

## **We eat Quaker Oats / American Cereal Co.**

### **Contributors**

American Cereal Co.

### **Publication/Creation**

[Chicago] : American Cereal Co., 1893 (Boston : Armstrong & Co.)

### **Persistent URL**

<https://wellcomecollection.org/works/c7yf8vzx>

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WE EAT QUAKER OATS.

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J. M. STRONG & CO. LITH. BOSTON



## Beef or Oats? Which?

One pound of QUAKER OATS will make as much bone and muscle as three pounds of beef.

One pound of good beef costs three times as much as one pound of QUAKER OATS.

Highest  
Award



World's  
Fair  
1893

TRADE MARK

It should be a crime to give children meat three times a day.

It certainly is foolish for grown people to eat meat at every meal.

The *best* Oats (Quaker) costs less than the poorest beef.

OVER.