSLEY.
TAKE cold meat—both beef and lamb—a small bowl of stale bread crumbs, the yolk of one egg, pinch of salt, pinch of pepper, a fair-sized branch of parsley, and a small piece of garlic; an onion may be used if desired. Chop these together in chopping bowl, then mix into cakes and bake in an oven, using very little butter to keep the pan from burning. Bake about twenty minutes, until brown. These are nice cold as well as hot and are very tasty.

CORNEBEEF HASH WITH POACHED EGG.

TAKE lean corned beef, one raw onion, one head of celery, pinch of pepper, and a little parsley. Place in chopping bowl and chop very fine. Add a little water to moisten and stew until tender. Place on a very hot platter and drop one egg, well poached, on top; dust egg with

a little paprika. A little Worcestershire sauce may be used as a relish. This is the most appetizing breakfast dish and is non-fattening.

MINCED CHICKEN WITH GLUTTEN MUFFINS.

TAKE cold chicken and a few very small onions, a small head of celery, a pinch of salt, pinch of pepper, pinch of paprika. Chop all together, fine, in a chopping bowl, with a very little water. Have ready some hot gluten muffins and pour the minced chicken over them. Serve hot. A very little butter may be spread on the muffins.

HASHED LAMB ON TOAST.

TAKE cold lamb, one onion, a little garlic, pinch of salt, pinch of pepper, and a little parsley. Chop all together; add a little water and stew until done. Have ready some stale bread toasted and slightly buttered; pour the hashed lamb over toast when done. This should be served very hot.

BROILED LAMB CHOPS WITH STEWED CELERY.

REMOVE excess of fat from lamb chops, dust with pepper and salt, and broil slowly, turning frequently. Have ready celery, which has been chopped fine in chopping bowl, then stewed in very little water, until cooked. Season with salt, pepper, and little paprika. Serve on very hot platter.

BROILED STEAK WITH MUSHROOMS.

THE steak should be dusted with pepper and salt and broiled quickly. The mushrooms should be treated the same way. After being cooked, pour mushrooms over steak. A hot platter should be used.

HAMBURG MEAT CAKES.

LEAN raw beef, chopped fine, seasoned with salt, pepper, a little paprika, and garlic, if desired; add the yolk of one egg, mix all together, then form into small round cakes; dust with a little flour and cook quickly in pan. A very little butter may be used to keep pan from burning.

among the non-fattening foods: French salad dressing. Ambrosia. Fruit omelettes. Baked apples with prunes and cinnamon. Green peppers stuffed with meat and celery. Baked Spanish onion with lamb kidney. Meat salad with vegetables. Meat cakes with parsley. Corned beef hash with poached egg. Minced chicken with gluten muffins. Hashed lamb on toast. Broiled lamb chops with stewed celery. Broiled steak with mushrooms. Hamburg steak with onions. Hamburg meat cakes. The recipes for them are given elsewhere.

The book contains a dozen breakfast menus for the would-be-thin. These are examples: "The day should be started with the stomach fortified. A little butter may be used, but that moderately. Eat plenty of bran bread, especially with apple butter; eaten together they are a wonderful cure for intestinal troubles. Bran bread need not be toasted. (1) 1 cup of coffee or tea; no sugar. 1 orange or sliced pineapple. 1 poached egg. Gluten bread, toasted. (2) 1 cup of coffee or tea; no sugar. Stewed pears; no sugar. Whole wheat bread, toasted. Two slices of bacon, broiled. (3) 1 cup of coffee or tea; no sugar. Stewed or baked apple; no sugar. One broiled lamb chop. Gluten muffins. "Luncheon should not be eaten when one has partaken of a late breakfast, or when an early dinner is intended; in any case the luncheon should be most moderately indulged in.

"Never eat unless you are hungry. Food taken into the system when you do not need it is just so much excess baggage; some physicians call it poison. "If you eat sparingly of any of the menus in this book, they will nourish and not fatten. "A glass of white wine, which should be very dry, may be taken. "Model menus for luncheon are: (1) 1/2 grape fruit; no sugar. Cup of chicken bouillon, clear. Lamb chop with stewed celery. Dahl's brittle biscuits. Lettuce salad, French dressing, very little oil. Cup of black coffee; no sugar. (2) Cup of tomato bouillon, clear. Fruit omelette—any fresh fruit; no sugar. Whole wheat bread or gluten biscuits. Cup of black coffee. (3) Cup of clam broth. Piece of broiled weakfish. Toasted gluten bread. Fruit salad made of oranges, pineapples, and apples. Cup of black coffee. She makes these suggestions about dinner. (1) Any thin soup—no thick soups. Very little broiled whitefish. Roast beef, lean. Stewed brussels sprouts. Sliced tomatoes, French dressing. Fruit—oranges, plums or apples. Cup of black coffee. (2) Any thin soup. 1/2 dozen Little Neck clams. Boiled onions (no cream sauce). Whole or gluten wheat biscuits. Endive salad, French dressing. Fruit—oranges, plums, or apples. Cup of black coffee. As substitutes for the beloved of the fat, pastry, she prescribes fruit salad or fruit.