



ROUTE  
OF THE

EMPIRE  
BUILDER



AFTER BUFFALO and NIGHTSHOTS—BLACKFEET INDIANS



### GOOD MORNING

"May the new day bring you boundless joy"

### CLUB BREAKFAST SERVICE

GRAPEFRUIT	GRAPE JUICE	CREAM OF WHEAT
BAKED APPLE	ORANGE	CORN FLAKES
SLICED ORANGE	APPLE	OATMEAL
STEWED PRUNES	PRUNE	GRAPE NUTS
PRESERVED FIGS	TOMATO	BRAN FLAKES
OREGON PLUMS IN SYRUP	PINEAPPLE	WHEATIES
SLICED RAW APPLE, CREAM	GRAPEFRUIT	PUFFED RICE
WENATCHEE EATING APPLE		SHREDDED WHEAT
PINK RHUBARB SAUCE		GERVITA

#### NUMBER 1—FIFTY CENTS

Fruit Juice  
and Choice of

HOT MUFFINS—DRY OR BUTTERED TOAST  
COFFEE, TEA, CHOCOLATE OR MILK

#### NUMBER 2—SIXTY CENTS

Fruit or Juice and Cereal  
and Choice of

HOT MUFFINS—DRY OR BUTTERED TOAST  
COFFEE, TEA, CHOCOLATE OR MILK

#### NUMBER 3—SIXTY-FIVE CENTS

TWO EGGS TO ORDER WITH BACON OR SAUSAGE  
and Choice of

DRY OR BUTTERED TOAST, MUFFINS, FRIED CORNMEAL MUSH  
WHEAT OR BUCKWHEAT CAKES, G. N. HEALTH CAKES  
COFFEE, TEA, CHOCOLATE OR MILK

#### NUMBER 4—SEVENTY-FIVE CENTS

Fruit or Juice or Cereal

TWO EGGS TO ORDER OR HALF PORTION BACON OR SAUSAGE AND ONE EGG  
and Choice of

HOT MUFFINS, DRY OR BUTTERED TOAST, FRIED CORNMEAL MUSH  
COFFEE, TEA, CHOCOLATE OR MILK

#### NUMBER 5—EIGHTY-FIVE CENTS

Fruit, Cereal or Juice

LAMB CHOP, HAM, BACON OR SAUSAGE, OR HALF PORTION HAM AND ONE EGG  
and Choice of

MUFFINS, TOAST, FRIED CORNMEAL MUSH  
WHEAT OR BUCKWHEAT CAKES OR G. N. HEALTH CAKES  
COFFEE, TEA, CHOCOLATE OR MILK

#### NUMBER 6—ONE DOLLAR

Fruit or Juice and Cereal

HAM, BACON, LAMB CHOP OR SAUSAGE WITH TWO EGGS TO ORDER  
HASHED BROWNED POTATOES

MUFFINS, DRY OR BUTTERED TOAST, FRENCH TOAST WITH JELLY OR HONEY  
WHEAT OR BUCKWHEAT CAKES, FRIED CORNMEAL MUSH, G. N. HEALTH CAKES  
COFFEE, TEA, CHOCOLATE OR MILK

A. W. DELEEN,  
GENERAL SUPERINTENDENT DINING CARS  
ST. PAUL, MINNESOTA

Steward.....

BUY  
YOUR  
NEXT  
DEFENSE  
BOND  
TODAY

Please write full selection on check to assure prompt service

### A LA CARTE BREAKFAST SERVICE

#### FRUITS

BAKED WENATCHEE APPLE, 20 WITH CREAM, 25

GRAPEFRUIT, WHOLE, 25 HALF, 15

WENATCHEE EATING APPLE, 10

PRUNE JUICE, 15

PINEAPPLE JUICE, 15

APPLE JUICE, 15

GRAPE JUICE, 15

TOMATO JUICE, 15

DOUBLE TOMATO JUICE, 25

WHOLE ORANGE, 10

SLICED, 15 JUICE, 15

DOUBLE ORANGE JUICE, 25

OREGON FRESH PLUMS IN SYRUP—CREAM, 25

STEAMED PRUNES—CREAM, 25

#### INDIVIDUAL PRESERVED FRUITS, ETC.

STRAWBERRY PRESERVES, 20

ORANGE MARMALADE, 20

INDIVIDUAL WILD BLACKBERRY JAM, 20

PRESERVED FIGS WITH CREAM, 25

INDIVIDUAL STRAINED HONEY, 15

#### CEREALS

GRAPE NUTS, SHREDDED WHEAT, WHEATIES, ALL BRAN, CREAM OF WHEAT, CORN FLAKES

GERVITA, PUFFED RICE, OATMEAL—CREAM SERVED WITH ALL CEREALS, 25

#### FISH

FRESH SEASONABLE FISH, 60

#### EGGS AND OMELETS

EGGS, FRIED, BOILED, SCRAMBLED OR SHIRRED (2), 30

POACHED ON TOAST (2), 30

ALL COMBINATION OMELETS, 45

PLAIN OMELET, 35

MINCED HAM AND SCRAMBLED EGGS, 50

#### MEATS

LAMB CHOPS, EACH, 35

BACON AND EGGS, 60

TENDERLOIN STEAK, 1.10

HAM AND EGGS, 60

SAUSAGE, HOT CAKES, 60

BREAKFAST BACON, 60

BACON, RASHER (2), 20

SMOKED HAM, 60

HALF PORTION HAM OR BACON AND ONE EGG, 40

#### POTATOES

HASHED BROWN, PAN OR LYONNAISE, 15

#### BREAD, TOAST, ETC.

DRY OR BUTTERED TOAST, 15

HOT MUFFINS, 15

RY-KRISP, 15  
NON-FATTENING

ASSORTED BREAD (WHITE, RAISIN, RYE, WHOLE WHEAT), 15

BUCKWHEAT, WHEAT OR G. N. HEALTH CAKES, SYRUP, 30

FRIED CORNMEAL MUSH WITH BACON, 35

FRENCH TOAST, JELLY, SYRUP, OR MARMALADE, 40

CREAM TOAST, 45

MILK TOAST, 30

#### BEVERAGES

COFFEE (POT), 20

DRIP-O-LATOR SANKA COFFEE (POT), 20

POSTUM (POT), 20

INDIVIDUAL BOTTLE MILK OR BUTTERMILK, 15

MALTED MILK, 20

BLACK OR GREEN TEA (POT), 20

CHOCOLATE (POT), 20

Hot Breads and Pies are baked on this car daily

A service charge of twenty-five cents is made for each  
adult person served outside of the Dining Car



## Culinary Secrets

### GREAT NORTHERN HEALTH CAKE BATTER

2 Cups Bran (scalded)	1 Kitchen Spoon Shortening
½ Cup Cornmeal	2 Teaspoons Baking Powder
1 Cup Wheat Flour	1 Kitchen Spoon Sugar
2 Eggs	½ Teaspoon Salt
	2 Cups Milk

### WENATCHEE APPLE MARMALADE

To every 6 lbs. Shredded Apples, add:  
6 lbs. Granulated Sugar  
3½ cups Water  
Grated rind of two Oranges  
Juice and grated rind of 3½ Lemons  
2 level teaspoons ground Ginger

Bring to a boil the water and sugar and add orange, lemon and ginger. Let this simmer a few minutes, then, and only then, add the shredded apples. Allow these ingredients to simmer on back of range for one hour. Omit stirring and chill thoroughly before serving.

### BAKED APPLE—G. N. STYLE

Remove core from Rome Beauty Apples and peel one round from top. Fill the center with half cup sugar to each apple. Then sprinkle another half cup around in the pan. Put in moderate oven first to draw out the juice without bursting the apples. After syrup has formed in the pan, baste frequently, at the same time raising temperature sufficiently high to cook the fruit. When apples are nearly done, coat again with sugar and return to oven until sugar hardens, baste once more and leave in oven until apples become transparent. Allow to cool before serving. Each apple served should be accompanied by plenty of thick syrup. This syrup made by cooking cores and peelings together with addition of proper amount of sugar, then store same in ice box and use as required.

## MESSAGE TO A FRIEND

March 28<sup>th</sup> '42  
Near Newport

Dear Yuri:

By the time you receive this message, I'll be in Minnesota — Fort Snelling near St. Paul. We're just crossing into Idaho now. The weather around here is a "military secret". Will write you upon arrival.

Yoshito

This space for your personal message. Envelopes are obtainable upon request from your Dining Car Steward who will also provide necessary postage and look after mailing.