



"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. — QUYNAND WATERLOO, QUE.