

# Katie McLean has started Polyunsaturating the girls

## with a big assist from Mazola.

To bridge the gap between cards and conversation, Katie serves a Chef's Salad... using Mazola Oil in the dressing.

She recognizes its significant role in her total health program. And she has been paying attention to what many medical authorities are saying about the American diet.

Katie follows some basic rules: she cuts down on calories and fats, and she replaces the saturated fats with polyunsaturated vegetable oil.

Katie chooses Mazola because, of all the leading national brands, Mazola® 100% Corn Oil is the highest in polyunsaturates.

That bears repeating... Of all the leading national brands, Mazola is the highest in polyunsaturates.

That makes Mazola more than worth the few extra pennies it costs.

P.S. Katie thinks Mazola® Margarine is pretty super, too! It's made with liquid Mazola Corn Oil.



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