

Old Country Inn MOTHER'S DAY
Fine Cuisine of Austria



Beef Consomme
with
Julienne of Vegetables

Roast Breast of Chicken
Stuffed with
Spinach & Ricotta Cheese
with a
Cream Peppercorn Sauce
Rice & Seasonal Vegetables

Tulip
with
Strawberry & Vanilla Ice Cream
with
Raspberry Sauce

OPEN 7 DAYS
Book Early Please

A FLOWER FOR ALL LADIES

12 p.m., 2 p.m., 4 p.m., 6 p.m., 8 p.m. **477-2715**
198 MAIN ST. UNIONVILLE Fully Licenced

Add suspense to Mothers' Day by giving her a mystery gift

It's a well-known fact that mothers really look forward to Mother's Day each year. That's because they know everyone will make a special attempt to be especially nice all day and perhaps even give them a gift!

This year, you can surprise your mom by making the day even more wonderful. How? By adding some suspense and a sense of anticipation to the time-honored gift-giving ritual.

The key is not in how expensive the gift is, but in how much

thought you put into giving it. Here are some creative suggestions for your mom:

✓ She's a film buff - Present her with a card that instructs her to press "play" on the VCR. Have a videotape of her favorite movie ready to go - and don't forget to give her a box of bonbons to enjoy with it and a lace hanky for the weepy parts! (Hint: if she's on a diet, give her a large container of "gourmet" popcorn instead of candy.)

✓ Travelling is her bag - Give

mom a perfect travel accessory: a pretty travel bag filled with goodies she could take on a relaxing weekend: a tiny bottle of a fresh, new perfume; fragrant soaps from The Body Shop; a small massager from Soapberry Shop; bath beads; movie passes; nail polish and lipstick in a spring-y shade.

And for added measure, tuck a gift certificate for a weekend at her favorite "getaway" inside the bag.

✓ Completed chores make her happy - Present her with a beautiful "bouquet" of balloons, each containing an IOU for a household task. Add a pretty hat pin so she can pop the balloons and collect her "gifts."

Naturally, every mother would love to have all of these gifts on Mothers' Day but, knowing your mom, she'll be thrilled with anything you think up, especially if it's designed to say "I love you" in a new, unusual and personal way.

Moms need their sleep

The average woman sleeps about 20 minutes less each night than men do, and she sleeps 40 to 50 minutes less if she has to cater to the needs of a baby or toddler.

Why this gender injustice? Sleep experts attribute it to hormonal shifts, pregnancy, motherhood, menopause, snoring husbands, and the demands of working and managing a household.

"Too often, women 'sleep cheat,'" explains Dianne Hales, spokesperson for the Better Sleep Council in Washington, D.C. "In order to make time for our busy lives, we tend to devote less time to sleeping than we need to feel and function at our best."

According to Hales, it also has been shown that women have shorter periods of deep sleep than men, making them more vulnerable to "tossing and turning" bed partners and fitful babies.

Hales offers this advice for women who want to improve their sleep habits:

✓ Give sleep the priority it deserves. Getting adequate rest will increase efficiency and productivity during the day.

✓ Exercise regularly. At least three, 30-minute sessions a week is best, but not too close to bedtime when a workout may wind you up and make it difficult to fall asleep.

✓ Keep work and worries out of the bedroom. In a recent study, women listed stress as the number one reason for troubled sleep. Make your bedroom a refuge from life's trials and tribulations.

✓ Eat well and avoid coffee, chocolate, nicotine and alcohol - all of which interfere with quality sleep.

✓ Invest in a mattress and foundation that provide adequate comfort and support. It's difficult to get a good night's sleep on a bed that's uncomfortable or too old (more than 8-10 years).

✓ Ensure adequate space for freedom of movement during sleep. Because women will be less affected by their spouse's movements on a bigger bed, queen- or king-size is recommended for couples.

✓ Get help. If you suffer from daytime drowsiness or have trouble falling or staying asleep at night, consult a sleep disorders physician.

The Casely House Restaurant

Mother's Day Dinner Menu
Sunday 3 p.m. to 9 p.m.

Soup of the Day Potato & Pear
Seafood Caesar Salad with Shrimp & Scallops
Chilled Asparagus with Orange & Pernod Dressing

Entrées

Homemade Manicotti with Red Pepper & Chive Cream
16.99 per person

or

Chicken Breast Neapolitana with Tomato, Mushroom and White Wine
21.99 per person

or

Atlantic Salmon with Sambuca Cream
23.99 per person

Desserts

Tangerine & Blueberry Ices
or
Tiramisu

Featuring Mother's Day Brunch
11 a.m. to 3 p.m.

HOURS
Monday Starting May 24th
Tuesday-Thursday 11:00 a.m. - 10:00 p.m.
Friday-Saturday 11:00 a.m. - 11:00 p.m.
Sunday 11:00 a.m. - 9:00 p.m.

205 Main St. Unionville
Reservations Recommended
470-1791

OUR PATIO WILL BE OPEN SOON!

Springwaters
Family Restaurant
Markville Shopping Centre
Mother's Day Special

Includes: Soup or Caesar Salad, potato & vegetable, basket of garlic bread

Roast Leg of Lamb, Mint Sauce..... **6⁹⁹**
Breaded Filet of Sole Almondine..... **8⁹⁹**
Chicken Marsala (2 breasts)..... **9⁹⁹**
8 oz. New York (with onion rings)..... **9⁹⁹**
7 oz. Filet wrapped in bacon..... **9⁹⁹**
Roast Prime Rib of Beef au jus..... **10⁹⁹**

All above served with coffee & lemon meringue pie
Mon. - Fri. - 10-9 Sat. - 10-8
Mother's Day 11-8 p.m. **474-0704**

SPECIAL TOTAL IMAGE SPECIAL

Hair Salon for Men & Women
477-6522

PERMS \$20/\$25/\$30
Valid with cut & Style only
Spiral-Perms not included Long Hair Extra

HAIR TINTING \$22
Valid with Cut & Style only
Long Hair Extra

HILITES \$25
Valid With Cut & Style only. Long Hair Extra (Foil Hilites not included)

Total Image Hair Salon
for Men & Women
477-6522
Markville Shopping Centre
Located Across from CIBC
Expires May 31, 1993

SPECIAL SPECIAL

ELIZABETH GALLERY'S MOTHER'S DAY SPECIAL

HEART TO HEART

"FREE"
Framed decorator size for Mother's Day gift giving offered while supplies last. A value of **29⁹⁵**



Print size 15 3/16" x 17 7/16"

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299⁰⁰ FRAMED

NURSERY RHYMES



Print size 16 1/2" x 20"

- Museum quality framed and mounted
- Triple matted with V-groove
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ELIZABETH ART GALLERY
THE UNIONVILLE PLANING MILL, UPPER LEVEL
139 MAIN STREET, UNIONVILLE
477-8888

HAPPY MOTHER'S DAY FROM:  

Steal her heart away with a gift to be cherished a lifetime.