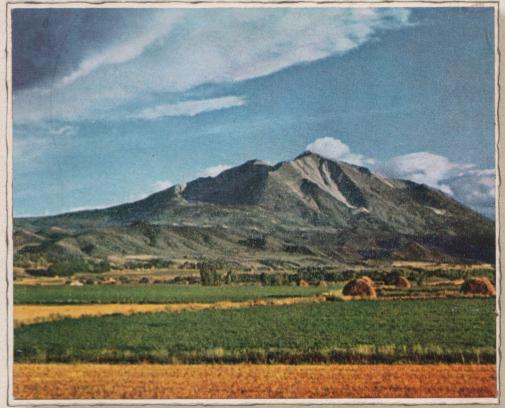
Breakfast



Green Gold

Rio Grande

# A La Carte

**IUICES** 

Tomato Tuice, 25

Orange Juice, 25; Double, 35 California Prune Juice, 30 Pineapple Juice, 25

Grapefruit Juice, 25 Lemon and Water, 15 Vegemato Cocktail, 25

FRUIT

Sliced Bananas with Cream, 35

Kadota Fias. 35

Grapefruit, 30 Whole Orange, 15

Sliced Orange, 30

California Prunes, 30, with Cream, 35 Individual Jar Extracted Honey, 25 Baked Apple with Cream, 35

CEREALS

All Cereals with Cream, 35 Oatmeal Puffed Wheat Puffed Rice Cream of Wheat Whole Wheat Cereal Grape Nuts Toasted C All Bran Wheaties Shredded Ralston Bran Flakes Toasted Corn Flakes Rice Krispies Shredded Whole Wheat Biscuit

FISH

Colorado Mountain Trout, 1.25

MEAT

Broiled Ham, 1.00

Grilled Bacon, 1.00

Bacon or Ham and Eggs. 1.25

EGGS

Eggs, Boiled, Fried, Scrambled, or Shirred, 50 Poached on Toast (2), 65 Omelette, Plain, 55, with Diced Ham, 90

POTATOES

American Fried or Hashed Browned, 25

BREAD

Breakfast Muffins, 15 White, Whole Wheat or Rye Bread, 15 Ry-Krisp (Non-fattening), 15

TOAST

Milk Toast, 40

Dry or Buttered Toast, 15 French Toast with Jelly, 60

Cream Toast, 60

GRIDDLE CAKES

Buckwheat, Corn or Wheat Cakes with Maple Syrup, 40 With Honey, 50

BEVERAGES

Coffee, Pot, 25 Instant Sanka, or Instant Postum, Pot, 25 Cocoa, Pot, 25 Green, or Orange Pekoe Tea, Pot, 25 Pasteurized Milk, or Buttermilk, Bottle, 15

Malted Milk, 25

No check issued for less than 25c for each person.

If there is a particular dish you Service outside of Dindesire, not listed, the Steward will gladly furnish, if available.

ing Car, 25c extra for each person served.

10-5-48

\$\frac{1}{2} \cdot \frac{1}{2} \cdot \frac{1}{2}

# Breakfast Suggestions

# FRUITS & IUICES

Tomato Tuice Orange Tuice V-8 Tuice Prune Juice Pineapple Juice Lemon and Water Sliced Bananas California Prunes Kadota Fias Baked Apple Grapefruit

### CEREALS

Shredded Whole Wheat Biscuit Shredded Ralston Whole Wheat Cereal Toasted Corn Flakes Rice Krispies Rolled Oats Puffed Wheat Puffed Rice Grape Nuts Cream of Wheat All Bran Wheaties

#### Number One

Choice of One

#### 1.50 Per Person

Ham or Bacon with Eggs Calf's Liver with Bacon Includes choice of above Listed Fruits and Cereals

### Number Two

Choice of One

## 1.35 Per Person

Link Sausage with Griddle Cakes Shredded Ham with Scrambled Eggs Omelette with Jelly Includes choice of above Listed Fruits or Cereals

#### Number Three

Choice of One

#### 1.00 Per Person

Eggs, Boiled, Fried or Scrambled French Toast with Syrup or Jelly Buckwheat, Corn or Wheat Cakes with Syrup Includes choice of above Listed Fruits or Cereals

# Number Four

Coffee

.90 Per Person Choice of above listed Fruits and Cereals

#### ABOVE SELECTIONS INCLUDE:

Muffins

Togst

Tea

Milk

Cocoa

Saccharin available, if desired

Parents may share their portions with children without extra charge Half portions will be served children under twelve years of age, at half price

Please order by number. Write selection on meal checks, as waiters cannot accept verbal orders.

> H. F. Eno Passenger Traffic Manager

C. A. Wall Supt. Dining Car and Hotel Dept.

Denver & Rio Grande Western Railroad, Denver, Colo.

# THRU THE ROCKIES - NOT AROUND THEM

# Green Gold

Typical of the diversified farming practiced in the high mountain valleys of Colorado is our cover scene. The central field of alfalfa is bordered in the foreground by one of oats, and to the left by a field of rye. Dominating the scene is one of the many majestic peaks of the Colorado Rockies.

Agriculture is Colorado's most important source of wealth. It is the minerals in the soil—not the precious metals which lie under it—that are the foundation of the state's economy. The products of agriculture produce twice as much of its yearly income, as do those of its mines.

The history of agriculture in the Centennial state dates back more than six centuries to the mysterious Cliff Dwellers of the southwestern corner of the state, who grew maize and other crops on the high table lands and moist valleys of the Mesa Verde region. After their disappearance, farming was forgotten for many hundreds of years, as the less civilized Indians who supplanted them lived a nomadic existence of hunting and fishing. Not again until 1852 were permanent farming communities established by Spanish-Americans in the San Luis valley, and during gold rush days many farms were laid out in the river bottoms along the eastern base of the foothills.

Farm and pasture lands now comprise three-quarters of the state's acreage. A wide variety of fertile soils, unusually rich in mineral matter, characterize the arable lands, and the generally mild, sunny climate is a factor of importance in producing high-quality crops.

Successful agriculture in the temperate zone requires the cultivation of at least one row crop in rotation with grains and legumes or grasses, in order to avoid exhausting the soil of its growth-producing minerals. As a consequence, Colorado farms are noted for their diversity of crops.

No story of Colorado agriculture would be complete without some mention of irrigation. Insufficient rainfall in this high, dry state, has led to the establishment of intricate systems of dams, reservoirs and irrigation ditches which have reclaimed many areas, transforming them from barren deserts to fertile fields and orchards. Only the state of California exceeds Colorado in the area of land under irrigation.

DENVER AND RIO GRANDE WESTERN RAILROAD