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(audience applauding)

Host: Here is America's dream girl, Marian McKnight, Miss America 1957. So lovely, so trim. Always on-thego. She's learned an easy way to guard her health while she watches her weight.

- It's the most wonderful way to help you look better and feel better. Here it is.

Host: The 30-Day Grapefruit Plan. It's wonderful for everybody. That's because Florida grapefruit is low in calories, high in Vitamin C. For the next 30 days, just follow this sensible plan. At breakfast, have delicious, fresh grapefruit, high in vital Vitamin C. For dessert, at lunch and dinner, have luscious, low-calorie grapefruit instead of rich dessert. For those hunger gaps between meals, enjoy half a grapefruit or the fresh-squeezed juice.

- Yes. Do try this grapefruit plan for the next 30 days. See if you, too, don't look better and feel better.