Nadia Danova presents the prehistory and the distribution of the newspaper "Mirozrenie", published by Ivan Dobrovski in Braila in 1869. Her article entitled "To eat fat and sweet" or to edit the journal "Mirozrenie". The case Ivan Dobrovski." follows the obstacles the famous leader in the field of spiritual culture of the Bulgarian national revival comes against while trying to fund the publishing of the newspaper amongst the immigration colonies in Romania; The Bulgarians' reactions after the issue in the state and among the emigrants; the problems in distribution and the reasons for the short "life" of the publication. The analysis is based on letters and documents kept in Ivan Dobrovski's archive.