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AFTER BUFFALO and NIGHTSHOOTS—BLACKFEET INDIANS



NATIONAL ASSOCIATION OF POSTMASTERS

OF THE UNITED STATES

PRESIDENT CONRAD'S SPECIAL TRAIN

FROM THE

NATIONAL CONVENTION

LOS ANGELES, CALIFORNIA

OCTOBER 13-16, 1947

## GOOD MORNING

"May the new day bring you boundless joy"

## CLUB BREAKFAST SERVICE

BAKED APPLE	GRAPE	JUICE	*CREAM OF WHEAT
PRESERVED PEACHES	PRUNE	"	CORN FLAKES
OREGON PLUMS	ORANGE	"	*OATMEAL
GRAPEFRUIT	APPLE	"	WHEATIES
SLICED ORANGE	GRAPEFRUIT	"	GRAPE NUTS
STEAMED PRUNES	TOMATO	"	BRAN FLAKES
EATING APPLE			SHREDDED WHEAT
			*GERVITA
			RICE KRISPIES

\*HOT CEREALS

## Fruit or Juice or Cereal

SAUSAGE, HAM OR BACON WITH TWO EGGS TO ORDER

OR JELLY OMELET

DRY OR BUTTERED TOAST OR MUFFINS

*or Choice of*

G. N. HEALTH CAKES, FRIED CORN MEAL MUSH OR WHEAT CAKES

COFFEE, TEA, CHOCOLATE OR MILK

Steward.....*F. H. Smith*



## Culinary Secrets

### GREAT NORTHERN HEALTH CAKE BATTER

2 Cups Bran (scalded)  
½ Cup Cornmeal  
1 Cup Wheat Flour  
2 Eggs

1 Kitchenspoon Shortening  
2 Teaspoons Baking Powder  
1 Kitchenspoon Sugar  
½ Teaspoon Salt  
2 Cups Milk

### WENATCHEE APPLE PIE

Fine quality apples should not be cooked before making pie.

Line pie plate with pie paste rolled thin, slice good apples. Use quarter pound sugar to every 2 apples, juice of one lemon sprinkled over apples, and a slight dusting with powdered cinnamon.

Wet edges and cover with paste rolled thin. Make cuts in top to allow steam to escape while baking and cook in a moderate oven on bottom of oven first, and finish on the shelf of oven.

MESSAGE TO A FRIEND