

Lose 10 lbs. in 10 Days on Grapefruit Diet

HOLLYWOOD, CALIF. (Special)—This is the revolutionary grapefruit diet that everyone is suddenly talking about. It has made people slim, attractive and feel young again. Literally thousands upon thousands of copies have been passed from hand to hand in factories and offices throughout the U.S.

Word of its success has spread like wildfire. This is the diet that really works. No pills or drugs. We have testimonials in our files reporting on its success. If you follow it exactly, you should lose 10 pounds in 10 days. There will be no weight loss in the first 4 days, but you will suddenly drop 5 pounds on the 5th day. Thereafter you will lose one pound a day until the 10th day. Then you will lose 1½ pounds every two days until you get down to your proper weight. Best of all, there will be no hunger pangs. Now revised and enlarged, this new diet plan lets you partake of foods formerly "forbidden" such as big juicy steaks, roast or fried chicken, rich gravies, spareribs, mayonnaise, lobster swimming in butter, bacon, sausages and scrambled eggs. You can eat until you are full and still lose 10 pounds in the first 10 days plus 1½ pounds every two days thereafter. The secret behind this new "quick weight loss" diet is simple. Fat does not form fat. The grapefruit acts as a catalyst (the "trigger") to start the fat burning process. You eat as much as you want of the permitted foods listed in the diet plan, and still lose unsightly fat and excess body fluids. When the fat and bloat are gone your weight will remain constant. A copy of this very successful diet plan including suggested menus can be obtained by sending \$2 to Grapefruit Diet. **MONEY BACK GUARANTEE.** If after diligently trying the diet plan you have not lost 7 pounds in the first 7 days and 1½ pounds every two days thereafter, simply return the diet plan and your \$2 will be refunded promptly and without argument. Fill out the coupon, mail it today, and you will receive your diet rush via first class mail. Decide now to regain the trim, attractive figure of your youth, while enjoying hearty breakfasts, lunches and dinners.*

TO: Grapefruit Diet, Suite 802, Dept. M6-4
7046 Hollywood Blvd., Hollywood, Calif. 90028

Herewith \$2.00. Please send Diet Plan to:

NAME _____
STREET _____
CITY _____
STATE _____ ZIP _____

and I guess my philosophy or morals go back to them in a way; that whole part of the world has a certain puritan influence.

"I must say I didn't believe literally all that they were telling me. If you believe, it's great, something to hold on to. Faith. And whether you accept it literally or not, some of it must have rubbed off on me. I guess it had to.

"Sex was always sort of taboo. No one ever talked about that where I came from. When I was there they certainly didn't talk about it. They hadn't talked to my mother either—they sort of neglected to tell her quite a few things."

■ When he was eleven, David and his mom moved to the West Coast, and that was like an explosion. "Los Angeles has always been like that, far beyond any place I had ever been as far as the kids and the sophistication went. I can remember when I was like thirteen, the kids were dating and going steady and I did too. I just got a call two days ago from a girl I used to go with when we were fourteen. It was really fun talking to her. She is married and has a baby now. I haven't seen her for like five years."

When David first decided that he wanted to go into show business, his mother told him, "David, you have seen a lot of the bad things and some of the good that go with this business." As of course he had . . . all the sadness of his parents' divorce, the effect it had on him, were part of the bad. With two parents in the business, he knew very well how tough both failure and success can be, and how an actor must constantly face rejection.

Today he is going through it all with his twelve-year-old brother Shaun. He has three young brothers, the children of Jack Cassidy and Shirley Jones—he's always been close to them and they look up to him with virtual adoration. Not because he's an actor—they've grown up in a household where their mom and dad are stars, so being a celebrity means nothing to them. They look up to David as an older brother. Shaun and David are especially close because the younger boy is getting close to being a teenager. All three young Cassidys are wild to be in show business—they all want to be on *The Partridge Family*, right along with Shirley and David.

"I can't blame them for feeling this way," David says, "but I do hope they won't. I have known kids in show business, and show business is not a good place for kids to be. It's not even a good place for grownups and certainly not for kids. The atmosphere is—how do you explain it? A lot of egos. A cut-throat sense of competition. Everybody competes with everybody else.

"People on television are looked upon by the public for some reason as superior beings. I don't know why. It's just what we do for a living. You write. Someone else digs ditches. Who cares? But if you're in show business, where a lot of money is involved and suddenly you have your picture all over the magazines . . . you're living in an adult world where you lose communication with other kids, your values get screwed up.

"And the rejection bit. There is a certain amount of rejection every actor has to take. There isn't an actor who hasn't been turned down for something. You're lucky to get one out of ten. It's difficult not to take it personally. You have to grit your teeth and say, 'Okay, something else will happen.' A couple of times I found myself in situations where I wasn't just turned down, I was treated *not even as a human being*. I was tempted to tell them off, but I just got up and split—left—didn't say anything. It sort of made me

feel good and sort of mature not to have said anything."

He's had similar restraint time after time when people bear down on him because of his hair . . . which is soft and shining and combed collar-length. But he'll drop in somewhere for lunch and discover staid businessmen in the restaurant giving him "that look." "It's incredible what they'll say to you. You can't imagine how someone can honestly speak that way to another person. I'm not a filthy creep. If I went out and went to a barber shop and came back in, would I be a better human being? How does hair change personality? It's silly. Not worth discussing. This generation is no different than any other really . . ."

And I must say, he's so right. You go back through history and each generation had its rebellion and what some staid adults feel about the boys' hair today is nothing compared with how they felt about girls cutting their hair in the twenties, the flappers whose dads thought them fallen women.

David was lucky. He had parents who trusted him, he had a family background that had given him some very solid values, and he has a very mature acceptance of this world. "You are not going through life with a clean slate. You are going to have some things you learn about, things you learn about life and yourself. You are going to get your feet wet and some mud on your face and under your fingernails. No one is pure white and clean. I'm no different than anyone else."

Maybe a little different. He's never fallen in love with the Hollywood scene or his own quick jump to stardom. And if you're looking for him in the places where most of young Hollywood is living it up, don't. He doesn't go that route. He's a decent young man who'll make a good husband and father some day . . . but not yet.

—by Jane Ardmore

David Cassidy appears on ABC's *THE PARTRIDGE FAMILY*, Friday nights.

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