

THE ROSE

Some say KOPS, it is the answer to what I'm looking for.
Some say KOPS, it is our goal that always within our reach.
Some say KOPS, it is a hunger an endless aching need.
I say KOPS, it is a flower, and TOPS has sown the seed.
It's the heart afraid of breaking, that never learns to dance.
It's the dream afraid of waking, that never takes the chance.
It's the one who won't be taking who cannot seem to give
And the soul afraid of dying, that never learns to live.
When the night has been too lonely and the road has been too long,
Then you think that KOPS is only for the lucky and the strong,
Just remember, the winter far beneath the bitter snows,
Lies the seed that with the TOPS love, in the spring becomes a KOPS rose.

The Scale Song

(Battle hymn of republic)
(Written by a Washington chapter)

Each week you see us coming
at the calling of the scale.
We have each devised a way
of weighing less, we're sure won't fail.
And the weight recorders listen
and we try and sometimes fail
and the scales keep weighing on.

CHORUS: Oh the drama in the weight room
when we're losing it's a great room. When we gain it's a debate room
and the scales keep moving on.

There are some who know they weigh less with their hands up in the air,
so they raise their arms up high and try to keep them way up there. They
are sure that keeps a pound off
though the proof of it is rare. and the
scales keep weighing on.

(Repeat Chorus)

There are those who know the difference in their weight is in their
clothes. So they keep a special set of things and always weigh in those.
Each week you see them just the same from their shoulders to their toes
and the scale keeps weighing on.

(Repeat Chorus)

There is one who knows she weighs less when remembering to exhale,

so she empties out her lungs before she steps upon the scale. Better
hurry up and weigh her 'cause she's looking rather pale.
And the scale keeps weighing on.

(Repeat Chorus)

There is one who takes off extras for they add more weight she found.
There's her watch, her ring, her slip, her earrings piled up in a mound.
Last week she whipped her teeth out just to save a quarter pound. And
the scales keep moving on.

(Repeat Chorus)

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KOPS GRADUATION DAY

(Tune: "Love Makes the World Go 'Round:")

It's graduation day,
KOPS graduation day.
Dreams have come true; they're all just new.
They can come true for you.
They've worked to reach their goals.
Our hearts are proud and gay
As we now pay our tribute
On KOPS graduation day.
Next year it can be you.
You'll make your dreams come true,
Getting your KOPS diploma.
Proud to be slender too.
In TOPS through fellowship
We all have found the way
To reach the dream we treasure.
KOPS graduation day.

If You're Happy

(Tune: If you're happy and you know it)

Written by: TOPS #WA916, Kent

If you're heavy and you know it - Come to TOPS
If you diet, then you blow it - Come to TOPS
If you've been to all the rest and they haven't passed the test
Put your money in the bank - Come to TOPS.
Want to change the shape you're in? - Come to TOPS
All together we can win - Come to TOPS
We will treat you like a sister (even if you are a mister)
Do not fight the fight alone - Come to TOPS

**If you feel your fanny dragging - Come to TOPS
If your self esteem is sagging - Come to TOPS
And because our hearts are in it, you'll be laughing in a minute
For happiness is catching - Come to TOPS
We feel this song is ending just in time - Come to TOPS
We're completely out of any words that rhyme
- Come to TOPS
Let us all stand up and shout "Let those skinny ladies out"
One for all and all for one - Come to TOPS.**

MY FAVORITE THINGS

**KOPS in white dresses with new satin sashes,
Tear drops of joy on their cheeks and eyelashes.
Feeling as light as if walking on springs.
These are a few of my favorite things.**

**Contest each week and the joy of the winner.
Not always winning but knowing we're thinner.
Earning new charms and the sound of their rings.
These are a few of my favorite things.**

**Getting the mail and receiving a letter.
A note from a TOPS friend - now what could be better?
TOPS news we read, and the joy that it brings.
These are a few of my favorite things.**

**When I'm hungry, when I'm tempted,
When I want a snack, I simply remember
my favorite things, and get on the losing track.**

TOPS LOVE

TUNE (HE'S GOT THE WHOLE WORLD IN HIS HANDS.)

Written By: kops@nb.net

TOPS #PA 1311,JOHNSTOWN

**WE'VE GOT THE TOPS LOVE IN OUR HEARTS,
WE'VE GOT THE TOPS/KOPS LOVE IN OUR HEARTS
WE'VE GOT THE TOPS LOVE IN OUR HEARTS,
WE'VE GOT THE TOPS LOVE IN OUR HEARTS.
WE COUNT CALORIES AND FAT GRAMS
WE PUT EM ON OUR CALORIE CHART EVERYDAY
WE COUNT CALORIES AND FAT GRAMS
WE COUNT CALORIES AND FAT GRAMS.**

WE'RE ALL GETTING SLIMMER---POUND BY POUND
THE WAIST IS GETTING THINNER--INCH BY INCH
WE'RE ALL GETTING SLIMMER--POUND BY POUND
WE'RE GETTING SLIMMER, POUND BY POUND
WE'VE REACHED OUR GOAL, WE ARE A KOPS
WE'RE IN THE CIRCLE OF LIGHT AT ARD
WE'VE REACHED OUR GOAL-WE ARE A KOPS
WE'VE GOT THE TOPS LOVE IN OUR HEARTS

Count your fat grams

(count your blessings)

When upon your scales you're weighing every ounce,
When you're stepping off and feel you belly bounce,
Count your many fat grams, name them one by one,
and it will surprise you what your food has done
Count your fat grams, don't forget a one,
Donuts, Cakes and Cookies seemed like lots of fun.
Count your many fat grams, see what food has done.
When you think of others who are lean and slim,
Does your heart grow heavy as you think of them ?
Count your Mr. Good bars, every single bite,
and you'll know the reason that your clothes fit tight.
Count your Hershey's, count them every one,
Extra cheese and chili on your hot dog bun.
Count your snickers, don't forget the Mars.
Count your Milky Ways and other candy bars.
So amid the dress shop as you try on clothes,
Polyester stretches everybody knows.
Searching in the closet, garments hanging there,
All those pretty dresses that you used to wear.
Count your blouses. How you wardrobe grows.
Count the dollars spent on queen -size hose.
Was it chocolates ? Was it Jelly Beans?
Count the many reasons you can't wear your jeans.
Are you ever burdened with a load of guilt?
Looking at the body that your food has built?
Scrounging in the kitchen, see the foods you chose?
And you'll know the reason you can't see your toes.
Count your fat grams, praying as you eat
Veg-ta-bles and fruit and lean fresh meat.
Count your fat grams, you'll start feeling great.
Keep on counting fat grams, you'll start losing weight.

THE RIVER (GARTHBROOKS)

You know a dream is like a river, ever changing as it flows

And the dreamers just a vessel that must follow where it goes
 Trying to learn from what's behind you, and never knowing what's in store
 Makes each day a constant battle, just to stay between the shores.
 And I will sail my vessel til the river runs dry
 Like a bird upon the wind, these waters are my sky
 I'll never reach my destination if I never try
 So I will sail my vessel til the river runs dry.
 Too many time west and aside and let the waters slip away
 Til what we put off til tomorrow has now become today
 So don't you sit up on the shoreline and say you're satisfied.
 Choose to chance the rapids and dare to dance the tide.
 Yes I will sail my vessel til the river runs dry
 Like a bird upon the wind, these waters are my sky
 I'll never reach my destination, if I never try
 So I will sail my vessel til the river runs dry.
 And there's bound to be rough waters and I know I'll take some falls
 But with the Good TOPS as my captain, I can make it through them all.
 Yes I will sail my vessel, til the river runs dry
 Like a bird upon the wind, these waters are my sky
 I'll never reach my destination, if I never try
 So I will sail my vessel, til the river runs dry.
Til the river runs dry.

***** I am So Thankful *****

(You are my Sunshine)

Written by TOPS #WA812, Tacoma

I am so thankful for my TOPS chapter
 it keeps me eating the way I should...
 it always helps me when I am tempted
 I call my buddy and I feel good.
 Thanksgiving dinner (Substitute holiday)
 will be a blessing, I'll eat the turkey
 and taste the pie.. I'll eat the veggies and
 smell the flowers and I'll say
 what a good girl am I.
 If all my loved ones want me to eat more
 I'll smile and say I'm doing great.
 I'll think of (weight Recorders name)
 and that big scale and
 be so thankful I'm losing weight.

MEMORIES TO OUR LEADER

(Tune: Thanks for the Memories)

Thanks for the memories --

Of all those meeting nights
When we were full of fight.
You picked us up and set us straight.
When we began to hesitate
How grateful we are.
Oh, thanks for the memory --
Of all the crazy times, calories and fines.
Your leadership and friendly ways
Kept us going day by day
How lovely you are.
And thanks for the memory --
Of keeping us in line
And telling us we're fine.
We might have been a headache,
But you kept us on your mind,
So thank you so much !

A KIW and KOPS Song

From: janwclark@juno.com
(Tune: You're a Grand Old Flag)
(A KIW and KOPS Song)

You've a Grand New Look;
Yes, you had what it took
And for-ev-er in Life, Stay a KOPS !
You're our pride and joy,
You did not toy ó
But stayed True, a Beautiful TOPS !
All our hearts beat too,
Wish-ing we'd lose, like you:
Yes, we'd all

SIXTEEN TONS

Written by: TOPS #WA838, Port Orchard

I awoke one morning it was drizzlin rain
My excess poundage was causing me pain
My joints were aching and my knees were weak
I could barely stand on my own two feet.
I weighed 16 tons and wasn't done yet
My doctor said I'll make you a bet
Go to TOPS and we'll set your goal
Lose 15 tons and it'll bless your soul.
I went to TOPS and made new friends
My weekly weigh-in became a trend

I exercised and drank H2O
And my doctor said, "Well bless my soul"
You've lost 15 tons of unwanted weight
You're feeling good and looking great
Some people who see you - their eyes pop out
And you got there with the help of TOPS.

TOPS Exchanges

Tune: When Irish Eyes are Smiling

Written by:PA1311

If you follow TOPS exchanges
you will lose, it's been proven
It's been 50years we're still here
to continue Ester"s dream.
When TOPS love shines upon you,
you're sure to lose your weight
so follow TOPS exchanges
and you surely will look great.
Ester said lads and lassies listen
and never give up hope
for persistences is the key here
to becoming KOPS , our dream
We've lisstened lads and lassies
followed TOPS exchanges, yes
and we stand before you now KOPS
our dreams come true at last.

BECAUSE OF TOPS

MHart85306@aol.com

(tune: "I'll Walk the Line")

I'll keep a close watch on this weight of mine;
I'll count the calories all the time;
I'll keep my goal weight constantly in mind--
Because of TOPS, I'll do just fine!
I find it very, very hard to reduce,
But each time I think, "Oh, what's the use?"
I get a call from a TOPS PAL of mine--
Because of TOPS, I'll do just fine!

IT HAD TO BE TOPS

(Tune: IT HAD TO BE YOU)

From: Babshart1@aol.com

It had to be TOPS It had to be TOPS
I wandered around and finally found
The answer for me
TOPS makes me feel good
TOPS makes me feel proud
Just to lose pounds, one of the crowd
Belonging to TOPS. Some fads I have tried
Just made me more wide I tried to lose fast
It didn't last
Then. . . I found TOPS!
Taking off pounds Can be a thrill
I'll get that new shape I know that I will
Glad I've got TOPS Proud I've got TOPS
WONDERFUL TOPS!

ITTY BITTY

(Itsy Bitsy Teeny Weenie Yellow Polka-Dot Bikini)

She was afraid to weigh in at her chapter
She was afraid to step in the door
She was a KOPS so afraid of the weigh-in
She had eaten too much the day before.

Chorus: Two three, four tell us why she's keeping score

It was an itty bitty teensy weeny gain of weight above her leeway that she fears for the first time today. An Itty bitty weensy gain of weight above her leeway But she knew it was her turn to weigh.

Now on the scale she is trembling and shaking
but she weighs in with plenty to spare (Yippee!)
And she vows not to flirt with her leeway
as she leaves feeling lighter than air.

(Chorus)

Back in the Swim

Tune: Yellow Polka Dot Bikini

From: TOPS Song from TX SRD 1998

She was afraid to come out in the open
Because her figure, she just couldn't show.
Last year she purchased a new two piece swim-suit
But now her shaper o'er its edges did flow.
It was an it-sy, bit-sy, teen-ie, ween-ie,
Yellow polka dot bikini

That she wore for the first time this year.
It was an it-sy, bit-sy, teen-ie, ween-ie
Yellow polka dot bikini
Just made her hid in the lockers, in tears.
But then a friend told her all about TOPS Club,
How they would help her to get slim and trim
There she would learn how to sensibly lose it
That soon she would be right back in the swim.
Wearing her it-sy, bit-sy, teen-ie, ween-ie
Yellow polka dot bikini,
She will look really healthy and trim
And TOPS can help you safely lose it,
Give support and cheer you thru' it
It won't be long 'til you're back in the swim.

YOU'RE A GRAND NEW LOOK

From: Babshart1@aol.com

(KIW and KOPS Song)

(Tune: You're a Grand Old Flag)

You've a Grand New Look;
Yes, you had what it took
And for-ev-er in Life, Stay a KOPS !
You're our pride and joy,
You did not toy -
But stayed True, a Beautiful TOPS !
All our hearts beat too, Wish-ing we'd lose, like you:
Yes, we'd all love to brag and boast;
And should auld acquaintance be forgot,
You're the ones that can brag the most !!!

YOU NEEDED ME

(ANNE MURRAY)

THEY CRIED A TEAR, TOPS WIPED IT DRY
THEY WERE CONFUSED TOPS CLEARED THEIR MIND
THEY LOST CONTROL, TOPS TAUGHT THEM SENSIBLY
AND HELD THEM UP AND GAVE THEM DIGNITY
SOMEHOW THEY NEEDED TOPS
TOPS GAVE THEM STRENGTH TO STAND ALONE AGAIN
TO FACE THE WORLD OUTON THEIR OWN AGAIN
WE PUT THEM HIGH UPON A PEDESTAL,
SO HIGH THAT THEY CANAL MOST SEE ETERNITY
THEY NEEDED TOPS, THEY NEEDED TOPS
NOW THEY CAN'T BELIEVE ITS TRUE,
THEY CAN'T BELIEVE ITS TRUE
THEY NEEDED TOPS AND WE WERE THERE

AND THEY'LL NEVER LEAVE WHY SHOULD THEY LEAVE THEY'D BE A FOOL,
CAUSE THEY FINALLY FOUND SOMEONE WHO REALLY CARES
TOPS HELD THEIR HAND WHEN THEY WERE BLUE
AND WHEN THEY LOST WE CHEERED THEM TOO.
WE GAVE THEM HOPE WHEN THEY WERE AT THE END
AND TURNED THEIR LIFE BACK INTO TRUTH AGAIN
THE EVEN CALL US FRIEND.
WE GAVE THEM STRENGTH TO STAND ALONE AGAIN
TO FACE THE WORLD OUT ON THEIR OWN AGAIN
WE PUT THEM HIGH UPON TOPS PEDESTAL
SO HIGH THAT THEY CANAL MOST SEE ETERNITY
THEY NEEDED TOPS, THEY ARE OUR KOPS
THEY NEEDED TOPS, THEY ARE OUR KOPS.
TOPS GAVE THEM

The Fat Free Song

(Tune: "On Top of Spaghetti")

Written by: Pastor Sue Tomlinson, of TOPS #WV480, Moundsville.

On top of spaghetti,
I put fat free cheese.
At one time I loathed it,
But now it's for me.
That cheese is so tasty,
As tasty can be.
You never would know that
It's completely fat free.
It's so full of flavor--
Like cheese filled with fat.
I will not go back to
Unhealthy stuff like that.
So now when I'm cooking,
I look to fat free.
I still enjoy flavor
And am a healthier me.

I Need Help

(Tune: "The Little Skunk Song")

Written by: Pastor Sue Tomlinson,
TOPS #WV480, Moundsville.

Oh I stuck my head in a bag of tater chips

And I ate so much I got blisters on my lips.
I need help! I need help! I need help! I need help!
Call a TOPS friend.
Oh, I didn't call a friend
And I ate so many chips
That I swear I gained
Twenty pounds upon my hips.
Call a friend! Call a friend! Call a friend! Call a friend!
Call a TOPS friend--she'll (he'll) help.

The Victory

(Tune: "The Bear Song")

Written by: Pastor Sue Tomlinson,
TOPS # WV480, Moundsville.

*(Each line of the song is sung by a leader and repeated by all.
At the end of each verse, all of the lines are repeated by everyone.)*

The other day
I saw some treats.
The sweetest treats
On the grocers's shelf.
I looked at them.
They looked at me.
I called for them.
They called for me.
My hand reached out,
Took them by the throat.
I wanted them so bad,
That I thought I'd choke.
Just then I saw,
Dancing in my head
The pounds I'd gain
And was filled with dread.
And then I said,
"Some other day,
I might have those sweets,
But not today."
So back they went.
Upon that shelf.
I'd won a victory
And was proud of myself.
HURRAY!

VEGGIES

(There's a tavern in the town)
Written by: TOPS #WA1147, Graham

There are some veggies in the pot - in the pot
I like to eat them while they're hot-
while they're ho-o-o-ot!
So you will see a thinner, trimmer me
There are some veggies in the pot.
There are some veggies in the fridge-in the fridge
They'll help me get across the bridge-
on that bri-i-idge
that leads to KOPS and I'll be at my goal
there are some veggies in my bowl.
I ate my veggies for today-for today
and now I'm well upon my way-
on my wa-a-ay
I hope that you eat all your veggies too
so we will see a slimmer you!!!
There are more veggies at the store- at the store
if you eat them, you'll need more
ne-ed mo-o-or
So walk on down and buy supplies galore
there are some veggies at the store.

We are Gaining

(Tune: "Jacob's Ladder")

Written By: Pastor Sue Tomlinson, of TOPS #WV480, Moundsville

We in TOPS are gaining, gaining.
We in TOPS are gaining, gaining.
We in TOPS are gaining, gaining--
Gaining back our health.
We are losing weight but gaining.
We are losing weight but gaining.
We are losing weight but gaining--
Gaining back our health.
Supporting each other, we are gaining.
Supporting each otehr, we are gaining.
Supporting each other, we are gaining.

TURKEY DAY

(Tune: "Young at Heart")
(by: Shirley Sharf)

TOPS #NY287, Islip Terrace.

Turkey day can be blue
It could only happen to you
If you don't eat right.
Too much bird is absurd
And not long afterward,
All your clothes fit tight.
If you go to extremes
With desserts and whipped creams.
You will sigh when your jeans
Come apart at the seams.
So make sensible choices.
Listen to conscience voices
When you celebrate
This coming TURKEY DAY
Don't you know that it's worth
Every treasure on earth
To attain your goal?
So resist, I insist
The temptation to reach
For that extra roll.
You will get your reward
As you motivate toward
Every chapter award -
With you ego restored.
And here is the best part.
You'll have a head start
When you spend your TURKEY DAY
Just eating smart.

YOU CAN TELL MY HEART

(Tune: "Achy Breaky Heart")

From: harleen@hamilton.net (Harleen Bicknase)

You can tell my heart, my TOPS loving heart
All about the ways to be thin.
And is you tell my heart
My carin, sharin heart
A new person I will be within.
You can tell the world
That I'm going to be thin
You can burn my clothes when I'm done
Or you can tell you friends
Just what a pal I've been
Don't laugh and joke about me on the phone.
You can tell my heart, my TOPS loving heart
Tell my feet to hit the floor!
And when you tell my heart

My carin, sharin, heart
I won't be a large-size anymore.
But don't tell my heart
My tender, lovin heart
That my goal cannot be met,
And if you tell my heart,
My carin, sharin heart
I'll prove to you that I'm not finished yet!
You can tell my heart, my TOPS lovin heart
All about the ways to be thin!
And if you tell my heart
My carin, sharin, heart
A new person I will be within!!!!!!

THERE'S A GROUP THAT I BELONG TO

(Words written by Carolyn)
(Tune: "The Yellow Rose of Texas")

There's a group that I belong to
the best that's every been...
It's mighty name is TOPS club
It will help you to get thin
If you will keep a list each day
And careful what you eat.
You'll soon find excess weight is gone
You'll say TOPS can't be beat.
It's mighty name is TOPS club,
It's the best that's every been.
And if you will just try it,
You'll say the same, my friend.
And keep in mind when you reach your goal
You're no longer called a TOPS,
Because on that very special day,
Then you become a KOPS.
Oh, it's the greatest group I know,
No other group can do
As much to build up your moral,
As TOPS Club does for you.
The friends you meet with every week,
They show you that they care.
There is no group around, my friend
No, none that can compare!!!!!!

If You're Happy

(Tune: If you're happy and you know it)

Written by: TOPS #WA916, Kent

If you're heavy and you know it - Come to TOPS
If you diet, then you blow it - Come to TOPS
If you've been to all the rest and they havn't passed the test
Put you're money in the bank - Come to TOPS.
Want to change the shape you're in? - Come to TOPS
All together we can win - Come to TOPS
We will treat you like a sister (even if you are a mister)
Do not fight the fight alone - Come to TOPS
If you feel your fanny dragging - Come to TOPS
If your self estem is sagging - Come to TOPS
And because our hearts are in it, you'll be laughing in a minute
For happiness is catching - Come to TOPS
We feel this song is ending just in time - Come to TOPS
We're completely out of any words that rhyme
- Come to TOPS
Let us all stand up and shout "Let those skinny ladies out"
One for all and all for one - Come to TOPS.

Write It Down

(IF YOU'RE HAPPY AND YOU KNOW IT)

Written by TOPS#812, Tacoma

If you think your going to eat it write it down.
If you think your going to eat it write it down.
If you don't want to write it
then don't you dare to bite it.
Just be glad you will not have to write it down.
If you think your going to eat it write it down.
If you think your going to eat it write it down.
If you don't want to write it
then be strong enough to fight it.
And you'll be a little thinner
all around... all around.

MISSOURI TOPS

(Tune: Missouri Waltz)

From:GigiBL

TOPS Chapter #MO.255, Raytown

Way down in Missouri,
Where the TOPS found you and me.
Way down in Missouri,

Now we're counting calories.
The TOPS pals are calling,
And pounds are falling,
As friend we have found,
In our club of renown,
TOPS has been the answer
To our prayer for weight control.
KOPS will be our sanctum,
When we reach our precious goal.
So keep TOPS a-spinning,
And h

ONE DAY AT A TIME

(Written by Max Lomax TOPS #WA 1032, Belfair)

I'm only human, I'm just a woman (man). Help me believe in what I could be and all that I am. Show me the food plan, I have to choose. Help me today, show me the way, help me to lose.

CHORUS: One day at a time, Dear TOPS pals, that's all I'm asking of you. Just give me the strength to do every day what I have to do. Yesterdays gone, Dear TOPS pals, and tomorrow my goal could be mine. So help me today, show me the way, ONE DAY AT A TIME.

Do you remember when you were fit, slim and trim? Well, TOPS pals you know, if you stick to your goal, you could be slim again. Eat smaller portions, exercise each day. Drink plenty of water to flush those pounds and inches away.

CHORUS: One day at a time, Dear TOPS pals, that's all I'm asking of you. Just give me support to stick to my goal, each step of the way. Yesterdays gone, Dear TOPS pals, but tomorrow my goal could be mine. So help me today, show me the way, ONE DAY AT A TIME.

*** Christmas Tunes ***

1) (Tune: Silent Night)
TOPS Mem-bers, KOPS Mem-bers,
Keep us true, Slim-ming, too;
Help us fit in-to suit or gown—
Count-ing cal-or-ies, writ-ing them down;
Help us bet-ter our-selves,
Help us bet-ter our-selves.
2) (Tune: Away In a Manger)
We come to our Meet-ing,

Our hearts all a-throb—
We hope the scales tell us
We're do-ing our job.
We watch what we eat and
We cut down on fats—
To our TOPS and KOPS Mem-bers,
We-take off our hats!!!

3) (Tune: Joy To the World)
Joy-ful-ly now,
we're los-ing weight—
We know it's not too late!
We're count-ing our cal-or-ies
And eat-ing sen-si-bly:
We'll soon be look-ing great!
We'll soon be look-ing great!
We'll so-on, we'll so-oo-on be look-ing-great!

4) (Tune: We Wish You a Merry Christmas)
We wish you a hap-py weight loss,
We wish you a hap-py weight loss,
We wish you a hap-py weight loss—
And a Fan-tas-tic Year!
Be Care-ful, My Friends,
Where-ev-er you go —
Temp-ta-tion is hid-ing
Be-hind ev'ry Ho-Ho!!!

5) (Tune: The First Noel)
The first ten pounds
Are excit-ing to lose;
As we start look-ing bet-ter—
Brighter col-ors we choose!

Chorus:
TOPS and KOPS, oh TOPS and KOPS—
TOPS and KOPS—
TOPS and KOPS,
Help us feel proud as our Poun-dage drops!
What a tri-umph we will feel
As those pounds drop a-way—
And so we con-tin-ue
Diet-ing ni-ight and day.

Chorus:
TOPS and KOPS,
oh TOPS and KOPS—
TOPS and KOPS—
TOPS and KOPS,
Help us feel proud as our

Poun-dage drops!

6) (Tune: We Three Kings Of Orient Are)
Ex-tra Pounds of
Od-i-ous Weight,
Los-ing you will make us feel great!
Ounce by ounce and
Pound by pound,
We'll shed them in hap-py state!

Chorus:

Oh, pound by pound we're los-ing weight;
Ounce by ounce
At-a stead-y rate:
Off they're com-ing,
WE'LL B? stun-ning—
Soon you'll see us look-ing great!!!

(All Above Songs written by Jan Clark
TOPS#NY 996, Delmar)