

A Thoughtful Gift to Capture the Memories

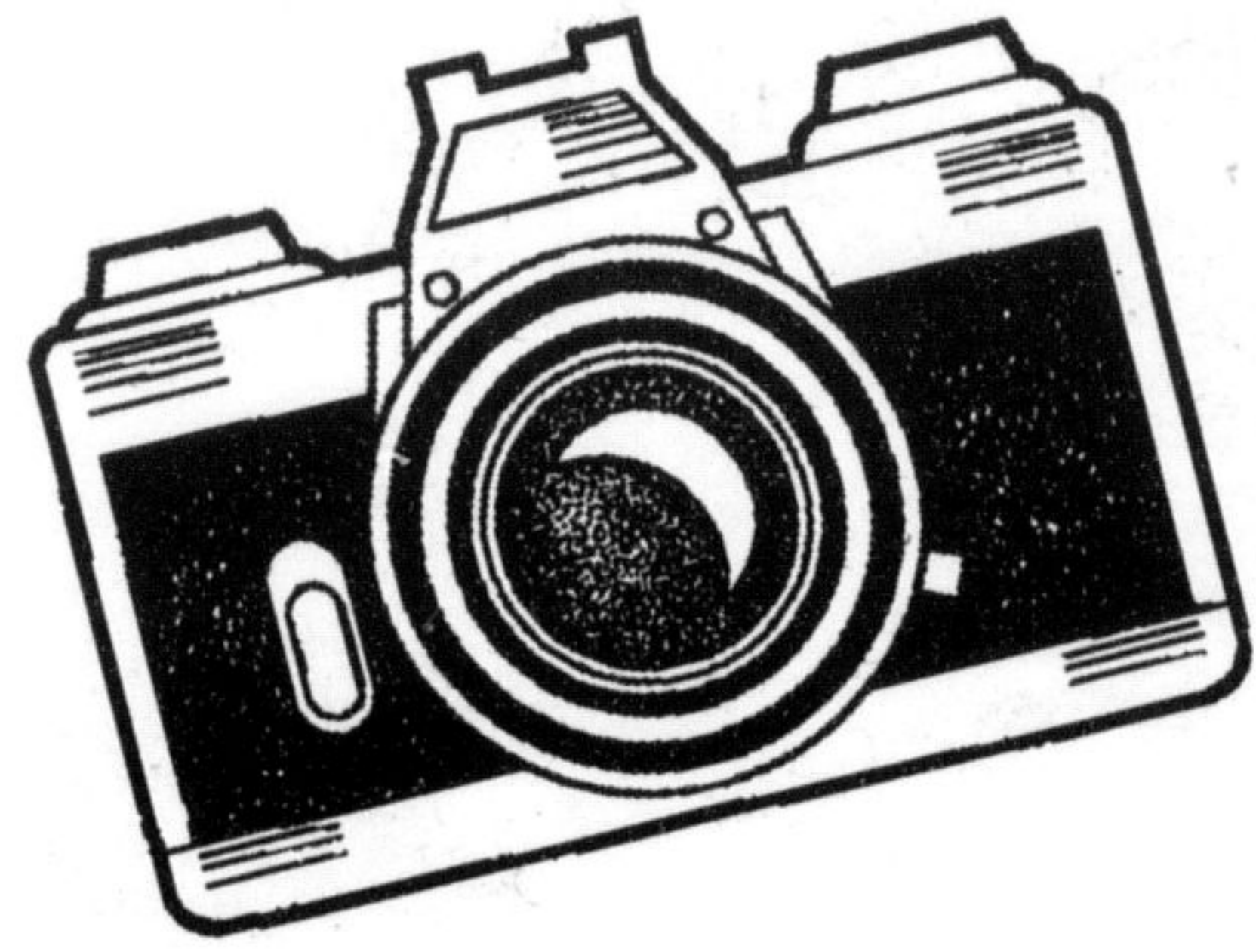
This year surprise Mom on her special day with an automatic 35mm camera. Today's 35mm cameras are easier to use than ever, and they take super high-quality pictures that let you see what was really in the scene rather than just a blurry approximation. What's more, these little cameras are more affordable and have features that a few years ago were found on only extremely sophisticated and expensive models.

Suggestions from the experts when buying a camera:

• **Focus**—Most compact cameras have auto focus or fixed focus. A fixed-focus camera makes a great starter model for a young beginner photographer. Auto focus is more flexible and generally produces sharper pictures, but it usually costs more. Another feature to look for is "focus lock." Many cameras have their focusing points in the center of the frame. Consequently, if your main subject

is to one side, it may not be in focus. Focus lock allows you to overcome that problem.

• **Loading**—Many new cameras have mechanisms that take the guesswork and anxiety out of loading film. Some feature "drop in" loading that's as simple as putting bread in a toaster. Ask the salesperson to demonstrate the loading



procedure.

• **Lenses**—For added versatility and convenience, many 35mm compact cameras feature either dual or zoom lenses. A dual lens

model will generally allow you to switch between a wide-angle and a telephoto lens, each with a particular focal length. A zoom lens, on the other hand, allows more precise framing of a scene since it offers a full range of focal lengths.

• **Flash**—Nearly every compact camera has a built-in flash, but check to be sure it's automatic. Some less-expensive cameras require you to determine if you need the flash and to switch it on. Red eyes are the result of the flash being reflected from blood vessels in the eyes. It can be minimized or eliminated by special camera features. Some, for example, beam a light on the subject before the flash fires. That light constricts the subjects' pupils and reduces the red-eye effect.

And when you buy that special gift camera, be sure to pick up some film and batteries (if necessary), so Mom can start recording memories right away.

Mother's Day May 10

Happy Mother's Day Mom

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Body & Sole
by Christine

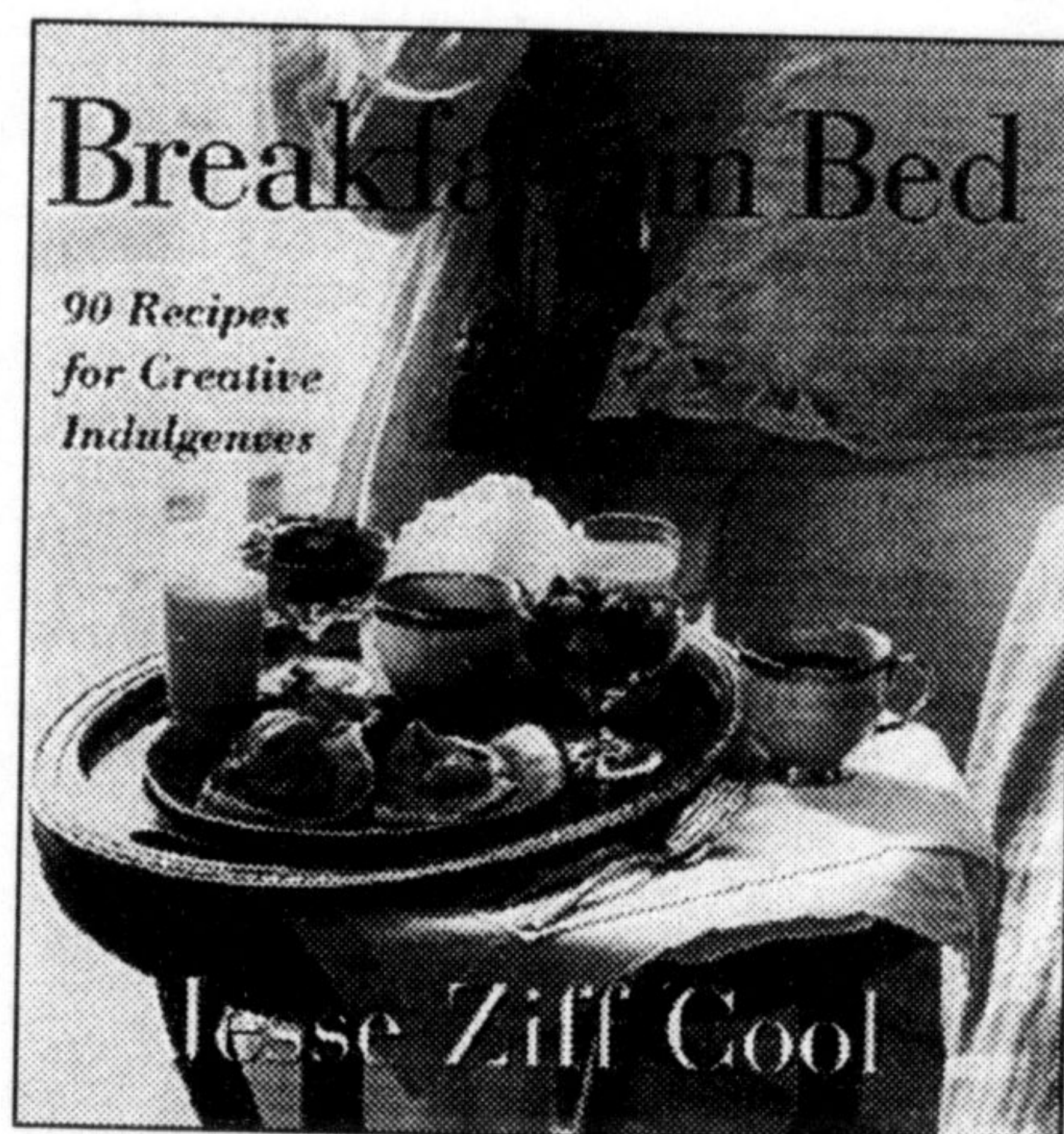
Easy Steps To Creating A Homemade Gift

An inexpensive gift to put together for Mother's Day and enjoy throughout the rest of the summer is a moss planter. They are easy to make up, even easier to maintain and provide a beautifully unique method of displaying annuals.

1. For moss planters, choose a sturdy, wrought-iron frame and a wire liner that will last for years. Line the frame with sphagnum moss. Use one hand to support the moss underneath the liner and tuck in any stray pieces.
2. Cap the top edges with moss for a more attractive finish and create a lip that will hold the soil in place.
3. Fill the moss-lined basket with potting mix. Moss planters dry out more quickly than other types, since they are exposed to air on all sides. A dracaena planted in the center adds height and texture.
4. A wooden dowel makes it easy to poke planting holes in the moss.
5. Plant in even rows just below the wire rims of the basket. Place ivy around the bottom of the basket and then fill the open soil on top with plants. Water the finished planter until the top fills with water and let it soak through to the bottom.

Within three or four weeks after planting, the moss planters will transform into a solid ball of flowers. To keep it looking great, water heavily every second day and fertilize once a week with 20-20-20.

Courtesy of Hole's Greenhouses & Gardens, St. Albert, Alberta. You can pick up Lois Hole's latest book, *Spring Gardening*, at leading garden centres and book stores across Canada.



A Delicious Homemade Breakfast in Bed

The sun slowly rises and rays of light peek through drawn curtains and closed blinds. Tired eyes reluctantly lift their lids and smile at the realization of what today is — Mother's Day — the perfect day to show appreciation for all the little, and not so little, things that have made mom so special.

Rise with the sun today, make tracks to the kitchen and prepare a special meal for the woman who spent so many years getting up first and making sure the family ate a proper breakfast.

"Breakfast in Bed" (HarperCollins), by Jesse Ziff Cool, will help wake up mom with glorious aromas resulting in a bright smile that is sure to last throughout the day.

To make mom's smile extra

bright, serve this fresh fruit-filled omelet in bed. Serving breakfast in bed, according to Cool, is "to begin someone else's day with consideration and affection. To ask for nothing in return. This is love."

FRESH FRUIT OMELET

Makes 2 servings

Think of this as a quick and easy fruit crepe. Choose the fruit according to the season: in summer, use berries, pitted cherries, or sliced peaches, nectarines or apricots.

- 2 cups fresh fruit
- 1/3 cup sour cream or yogurt
- 2 or 3 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter
- 4 to 6 eggs, well beaten
- 3 ounces cheddar or goat cheese, grated or crumbled
- Chopped fresh mint for garnish (optional)

Position an oven rack 6 to 8 inches from the broiler, and pre-heat the broiler.

Clean the fruit and cut it into bite-size pieces if necessary. Set aside.

In a small bowl, stir together the sour cream, honey and cinnamon. Set aside.

Melt half the butter in an 8- to 10-inch omelet pan or skillet over medium heat. Pour in half the beaten eggs. As the eggs cook, use a spatula to lift the edges, letting the uncooked egg run underneath. When no loose egg will move to the edge, remove the pan from the heat, and sprinkle on half the cheese. Place the pan under the broiler just until the cheese is

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melted and the egg is completely set.

Spread half the fruit on one side of the omelet, and top it with a generous dollop of the sour cream mixture. Fold the other side over the fruit, and slide the omelet onto a plate. Garnish with more sour cream mixture and fresh mint.

Cook the second omelet in the same way; that one is for you!

Do ahead: Stir together the sour cream mixture. Wash the fruit; peel and cut any that won't discolor or soften; cook if desired. Crumble the cheese. Store all, covered, in the refrigerator.

In the morning (15 to 20 minutes): Cook and fill the omelets as directed. Sprinkle fresh mint on top, if desired.

