

DON'T FORGET MOTHER'S DAY MAY 11, 1997

Easy to grow herbs may be perfect Mother's Day gift

This year, give your mom a multi-purposed Mother's Day gift.

Every day someone finds a new and innovative use for easy-to-grow herbs.

In fact, there are nearly as many herbs as there are uses for them.

Herbs are ideal for spicing up soups and jellies and the right herb can add zest to fish, meat and poultry.

But herbs — actually parts of herbs, such as flowers, leaves, roots, seeds and bark — can be counted on for more than improving the flavor of food.

Many doctors suggest eucalyptus herbal rubs or balms for their patients with strained muscles or mild back problems.

Herbs often are used for cosmetic purposes or artistic endeavors.

Let mom relax with herbal teas/baths

People love to drink chamomile herbal tea and unwind from a hard day's work in a relaxing bath accentuated with sweet flag or sweet

violet.

Add another dimension to garden with herbs

The appealing fragrance of dried herbs entices many either to buy or make their own potpourris, sachets and wreaths, which boast a long-lasting herbal aroma. Mint and rosemary are among the most popular for this purpose.

And best of all, herbs are one of the easiest plants to grow.

Gardeners appreciate the variety of shapes, sizes and colors in which herbs come and put them to use in decorative containers or rock gardens. When matched with annuals

and perennials, herbs help make eye-catching additions to beds and borders. Many herbs spread quickly.

Some herbs take less effort to grow than others, so it's important to decide before starting how much effort you intend to put forth. If you have time to spend, begin from seed. Otherwise purchase started seedlings or rooted cuttings. When planted, these tend to take root quickly, enabling the gardener to reap their benefits early.

Planting seedlings is a relatively simple process. Specific planting directions should come with the

seedling package.

Once your herbs are growing, parts can be pruned as needed, as long as enough foliage remains to allow regeneration. Herbs are best pruned on a cool, shade-filled day. This enables the plant to recover before it must face the full sun again. Leaves for drying should be

pruned to the plant's flowering. Toss away damaged or diseased leaves and wash the good ones in cool water. Store them on a tray or rack out of the sun. Too much light ruins the flavor and bleaches the color. Then crush the dried leaves and store away from light, perhaps in a freezer, until needed.

Helpful tips for capturing Mother's Day memories

This Mother's Day, let mom remember the celebration with treasured photos.

To capture these special moments, Kodak offers these tips for taking great photos.

Don't miss the moment: Always keep your camera with you because you'll never know when an once-in-a-lifetime moment will occur.

Move in close: When you take pictures of people, get a little closer — about four to six feet. Try

making your subject the dominant element. That's especially important when taking pictures of kids.

Remember the basics: Holding your camera steadily is vital for sharp pictures. Even a slight camera movement can alter the picture.

Think about light: Position people in your shot with the sun off to the side or over their shoulders, so they are not squinting in the sun. Turn the flash on, even outdoors, to avoid unwanted shadows.



Sunday, May 11, 1997

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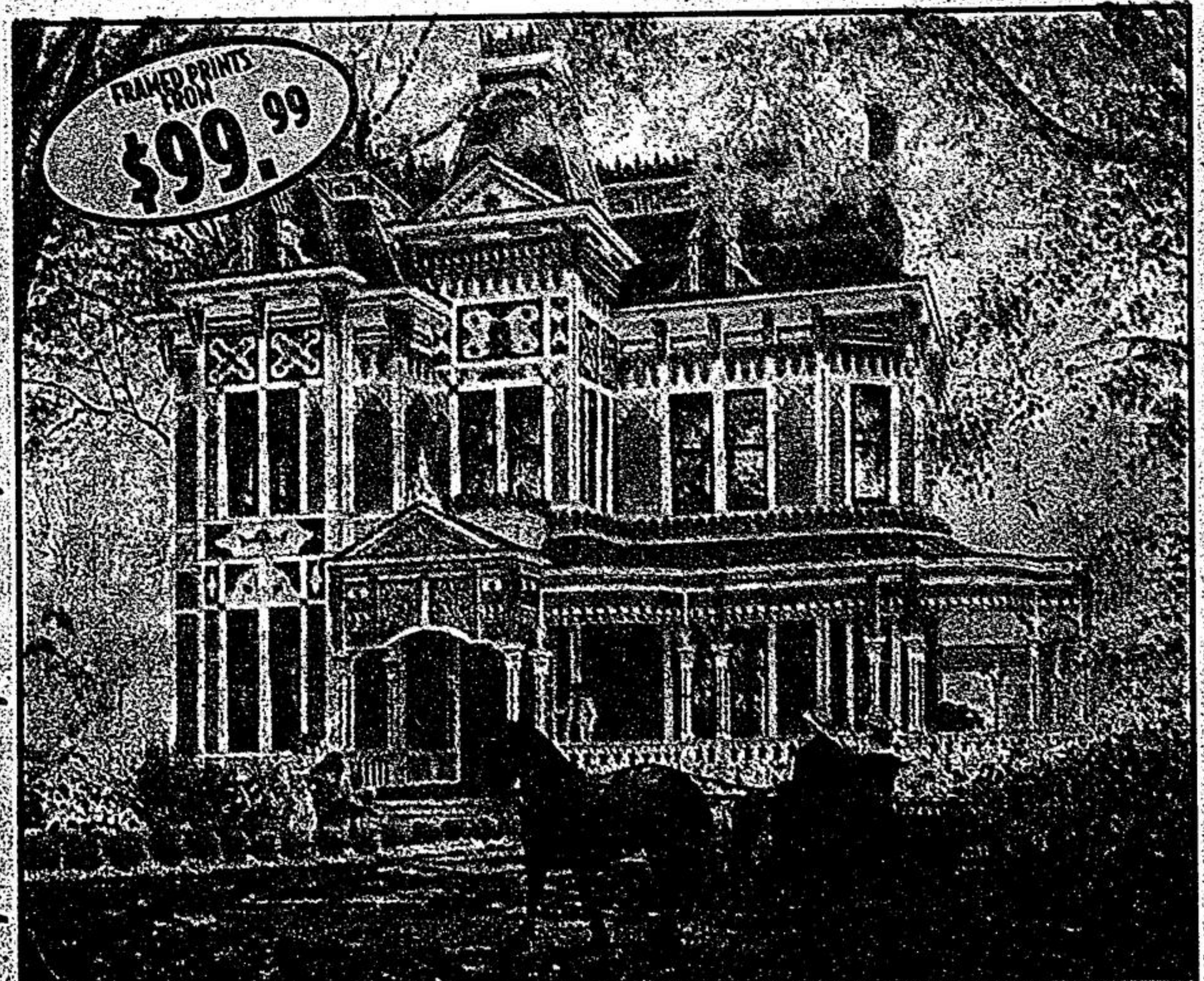
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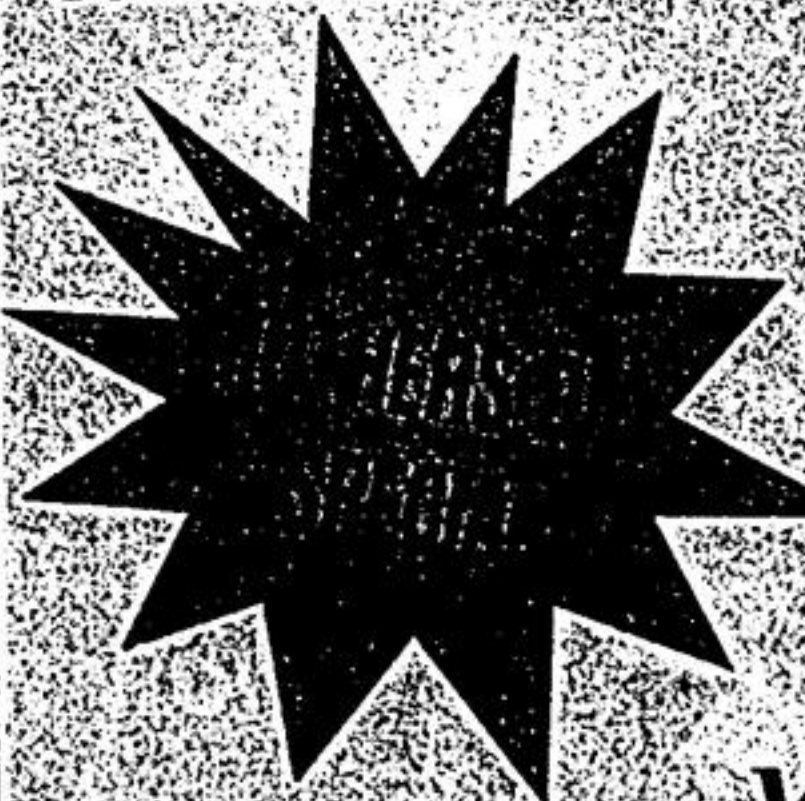
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Collector's Edition

Southern Charm



Gallery Hours:
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Meet the artist

Walter Campbell

Saturday May 10th 11:00 am to 5:00pm

at the Art of Walter Campbell Gallery

52 West Beaver Creek Rd. Unit 6, Richmond Hill, Ontario. Phone: 905-709-2284



Bring your mom and your camera and have her photo taken in an authentic turn of the century horse-drawn carriage

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