



MID-DAY A LA CARTE

CELERY 25 SPRING ONIONS 15 RADISHES 25
 OLIVES 20 CHILI SAUCE 10 CHOW CHOW 15 MIXED PICKLES 15

Puree of Tomato Soup with Croutons 25

Fried Fillet of Whitefish or Trout, Tartare Sauce 65 Grilled Salmon 65
 Chicken and Ham Pie 90 Bacon Omelet 65 Braised Oxtails Jardiniere 65
 Foast Beef au Jus 85

BROILED OR FRIED CHICKEN (HALF) 1.25
 SIRLOIN STEAK 1.50 SMALL STEAK 1.00 LAMB CHOPS (1) 45, (2) 80
 HAM AND EGGS 65 BACON AND EGGS 65
 BACON, 3 STRIPS 35, 6 STRIPS 65 HAM 65
 INDIVIDUAL POT OF BAKED BEANS, (HOT OR COLD) 35
 (STRIP OF BACON SERVED WITH OTHER ORDER 15, OR INDIVIDUAL MUSHROOMS 25)

EGGS

SCRAMBLED 35 BOILED (1) 20, (2) 35 FRIED (1) 20, (2) 35
 POACHED ON TOAST (1) 20, (2) 40
 OMELETS PLAIN 45, TOMATO OR CHEESE 50, JELLY OR SPANISH 60

BOILED OR MASHED POTATOES 15 FRENCH FRIED POTATOES 25
 NEW SPINACH 20 CAULIFLOWER HOLLANDAISE SAUCE 20 BRAISED CELERY 20

COLD DISHES
 Cold Consomme in Cup 25

COLD SALMON, MAYONNAISE 65 IMPORTED SARDINES 60
 COLD BEEF 75 OX TONGUE 75 HAM 75
 SPRING LAMB, MINT SAUCE 75 CHICKEN 80
 (WITH POTATO SALAD 15 CENTS EXTRA)

SALADS

(WITH FRENCH OR MAYONNAISE DRESSING)
 CHICKEN 60 COMBINATION 35
 WALDORF 50 LOBSTER 60 HEAD LETTUCE 35
 LETTUCE AND TOMATO 35
 (THOUSAND ISLAND DRESSING 10)

DINING CAR SERVICE

Sliced Peaches with Cream 35
Apple Pie 20
Ice Cream 25

ICED CANTALOUPE (HALF) 30

Berries with Cream 35

Tapioca Custard Pudding 20
Deep Plum Pie 20
Special Individual Cake Service 20

ENGLISH PLUM PUDDING, HARD SAUCE 30

CHEESE WITH CRACKERS 25

CANADIAN CHEDDAR
SWISS GRUYERE

McLARENS

INGERSOLL CREAM
FRENCH ROQUEFORT

INDIVIDUAL CANADIAN COMB HONEY 25, WITH HOT BISCUITS 35

MARMALADE, JAMS, JELLIES 25

(IN INDIVIDUAL JARS)

MARMALADE
STRAWBERRY JAM

CRABAPPLE JELLY

BRAMBLEBERRY JELLY

QUINCE JELLY

RASPBERRY JAM

(WITH HOT BISCUITS 35)

PRESERVED FIGS 40

BREAD AND BUTTER SERVICE PER PERSON

TOAST 15

BRAN MUFFINS 15

WHITE, BROWN OR RAISIN BREAD 10

TEA, COFFEE, ETC.

COFFEE, POT 20, SERVED WITH HOT MILK OR CREAM
INSTANT POSTUM 20

TEA, POT 20

COCOA, POT 25

INDIVIDUAL SEALED BOTTLE MILK 15

HORLICKS MALTED MILK 20

ICED TEA 25

ICED COFFEE 25

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

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

BLACKFOOT TRAVOIS AND CAYUSE.

By Chief Buffalo Child Long Lance.

Chief Buffalo Child Long Lance, the author, is a full-blooded Indian, a chief of the blood tribe of Alberta. He is a graduate of Carlisle, where he gained a reputation in university sports. The chief was appointed to West Point in 1915, but relinquished this appointment in 1916 to go overseas with the Canadian forces. Entering the field as a private, he served with distinction, was twice wounded and returned at the end of the war with the rank of captain. He is at present writing a history of the Indians of the Canadian plains, British Columbia and the North Country.

ON the opposite side of this menu two Blackfoot squaws are seen with their horses hitched to the travois—the Indian's wagon. Previous to the coming of the white man into Alberta, the Indians carried all of their worldly possessions on this crude, yet handy, contrivance, which consists of two crossed-poles dragging behind the horse and bearing between them a skin hammock. Besides the tepee covering, bedding and other living necessities, one or two children are also placed on this hammock and transported from camp to camp. The baby is carried in its little moss-bag on the mounted mother's back, and another child usually sits behind her.

Before the horse was introduced on the northwestern plains, which was just over one hundred years ago, the Blackfeet and other Plains Tribes hitched the travois to their dogs, massive animals bearing a strong strain of the timber wolf.

The Blackfeet were the first Indians of the plains to obtain the horse, having stolen a small herd from the Kootenays of the Southeastern British Columbia, in early part of the last century. The Kootenays had acquired the nucleus of their herd from the Cayuse tribe, of Oregon, which caused the Indian pony to become universally known as the "cayuse."

When the horse first came among the Blackfeet, they did not know its use. They had never seen an animal, outside of the dog, which could be domesticated, or which could outrun the buffalo; nor one that was invulnerable to the attacks of large beasts of prey, such as the mountain lion and the buffalo-grizzly. The horse was so powerful, capable and noble in bearing, they regarded it as a sacred or supernatural being, and they ascribed its origin either to the lakes or to the sun. When, later, they learned from tribes to the south that the horse could be ridden and used as a pack animal, they immediately associated it with the dog, which had been their only burden bearer. As a result, all western tribes still refer to the horse as a "dog." The Southern Sioux call the horse, shunka-waken, meaning, "holy-dog"; the Northern Sioux, shunka-tonka—big-dog; the Crees, mist-atim—big-dog; and the Blackfeet, ponoka-mita—elk-dog.

The coming of the horse, with its great speed and endurance and its fearlessness, unleashed the fighting instinct of the Plains Indian and made of him a ferocious raider. He soon became the most expert horseman in the world. In battle he would often taunt the enemy by galloping up and down in front of their position, with nothing but the sole of his moccasin showing above the animal's back. Riding at a terrific pace, he would sometimes dive under his horse's neck and come up on the opposite side, repeating this performance again and again in the midst of a shower of enemy arrows.

When going into battle a Blackfoot warrior would tie up his horse's tail, append a feather to its fetlocks, and a scalp to its chin, and paint his "Medecine"—usually some animal—on its withers and thighs. If the horse had been wounded in a previous battle, the wound would be painted where it occurred. The print of a hand on the horse's shoulder, in red paint, meant that it had run down an enemy in battle.

Grazing in the background of this photograph may be seen a part of the Blackfoot herd of 4,000 horses, which range on their large reserve, bordering upon the south side of the Canadian Pacific Railway tracks from Bassano to Namaka, Alberta—a distance of forty-six miles.