

# Mother's Day

We're going to be celebrating Mother's Day differently again this year due to the pandemic. What remains the same is that it's a day to show our gratitude and love to mothers.

They are our caregivers, front-line workers, teachers, grocery store clerks, health-care providers and so much more. While staying connected from a distance, Mother's Day is a chance to celebrate mothers and the special women in our lives who take on the role of mom to us.



May 9, 2021



To our mom who lives her life her way. May we have many more years of your spicy spirit.

Don't miss your chance to recognize Dad on **June 17<sup>th</sup>**

Visit [metrolandannouncements.com](http://metrolandannouncements.com) to book your spot today.

## Dear Neighbours

We're still not open for in-store traffic but we're doing our best to look after our customers with curbside pick-up ...  
Monday - Saturday 9:30 - 5:30

Just fill out the order form on our home page and we'll be happy to be your personal shoppers.

Visit [Foodstuffs.ca](http://Foodstuffs.ca) along with our [Facebook](#), [Twitter](#) and [Instagram](#) feeds where we'll keep you up-to-date.

**WE HAVE LOTS OF FUN, DELICIOUS, AND CLEVER GIFTS FOR MOM. BUT REMEMBER ...**



*"Add essence". By this she meant "add almond extract", but when she made oatcakes she did add essence, her own essence. When I made oatcakes, they didn't taste anything like my mother's, though I followed my mother's recipe to the letter. They tasted good enough, but they tasted of my essence, not my mother's. There are no two cooks that can make the same dish; you'll find that essence in one and not the other. Or the essence in each is just different. I don't know. But you'll know the essence of a good cook when you find it in a dish. You'll just know. It was there in my mother's cooking. My father knew it. He'd eat the oatcakes my mother made, but not the oatcakes I made.*

From THE CURE FOR DEATH BY LIGHTNING  
By Gail Anderson-Dargatz



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