

GOBBLE THE GOOK DEPT.

Time was when we got food with our food. Nowadays, we're lucky if we get a little food with our chemicals. And we don't mean stuff like Mercury and DDT which sneaks in *accidentally*. We mean additives, preservatives, tenderizers, tougheners and all the other toxic garbage that's sneaked in *deliberately*. And with the blessings of the Food and Drug Administration, yet! Are all these chemicals harmful? Not necessarily. Although some are definitely dangerous if taken,

MAD'S CHEMI

PHOTOGRAPHS BY IRVING SCHILD

How about a tasty glass of fruit juice to start? Of course, along with the juice, you'll be guzzling

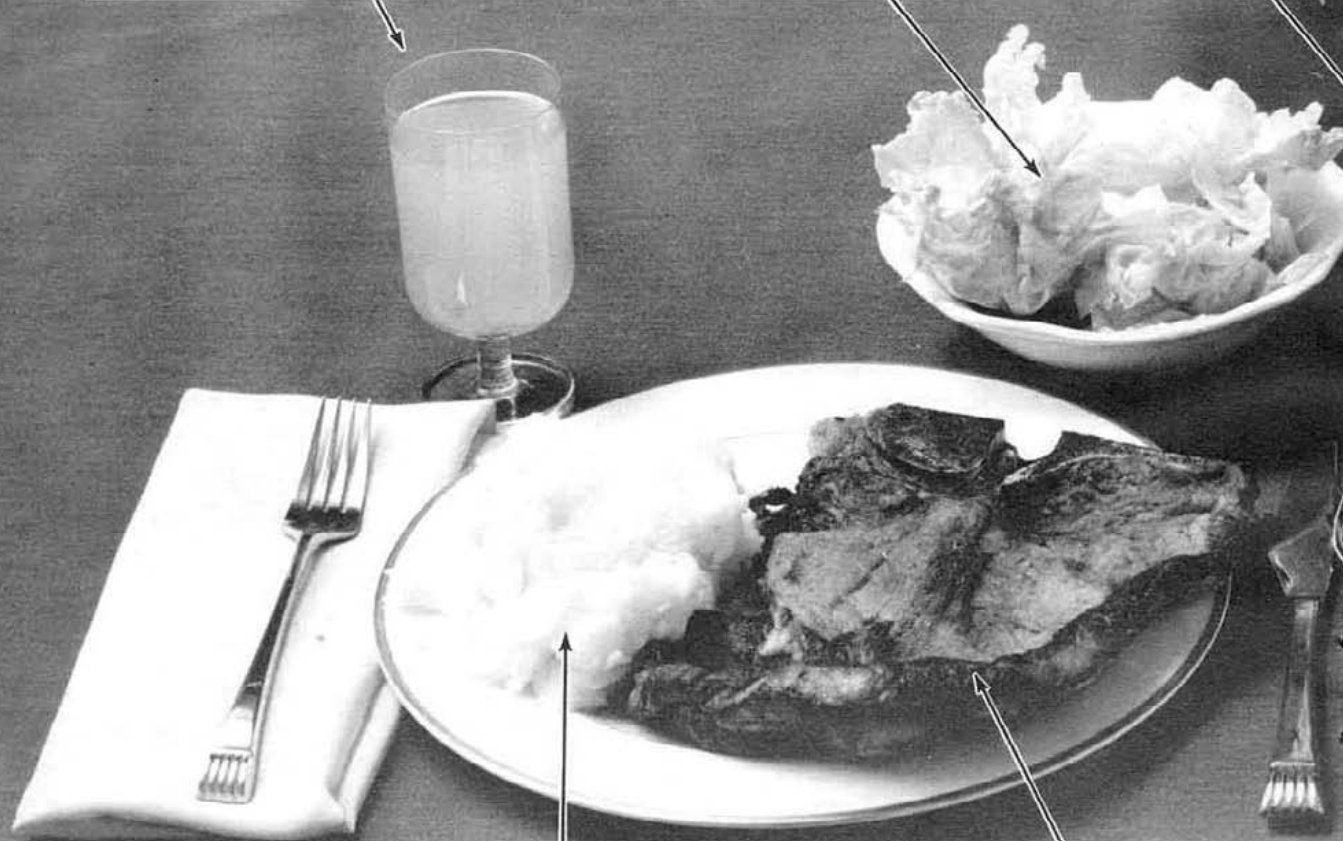
SODIUM CITRATE
CALCIUM PHOSPHATE
SODIUM CARRAGEENAN
FERROUS SULFATE
and
BUTYLATED HYDROXYANISOLE

The salad's delicious, once you scrub off the DDT! But if you use a ready-made Salad Dressing, be prepared to absorb helpings of

POLYSORBATE-60
GUM TRAGACANTH
SORBIC ACID
and
CALCIUM DISODIUM EDTA

Need a pinch of salt? At no extra charge, you also get generous pinches of

SODIUM SILICO
TRICALCIUM PHOSPHATE
ALUMINATE
and
POLYSORBATE-80



On to the Instant Mashed Potatoes which are just brimming with . . .

GLYCEROL MONOSTEARATE
CALCIUM STEAROLY-2
DIGLYCERIDE
SODIUM PHOSPHATE
SODIUM SULFITE
PROPYLENE GLYCOL
and
BUTYLATED HYDROXYTOLUENE

Yum! There's nothing like a thick juicy steak! Especially when it's been tenderized with stuff like

BROMELIN
PAPAIN and
STILBESTROL

And if it's been treated for that "fresh meat" look, you also get

SODIUM NITRITE
SODIUM SULFITE
and
SODIUM ASCORBATE

***OR SHOULD WE CALL IT "THE LAST SUPPER"?**

as the FDA puts it, "in large quantities." And nobody really knows for sure if all this crud builds up in our bodies...or what the long-range effects will be. Anyway, MAD thinks you deserve an honest look at the whole picture—to see what's really "going down." All of the goodies below are a regular part of your daily diet. So tune up your taste buds, grab your chopsticks, and join us at the groaning board for fun and feasting as a special guest at...

CAL BANQUET*

WRITER: SY REIT

Bread may be fattening, but don't worry! You don't get much "bread" with your bread. Mainly, you get

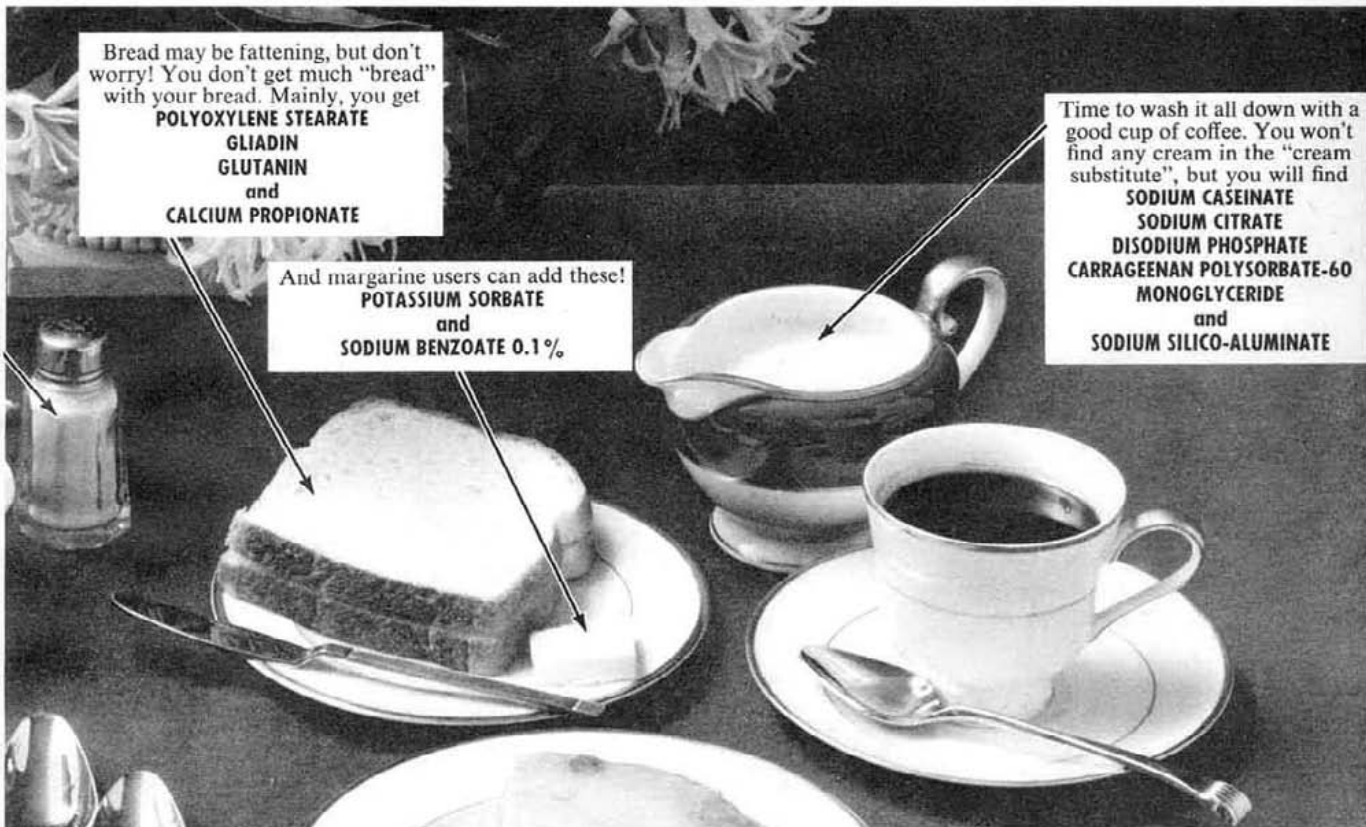
POLYOXYLENE STEARATE
GLIADIN
GLUTAMIN
and
CALCIUM PROPIONATE

And margarine users can add these!

POTASSIUM SORBATE
and
SODIUM BENZOATE 0.1%

Time to wash it all down with a good cup of coffee. You won't find any cream in the "cream substitute", but you will find

SODIUM CASEINATE
SODIUM CITRATE
DISODIUM PHOSPHATE
CARRAGEENAN POLYSORBATE-60
MONOGLYCERIDE
and
SODIUM SILICO-ALUMINATE



And now for that good ol' American dessert, Apple Pie —just crammed full of those good ol' American chemicals

DINITRO-ORTHO-CREOSOL
POTASSIUM SORBATE
BUTYLATED HYDROXYANISOLE
and
SODIUM PHENYLPHENATE

Think maybe you'd be better off switching to "Dog Food"? Well, don't rush! Because Fido gets, along with his "100% all-meat"

(take a deep breath now):

SODIUM CASEINATE	POTASSIUM CHLORIDE
DICALCIUM PHOSPHATE	CALCIUM CARBONATE
MAGNESIUM OXIDE	CHOLINE CHLORIDE
POTASSIUM IODATE	FERROUS SULFATE
CALCIUM PROPIONATE and MANGANESE DIOXIDE	



HEARTY APPETITE, GANG!!