



"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.

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