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Introduced by McCall's

The Miracle Diet you shake up and drink

Safe, fast, nutritious . . . all you need are eggs, orange juice, skim milk and Wesson Oil!

The good news in the Miracle Diet is the good foods it gives you—wholesome foods you shake together in minutes in a tasty, frothy "eggnog." The result—a diet so nutritionally sound you can live on it for weeks according to McCall's, whose editors consulted one of America's most eminent nutritionists.

DIET DIRECTIONS USING WESSON OIL

This is a diet you shake up and drink in a six-ounce glass, seven times a day. Once at each mealtime, once in mid-morning, early afternoon, late afternoon and before you go to bed.

Our recipe below will make a one-day supply:

- 3 tablespoons Wesson Oil
- ½ cup orange juice
- 5 cups skim milk, or reconstituted dry skim milk
- 3 eggs

Beat eggs well; beat in other ingredients. Refrigerate in covered jar. Before serving, shake vigorously.

With the Miracle Diet you *drink* daily protein equivalent to the protein in four large hamburgers or two large porterhouse steaks.

Why Vegetable Oil is Making Nutrition News

More and more you see *vegetable* recommended not only in reducing but as a *preferred*, basic fat for family nutrition. There is good reason why. Many authorities today agree as much as one-half of our daily intake should come from certain vegetable oils.

The reason, in one word, is that vegetable oils, such as Wesson Oil, are high "unsaturated."

Less desirable are the "saturated"—those made from animal products and hydrogenated (solid) shortenings, whether made from animal or vegetable materials.

The preference for vegetable oils is based on research which shows that the "unsaturated" fats, high in linoleic acid, reduce cholesterol* in the blood under certain conditions. Under similar conditions, "saturated" fats (low in linoleic acid) do not reduce cholesterol in the blood and may increase it.

Wesson Oil is the most highly refined vegetable oil you can buy. It is unsaturated, high in linoleates, contains no cholesterol, and is not hydrogenated (as are solid shortenings).

**High cholesterol levels are often associated with atherosclerosis.*

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Questions and Answers—If You're Thinking of Dieting

Should you get your doctor's OK to reduce? Absolutely, yes. The best answer to weight control over a long period of time is proper eating habits. Before you go on the Miracle Diet, or any other, be sure to check with your own doctor.

How much weight can you expect to lose? This depends, of course, on the individual. McCall's "guinea pigs" who followed the Miracle Diet averaged a weight loss of 14½ pounds in 28 days—and came through the test feeling "fit as a fiddle."

Could you continue the Miracle Diet? McCall's recommends the diet for one month, followed by a maintenance diet, for one or two months, after which you may return to the Miracle Diet for another period up to 28 days. See article for details.

Wesson Oil

FOR A FREE COPY of the McCall's April article, with maintenance diet menus and booklet "Protein and Fat: The Facts About Fats and Oils in the Diet," write Wesson Oil, Box 1555, New Orleans 5, La.

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