

Foreword

TO THE FAT BOY'S GAME

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SALEM, MASSACHUSETTS
NEW YORK CHICAGO
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Only a couple of meals ago, Elmer suddenly found himself America's favorite fatty. He was "The Fat Boy" whose story made the country laugh from coast to coast, from morning toast to evening roast. Newspapers in every city wrote front-page headlines about his loss of forty pounds in eighty days. More than a million people mailed letters and postcards to get his secrets of dieting. Elmer — that's me — became an Authority on Avoirdupois, and the country's Chief Calorie Consultant.

Naturally, the tens of thousands of readers who plunked down two bucks for my book, "The Fat Boy's Book,"* expected me to remain a shadow of my former self. And so instead of eating every high-calorie goodie I could find, I just began to think about what fun it is to go on a calorie-binge. That's when I started to play "The Fat Boy's Game."

Playing the game is like being in a steeplechase. Instead of hurdles to clear, you've got calories to contend with. Lady Luck starts you off — then your skill does the rest. Ma and Pa and the kid next door all love the game — and it doesn't matter, either, whether the players are Big Blimps or Slim Jims.

In the game, you're the one who controls your "diet." One time around you're trying to live on a diet suited to canaries, unhappy lovers, and human skeletons. Next time, you're as busy gobbling calories as a one-armed paper-hanger or a mother of triplets. Most of the time you find (as Elmer reported in his book) that "There's no such thing as the normal guy, your weight's too low or else too high."

Incidentally, while you play "The Fat Boy's Game" you'll be learning a lot about calories and your favorite dishes. This is fun with a purpose. Maybe you can even hint to your mother-in-law that reducing would be a good idea.

You might even want to take the hint yourself!

Calorie Yours,

The Fat Boy.

*"The Fat Boy's Book," published by Prentice-Hall, Inc., copyright, 1950, by Elmer Wheeler.

RULES FOR PLAYING

"THE FAT BOY'S GAME"

"Get in the Mood to Cut Down on Food!"

For 2, 3 or 4 Players

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THE OBJECT OF THE GAME:

Everybody is trying to attain a perfect figure. As the various contestants become familiar with the unusual and interesting play of the Fat Boy's Game, the chances of outwitting each other are much greater and each move adds to the excitement and suspense. It's surprising what a little knowledge will do. Calories take on a new importance in the Fat Boy's Game.

All the contestants travel a course beginning at "BREAKFAST" through to "LUNCHEON" and ending at "DINNER TIME." There are temptations along the way in the form of "Mid-Morning Snacks," etc.

As soon as any one player reaches the "FINISH," that game ends and the WINNER is the player whose score most closely matches the number of calories shown on his CALORIE CARD.

THE EQUIPMENT:

The equipment consists of a **GAME BOARD**, **CALORIE CARDS**, **TOKENS** ("Fat Boys") for playing pieces; also **CONTROL CARDS** directing the moves, and four **SCORE-PADS**.

Choose a player (who also acts as Dealer) to begin the game, the others following in the usual manner.

CALORIE (PERFECT FIGURE) CARDS:

The Dealer thoroughly shuffles the CALORIE CARDS and deals one face down to each player. No one but the player knows what the number of calories on his CALORIE CARD is. He must try as nearly as possible to accumulate the number of calories shown on his CALORIE CARD during the game. The other CALORIE CARDS are placed to one side, ready to be shuffled and dealt for the next game. **Keep your own perfect figure a secret until the end of the game.**

DEALING THE CONTROL CARDS:

Control Cards, printed with various numbers, are used to move the "Fat Boys." These Control Cards are shuffled by the dealer and then dealt one at a time face down, to all players, **until they each hold five cards.** The balance of the deck is placed within reach, but **face down**, as a **DRAW PILE**.

THE PLAY:

Remembering that the idea of the game is for each player to score the number of calories nearest to the perfect figure shown on his Calorie Card, the starting player draws a Control Card from the DRAW PILE, and places it in his hand **with the other five cards he is holding**, so that he has in his hand **SIX** cards from which to **select the one he wishes to play.** He may use the card that he draws or any other card he is holding.

Choosing one of the six, he lays it down (discards it) face up for all to see, thus starting the **DISCARD PILE**, and then moves his Fat Boy the number of spaces shown on that card. The Fat Boy may stop on any space chosen by the player, providing of course that it reaches there by exact count of the card played. When the Fat Boy comes to rest, the turn ends.

For example, let us assume that the first player laid down a 3 card. He may move his token from "START" 2 spaces along the top track passing **ORANGE JUICE** and **2 SOFT BOILED EGGS**, and drop down to the space marked "**CEREAL with CREAM and SUGAR**," thus getting a score of 300 calories toward his total; or he may move all 3 spaces straight along the top track and come to rest on **2 FRIED EGGS — 200** or 3 spaces straight along the bottom track coming to rest on **2 SLICES CRISP BACON — 50.** He then discards this number 3 card **face up** onto the **DISCARD PILE.** His turn now ends.

The next player now takes a card from the top of the **DRAW PILE**, selects a card to play from his hand, and then lays that card **face up** on the Discard Pile. His card reads 6, for example, and having a choice he decides to move his Fat Boy in a straight line — onto a blank space, thus skipping "**BREAKFAST**" altogether, hoping perhaps to pick up sufficient calories somewhere else along the track later on.

Remember to draw a card from the Draw Pile each time BEFORE you play, not afterwards. The numbers on the cards indicate the number of spaces you must move your Fat Boy. Fat Boys may be moved the correct number of spaces straight along the top track or the bottom track, or up and down, or diagonally, or a combination of the three in any one play at any time during the game, but NOT BACKWARDS unless the player holds and plays a GO BACK card.

If he does play a GO BACK card, he may move in any direction as above, except forward.

A player must not move over or occupy the same space twice in one turn.

KEEPING SCORE:

Score keeping begins immediately after the first move of the game.

Each player keeps a running total of his calories so that he can see at a glance just what his score is at any point in the game. This information is not secret and any player may look at the other player's score pad from curiosity.

KITCHEN CARDS:

All players in turn, follow the same procedure described above, i.e.; DRAW, DISCARD and move the Fat Boy. **Always keep 5 cards in your hand.** Any player who draws or holds in his hand a GO TO KITCHEN CARD, must use it on his next turn, before using any other card in his hand at any time during the game, adding to his score the number of calories in that KITCHEN space and leaving his Fat Boy where it was. (Your Fat Boy is not moved when you play a GO TO KITCHEN card). On his next turn, unless he draws or holds another KITCHEN CARD, (which he must play if he draws or holds one), he resumes play from the space he was on when he played the Kitchen Card. Kitchen Cards, after the player has added the number of calories to his score, are discarded to the Discard Pile face up just like the other cards. **Score keeping begins immediately after the first move of the game.** When the DRAW PILE is used up, the DISCARD PILE is thoroughly shuffled and placed face down as a new DRAW PILE.

WHAT TO DO WHEN YOU HAVE TOO MANY CALORIES:

As the players proceed around the board, trying to attain the perfect figure printed on their Calorie Card, it may happen that some of them are gaining too many calories. If so, and they want to lose some calories, they may play a card which will enable them to get onto the space marked LOSE 300 CALORIES (which is on the board near FINISH) or STEAM BATH — LOSE 200 CALORIES.

THE FINISH:

The game ends when one player moves to the FINISH square.

The Winner is the player whose score most closely matches the number of calories shown on his Calorie Card.

Example: If the player who first reaches the FINISH had a card reading 3200 and his score added up to 3150 calories, (50 calories BELOW his card figure), and another player had a Calorie Card of 1800 and his score pad showed a total of 1825, this latter player would be declared the winner because he was within only 25 calories of his objective.

A player must reach the "FINISH" by exact move of his Fat Boy. If a player does not hold a card which will let him go onto the "FINISH" space by exact move when his turn comes, he loses that turn but must keep on playing until he draws a card which will allow him to land on "FINISH" by exact count, unless, meanwhile, another player has been successful in doing so.

A BONUS FOR FINISHING FIRST:

A 500 "Calorie Bonus" is allowed to the player who first reaches Finish by exact move of his playing piece. This Bonus can be ignored or used in units of 100 each to bring the player's total calories still closer to his perfect figure. Thus the first player to reach Finish can always add "100," "200," "300," "400," "500" or "nothing" to his score.

THINGS TO REMEMBER:

At no time may a player take a face up card from the Discard Pile. He must always draw from the face down cards.

A player cannot land his token on an occupied space but must move to some other space by exact count of his card. He may, however, pass over an occupied space, counting it as one space on his move.

It is advisable in playing to keep an assortment of numbered cards in your hand in case you need to use those cards to gain or lose calories or land by exact move on FINISH. In the event that more than 4 wish to play, the extra player or players may use a button or ring or similar object as their playing piece.

VARIATION OF PLAY:

If all players agree, one Calorie Card may be dealt face up at the beginning of the game and all players try to accumulate the number of "Calories" shown on this one card. The WINNER is the player who most nearly approaches this number. In this game, all players must play the game through, landing on "FINISH" by exact move, to determine the player who gets closest to the one "CALORIE CARD" number.