

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume I

November - December, 1971

Issue No. 6

Co-Editors: Joyce Fabrey, Carol Piesner, Marvin Grosswirth

## EDITORIAL

NAAFA's Board of Directors is convinced that the Newsletter is the most vital link between NAAFA and its members, especially where there are no local chapters. From comments we've received from members, you share this view. Yet, the Newsletter's publication has been sporadic and irregular. The reason is simple, basic, and therefore tiresome: money. NAAFA's only income is from dues, plus a very small income from the sale of books and such items as the "Hilda" calendar. A single issue of the Newsletter--like this one--is often enough to nearly decimate the treasury. So we wait until we have enough new members, and their dues payments, to finance another issue. Clearly, this kind of hand-to-mouth existence cannot continue.

Beginning with this issue, the Newsletter will be published at least bi-monthly. We don't know yet what it will look like. We hope it will be attractively printed and will contain a generous serving of pictures. But we doubt it. More likely, it will be mimeographed or perhaps run off on a spirit duplicator. We don't think that's important. What is important is that you receive your Newsletter on a regular basis, that it contain information and articles of real value and assistance to you, that you know what NAAFA is doing, that you share your experiences with other NAAFAns. So you will now begin to receive your Newsletter regularly. How beautiful a Newsletter it will be depends to some extent on you.

We need new members. We need renewals. We need contributions. We need publicity. We need you!

If we get what we need, you'll get a bigger, better, more attractive Newsletter, with greater frequency of publication. But for now, you can count on a NAAFA Newsletter every two months.

--The Editors

## COME TO THE CONVENTION

You have already received your National Meeting Notice; come to our Second Annual National Meeting. It will be fun! You will get a chance to meet each other, officers of NAAFA, and our president and his family.

The National Meeting will be held Sunday, Nov. 14, from 1:30-5:00 pm at the Williams Club, 24 East 39th Street, between Madison and Lexington Ave., in New York City. Refreshments will be served. All NAAFA members are invited and may bring guests. There will be a \$2.00 admission fee per



SHIRLEY STOLER, ACTRESS

"You have to make your own miracle!"

## AN INTERVIEW WITH SHIRLEY STOLER

Shirley is an excellent actress (ask the critics). She is also a great asset to NAAFA, and has been an Honorary Life Member since spring, 1970, at which time she became quite active in our program. Long before NAAFA came on the scene, Shirley had already become liberated about her weight. When she was on tour, promoting the movie "Honeymoon Killers" (which was universally well received), she was making many NAAFA-type statements about weight and self-esteem.

Naturally, we contacted Shirley at that time; Bill Fabrey interviewed her several times, armed with a tape recorder, in order to try to capture some of her refreshing ideas.

The following is a condensation of the interview. We are sure that you will find it interesting.

(continued on page 2)



(Shirley Stoler, cont'd)

WF: Shirley, you have answered the following question for other reporters, or else I wouldn't ask: What are your vital statistics?

SS: I weigh about 200 pounds, give or take, since it does fluctuate. Height: 5'7". My measurements are 46", 38" (37" on a good day), and 44".

WF: Did you always have an ample figure?

SS: My figure has been "ample" since I was 17, although I always did have a tendency toward chubbiness as a child. Do I mind? NO. I'm me, and I like being me.

WF: Should being fat interfere with romance? Have you been married?

SS: It never has been a problem with me, and yes, I was married, to a Moroccan, as a matter of fact.

WF: You've performed abroad a great deal. Is the "climate" for fat people different there?

SS: In France and Greece, for example, people are generally more accepted for what they do than what they look like; since what I did was entertain, I was accepted as an entertainer, and was well received.

WF: How does that compare with the "climate" in the United States and Canada?

SS: Once, a number of years ago when I had to go for an office job, I went into an office to apply; I was dressed very conservatively with conservative makeup. I walked in, and saw 300 little mice, with Peter Pan collars, sitting at their desks, typing away, all pale, colorless, and very, very thin; I said, "I understand that there is a position available, and I'd like to apply for it." The interviewer looked at me, and said: "I'm afraid that you would be much too conspicuous for our office!" I said to her, "The pleasure is all mine," and I walked out.

WF: What made you take up acting as a career?

SS: I thought that I would like to be a singer, but I didn't have money for singing lessons, I was going in and out of very futile office jobs, and then I was offered a part in the "Living Theater". Before Honeymoon Killers, I have had many roles; some of them have been humorous roles, but not derogatory because of my weight. I've done many serious roles, and some glamorous roles, too. In the French National Theater, I played a chanteuse who goes to sing for the boys in Vietnam. It was a very glamorous role.

WF: Do you have a favorite Director?

SS: Yes, it has always been my ambition to be in a film of Federico Fellini.

WF: Honeymoon Killers was a breakthrough of some kind, having a heavy girl as the sex/love interest. Do you think that your role in H. K. will help to change the "image" of the heavy actress?

SS: I hope that H. K. might set a trend, but so far, there hasn't been very much change that I can see, however, time will tell.

WF: Have you read the book SEX AND THE OVERWEIGHT WOMAN? You were on "Girl Talk" with Dr. Scheimann, who wrote it.

SS: Some of it is valid; some of it is very archaic. There were many things that I did agree with. But, he did say that heavy girls have to be better lovers, to take care of their thin girl competition. That's absurd! I don't find the element of competition valid at all.

One thing that he did say that I agree with is that not everyone is born into the world with the same intensity of emotional drive. People who become fat, I think, are born with intense emotional drives; when you are a kid, the sophisticated means of fulfilling these drives are really not available; a 10 or 12 year old can't get involved in a sexual relationship, for example; one is sexual from the moment one is born. So what is available? Food! It is a sensual experience, and is fulfilling a sensual drive.

WF: I understand that there was a fat girl contest involved with your tour for H. K.?

SS: Yes, in Los Angeles, there was a "pretty fat girl" contest. Some of these girls were very beautiful. I was one of the judges, there were two local people, and also Criswell, of "Criswell Predicts."

WF: Did you know that Criswell predicted that in 15 years, fat will be back in fashion?

SS: It's not specifically that "fat may come back into fashion," but that it will cease being out of fashion. That is, the individual, whatever he is, and whatever he wants to be, will be totally acceptable. The stigma will go.

WF: What do you think about NAAFA?

SS: I think that NAAFA is another facet of educating the human being to his individuality. There are many important things to do for people, and NAAFA is doing several of them.

WF: What do you think about dieting and weight-reducing clubs?

SS: If I have to lose a few pounds because I'm not comfortable, or for health reasons, I will cut out some items, but when it comes to making a whole way of life around food, I couldn't be bothered.

The clubs are fine for social reasons, and for ladies who want it. I think that some people derive an emotional satisfaction from such clubs, as well. However, many promote guilt, and this can be very bad. I think that guilt is the most useless commodity ever perpetrated.

On the other hand, I think that if your weight becomes a serious obstacle to your health, you should think seriously about reducing; if not becoming thin, at least getting rid of some weight, purely for medical reasons.

WF: Do you see any signs of change in the way that the media (radio, TV, newspapers, etc.) are treating the fat person?

(continued on page 6)





HELP YOURSELF -- HELP SOMEONE ELSE --  
HELP NAAFA -- GIVE A GIFT MEMBERSHIP!!

NEW ADVISORS

NAAFA has added two more advisors to its rolls. Like Drs. Weiss and Warner, both professionals have been interested in the problems of "overweight" for some time and are expected to be of invaluable aid to the organization.

Howard I. Diamond, M.D., is a graduate of the State University of New York, and completed his residency at Mt. Sinai Hospital, New York City. Dr. Diamond is in private practice, specializing in Gynecology and Obstetrics. He has always been interested in the problems of "overweight" and is widely read in the field.

Harry K. Panjwani, M.D., received his medical degree at Cambridge University in England. He is a Clinical Psychiatrist specializing in alcohol and drug addiction, obesity and family and social psychiatry. Dr. Panjwani is affiliated with Rockefeller University and also maintains a private practice.

Drs. Diamond and Panjwani have volunteered their professional services to NAAFA. As NAAFA consultants, they will answer questions which they believe are of general interest, for publication in the Newsletter. However, they cannot engage in direct personal correspondence with members.

\* \* \* \* \*

"ASK OUR ADVISORS" DEPARTMENT

Beginning in the next issue (Jan-Feb 1972), there will be a column devoted entirely to member's letters to our advisors. Our advisors have agreed to answer, through the Newsletter only, any questions NOT of a personal nature. Just address your letter to the usual NAAFA address to the attention of the advisor that you would like to answer your question; or let the editors decide on the appropriate advisor or advisors. The best letters will be printed in this column, along with the replies.

List of Present Advisors:

- Howard I. Diamond, M.D. (Gyn. & Ob.)
- Harry K. Panjwani, M.D. (Psychiatry)
- Alan Warner, Ph.D. (Psychology)
- Ethel Weiss, Ph.D. (Psychology)

Note: We are working to increase the number of advisors, and hope to eventually have a complete cross-section of the professional disciplines that affect NAAFA members.

**NAAFA**  
"FAT CAN BE BEAUTIFUL"  
NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.  
P.O. BOX 745 WESTBURY, N.Y. 11590

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"HILDA"

Our curvaceous cutie is now available for 1972!! A delightful way to keep track of the coming year... a great addition for any NAAFA-minded office or home. She's waiting to be mailed to you for \$2.00, postpaid.

\* \* \* \* \*

NAAFA'S BOOK SERVICE IS THE PLACE TO GET GOOD BOOKS AT A DISCOUNT -- FOR KEEPING AND FOR GIVING.



## 1971 POLL RESULTS

Here are the results of NAAFA's first annual membership poll. The primary purpose of the poll was to help NAAFA to become a better organization through the opinions of its membership. We have learned a great deal from you, and you will find many of your comments in this report.

One hundred twenty questionnaires -- from 34 males and 86 females -- were returned to us in time to be tabulated. (Not everyone answered every question.) Following are summaries of the responses, with the Editor's comments shown in parentheses:

- \* 104 members are or were at sometime overweight.
- \* 64 members admire at least some degree of fatness in the opposite sex.
- \* 17 members joined NAAFA in order to find a more effective way to lose weight. (Although NAAFA is not a weight-reducing organization, one of its main aims is to discover the whole truth about overweight. We have files of data and knowledgeable people trying to separate the truth from the myths. All pertinent information will be passed on to our members.)
- \* The majority of our respondents have discussed NAAFA with their friends and relatives. (This is one form of publicity that we really need, so please keep talking!)
- \* The majority of our respondents are interested in a pen pal service and the possibility of group travel plans. (Reports on these two ideas will appear in the Newsletter at a later date.)
- \* 100 members expressed interest in joining a Local Chapter. (We urge those of you who are interested to contact the Chairman-Pro-tem in your area. Chapters now exist in San Francisco, Los Angeles, Hartford, Baltimore, Washington, Westchester County (NY), and New York City.)
- \* 98 members think NAAFA should compile a list of doctors throughout the country who are unusually understanding of fat patients. (The legal and ethical ramifications of such a list will be discussed with NAAFA's attorney and reported on in a future Newsletter.)
- \* The Newsletter was rated: excellent by 20, good by 37, fair by 34, poor by 12, and worthless by 2.
- \* Members would like to see articles on: experiences we have all suffered; better living conditions for the fat; successful and unsuccessful dieting tips; how to meet people, including members of the opposite sex; advice on what action to take against personal indignities and the indignities of the media and society; reasons for obesity; places to buy very large clothing; men mar-

ried to big women and loving it; and enlightening thin husbands. Interest was expressed in such features as: letters from the members; a column of clothing and make-up ideas; more interviews with successful fat people, including show personalities; At-Home-With column, interviewing members; listings of and advertisements for beneficial products; interesting recipes, fattening or not; "Fat Girl of the Month"; features by non-fat friends of NAAFA; a column with questions answered by advisors; and a self-help column.

- \* 11 members said they make their own clothes. (We were amazed to see such a low number, since the difficulties in purchasing clothing are well known. Perhaps some Local Chapters would want to include sewing classes in their programs.)
- \* Only 8 members have much of their clothing made to order.
- \* 43 members favor picketing offending corporations, but only 20 said they would be willing to picket. Many felt picketing would be an undignified way to call attention to NAAFA and would therefore not be in the best interests of fat persons.
- \* The responses to "Has NAAFA made any improvement in your life?" were: great improvement - 19, good improvement - 21, some improvement - 19, little improvement - 19, and no improvement - 20.
- \* Following are some of the many interesting and thoughtful comments, compliments and criticisms submitted by members:

"I think it's absolutely great!!!"

"Concentrate on social change, not socializing."

"There should be more meetings and more socializing... otherwise it's great, hooray."

"More members in more areas a must! How about a Miss Fat America Contest? Great publicity possibilities..."

"It seems that one of the best ways to propagate the association would be a series of radio and TV public service announcements..."

"Suddenly it appears that I have a better opinion of myself... I am greatly encouraged by your efforts to upgrade our status."

"I oppose militant action. The only thing fat people ever had going for them was the fact that they were easy going and good natured, so why ruin that part of our image?"

"Why all the hush-hush about being fat? I'm fat and I'm proud! I'm fat and I'm beautiful! It's time we Americans took away the stigma of being fat."

"...hoping and praying to see NAAFA get bigger than TOPS or Weight Watchers."



"You are not doing enough to publicize the fact that Fat is Beautiful. Fat people are just as brilliant, as capable, as poetic, as sensitive, as creative and as beautifully and soulfully appealing as are thin people."

"The pictures of the staff have helped me to realize that they're heavy also and they've made something of themselves, so I figure I can too."

"I hope that NAAFA will continue to grow... so that people who enjoy being with "heavies" can say it loud and say it proud."

"I think the Newsletter will prove to be the most important aspect of your organization and should therefore come out more often and/or belarger." (See Editorial.)

"I believe your organization fills a need, but more publicity would help. More pressure should be brought to bear on those responsible for TV commercials that ridicule overweight people."

"What NAAFA needs more than anything is national news coverage, preferably favorable. I don't think picketing and boycotts give as favorable a public image."

"Start a members' contest to find a NAAFA emblem."

"While I couldn't agree that fat is beautiful, I do hold that individuals who are fat should be capable of dignity, integrity, concern, sensitivity and should not be made a target of ridicule, fun or contempt because of this physical condition--by advertisers, writers, mass media or other human beings in general."

"Picketing is an outmoded technique... a much better approach is through the FCC."

"I resent Roaman's and Lane Bryant using thin people to advertise their large size clothing. Why not tell or show it as it is? I do buy ready-made clothing, but must literally take it apart and re-do it in order for it to fit properly."

"I think the emphasis should be put on dignity rather than trying to compete... I don't think we should be what people expect us to be; overly funny, ashamed, too willing to date, just to have a date..."

"The Newsletter ignores the needs of those who wish to lose..."

"NAAFA is a fight back at a society which... will forgive alcoholism, dope addiction, etc., but never obesity."

"NAAFA has not made any special improvement on my own life, but I joined because I hoped to improve the lot of fat girls and fat women, for whom I've had a great love and sympathy all of my life."

"Keep up the good work."

"Increasing self-esteem, increasing society's acceptance of varying standards of good looks... are all most worthwhile goals."

"NAAFA gives me assurance in my personal thoughts and ideas about overweight. Thank you!"

-- Joyce Fabrey

# MAD dept.

## OVERWEIGHT?

I went from a 280 lb. overweight slob to a streamlined 78 lbs., thanks to TAKE-OFF Weight Reducing Formula!



Says Lou Ricketts of Gaines, Indiana

Each 6 oz. can of TAKE-OFF contains only 1/10th your daily minimum requirement of the important vitamins and minerals. This is by design! The result is simple -- you become too weak to pick up a spoon or fork! Opening the refrigerator becomes an impossibility! What better way to lose weight FAST!

### TAKE-OFF

Weight-Reducing Formula

\$3.95 per 6 oz. can

Weedgerm Laboratories, Inc. Vegahoggit, Pennsylvania

## SKINNY?

I went from a 78 lb. weakling to a 280 lb. dynamo of strength, thanks to PUT-ON Weight-Gaining Blend!



Says Lou Ricketts of Gaines, Indiana

Each 6 oz. can of PUT-ON contains 10 times your daily minimum requirement of all the important vitamins and minerals -- and the un-important ones as well! You'll get so much phosphorus you'll actually glow in the dark! Yes, you'll get so much starch you'll be stiffer than your shirt collar! You'll get energy running through your body 10 times quicker, you'll be 10 times as active, and you'll die 10 times sooner! What better way to fill out!

### PUT-ON

Weight-Gaining Blend

\$3.95 per 6 oz. can

Weedgerm Laboratories, Inc. Vegahoggit, Pennsylvania

Some observers of the literary and social scenes consider MAD magazine to be the only existing example of contemporary American satire. In a recent issue, MAD lashed out at health magazines. The publisher has given us permission to reprint the accompanying mock ads from their lampoon. MAD's skill at directing the harsh spotlight of satire needs no assistance from us. But you might appreciate a little linguistic inside joke: the name of that town in Pennsylvania where Weedgerm Labs is supposed to be located--Vegahoggit--is Yiddish. It means: "Get killed."

## Stay just as you are with STATUS QUO

A new product from the famous Weedgerm laboratories designed for those who want to stay as lovely as they are! And just what is this miracle ingredient? You guessed it--"Take-Off" and "Put-On" (see above ads) in equal proportions to counter-balance each others effect! A new first for famous

WEEDGERM LABORATORIES STATUS QUO

\$4.95 per 6 oz. can

Weedgerm Laboratories, Inc. Vegahoggit, Pennsylvania

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A Fat Pride button is available free to members who enclose a stamped self-addressed envelope. Read Marvin Grosswirth's book (see article elsewhere in this issue), develop your own Fat Pride, wear your button when you have the urge! [Buttons are available through the courtesy of Jarrow Press, Inc.]



(Shirley Stoler, cont'd)

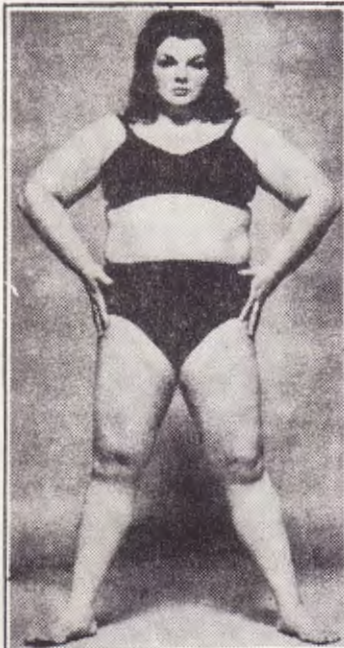
SS: Yes, in the last year or two, I see subtle signs of change. My girdle ad is a nice example of a non-derogatory ad aimed at larger women. There have been many little signs that the advertising and entertainment worlds are coming to recognize the existence of this new point of view.

F: I agree. Shirley, what are your future plans?

: Well, things are a bit slow in the theatrical world at present, as you know. However, I have been doing a few things. I was in the recent movie "Klute" and several others. At the moment I am rehearsing for a new part in an Off-Broadway play.

WF: Do you have any advice to leave with readers who may feel at a disadvantage because of their weight?

SS: Yes. Wear yourself as if you are beautiful, and you will be beautiful. Play the game, even if you don't believe it at first. Little by little, it's going to happen. Get to become your own friend. Get to like yourself. Stop thinking, "FAT!" Just think, "PERSON", "WOMAN", (or "MAN"), and that's about it. You have to make your own miracle! NAAFA can show them that they can do it, but NAAFA can't do it



Shirley Stoler in ad for "Honeymoon Killers"

for them. After I appeared on TV in L. A., many people called into the station. One girl left her number, and I called her back. She was almost in tears. She said, "Thank you very much. You're the first person who has ever given me any kind of courage." I didn't know that it required that, frankly, because it has been a natural thing for me. It's because of the fact that I would not give in; I would never give in from the minute I was born!

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LETTERS TO THE EDITOR

The Letters column is now a regular feature of the NAAFA Newsletter and will appear in every issue... if we receive enough letters! All letters must be signed. Names will be withheld upon request.

I never felt like I belonged to a club so much in my life. I guess I just never realized others have the same problems.

My outlook on life is completely changing, and I am even modernizing my wardrobe with more

up-to-date fashions. I am trying not to be so self-conscious and learning to respect myself a little more...

Again, let me say how very happy I am to belong to NAAFA...

Mary W. Lawson  
Anchorage, KY

\*\*\*\*\*

... I would like to ask Dr. Warner to discuss in the newsletter some of the common factors that cause people who think they want more than anything in the world to be thin, to remain fat. As a smoker who quit, and the widow of an alcoholic, and a lifelong fat person, I have thought a lot about the relationship of these three evils --overeating, overdrinking, and smoking--and I'd like to know more about two theories in particular: Overeating... is exactly like alcoholism --only more difficult to control because the problem--food--cannot be totally withdrawn as can alcohol. And second: to stop overeating must be accomplished exactly like quitting smoking but is, again, more difficult because we must eat. Both are a matter of making an adjustment in your head... what prevents people from making this mental motivational adjustment when it comes to eating?

Name Withheld by Request

(This letter has been referred to NAAFA's advisors, whose comments will appear in the next Newsletter. It should be remembered, however, that "overeating" is not the only cause of fatness. Many fat people are ridiculed because they claim to eat "normally," when in fact they do just that, but have bodies which manufacture and store fat more efficiently than people of average weight. -- Ed.)

\*\*\*\*\*

What do I get for the... check I sent you? So far I have received nothing but a paper. Is this all I get for my money? Don't I get to meet anyone or participate in any club?

E. M. R.  
Stroudsburg, PA

(In small cities and town where there are only one or two members, the only way to start a local chapter is to actively campaign for additional members. We'll help in every way we can, but we can't do a thing without your active participation. -- Ed.)

\*\*\*\*\*

... responding to your request that NAAFA members and supporters boycott Sealtest's Light 'n' Lively, because of its offensive adv.

You seem to miss one of the basic principles of American business and advertising - i. e., if it sells (is profitable) DO IT. Only if it is economically damaging will an ad be dropped or altered. Sealtest, as part of a giant conglomerate, will never feel it if a few hundred people conduct a silent boycott of some of their products. As long as they can increase sales to fat

(continued on page 8)



**NEW BOOK: FAT PRIDE: A SURVIVAL HANDBOOK**  
by Marvin Grosswirth

Marvin Grosswirth's new book, to be released on Nov. 23, is of great interest to many NAAFA members. A review of this book will be forth coming in the next Newsletter; however, it can be said



MARVIN GROSSWIRTH

that **FAT PRIDE** will find many readers enthusiastic about the book, and that nothing like it has ever been written before. It makes for very lively reading, and the author doesn't hesitate to recount many of his personal experiences. The book contains

many practical suggestions to help fat people improve the quality of their lives. Chapters cover many topics including sex, clothes, obtaining service, getting jobs, etc.

Grosswirth, a successful free lance writer and publicist is a NAAFA board member. He also serves as NAAFA's public relations consultant and an editor of the Newsletter.

**PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. NAAFA DOES NOT ENDORSE ANY PRODUCT OR SERVICE.**

**BOOK SERVICE**

This department of NAAFA is intended as a service to members who want a place to obtain certain books at less expense and trouble then ordering them through a regular bookstore, which can often take weeks.

All books are normally in stock. Send check or money order payable to NAAFA, and allow 1-2 weeks for delivery; we pay postage. Any small "profits" are used to help defray other expenses.

**FAT PRIDE** (Grosswirth, Jarrow Press, 1971, \$6.95).....Net \$5.75  
Truly a "survival handbook"...very lively reading.

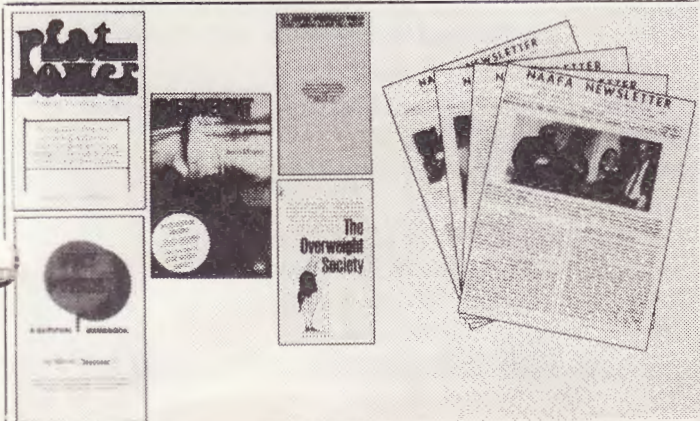
**FAT POWER** (Louderback, Hawthorn Books, 1970, \$5.95).....Net \$4.95  
The definitive book on fat...a factual history.

**OVERWEIGHT** (Mayer, Prentice-Hall, 1968, \$2.45).....Net \$2.00  
Emphasis is medical; reads like a detective story.

**SEX AND THE OVERWEIGHT WOMAN** (Scheiman, Signet, 1970) ... \$ .75  
Solid information mixed with some curious theories.

**THE OVERWEIGHT SOCIETY** (Wyden, Pocket Books, 1965)..... \$ .75  
Occasionally tedious, but interesting anyway.

**NAAFA NEWSLETTER** - All back issues available ..... Each \$ .35  
Vol. I, Issue 1, 10/70 - present.



**NAAFA SALUTES GOOD  
GIRDLE ADVERTISING**

**And my  
girdle isn't  
killing me.**



I never wore a girdle until they invented this one. Just couldn't put up with the misery. You know the feeling. Squeezed. Pinched. Trussed. Tied up. Yech!

This one, The Smoother-Plus, is something else. So lightweight you almost don't know it's there.

But it's there, all right. Doing everything a big figure like mine needs. The Smoother-Plus is made of wonderful stuff called Tweave™ elastic and Lycra™ spandex. Weighs only a few ounces. Fits like a dream.

And get this. You step into it and

pull it up with no strain at all. It kind of glides on.

Fantastic. I never used to wear a girdle and now I have a whole wardrobe of them. Panty girdles. Zipper girdles. All-in-ones. And all Smoother's.

Now what have those slim things got that girls like us haven't got? Not a thing. We just have more.

In white only. Sizes: Large (29-30) to 4XL (40-42). From \$13.50.

**The Smoother-Plus  
by Young Smoothie!**

We took the grrrrr out of girdle.

Permission to reprint courtesy of Strouse, Adler Company

That's NAAFA! Shirley Stoler bearding the lion in his den. The real lions, however, are the big cats on Madison Avenue who have refused to acknowledge the existence of fat women in fashion advertising. The Strouse, Adler Company has made a significant breakthrough with this ad, not only by avoiding the Twiggy-like stereotype of fashion ads, but by acknowledging and courting the well-proportioned market. And if we can be permitted a little editorializing, we don't think they could have chosen a better model!

**AN UNUSUAL GIFT**

Here's an easy-to-shop for, highly appreciated gift... one that's exactly right for that special person who always presents a "problem". We're talking about a gift membership in NAAFA. For \$8.00, you can send a thoughtful gift to someone who needs what NAAFA has to offer. If you'll allow about two weeks' advance notice, our membership committee will make certain that the recipient is advised of membership--and your generosity--in time for the big day itself.

Another gift idea: check out NAAFA's Book Service for interesting, informative and important hard-to-find books, all at a substantial discount.



(Letters, cont'd)

and thin people by working on the fat-is-ugly-is-lack-of-pride angle, they will continue.

The Frito 'Bandito' for many years has been an insult to Mexican-Americans. Many Chinese-Americans inwardly seethe as they see their race portrayed as implacable idiots in countless advertisements. But, the put-downs continue. On the other hand, ACTIVELY protesting Blacks, farm workers and women's Lib groups have been able to force Madison Ave. to change abusive commercials. Stores and stations subjected to activist campaigns have stopped carrying the offensive product or ad.

Unfortunately, a vast majority of businesses consider only economics when judging "right" from "wrong". Therefore, may I suggest that NAAFA take a much more militant stance against Sealtest, which I feel we should maintain until that ad is either drastically rewritten or removed completely. Perhaps, first we should get a large group of supporters (no pun intended) to meet at Sealtest's executive offices in NYC, and ask that our demand be met. If there is no immediate response, we could (peacefully) sit-in, or legally picket stores carrying Light 'n' Lively. If nothing else were accomplished, at least we could bring attention to our group, make the public aware of how it is being brainwashed, and, maybe, help overcome the damage that such ads inflict.

This I feel is better than resigning ourselves to the fact that we can expect only more of the same from companies such as Sealtest.

Caroline A. Simrell  
Brooklyn, NY

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NOTICE

On Dec. 10, 1971, a list of names will be turned over to each of NAAFA's Local Chapters. Each list will contain the names and addresses of NAAFA members who live in the area served by the particular chapter.

The Board of Directors voted to release these names (to authorized Chairmen only) after it was learned that most members would not object to the action. According to the 1971 Membership Poll, out of 120 members replying, 88 would not object, 20 are not sure, and 10 would object. And, the Chairmen themselves have indicated that chapter growth is slowed by lack of the names.

The Chapter Chairmen are instructed to keep the list confidential within their chapter; it is not to be made public, nor revealed to unauthorized persons. However, those NAAFA members who object to the National Office sending their names to the local chapter, should file a request to omit their name before Dec. 6. Such requests will be honored, and the names of such members will be withheld from local chapters.

Any objection filed after Dec. 6, will be honored as soon as possible, but not by Dec. 10th. New members normally have 2 weeks to file their objection, after receiving new membership material.

COMING NEXT ISSUE: Fatabilia; Chapter News; The 747; Convention Report; Fat Pride, Reviewed -- and many more.

**N A A F A**

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