

SM3103

Cheer Up! Eat and Grow Thin!

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The Words and Music by
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Tempo di Valse

Voice

Piano

f

p

Are you down-heart-ed? Are you mi-nus joy? Have you ac-
Break-fast finds your tum-my hard to con-sole, When you just

p

cresc.

quired too much a - voir-du - pois? Don't wor - - ry, kind friend! Your
take lem-on - juice and a roll, A roll - on the floor, For

cresc.

trou- bles are all at an end. _____ Are you re -
 ten or twelve min- utes or more! _____ You won't know

p

duc - ing? Have you tried it out? You know the sys - tem I'm
 how good to drink wa - ter feels, Till you cut out all your

talk - ing a - bout. When you're o - ver weight, ho - ly smokes! don't you
 drink - ing at meals; For when glass - es clink and you're try - ing to

cresc.

hate To hear this bro - mide folks are spring - ing of late?
 shrink, Then you'll know why folks com - mit mur - der for drink,

Refrain

p f

Cheer up! Eat and grow thin! Take off and

The first system of the refrain features a vocal line and piano accompaniment. The vocal line begins with a quarter note 'C' (Cheer), followed by a quarter rest, then a quarter note 'u' (up!) with an accent. The piano accompaniment consists of a bass line with quarter notes and a treble line with chords and quarter notes.

shake off that old dou - ble - chin! Buy it, try it,

The second system continues the refrain. The vocal line has a quarter note 's' (shake), a quarter note 'o' (off), a quarter note 't' (that), a quarter note 'o' (old), a quarter note 'd' (dou), a quarter note 'b' (ble), a quarter note 'l' (le), a quarter note 'c' (chin!) with an accent, a quarter note 'B' (Buy), a quarter note 'i' (it), a quarter note 't' (try), and a quarter note 'i' (it),. The piano accompaniment continues with chords and quarter notes.

cresc.

Get on the di - et, Take some long march-es and cut out the

cresc.

The third system continues the refrain. The vocal line has a quarter note 'G' (Get), a quarter note 'o' (on), a quarter note 't' (the), a quarter note 'd' (di), a quarter note 'e' (et), a quarter note 'T' (Take), a quarter note 's' (some), a quarter note 'l' (long), a quarter note 'm' (march), a quarter note 'e' (es), a quarter note 'a' (and), a quarter note 'c' (cut), a quarter note 'o' (out), and a quarter note 't' (the). The piano accompaniment continues with chords and quarter notes, marked with a crescendo.

starch-es, As mer - ri - ly you roll a - long

The fourth system concludes the refrain. The vocal line has a quarter note 's' (starch), a quarter note 'e' (es), a quarter note 'A' (As), a quarter note 'm' (mer), a quarter note 'r' (ri), a quarter note 'l' (ly), a quarter note 'y' (you), a quarter note 'r' (roll), a quarter note 'a' (a), and a quarter note 'l' (long). The piano accompaniment continues with chords and quarter notes.

o - ver the hard - wood floor. When your old "thir - ty - six - es" just

The first system of music consists of a vocal line on a single treble clef staff and a piano accompaniment on a grand staff (treble and bass clefs). The vocal line begins with a half note 'o' followed by quarter notes 'ver', 'the', 'hard - wood', and 'floor.' There is a long horizontal line indicating a breath or a continuation of the phrase. The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

won't "thir - ty - six," For each eye that says "Yes!" there's a hook that says

The second system continues the vocal line with a half note 'won't', quarter notes 'thir - ty - six,', and a comma. This is followed by quarter notes 'For', 'each', 'eye', 'that', 'says', a half note 'Yes!', quarter notes 'there's', 'a', and a half note 'hook', followed by quarter notes 'that', 'says'. The piano accompaniment continues with similar rhythmic patterns.

f "Nix!" When to get in and out you do Hou - di - ni tricks, Buy a *ff*

The third system starts with a dynamic marking of *f* (forte) above the vocal line. The vocal line has a half note 'Nix!', followed by quarter notes 'When', 'to', 'get', 'in', 'and', 'out', 'you', 'do', quarter notes 'Hou - di - ni', quarter notes 'tricks,', and a half note 'Buy', followed by a quarter note 'a' and a dynamic marking of *ff* (fortissimo) above the vocal line. The piano accompaniment features a strong bass line and chords, with *f* and *ff* markings in the bass staff.

cop - y of "Eat and Grow Thin" *f* Thin"

The fourth system features a vocal line with a half note 'cop - y', quarter notes 'of', 'Eat', 'and', 'Grow', and a half note 'Thin'. This is followed by a first ending bracket labeled '1.' and a second ending bracket labeled '2.'. The vocal line ends with a half note 'Thin"'. The piano accompaniment includes a dynamic marking of *f* (forte) in the bass staff and features a more active bass line with eighth notes.