



"Just think of it,  I didn't have my

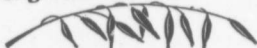
# "Royal Seal" Oats

for breakfast!"

There is only one food to make growing children strong and contented; and that is

# "Royal Seal" Rolled Oats

It contains all the elements necessary for the building up of a good, sound, strong constitution.



Wise parents will always make sure that this health giving food is provided for their children.

A trial will convince any one that there's no other food just as good.

"Royal Seal" Rolled Oats are without a peer.

Made by

## The Dowd Milling Co. LIMITED.

Ottawa - Canada.

OTTAWA AND PAKENHAM, ONT. — QUYN AND WATERLOO, QUE. FEDERAL C. S. OFFICE.