

# Breakfast



Green Gold

*Rio Grande*

# A La Carte

## JUICES

Orange Juice, 25; Double, 35  
 California Prune Juice, 30  
 Pineapple Juice, 25  
 Tomato Juice, 25  
 Grapefruit Juice, 25  
 Lemon and Water, 15  
 Vegemato Cocktail, 25

## FRUIT

Grapefruit, 30  
 Whole Orange, 15  
 California Prunes, 30, with Cream, 35  
 Individual Jar Extracted Honey, 25  
 Baked Apple with Cream, 35  
 Sliced Bananas with Cream, 35  
 Kadota Figs, 35  
 Sliced Orange, 30

## CEREALS

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

## FISH

Colorado Mountain Trout, 1.25

## MEAT

Broiled Ham, 1.00  
 Bacon or Ham and Eggs, 1.25  
 Grilled Bacon, 1.00

## 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 desire, not listed, the Steward will gladly furnish, if available.

Service outside of Dining Car, 25c extra for each person served.

# Rio Grande

**Good Morning!** HAVE A DEMI TASSE OF COFFEE WITH OUR COMPLIMENTS

## Breakfast Suggestions

### FRUITS & JUICES

Tomato Juice  
 Orange Juice  
 V-8 Juice  
 Prune Juice  
 Pineapple Juice  
 Lemon and Water  
 Sliced Bananas  
 California Prunes  
 Kadota Figs  
 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

.90 Per Person  
 Choice of above listed Fruits  
 and Cereals

#### ABOVE SELECTIONS INCLUDE:

Coffee                      Muffins                      Toast  
                                     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.



## *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