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Men's General Chart
D-E-EE-EEE

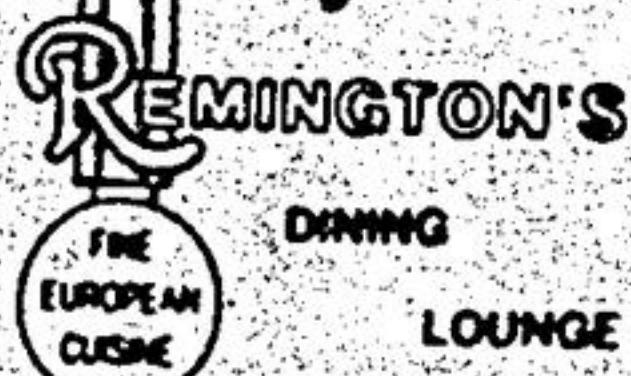
Ladies General Size Chart
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Mother's Day is now a respected tradition

Mother's Day is more than just a day. It's an international holiday that's become a tradition after just 78 years.

And, like all holidays, it's observed and celebrated in almost as many diverse ways as there are diverse families in Canada.

A favorite way to honor the day is to try and "get mom out of the kitchen." This can be done by inviting her over for dinner or holding a cook-out — weather permitting.

But perhaps the best method is to take her to a fine restaurant.

This way, she escapes the kitchen and receives a treat she probably doesn't get that often. (Just as a matter of interest, Mother's Day is the biggest "eat out" day of the year after Thanksgiving, according to the National Restaurant Association.)

Reaching out to mother seems to be an almost universal passion. But if you try to phone her long distance on Mother's Day, be prepared for delayed dial tones, area code busy signals and long waits.

Only the number of calls made during Christmas compares to

Mother's Day, according to telephone companies.

Family gatherings are also characteristic of the holiday, with members getting together for the Sunday dinner or just to pay a casual visit.

Two of three respondents to a survey said they made visiting a high priority on their Mother's Day activity list.

And, as a nation full of shutterbugs, more than half of the visitors will take photos of mom and the family to record the event for posterity and family albums.

In a society as mobile as ours, families are often separated. There was a time (as when Anna Reeves Jarvis conceived of Mother's Day), that the entire family lived within a few blocks of the homestead.

But, because of migrations east and west, many people find themselves hundreds, even thousands of miles from their mothers.

That is why those within travelling distance (there are still many of us) make that special visit on Mother's Day.

This outpouring, a demonstration of love, is not an accident. In a study, Mother's Day scored high in terms of importance. The holiday enjoys almost as great an acceptance and participation as Easter and Christmas.

Mother's Day has grown from an embryo of an idea 77 years ago, into an international observance marked not only with respect but as a family day to be enjoyed and participated in.

That Canadians take seriously the holiday is demonstrated in that nearly as many people give mom a gift on Mother's Day as give her a gift on Christmas.

The comparison is 92 per cent to 93 per cent. Allowing for statistical error, the two days are even up in terms of importance to family gift giving.

Mother's Day comes on May 12 and you're right to do your own thing, but here's a word to the wise: Celebrate it in harmony with the expressed wishes of the main participant — mother.

Mothers are taking a stand

The world is changing ever so fast — even while you're reading and contemplating Mother's Day and its meaning in our society.

It wasn't so long ago that mother's place was thought to be centered only in the home. Those darling feminists who found their way into the arts, medicine, government and even the sciences were few and far between.

Florence Nightingale opened a new opportunity to serve, and thousands of young women took up nursing as a calling.

The one-room schoolhouse of a scant century ago gave other young women the chance to broaden their horizons in the teaching profession, once largely the province of men. But even those breakthroughs are of relatively modern vintage.

For years, women were limited to the confines of the home — to housekeeping, childrearing and religious and church activities.

There was a big 'For Men Only' sign on government, business, law medicine of the highest order, science and engineering.

Along with the typewriter came the first emancipation of women and a lowering of the bars which had earlier kept them segregated from business opportunities.

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