



Eat well

...but wisely!

The corn oil in Mazola® Margarine has
LESS SATURATED FAT
 than the hydrogenated oil most other margarines use



The oil most other margarines use is hydrogenated. That's a process that increases their saturated fat... and destroys important benefits.

But pure liquid Mazola Corn Oil, the major ingredient in Mazola Margarine, is never hydrogenated. That's why it contains less saturated fat—gives you more pure corn oil nutrition... gives you full benefit of its polyunsaturated corn oil. And, that's why Mazola is

recognized as a special margarine by the three standards established by a renowned medical association.

Mazola Margarine contains added Vitamins A and D to help build year 'round fitness, too.

Try light, delicious Mazola Margarine—made from golden kernels of sun-ripened corn. You'll get the full benefit of pure liquid Mazola Corn Oil in Mazola Margarine.



Sold on the West Coast in familiar cube form.



Cut down on saturated fats with Mazola® Corn Oil. Any time you fry or make a salad with Mazola Corn Oil instead of the more saturated oils, you cut down on saturated fat in your family's meals. Of all leading brands only Mazola is corn oil.

