



UP THE ARROW LAKES



ALONG THE NEW BANFF
WINDERMERE ROAD

CANADIAN PACIFIC



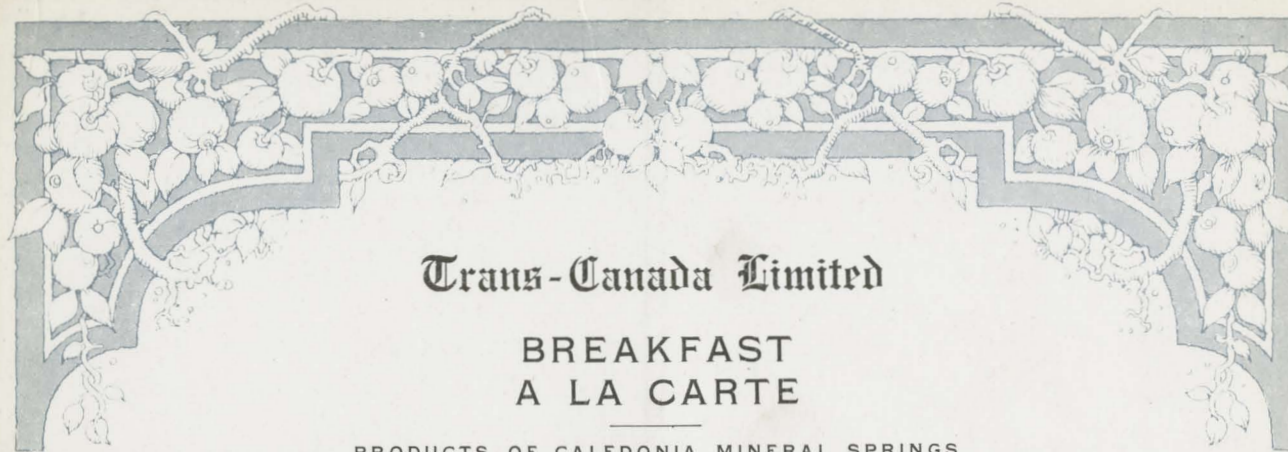
AN OKANAGAN ORCHARD

THE LAKE DISTRICT OF

YOU are travelling on the main line of the Canadian Pacific. South of it, forming the base of a long, narrow triangle, is another Canadian Pacific line, commonly known as the Crows Nest Line, which—with its continuation the Kettle Valley Railway—forms an alternative route between the prairies and the Pacific Coast.

This southern region is one of remarkable attraction to the traveller, whether he is on pleasure or on business bent. It is a region of mountain, lake and river. The mountain system of British Columbia divides into the Rockies, the Selkirk Range, and some smaller ranges. Between each is a valley, with slopes descending through green shores to a beautiful expanse of water. Between the Rockies and the Purcell Range is the Columbia Valley and Lake Windermere. Between the Purcells, which are a branch of the Selkirks, and the Selkirks themselves is Kootenay Lake. Between the Selkirks and the Gold Range are the Arrow Lakes; and between the Gold Range and the Cascade Range is Okanagan Lake. Two great rivers, in a series of curious windings, link together the first three—the famous Columbia River, which rising from the spring-fed Lake Windermere, flows first north and then turning south, enters the Arrow Lakes and bears away their waters to the Pacific Ocean; and the scarcely less famous Kootenay, which, draining the southern end of the Columbia Valley, makes an excursion into the United States before it turns back into Canada, and, entering Kootenay Lake at the south, finds its way from the western end of the Lake into the Arrow Lakes.

These picturesque valleys are given over variously to fruit-growing, lumbering and mining, industries which are now providing the sustenance of an increasingly large settlement. But they are also beautiful holiday resorts. Surrounded by mountains, with warm, equable climate, under clear blue skies rivalling those of California, the lakes provide a hundred centres ideally suited for a visit or a vacation—a world of snow-



Trans-Canada Limited

BREAKFAST A LA CARTE

PRODUCTS OF CALEDONIA MINERAL SPRINGS

MAGI "SALINE" WATER, SPARKLING	-	-	-	-	HALF PINTS	PINTS
DUNCAN "APERIENT" WATER, SPARKLING	-	-	-	-	.15	.25

Cantaloupe (Half) 30	Sliced Peaches with Cream 35
Baked Peaches with Cream 25	Berries with Cream 35
BAKED APPLE 15. WITH CREAM 25	ORANGE JUICE 30
PRUNES WITH CREAM 25	ORANGE, WHOLE 15, SLICED 20
BANANA, SLICED WITH CREAM 25	STEWED FIGS WITH CREAM 25
BANANAS, WHOLE (2) 25	BRITISH COLUMBIA APPLES (1) 10; (2) 15

CEREALS WITH MILK 20; WITH CREAM 30

Griddle Cakes with Canadian Maple Syrup 30

FISH

Grilled or Fried Alberta Whitefish, Parsley Butter 65	Fish Cakes 40, with Bacon 50
Steamed Finnan Haddie, 65	

CHOPS, STEAKS, ETC.

Broiled or Fried Spring Chicken (Half) \$1.25 (20 minutes)		
BROILED SIRLOIN STEAK 1.50	FRIED SMALL STEAK 1.00	
BACON (THREE) STRIPS 35, (SIX) STRIPS 65	BROILED HAM 65	
LAMB CHOPS (ONE) 45, (TWO) 80		
HAM AND FRIED EGGS 65	BACON AND FRIED EGGS 65	
ONE STRIP BACON SERVED WITH OTHER ORDERS 15		

Spring Onion Omelet 50	Creamed Chopped Chicken on Toast 70
Fried Fresh Tomatoes with Bacon 60	Calf's Liver with Bacon 65
French Toast with Jelly 30	

EGGS

BOILED (ONE) 20, (TWO) 35	SCRAMBLED 35	FRIED (ONE) 20, (TWO) 35
POACHED ON TOAST (ONE) 20, (TWO) 40		
OMELETS: PLAIN 45	JELLY, HAM OR SPANISH 60	

BRITISH COLUMBIA POTATOES

FRENCH FRIED OR HASHED BROWNED 25	LYONNAISE POTATOES 25
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BREAD AND BUTTER SERVICE PER PERSON

TOAST 15	HOT ROLLS 15	BRAN MUFFINS 15	CORN MUFFINS 15
MILK TOAST 30	CREAM TOAST 40		
WHITE, BROWN AND RAISIN BREAD 10			

PRESERVED FRUITS, MARMALADE, JAMS OR JELLIES 25

PRUNES	PEACHES	RASPBERRIES
QUINCE JELLY	CRABAPPLE JELLY	BRAMBLEBERRY JELLM
STRAWBERRY JAM	RASPBERRY JAM	
ORANGE OR GRAPEFRUIT MARMALADE		

PRESERVED FIGS 40 INDIVIDUAL CANADIAN HONEY 25

TEA, COFFEE, ETC.

COFFEE, POT 20 (SERVED WITH HOT MILK OR CREAM)	TEA, POT 20
INSTANT POSTUM 20	COCOA, POT 25
INDIVIDUAL SEALED BOTTLE MILK 15	"HORLICK'S MALTED MILK" 20

WAITERS ARE FORBIDDEN TO ACCEPT OR SERVE VERBAL ORDERS
PASSENGERS ARE REQUESTED TO INSPECT MEAL CHECK BEFORE MAKING PAYMENT, AND IN CASE OF ANY OVERCHARGE OR UNSATISFACTORY SERVICE, REPORT THE MATTER TO THE STEWARD IN CHARGE OF CAR OR TO

W. A. COOPER,
MANAGER, SLEEPING AND DINING CARS
MONTREAL.

B.I.M.J. 7-8 5-7-24-V.
B.L.M.H.

DINING CAR SERVICE



GRAND FORKS, B.C.

SOUTHERN BRITISH COLUMBIA

clad peaks and valleys gay with flowers, of forest, lake and river, the haunt of game and countless fish.

Up in the mountains there are trails for sure-footed ponies; in the valleys and along the lake shores are automobile roads linking the settlements of fruit growers, who in due season load the table with cherry, apple, pear, peach and melon. With so much water, every kind of aquatic sport is available. There is sailing and boating across wide stretches or into pine-clad bays, swimming in calm, warm water, so clear that the sandy bottom, shelving gradually out from the shore, is visible a long way from the water's edge. There is delightful picnicking or camping on the tree-fringed shore, first class trout fishing for the angler—even salmon. At some points there is mountain climbing, at others, in season, big game shooting. More than one valley provides good golf; all of them offer good automobiling through beautiful scenery. During the summer months the weather is warm and sunny—is not this suggested by the fact that in some of these valleys fruit such as peaches and grapes are grown? It is easy to find accommodation for every purse—you can camp; there are, sometimes, vacant orchards to rent; there are moderate priced hotels, there are occasional houses to be leased.

The Canadian Pacific southern route ties together these lakes with the prairies and the ocean. From the west it can be begun at Hope, (junction with the Kettle Valley Railway); from the east, at either Medicine Hat or Calgary (whence a branch runs to Lethbridge). Furthermore, it can be joined by three intermediate cross-routes—the Okanagan Lake rail and steamer line from Sicamous to Vernon, Kelowna and Penticton—the Arrow Lakes rail and steamer line from Revelstoke to Nelson—and the Windermere Valley rail line from Golden to Cranbrook. Nelson, the chief city of this southern region, has several side routes up Kootenay Lake and Slocan Lake; Lake Windermere has a delightful and well-known Bungalow Camp to attract the visitor.