



*Canadian Pacific*  
DINING CAR SERVICE

# The Mountaineer

## TABLE D'HOTE LUNCHEONS

Chilled Apple or Tomato Juice

Spring Vegetable Soup	Consomme, Clear (Hot or Jellied)	
Cold British Columbia Salmon, Cucumber, Mayonnaise.....		\$2.30
Canadian Pot Roast of Beef, Buttered Noodles.....		2.70
Chicken Cutlets with Green Peas.....		2.60
Assorted Cold Meats, Sliced Tomatoes.....		2.60
Cottage Cheese Salad with Apricots and Prunes.....		1.80
Mixed Fresh Fruit Salad with Ice Cream.....		1.80
(Vegetables not served with Salad Meals)		

Boiled New Potatoes	Au Gratin Potatoes
Vegetable Marrow	Buttered Fresh Spinach
Fresh Plum Pie	Chocolate Cup Custard
Ice Cream with Wafers	
Canadian Cheese with Crackers	

Assorted Bread

*Tea	*Coffee	Milk
	(*Iced if desired)	

### *Luncheon Special \$1.60*

Hot Roast Beef Open Sandwich with Gravy  
Buttered Spinach  
Ice Cream with Wafers

*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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## A la Carte Suggestions

### Relishes

Chow Chow, 25  
Tomato Juice, 30

Olives, 30  
Apple Juice, 30

### Soups, Fish

Spring Vegetable Soup  
Cup 30, Tureen 50

Grilled Salmon, Halibut, Tartar Sauce, 1.20  
Cold British Columbia Salmon, Cucumber, Mayonnaise, 1.20

### Roasts, Entrees, Etc.

Canadian Pot Roast of Beef, Buttered Noodles, 1.75

Chicken Cutlets with Green Peas, 1.35

Individual Pot of Baked Beans (Hot or Cold), 90

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

Lyonnaise Omelet, 95

Ham and Eggs, 1.30

Bacon and Eggs, 1.30

### Vegetables

Boiled New Potatoes, 25

Au Gratin Potatoes, 40

Vegetable Marrow, 35

Buttered Fresh Spinach, 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 Mixed Fruit, 90 Salmon, 1.05

Cottage Cheese Salad with Apricots and Prunes, 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 Plum Pie, 30

Chocolate Cup Custard, 35

Ice Cream 30, with Cake 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

## "The Mounted"

The scarlet coat of "The Mounted" has been the symbol of law, order and justice to Canadians since 1873, twelve years before Canada's first transcontinental railway, the Canadian Pacific, was built. In the western plains, during the 1898 gold rush to the Yukon, and across the Dominion, the history of the Royal Canadian Mounted Police has been one of tenacity, endurance and high courage. Organized as the North-West Mounted Police, armed with horse, lance and carbine to handle Indian unrest and protect settlers in the North-West Territories, the Force maintained order during the building of the Canadian Pacific Railway across the Prairies. In 1904 the name of the Force became the Royal North-West Mounted Police.

In 1918 it was entrusted with the enforcement of Dominion legislation for Western Canada. In 1920 this jurisdiction was extended to the whole of Canada, and the name was changed to Royal Canadian Mounted Police. Headquarters was transferred from Regina, still the Dominion Training Centre, to Ottawa. The Royal Canadian Mounted Police today enforces the laws against smuggling by land, sea and air, is responsible for the suppression of traffic in narcotic drugs and exercises supervision over aliens. Use is made of every known scientific aid to police protection in its well-equipped laboratories.

Just as "The Mounted" played an heroic part in the carving out of a new democracy on the western frontier so, today, it plays its part in the preservation of that democracy at home.

*The smart constable pictured overleaf on the steps of the West Block of the Parliament Buildings at Ottawa is as characteristic of the Dominion as is the Peace Tower in the centre of the colour photograph.*