



Good Morning

Juices	Orange Juice (8-oz.) 20	Pineapple Juice 20
Fruit	Sliced Orange 15	Prune Juice 15
	Grapefruit Juice 20	Whole Orange 15
	Tomato Juice 15	Figs in Syrup 25
	California Prunes 25	Half Grapefruit 20
	Orange Marmalade 25	Baked Apple 20; with Cream . 30
	★	
Cereals	Oatmeal with Cream or Cream of Wheat with Cream 30	
	Corn Flakes, Rice Crispies, Bran Flakes with Cream 30	
	Wheaties, Grape Nuts, Shredded Wheat Biscuits, Post Toasties . . 30	
	★	
Fish	Pan Fried Fresh Fish 70	Codfish Cakes with Bacon . . 65
	★	
Meat	Small Breakfast Steak . . . 1.00	Grilled Ham 70
	Lamb Chops on Toast 75	Ham Omelet 50
	Ham or Bacon with Eggs 75	
	Minced Ham and Scrambled Eggs 55	
	Oven Browned Corned Beef Hash with Poached Egg 65	
	★	
Eggs	Eggs Boiled 35	Omelet, Plain 40
	Eggs Fried or Shirred 35	Tomato Omelet 50
	Poached Eggs on Toast 45	Jelly Omelet 50
	★	
Potatoes	Potatoes, Hashed Brown 25	Lyonnaise 25 French Fried 25
	★	
Bread	Hot Muffins 15	Milk Toast 30
Griddle	Dry or Buttered White, Graham or Raisin Bread Toast 15	
Cakes	French Toast with Currant Jelly 45	
	Wheat or Corn Cakes with Maple Syrup 35	
	★	
Beverages	Coffee, Pot 25	Postum 25
	Kaffee Hag, Pot 25	Chocolate or Cocoa, Pot . . . 25
	Milk or Buttermilk, Bottle 15	
	Orange Pekoe or English Breakfast Tea, Pot 25	

Citrus Fruits for Vigorous Health

Eat the fruit, drink the delicious and refreshing juices, and

ENJOY GOOD HEALTH

CALIFORNIA CITRUS FRUITS served on **WESTERN PACIFIC DINERS**
are the **Finest Quality**

Club Breakfast Suggestions

No. 1—90c	Orange Juice	<i>Choice</i>		Marmalade
	Baked Apple	Sliced Orange	Figs in Syrup	Tomato Juice
		Grapefruit		
		Breakfast Cereal with Cream		
		Codfish Cakes		
		<i>or</i>		
		Oven Brown Cornbeef Hash		
		<i>or</i>		
		Ham or Bacon and Eggs		
Coffee	Tea	Kaffee Hag	Cocoa	Milk
		Hot Muffins or Toast		

No. 2—75c	Pineapple Juice	<i>Choice</i>		Orange Juice
		Baked Apple		
		Grapefruit or Breakfast Cereal with Cream		
		Ham or Bacon, Half Portion, One Egg		
		<i>or</i>		
		Buckwheat Cakes with Broiled Ham, Bacon or		
		Country Sausages		
Coffee	Tea	Kaffee Hag	Cocoa	Milk
		Hot Muffins or Toast		

No. 3—65c	California Prunes	<i>Choice</i>		Grapefruit
		Orange Juice		
		<i>or</i>		
		Breakfast Cereal with Cream		
		Wheat or Corn Cakes with Maple Syrup		
		<i>or</i>		
		Boiled, Fried or Scrambled Eggs		
Coffee	Tea	Kaffee Hag	Cocoa	Milk
		Hot Muffins or Toast		

No. 4—50c	Orange Juice	<i>Choice</i>		Grapefruit
		Tomato Juice		
		Pineapple Juice		
		Muffins or Toast or Cereal and Cream		
Coffee	Tea		Cocoa	Milk

Parents, if desiring, may divide their orders with children without extra charge. Reduced portions may be ordered for children at half price. Guests will please pay on presentation of check only. Service by waiter outside of Dining Car, 25c extra for each person served.

A Select Assortment of Cigars and Cigarettes

JOS. G. WHEELER, *General Passenger Agent, San Francisco, California*
 W. P. STILES, *Superintendent Dining Cars, Oakland, California*

CALIFORNIA'S GOLDEN CITRUS FRUITS

● The "Golden State," California's romantic name since the gold rush days of '49, has an extremely vital modern meaning because of the delicious gold-colored citrus fruits—principally oranges, lemons and grapefruit—which it produces in lavish abundance in extensive areas, largely in interior valleys, protected from unkind winds and highly favored by soil and subtropical climate.

Grown under such favorable conditions, California's citrus fruits have attained a remarkable popularity with constantly increasing consumption. This is due to their widely recognized health and nutritional qualities, besides the variation they afford in diet and for beverages. No longer regarded as luxuries, the citrus fruits are now deemed necessities, providing as they do protective essentials in the way of vitamins, aiding digestion, preventing acidosis, alleviating fatigue, affording auxiliaries for reducing weight and stimulating growth in children.

California's 300,000 acres of citrus lands, dotted with millions of evergreen orange, lemon and grapefruit trees which add beauty to the landscape, lie in the great citrus belt of the West, several hundred miles long. This belt extends from Oroville and Sacramento in Northern California south through the San Joaquin Valley and then expands, fan-like, in Southern California, largest citrus area of the Golden State, with San Diego on the Mexican border as the southern limit. The belt also includes part of Arizona.

This citrus empire has developed a 100 million dollar industry, supporting 200,000 persons. Sixty per cent of the oranges and 95 per cent of the lemons consumed in the United States and Canada are grown in the citrus belt. A mighty golden stream pours out to eastern and foreign markets—29,000,000 boxes of oranges in a full crop year, besides other citrus fruits.

Orange trees were first introduced to California by the Franciscan Fathers shortly after 1769. The first orchard of size was planted at San Gabriel Mission about 1805 by Padre Tomas Sanchez. All but three of the chain of the 21 Missions which trace California's "El Camino de Real" grew orange trees but the early fruit industry declined after the secularization of the Missions in 1834.

Commercial development of the orange and the lemon dates from 1873 when Mrs. Eliza C. Tibbets planted in Riverside two small trees of the Navel variety sent her from Washington, D. C. They had come from Brazil where the Portuguese had developed the Navel from a "limb sport" of the Selecta, an orange imported from India. Phenomenal success of this orange has enabled California to achieve foremost rank among the few sections of the world suitable to citrus culture.

The Washington Navel is known the world over for its seedless characteristic, deep golden color and rich juice. The Valencia, probably from the Azores, is practically seedless and has a fine flavor. It prefers a cooler atmosphere and displays blossoms and bears fruit at the same time. The Washington Navel ripens in the Fall and Winter, while the Valencia ripens from April to November, and thus California has an all-year 'round orange crop.

The lemon, cousin to the orange, never takes a vacation, but grows and ripens its fruit the whole year through and is in ever increasing demand. Like the cherry tree of the East, it finds a home almost anywhere in California. The grapefruit, or pomelo, with its unique taste, grows in clusters like grapes. Other citrus fruits include the lime, citron, mandarin or tangerine and the kumquat.

Citrus trees in the best groves are of pedigreed stock and are grown with great care. Picking, grading and shipping of the fruit are done in strict conformity with high standards. As a result, the health and nutritional values of these golden fruits have gone far to enhance the renown of California as the Golden State.