

An Apple A Day Keeps the Doctor away





Dr. Harvey Wiley Commends the Northern Pacific Dining Car Service

Dr. Harvey W. Wiley, the well known chemist and pure food expert, is quoted in the *Post-Intelligencer* of Seattle, March 14, 1913, as saying:

"Pure food must be the foundation upon which the health of the nation is built, and you have one of the best illustrations of what can be done in feeding the people along the right lines with the right kind of food here in the Northwest in the dining service of the Northern Pacific Railway.

"The food served and its preparation should be a model for every railroad and hotel in America. It is superior to anything I have ever before found in a public eating place. Most of the food which they serve comes from their own model farms, and the way in which it is prepared should be copied by others who wish to serve the public food that is healthful. I travel a great deal and I am compelled to eat all kinds of food or go without, and it is a pleasure to praise when I find a cafe that makes every effort to serve healthful food, as is the case with this railroad and some of the hotels I have visited on this trip. All railroads of America should by all means copy the policy of the Northern Pacific."

Good Morning! We Hope Hou Rested Well.

A la Carte Breakfast Menu

Fruits

ORANGES, 20C

GREAT BIG BAKED APPLE, IOC ORANGE JUICE, GLASS, 200

ORANGE MARMALADE, 25C

STEWED PRUNES, 200

Cereals, Cakes, Ctc.

OAT MEAL, CREAM OF WHEAT OR STEAMED RICE, 25C SHREDDED WHEAT BISCUIT (1), 150

KELLOGG'S TOASTED CORN FLAKES, 25C WHEAT CAKES, WITH MAPLE OR KARO SYRUP, 25C UNCLE SAM'S BREAKFAST FOOD, 25C

GRAPE NUTS, 25C

WASHINGTON CRISP CORN FLAKES WITH CREAM, 25C

Fish and Ousters

FRESH FISH IN SEASON, 60C

OYSTERS, ANY STYLE (6), 40C

Eggs, Omelettes

POACHED ON TOAST (2), UNDER GLASS, 30C BOILED, FRIED OR SHIRRED EGGS (2), 25C PLAIN OMELETTE (2), 30C; WITH JELLY, PARSLEY OR TOMATO, 35C OMELETTE, WITH CHOPPED HAM OR BACON, 50C

SCRAMBLED (2), 25C; WITH SMOKED BEEF, 40C

Broiled to Order

LAMB CHOPS, 650

Breakfast Steak, 700

SIRLOIN STEAK, \$1.25 MILK FED CHICKEN (ONE HALF), 700

Broiled or Fried Ham or Bacon, 50c; with (2) Eggs, 60c

HAM WITH EGG, HALF PORTION, 35C BACON WITH EGG, HALF PORTION, 35C

FRIED CALF'S LIVER AND BACON, 60C HAMBURGER STEAK, CREOLE SAUCE, 60C

NORTHERN PACIFIC SPECIAL BREAKFAST SAUSAGE, 50C

RASHER OF BACON (SERVED WITH MEAT OR FISH ORDERS ONLY), 25C

Botatoes

FRENCH FRIED, 15C

STEWED IN CREAM, 200 GERMAN FRIED, 15C

HASHED BROWN, 15C

Breaks

VIENNA OR CREAM BREAD, IOC WHEAT MUFFINS, IOC

DRY TOAST, 100

CREAM TOAST, 300 FRENCH TOAST, WITH JELLY, 35C

MILK TOAST, 25C BUTTERED TOAST, 150

Beurrages

COCOA, PER POT, 15C

COFFEE, PER POT, IOC.

TEA, PER POT, 150

CREAM, PER GLASS, 20C

INSTANT POSTUM, IOC

MILK, SERVED IN INDIVIDUAL BOTTLES, 100

Bread and Butter Served Free with All orders Amounting to 40c or Over

WHIPPED CREAM SERVED WITH COFFEE AND CEREALS

Finger Bowl Served Only on Request

Wine List

Champagnes, Etc.

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POMMERY SEC	
VEUVE CLICQUOT RIUMART "Reptr" 2.25	
RUINART "BRUT"	
KUINART "BRUT" SPARKLING RUBECTIVING (PER) Desir M	
SPARKLING BURGUNDY (RED) PAUL MASSON 2.25 MOET & CHANDON WHITE STATE 1.00	
Moet & Chandon White Seal	
White Wines	
wille willes	•
La Tour Blanche	
SAUTERNE	
SAUTERNE	
Clarets	
CHATEAU I A POOR	
CHATEAU LA ROSE	
PONTET CANET	
St. Julien	
Neinsteiner Rhein Wine	75
ZINEANDEL CALIFORNIA (EXTRA QUALITY)	15
ZINFANDEL	2 =
BURGUNDY RESERVE STOCK TIPO, RED OR WHITE	25 60
	35
Liquors, Etc.	
TAMES HENNESONY & Co Communication INDIVIDUAL	
JAMES HENNESSEY & CO. COGNAC *** \$.30 AMONTILLADO SHERRY (VERY FINE) \$.25	
Finch's Golden Wedding Rye	-
McCallom's Scotch Whiskey "Perfection" Old Rye or Bourbon Whiskey 25 Clear Brook Bourbon Whiskey 25 Clear Brook Bourbon Whiskey 20	
CLEAR PROOF PROOF WHISKEY	
CLEAR BROOK BOURBON WHISKEY CLARK'S PURE RYE OR BOURBON 20 20	
CLARK'S PURE RYE OR BOURBON OLD SCOTCH WHISKEY .20	
OLD SCOTCH WHISKEY	
King George Scotch Whiskey King William Scotch Whiskey 25	
TOTALL CROSS SCOTCH WHISKEY (SPECIAL LIGHTIP)	
Manhattan or Martini Cocktails	
Cordials	
INDIVIDUAL .	
BENEDICTINE, CHARTREUSE OR CREME DE MENTHE .25	
EDOUARD PERNOD ABSINTHE	

70				
B	D	p	r	173

GOLDEN CRAIN PO	REWING CO.'S FALSTAFF BREW \$.25	
OLYMPIA REED (OLYM	LT (MINNEAPOLIS BREWING CO.)	
OLD GERMAN LAGER RE	PIA BREWING CO., OLYMPIA, WASH.) .25 R (INDEPEND'T BREWING CO., SEATTLE) .25	
DAMM S DEER, PREFERRED	STOCK (THE REPUEDV'S OWN PORMY AND)	
TAINIER I ALE (SEATTLE DREWING	& MALTING CO. SEATTLE WASH) (SPLITS ITC)	. 0
SCHLITZ BEER IN BROWN ROTTLES	27 Paper Pres Pres Pres	25
MILLER'S "HIGH LIFE" BEER	.25 ANHEUSER-BUSCH'S (BUDWEISER)	.25
Ales	and Waters	3
	ROTTLES	
CLICQUOT CLUB GINGER ALE \$.25 Ross' GINGER ALE (IMPORTED)	\$ 20
GUINNESS' DUBLIN PORTER (NIPS)	.20 Bass' Pale Ale (Dog's Head) (Nips)	\$.25
VICHY WATER	.25 APOLLINARIS (SPLITS, 15C)	25
WHITE ROCK WATER (SPLITS, 15C)	.25 CHIPPEWA WATER (SPLITS, 15C)	2.0
PLUTO WATER	.15 CLUB SODA (DELATOUR'S)	25
RED RAVEN SPLITS	.15 HUNYADI (GLASS, 15C)	40
ROCK SPRING WATER (SPLITS)	. 15 SPARKLING APENTA WATER (SPLITS)	. 15
BROMO SELTZER		
LEMONADE (APOLLINARIE OR WHITE DOOR COLLINARI	, PT.)	35
Sparkling Grape Inice (Pts.)	Church's Kennewick Grape Juice	25
RED WING GRAPE THICE	LOGAN BERRY JUICE (OREGON FRUIT JUICE Co.)	15
SOL DUC STILL MAGICAL WATER	· · · · · · · · · · · · · · · · · · ·	25
	The state of the s	25
V W I	gars, Etc.	
MELACURING CASA PROPERTY OF AND IMPORTED, 2 FOR 2	5C; 3 FOR 5OC; AND IOC, 15C, 2OC AND 25C EACH	
		. \$.15
EGYPTIAN NATURAL CICARETTES	15 Milo Cigarettes	25
CIGARETTES (RENSON AND HEDGES NO. 1)	15 CAMEL CIGARETTES	.IO
PHILIP MORRIS CIGARETTES		.25
RAMESES CIGARETTES, GOLD TIPS		.25
EGYPTIAN DEITY CIGARETTES		.25
		.25
PLAYING CARDS (NORTHERN PACIFI		.25
NO WINES OR LIQUORS SO	LD IN NORTH DAKOTA, IDAHO, WASHING	25
TON OR OREGON, NOR	CIGARETTES IN MINNESOTA OR NORTH	
	DAKOTA.	
Patrons not served to ther	satisfaction are requested to report the fact im-	
tention on the bank	ng Car Conductor; any indifference or inat-	1
A. M. Clelan	f any employee or unsatisfactory service, to l, General Passenger Agent, St. Paul,	1
II. III. Cittan	Minnesota.	
	an interstitut.	

On January 1, 1901
the Northern Pacific Railway discontinued the annoyance to passengers occasioned by ambitious news agents, and since that time the daily newspapers published along our line are supplied to all our trains carrying dining cars. Our dining car conductors send a neatly uniformed waiter through the train between meal hours, and passengers may obtain papers at other times on application to the dining car conductor.

Margaret Illington Bowes writes:

"At the end of a long season of almost constant traveling I cannot resist thanking you for the pleasure and comfort your most wonderful dining car service has given me. The splendid food, perfection of service, and that sense of individual attention one gets, is, I think, unique in railroad travel. I shall route my tours over the Northern Pacific wherever possible, for this, if for no other reason."

Attention of our patrons is called to the change of time at Mandan, N. D., and Paradise, Mont., to one hour earlier going west and one hour later coming east at each point.

Cuisine Famously Good

The attention of our patrons is especially directed to our home-grown products obtained for several years from the Northern Pacific's Dairy and Poultry Farm at Kent, Wash.

A specialty is made of strictly fresh eggs, each of which is stamped and put up in cartons of a dozen each. They are dated so as to avoid the possibility of an old egg being used.

The same quality of milk-fed young chickens that are used for broiling purposes are also used exclusively as roasting chickens. These are killed only as wanted for supplying our dining cars.

We also make a specialty of raising young pork from which we make all the sausage in our own Meat Shop for our dining car service.

No cold storage stock of any kind is handled, thus assuring only the highest quality of all kinds of supplies.

We operate our own bakeries and meat shops in St. Paul and Seattle, where all our bread, cakes and pastry are made and where all meats are cut and wrapped in parchment paper ready for the range.

Unsalted creamery butter is not only served exclusively on the tables but also for all cooking purposes in the kitchen.

The well-known Pokegama Water which is bottled at the Springs at Detroit, Minnesota, is served with all meals.

Originators of the "Great Big Baked Potato," February 8, 1909, "Cold Dishes for Hot Days," June 1910, "Hot Dishes for Cold Days" en Casserole, October, 1911, "Great Big Baked Apple," October, 1914.

A Hearty Invitation

is extended to all our dining car patrons to visit our new commissary in Seattle, located two blocks south of the King Street Passenger Station. It is one of the most modern and up-to-date institutions of its kind on the continent, built with sanitation as the most paramount object in view. Here are prepared in our sanitary bakeshop all the bread and pastry articles for our dining car service, baked in an Oil Burning Petersen Oven, so as to avoid the soot and dirt incident to coal firing, and insuring cleanliness to our bakeshop products. Our meat shop in this commissary, also, is a model of its kind, where cleanliness in the method of handling meats, poultry, etc., reigns supreme. The meat shop products are cooled through an automatic refrigeration plant of the most modern installation, always insuring a uniform temperature of a very low degree. The storeroom, where all supplies are issued to the cars, has also been built with a view to filling dining car requisitions in the most expeditious and cleanly manner.

A guide will cheerfully accompany our visitors and explain the workings of each department in detail.

It will give us pleasure to entertain you.

HAZEN J. TITUS Superintendent Dining Car Service

Form 4262 A-10115



