

Announcer: Here's the big moment, the crowning of miss America, 1957. Beautiful, vivacious, so slim and trim. She knows how to watch her waistline, yet enjoy good food.

- Hi there. I'm Mary McKnight. Like most of you, I watch my weight and here's one of my favorite ways. A luscious main course salad built around those wonderfully juicy canned grapefruit sections from Florida.

Announcer: Absolutely irresistible yet they're extra low in calories, extra high in vitamin C. Grapefruit sections are so easy to enjoy too. And the least expensive of all canned fruits. Serve them just as they come for a quick breakfast appetizer. As a lifted lunch, try a grapefruit sections in any of a dozen delicious salads. And for dessert, have a low calorie grapefruit cup instead of a rich dessert.

- I know you'll love them too. Refreshing, low-calorie grapefruit sections from Florida.