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What every bride should know about new Mazola® 100% Corn Oil.

The important thing to know is that new Mazola 100% Corn Oil will help balance the kind of fats your lord-and-master eats.

Many medical authorities say it is prudent for everybody to balance the kind of fats they eat. The earlier in life this practice starts the better. A good point to also remember when the *little ones* come along.

Basically there are two kinds of fats. First, there are the (solid) animal fats which are high in *saturates*. Second, the (liquid) vege-

table oil fats which are low in saturates and high in *polyunsaturates*.

Of all leading brands of oil, new, improved Mazola 100% Corn Oil is highest in *polyunsaturates*. Every time you fry, bake, or make salad dressings with new Mazola, or in any way use Mazola as a substitute for animal fats, you help to balance the fats in your family's diet. It's as simple as that.

But new, light Mazola is not a medicine. Neither does its use require a drastic change

in eating patterns. Mazola is really an aid to more delicious eating. It's easy to digest. Fries foods light with no greasy taste and *no oily odor*. Dressings made with new Mazola are salads' country cousins.

All these benefits of new Mazola 100% Corn Oil make *good eating, good sense*.

Why does Mazola cost more? Why does anything better cost more?

NOTE: New No-Burn Mazola Margarine contains Mazola liquid Corn Oil.

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