

## **The world's breakfast : Quaker Oats. And how to cook it.**

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The World's Breakfast

**QUAKER**



**OATS.**

AND

HOW TO COOK IT.



This is the **PURE**  
Food Value  
of a  
6 pence Worth  
of Meat

Compared With the  
Food Value of a  
6 pence Worth  
of  
**Quaker Oats**

Sold only in  
2 lb. Packets.

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**FOOD FOR THOUGHT**