Color photograph—Karsh, Ottawa
Courtesy—Maclean's Magazine

The "MOUNTIE"

TABLE D'HOTE LUNCHEONS

75 Cents

SALADS: Chef's Vegetable Salad — Seafood Salad — Chicken Salad

Blueberry Pie — Blanc Mange with Stewed Fruit — Ice Cream with Cake

Vitamin "B" White and Brown Bread — Rolls (Hot or Cold)

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85 Cents

Cold Salmon, Mayonnaise — Halibut, Cod or Sole, Maitre d'Hotel

Boiled Potatoes — Mashed Potatoes

Mashed Turnips — Canadian Peas

Blueberry Pie — Blanc Mange with Stewed Fruit — Ice Cream with Cake

Vitamin "B" White and Brown Bread — Rolls (Hot or Cold)

$1.00

Scotch Broth

Irish Stew with Dumplings

Sausages with Mashed Potatoes — Ham Omelet

Assorted Cold Meats, Dill Pickles

Boiled Potatoes — Mashed Potatoes

Mashed Turnips — Canadian Peas

Blueberry Pie — Blanc Mange with Stewed Fruit — Ice Cream with Cake

Vitamin "B" White and Brown Bread — Rolls (Hot or Cold)

● **The following beverages may be ordered for additional charge of five cents:**

Tea — Coffee — Cocoa — Milk — Instant Postum

1 L.E., 1 L.W., V-16-44 3-4-7-8

Take part of your change in War Savings Stamps

EVERY CENT COUNTS EVERY STAMP HELPS TOWARDS VICTORY

The Steward has them for sale.

A LA CARTE SUGGESTIONS

RELISHES

Chow Chow, 15 — Queen Olives, 20 — Tomato or Apple Juice, 15 — Celery, 20

SOUP, (Cup) 15, (Tureen) 25 (See Table d'Hote Menu)

FISH, 50 (See Table d'Hote Menu)

ENTREES, 50, 55 and 65—ROASTS, 60-65 (See Table d'Hote Menu)

CHOPS, STEAKS, ETC. FROM THE GRILL

Sirloin Steak, 1.25 — Sausages, 40 — Small Sirloin Steak, 1.00

Lamb Chops (one) 30, (two) 55 — Bacon (3 strips) 30, (5 strips) 50 — Bacon with Eggs, 55

Ham (½ cut) with 1 Egg 45, with 2 Eggs, 55 — Broiled Ham (½ cut) 35, (full cut) 50

EGGS, OMELETS, ETC.

Boiled (One) 15, (Two) 25 — Fried (One) 15, (Two) 25 — Scrambled, 30

Shirred, 35 — Poached on Toast (One) 20, (Two) 35

Omelets:—Plain, 30 — Jelly, Cheese or Parsley, 40 — Spanish, 45

VEGETABLES

Boiled Potatoes, 15 — Mashed Potatoes, 15

Sugar Corn, 15 — Green Peas, 15

COLD DISHES

Canadian Sardines, 25 — Assorted Cold Meats, 50 — Chicken, 55

SALADS—WITH FRENCH OR MAYONNAISE DRESSING

Chicken, 50 — Combination, 40 — Lettuce and Tomato, 35 — Fruit, 40

DESSERT

Pie, 15 — Pudding, 20 — Ice Cream with Cake, 20

BREAD AND ROLLS, 10

CHEESE, 25

TEA, COFFEE, ETC.

Coffee, Cup, 10, served with Hot Milk or Cream — Instant Postum, 20 — Tea, Pot, 20

Cocoa, Pot, 20 — Malted Milk, 20 — Individual Bottle Milk, 15

● **Half portions served at half price to children under 12 years of age if ordered on special meal check.**

"No check issued for less than twenty-five cents per person."

Waiters are not allowed to serve verbal orders. Passengers will kindly write their orders on meal check.

T. M. McKeown, Manager, Sleeping, Dining and Parlor Cars, Montreal.

STATION LUNCH ROOMS—VANCOUVER, CALGARY, MOOSE JAW AND WINNIPEG—GOOD MEALS, LIGHT REFRESHMENTS AT POPULAR PRICES

"THE MOUNTIE"

The scarlet coat of "The Mountie" for nearly seventy years has been the symbol of law, order and justice to Canadians, native born or immigrant.

Since 1873, eight years before the start of construction of Canada's first transcontinental railway—the Canadian Pacific—at first in the western plains, later during the gold rush to the Yukon of 1898, and finally, across the Dominion from coast to coast, the history of this force of constabulary has been a thrilling story of tenacity, endurance and high courage.

Organized originally as the North-West Mounted Police with the simple equipment of horse, lance and carbine to handle Indian unrest and protect settlers in the North-West Territories, the Force played its part in maintaining order during the construction of the Canadian Pacific Railway across the Prairies. Van Horne, then General Manager, wrote to Lt.-Col. A. G. Irvine, North-West Mounted Police Commissioner at Regina:

> "Without the assistance of the officers and men of the splendid force under your command it would have been impossible to have accomplished as much as we did. On no great work within my knowledge, where so many men have been employed, has such perfect order prevailed."

In 1904 its name was changed to the Royal North-West Mounted Police. In 1918 it was assigned the duty of the enforcement of Dominion legislation for the whole of Western Canada, west of Port Arthur and Fort William. In 1920 this jurisdiction was extended to the whole of Canada, and the name of the Force was changed to the Royal Canadian Mounted Police, the headquarters being transferred from Regina to Ottawa. Regina, however, is the Training Centre for the entire Dominion.

The Royal Canadian Mounted Police today, among its other duties, enforces the laws against smuggling by land, sea and air; is responsible for the suppression of traffic in narcotic drugs and exercises supervision over aliens. Its strength on December 31st, 1939, was 3,875. On the outbreak of war authority was granted to re-engage 500 ex-members of the Force and 2,500 special constables, if required.

The Royal Canadian Mounted Police today makes use of every known scientific aid to police protection in its well-equipped laboratories and pursues the enemies of society ashore, afloat and in the air.

Just as "The Mounties" played an heroic part in the carving out of a new democracy on the western frontier so, today, they play a part in the preservation of that democracy at home and, as one of the Provost Companies of the Canadian Army, overseas.

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