



Indian Days at Banff

The Mountaineer

TABLE D'HOTE DINNERS

Chilled Grapefruit Hearts Cocktail Radishes and Green Onions
 Cream of Tomatoes Consomme, Brunoise

Baked Pacific Coast Salmon with Dressing \$2.60
 Charcoal Broiled "Red Brand" Sirloin Steak 4.25
 Roast Prime Ribs of Beef, Natural 3.00
 Individual Baked Chicken and Ham Pie 2.70
 Assorted Cold Meats, Mustard Pickles 2.70
 Asparagus Omelet with Strip of Bacon 2.60

Boiled New Potatoes New Potatoes Hashed in Cream
 Diced New Carrots Cauliflower, Melted Butter
 Lettuce and Tomato Salad, French Dressing
 (Served with These Meals 25c Additional)

Chocolate Sundae Fresh Peach Shortcake
 Half Cantaloupe
 Canadian Cheese with Crackers

Assorted Bread or Hot Rolls

*Tea *Coffee Milk
 (*Iced if desired)

Special Dinner \$1.85

(Cup of Soup 20c Additional)

Spring Lamb Fricassee
 Boiled Potatoes
 Diced New Carrots
 Hot Rolls
 Ice Cream with Cake

*Tea *Coffee Milk
 (*Iced if desired)

It is with pleasure and pride that we call attention to the desire and willingness of all our employees to give their utmost in service and special attention and they as well as ourselves would appreciate your criticisms as well as your commendations.

Souvenir copy of this menu card in envelope, ready for mailing, may be had on application to dining car steward.

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... each item
... employees
... permitted to
... serve orders
... verbally.

A la Carte Suggestions

Relishes

Celery and Olives, 35 Green Onions, 30 Radishes, 35
 Iced Celery, 40 Ripe Olives, 30 Green Olives, 30
 Grapefruit Juice, 30 Tomato Juice, 30
 Apple Juice, 30 Mixed Pickles, 25
 Grapefruit Hearts Cocktail, 40

Soups,

Cream of Tomatoes Consomme, Brunoise
 Cup 30, Tureen 50

Fish

Charcoal Broiled Salmon, Halibut or Sole, Tartar Sauce, 1.20
 Baked Pacific Coast Salmon with Dressing, 1.20

Roasts, Entrees, Etc.

Charcoal Broiled "Red Brand" Small Sirloin Steak, 3.00
 Roast Prime Ribs of Beef, Natural, 1.75
 Individual Pot of Baked Beans (Hot or Cold), 90
 Individual Baked Chicken and Ham Pie, 1.65
 Boiled or Fried Eggs, (1) 40 (2) 75
 Poached Eggs on Toast, (2) 75
 Scrambled Eggs, 75 Shirred Eggs, 75
 Plain Omelet, 90 Jelly, Cheese or Savory Omelet, 95
 Asparagus Omelet, 1.00

Vegetables

Hashed Browned Potatoes, 40
 Boiled New Potatoes, 25 New Potatoes Hashed in Cream, 40
 Diced New Carrots, 35 Cauliflower, Melted Butter, 35

Cold Dishes

Canadian Sardines, 55 Roast Beef, 1.75 Sliced Chicken, 1.75
 Assorted Meats, 1.75
 With Potato Salad, 25c extra

Salads in Individual Bowl

Chicken, 1.15 Fruit, 90 Asparagus, 90 Waldorf, 90
 Served with French or Mayonnaise Dressing

Sandwiches (Double Deck)

Ham and Cheese, 1.00 Bacon and Tomato, 1.00
 Sardine, Domestic, 1.00
 Ham or Bacon and Egg, 1.40 Chicken, 1.40 Club, 1.40

Desserts

Fresh Peach Shortcake, 55
 Half Cantaloupe, 40
 Ice Cream 30, with Cake, 35 Chocolate Sundae, 35
 Cheese with Crackers, 40

Breads

Toast, 20 Rolls (Hot or Cold), 20
 White, Brown or Raisin Bread, 20

Beverages

*Coffee, Pot, 30 *Tea, Pot, 30 Cocoa, Pot, 30
 Malted Milk, 30 Individual Milk, 20 Instant Postum, 30
 (*Iced if desired)

• Meals for Children under twelve years of age may be selected from Children's Menu.

J. L. Sugden, Manager, Sleeping, Dining and Parlor Cars, Montreal.

WINNIPEG—GOOD MEALS. LIGHT REFRESHMENTS AT POPULAR PRICES

Indian Days at Banff

The days of the olden, golden west live again each July at Banff, Alberta, when Stoney Indians gather to hold their traditional tribal sports.

The Stoneys, who today live in dignity on the reservation at Morley, 41 miles east of the baronial Banff Springs Hotel, set up their teepees and corral their sturdy ponies in the broad Bow Valley for four days each July. Visitors thrill to tests of skill that outshine any commercial rodeo and the parades of dignified chiefs and braves bedecked in traditional costumes. Proof that ancient tribal arts and skills have not been forgotten are shown by rare bead and quill work fashioned during long winter evenings, to decorate moccasins, trousers, jackets and war bonnets.

The Stoney tribe were great hunters who played a great part in the advance of civilization by helping to feed the army of builders of the Canadian Pacific Railway seven decades ago when they knew every game run in the "Shining Mountains" that today form Canada's mountain playground, Banff National Park.