



"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.