



"Just think of it, D  Q 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.