





## "THE MOUNTAINEER"

## BREAKFAST

## PRODUCTS OF THE CALEDONIA MINERAL SPRINGS

MAGI "SALINE" WATER, SPARKLING  
DUNCAN "APERIENT" WATER, SPARKLING

HALF PINTS	PINTS
15	25
25	

## Berries with Cream 35

## BRITISH COLUMBIA APPLES

Baked Apple 15, with Cream 25

Table Apple (One) 10, (Two) 15

CANTALOUPE, (HALF) 30

ORANGE, WHOLE 15 SLICED 20

ORANGE JUICE 30

BANANA SLICED WITH CREAM 25

STEWED PRUNES WITH CREAM 25

Sliced Pineapple with Bran Muffins 35

Stewed Rhubarb 25

CEREALS WITH MILK 20, WITH CREAM 30

GRIDDLE CAKES WITH CANADIAN MAPLE SYRUP 30

## FISH

Grilled Alberta Whitefish 65

Fish Cakes 40, with Bacon 50

Broiled or Fried Lake Trout 65

## CHOPS, STEAKS, ETC.

Broiled or Fried Chicken (Half) 1.25 (20 Minutes)

BROILED SIRLOIN STEAK 1.50

SMALL STEAK 1.00

LAMB CHOPS (ONE) 45; (TWO) 80

BACON (THREE) STRIPS 35; (SIX) STRIPS 65

BROILED HAM 65

HAM AND FRIED EGGS 65

SAUSAGE 60

BACON AND FRIED EGGS 65

ONE STRIP BACON: WHEN SERVED WITH OTHER ORDERS 15 CENTS

Fried Tomatoes with Bacon 60

Creamed Diced Chicken with Green Peppers 75

CALF'S LIVER WITH BACON 65

# " THE MOUNTAINEER "

## A LA CARTE

### EGGS

BOILED (ONE) 20; (TWO) 35  
SHIRRED 40  
OMELETS: PLAIN 45

SCRAMBLED 35

FRIED (ONE) 20; (TWO) 35  
POACHED ON TOAST (ONE) 20; (TWO) 40

TOMATO OR CHEESE 50

JELLY, HAM OR SPANISH 60

### BRITISH COLUMBIA POTATOES

FRENCH FRIED 25

HASHED BROWNE 25

### PRESERVED FRUITS, MARMALADE, JAMS OR JELLIES 25

(IN INDIVIDUAL JARS)

STRAWBERRIES  
CRABAPPLE JELLY  
STRAWBERRY JAM

PINEAPPLE  
BRAMBLEBERRY JELLY

RASPBERRIES  
QUINCE JELLY  
RASPBERRY JAM

ORANGE OR GRAPE FRUIT MARMALADE

PRESERVED FIGS 35

INDIVIDUAL COMB OR STRAINED HONEY 25

### BREAD AND BUTTER SERVICE PER PERSON

TOAST 15  
MILK TOAST 30

HOT ROLLS 15  
BRAN MUFFINS 15  
WHITE, BROWN AND RAISIN BREAD 10

CORN MUFFINS 15  
CREAM TOAST 40

### TEA, COFFEE, ETC.

COFFEE, POT 20 (SERVED WITH CREAM OR HOT MILK)  
NESTLE'S MILK FOOD 25  
INSTANT POSTUM 20

COCOA, POT 25  
TEA, POT 20  
HORLICK'S MALTED MILK 20  
INDIVIDUAL SEALED BOTTLE MILK 15

### FOR BOTTLED AND OTHER BEVERAGES SEE SPECIAL LIST

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 THE CAR OR TO

W. A. COOPER,  
MANAGER,

SLEEPING, DINING, PARLOR CARS  
RESTAURANTS AND NEWS SERVICE  
MONTREAL

SOUVENIR COPY OF THIS MENU CARD IN ENVELOPE, READY FOR MAILING, MAY BE HAD ON APPLICATION TO THE 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 "Medicine"—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.