



"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 neces-
sary 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.
— FEDERAL B. NO. OTTAWA —