

Mother's Day



Mother's Day Around the World

Here in the United States, we celebrate Mother's Day on the second Sunday in May with traditional gifts of flowers, cards, a meal out or other tokens of appreciation for Mom.

In other countries, they also celebrate moms, but in different ways. Let's take a tour.

INDIA

Durga Puja is a 10-day festival in which Hindus celebrate the goddess Durga and Durga's victory over the demon Mahishasura. It's usually celebrated in September and October and celebrates the goddess as the motherly power behind goodness and life. The celebration involves mantras, holy verses, chants and offerings. During the festival, clay sculptures, also called pratima or muja, are decorated. This celebrates Durga's representation as creative energy. At the end of the festival, the statues (which are made from biodegradable materials) are immersed in rivers after the sindoor khela, where women smear vermilion on the sculptures and themselves in a wish for a happy marital life.

ETHIOPIA

At the end of fall, a three-day festival called Antrosht



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celebrates mothers. During Antrosht, it's tradition to travel home for a large family meal and celebration. Children bring their mothers ingredients for a hash; girls bring butter, cheese, vegetables and spices while boys are responsible for meats. The mother prepares the meal and serves it to the family. After the meal, mothers and daughters put

butter on their faces and chests and dance while the men sing songs in honor of family.

THAILAND

Thailand began celebrating Mother's Day on April 15 in 1950. In 1976, it was moved to Aug. 12 to honor the birthday of Queen Sirikit, considered the mother of the nation. For the holiday, children give

their mothers garlands of jasmine and families often give alms to Buddhist monks and make other charitable donations.

UNITED KINGDOM

Mothers are celebrated in the United Kingdom on the second Sunday in Lent, called Mothering Sunday. Historically, it honored mother

churches, where a person is baptized.

However, since 1913, it has also honored earthly moms as well as the Virgin Mary and Mother Nature. The holiday is associated with Jesus' feeding of the 5,000 and a reprieve from the fasting of Lent, so cakes and buns are the usual gift. Children also gather violets to bring to their mothers.

Nothing Says Love Like Pancakes

Serving breakfast in bed is a Mother's Day tradition in many households.

Pancakes are a delicious treat for Mom's big day, and easy enough for children to help.

PERFECT PANCAKES

Makes four servings. Recipe is from The Pioneer Woman.

Ingredients

2 cups flour
4 tablespoons granulated sugar
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups whole milk
3/4 cup buttermilk
1 large egg
1 tablespoon vanilla
4 tablespoons salted butter, melted, plus more for greasing the griddle and serving Syrup

Directions

1. In a large bowl, stir together the flour, sugar, baking powder, soda and salt. In a second bowl, whisk together the milk, buttermilk, egg, vanilla and melted butter. Fold the dry ingredients gently into the wet ingredients. Do not overwork the batter. It may still be lumpy; that's fine.

2. Cover the bowl with plastic wrap and allow the pancake batter to rest for about an hour. If you prefer thinner pancakes add up to 1/4 cup more milk after the rest. Leave as is for fluffy pancakes.

3. Heat a griddle or large skillet



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over medium heat. Smear with butter and drop 1/3 cup of batter on the griddle. Cook until bubbles form on the surface, then cook for another 1-2 minutes.

DOUBLE CHOCOLATE PANCAKES

Serves four. Recipe is from Allrecipes.

Ingredients

1 cup flour
1/2 cup mini chocolate chips
1/4 white sugar
1/4 cup cocoa powder
2 teaspoons baking powder
1/4 teaspoon salt

1 cup milk
1 large egg, beaten
3 tbs. butter, melted
1/2 teaspoon vanilla

Directions

1. Mix flour, chocolate chips, sugar, cocoa powder, baking powder and salt together in a large bowl. In another small bowl, combine milk, egg, butter and vanilla. Pour the wet mixture over the dry and stir to blend.

2. Heat a lightly oiled griddle over medium-high heat. Drop batter in large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 3-4 minutes.

Flip and cook until browned on the other side for 2-3 minutes.

RICOTTA PANCAKES

Makes about two dozen pancakes. Recipe is from King Arthur Flour.

Ingredients

3 large eggs, separated
2 cups buttermilk
2 tbs. granulated sugar
1 cup ricotta cheese
1 3/4 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
Zest of 1 lemon
1/2 teaspoon salt

Directions

1. Mix the egg yolks, buttermilk, sugar and ricotta cheese in a medium bowl. Add the flour, baking soda, baking powder, lemon zest and salt and stir well.

2. In a separate bowl, beat the egg whites until stiff but not dry and fold them into the batter, stirring until no streaks of white remain.

3. Grease a griddle or skillet with butter. Heat over medium and drop quarter-cup dollops of batter onto the hot griddle. Cook for about two minutes, or until bubbles rise and pop, before flipping. Cook on the second side for about 1 1/2 minutes, or until light golden brown.



Meanings of Flowers

Flowers are another traditional gift for Mother's Day. Each bloom bears a different meaning, historically, so you can communicate the depth of your love for mom. Keep reading to learn more.

LOVE

Several flowers symbolize love, The Old Farmers Almanac says. One of those is the aster, a perennial flower with delicate purple petals and a cheery gold center. They are sometimes called the Michaelmas daisy. Baby's breath, a classic bouquet

stem, represents everlasting love. Pair these delicate white blooms with more show-stopping blossoms.

Camellias represent different facets of love. Pink, the almanac says, represents longing. Red represents a fiery love and white means adoration.

Carnations are a traditional flower for Mother's Day, as they historically represent a mother's love. Red chrysanthemums also represent love, while clover begs the recipient to think fondly of the giver.

FORTUNE

Sometimes, you just want to tell mom how thankful you are for her. There are flowers for that, too. The colorful puffs of bachelor's button mean blessedness, the almanac says. Goldenrods symbolize devotion while honeysuckle's slender vines represent the bonds of love. Holly is a symbol of domestic happiness, which Mom may play a big role in, and the myrtle is said to bring good luck.

STRENGTH

Moms can be the backbone of the family. Show her you see her strength with a bouquet that includes edelweiss, the celebrated mountain flower that means courage. Make a statement with the soaring stems of gladioli, the flower of the gladiators. It means integrity and strength, the almanac says. Irises symbolize valor, while the blazing blooms of nasturtium stand for victory. Oak leaves mean strength and make a beautiful deep green backdrop for your bouquet.

BEAUTY

You can present Mom with flowers that are just as beautiful as she is. Calla lilies are gorgeous and symbolize beauty with their statuesque blooms. Clematis mean mental beauty and gardenias not only smell great, they also mean the recipient is a lovely person. The showy blossoms of the hibiscus stand for delicate beauty and white hyacinths mean loveliness.

Cookies to Brighten Her Day

If your mom has a sweet tooth, look no further than these cookie recipes to make her day.

SUGAR COOKIES

Makes about 20 cookies.
Recipe is from Mr. Food.

Ingredients

2 sticks of butter, softened
1 1/2 cup confectioners sugar
3 teaspoons lemon extract
1 egg
3 1/2 cups flour, plus extra for rolling out
Frosting

Directions

1. Preheat oven to 400 degrees.
2. In a large bowl with an electric mixer, beat the butter, sugar and lemon extract until smooth and creamy. Add the egg and mix well. Add the flour and continue to mix until thoroughly combined.

3. Sprinkle flour on the work surface. Working with half the dough, roll it out to a quarter inch thickness. Using cookie cutters, cut out the cookies and place them on baking sheets. Repeat, rerolling the trimmings as needed, until all the cookies are done.

4. Bake 8-10 minutes. Do not allow cookies to brown. Cool on wire racks and frost as desired.

ALMOND BISCOTTI

Makes 30 biscotti. Recipe is from Allrecipes.

Ingredients

2 cups flour
1 teaspoon baking powder

1/4 teaspoon salt
3 tablespoons butter, room temperature
1 cup sugar
1 tablespoon sugar
1 tablespoon olive oil
2 large eggs
1/4 teaspoon vanilla
3/4 teaspoon almond extract
1/2 cup whole roasted almonds
1/2 cup chopped roasted almonds

Directions

1. Whisk flour, baking powder and salt in a mixing bowl. In another bowl, mix the butter, sugar and olive oil. Mix until creamy, then add an egg. After it's incorporated, whisk in the second egg and the vanilla and almond extract. Whisk until smooth. Add the flour mixture and mix until incorporated. Add the almonds and mix. Cover with plastic wrap and refrigerate for 30 minutes.

2. Preheat the oven to 350 degrees. Put a silicone baking mat on a baking sheet.

3. Divide the dough in half. Place each half on plastic wrap and shape it into a log. Wrap the plastic wrap and press into a shape 3-4 inches wide and about 1/2 inch high. Transfer both pieces to the prepared baking sheet. Leave 3-4 inches of space between each cookie.

4. Bake in a preheated oven until

golden and a toothpick inserted in the center comes clean, about 30 minutes. Let cool 15 minutes before slicing.

5. Reduce the oven temperature to 325 degrees. Cut each piece at a slight angle into 1/2-inch to 1-inch thick slices with a serrated knife. Place back on the baking sheet and bake for 12 minutes. Flip, then bake for another 20 minutes or until biscotti are golden and crunchy.



When Mom Is Also Ma'am

Some mothers are the queen of their household, but others are both mothers and mothers of their nations. Keep reading to learn more about these royal moms.

JOANNA OF CASTILE, QUEEN OF CASTILE AND ARAGON

Joanna was the daughter of Queen Isabella I of Castile and King Ferdinand of Aragon. She ruled Castile from 1504 and Aragon from 1516, and both countries until her death in 1555. She had an arranged marriage to Austrian Archduke Philip the Handsome in 1496. Her six children became royalty in their own right. They are:

- Eleanor, queen of Portugal and France.
- Charles V, holy Roman emperor.
- Isabella, queen of Denmark.
- Ferdinand I, holy Roman emperor.
- Mary, queen of Hungary.
- Catherine, queen of Portugal.

SHAJAR AL-DURR, SULTAN OF EGYPT

Shajar al-Durr ruled Egypt in 1250. She was the wife of As-Salih Ayyub and Izz al-Din Aybak, the first sultan in the Mamluk Bahri dynasty. Before she married Ayyub, she was a child slave and concubine. She bore a son by Ayyub, Khalil. After Ayyub died during the Seventh Crusade, she became sultan of Egypt. News of her accession spurred rebellion in Syria and Baghdad, and the Baghdad caliph appointed Izz al-Din Aybak. Al-Durr abdicated the throne in favor of Aybak, whom she married, giving birth to the Mamluk dynasty.

SALIMA MACHAMBA, SULTAN OF MOHELI (MWALI)

Salima Machamba was born royal in



Joanna of Castile

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1874 to Jumbe Fatima bint Abderremane, queen of Moheli, and her husband, Emile Fleuriot de Langle. Machamba was named queen of the Moheli by the French, who made Comoros a French protectorate, in 1888. A few years later, she met and married French gendarme Camille Paule, with whom she had three children, Henriette Camille Ursule Louise Paule, Louis Camille Paule and Camille Fernand

Paule. In 1909, the French deposed Machamba and annexed the Comoros. Her family moved to France, where she lived as a farmer in Haute-Saone.

MARIA THERESA, HOLY ROMAN EMPRESS, QUEEN OF BOHEMIA

Maria Theresa's father was Holy Roman Emperor Charles VI, and she took over when he died in 1740. Her father left Maria Theresa with a

weakened and poverty-stricken state, drained by the War of the Polish Succession and the Russo-Turkish War. She married Emperor Francis (Franz) I, to whom she was expected to cede power, but she continued to rule in her own right during the War of Austrian Succession and the Seven Years' War. She had 16 children in 19 years, but only 10 survived into adulthood. Her children are:

- Maria Elisabeth, who died in childhood.
- Maria Anna, the eldest surviving child, who suffered from ill health and became abbess of the Theresian Institution of Noble Ladies.
- Maria Carolina, who died as a baby.
- Joseph, who became holy Roman emperor as Joseph II.
- Maria Christina, supposedly her favorite child, who married Prince Albert of Saxony.
- Another Maria Elisabeth, archduchess of Austria, princess of Tuscany, Bohemia and Hungary; abbess of the Theresian Institution of Noble Ladies.
- Charles Joseph, archduke of Austria.
- Maria Amalia, duchess of Parma, Piacenza and Gustalla, who married Ferdinand I, Duke of Parma
- Leopold, holy Roman emperor as Leopold II.
- Another Maria Carolina, who died in infancy.
- Maria Johanna, who died of smallpox in childhood.
- Maria Josepha, who died of smallpox as a teenager.
- A third Maria Carolina, queen of Naples and Sicily, wife of King Ferdinand IV and III, king of the Two Sicilies.
- Ferdinand Karl, archduke of Austria-Este, governor of the Duchy of Milan.
- Maria Antonia, queen of France who was married to Louis XVI as Marie Antoinette.
- Maximilian Francis, archduke of Austria, elector of Cologne, grand master of the Teutonic Knights.

Bake Up a Surprise for Mom

Serve up a slice of appreciation for Mom with these cake recipes.

STRAWBERRY CAKE

Makes 12 servings. Recipe is from The Food Network.

Ingredients

- 1 16-ounce strawberry cake mix
- 1 14-ounce can sweetened condensed milk
- 1 12-ounce can evaporated milk
- 1/4 cup strawberry milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract

For frosting:

- 1 pound cream cheese, room temperature
- 2/3 cup salted butter, room temperature
- 1 cup powdered sugar, sifted
- 3 tablespoon jarred strawberry sauce
- 2 tablespoons crushed dehydrated strawberries

Directions

1. Bake the cake in a 9x13 baking dish according to package instructions. Remove from the oven and allow to cool. Using a skewer, poke holes all over the top of the cake. Set aside.

2. In a pitcher, mix the sweetened condensed milk, evaporated milk, strawberry milk, vanilla and almond extract. Whisk to combine and pour over the cake. Chill, uncovered, for 30 minutes in the refrigerator.

3. Make the frosting by adding the cream cheese, butter, powdered sugar, jarred strawberry sauce and dehydrated strawberries to a bowl. Combine with a hand mixer until



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smooth. Set aside.

4. Spread the frosting over the cooled cake and serve.

DAFFODIL CAKE

Makes 10-12 servings. Recipe is from Martha Stewart.com.

Ingredients

- 1 1/4 cups sifted cake flour
- 1 1/2 cups sugar, divided
- 1 1/4 teaspoons kosher salt, divided
- 12 large egg whites
- 6 large egg yolks
- 1 1/2 teaspoons finely grated lemon zest
- 2 tablespoons lemon juice

1 teaspoon finely grated orange zest

- 1 tablespoon orange juice
- 1 teaspoon cream of tartar

For the glaze:

- 2 cups sifted confectioners sugar
- 2 tablespoons lemon juice
- 1/2 teaspoon grated orange zest
- 1 tablespoon orange juice
- 1 teaspoon orange blossom water, optional
- 2 tablespoons unsalted butter, melted
- Pinch salt

Directions

1. For the cake, preheat the oven

to 350 degrees. Sift the flour, 1/4 cup sugar and a teaspoon of salt onto a piece of parchment. Beat the yolks and 1/4 cup sugar with an electric mixer on high speed until doubled in volume, about 3 minutes. Beat in both zests and juices.

2. In a clean bowl with clean whisks, beat the egg whites on high speed until foamy. Beat in 1/4 teaspoon salt and cream of tartar until soft peaks form. Add 1 cup of sugar, beat to stiff peaks. Transfer to a large, wide bowl and sift a third of the flour mixture over the top. Fold it in, then repeat with the rest.

3. Fold half of the egg white mixture into the yolk mixture. Spoon it

into an ungreased angel food cake pan. Top with the remaining egg white mixture. Run a knife through the cake to release air bubbles. Bake 35-40 minutes or until the top springs back when touched.

4. Invert the pan onto its legs and let it cool for an hour. Run a knife around the inside of the pan and tube to release the cake. Remove the cake from the pan.

5. Make the glaze by whisking together all the ingredients to make a thick but pourable glaze. Pour the glaze over the cake and let it drip down the sides. Let the cake stand 30 minutes before serving.

Birthstone Gifts for Mom

Everyone likes something shiny for a present and this Mother's Day, you can celebrate Mom and the people who made her a mom.

Birthstone jewelry lets Mom show her pride in her family, but it does take some planning. Depending on your family, birthstone jewelry may have to be ordered and, depending on who you ask, different months may have different stones.

Here's a list from the American Gem Society.

JANUARY

January's birthstone is the garnet, which comes from the Middle English word "gernet," meaning dark red. Even so, garnets actually come in a variety of colors, including blue, colorless or deep green. Garnets are found all over the world, with notable deposits in Wyoming, Greece, Sri Lanka and India.

FEBRUARY

The amethyst is a deep purple gem that ancient wearers believed would protect them from drunkenness. It's a quartz gem that gets its unique color from irradiation, iron impurities and trace elements. It occurs in geodes or the cavities of granitic rocks.

MARCH

This is one of those months



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that have two stones, depending on who you ask. The aquamarine is the lovely light blue of the sea. It's a variety of the same mineral that makes up emeralds. Another birthstone is the bloodstone, a dark green gemstone flecked with vivid red spots of iron oxide.

APRIL

April's birthstone is the diamond, one of the most prized gemstones on Earth. It is 58 times harder than anything in nature and can only be cut by

another diamond. Diamonds come in many colors, from colorless to deep blues, yellow, browns, pinks and greens.

MAY

Appropriate to its springlike weather, May's birthstone is the deep green emerald. It's also a symbol of rebirth, the Gem Society says, and is believed to grant the owner good fortune and youth.

JUNE

This is another month with

three stones to symbolize it. People born in June can choose between the pearl, alexandrite or moonstone. Pearls are the only gems made by living creatures while alexandrite was found in Russian emerald mines in the 1800s. Moonstones are shimmering gems with a milky glow, much like moonlight.

JULY

July birthdays are symbolized by the ruby, a red variety of the mineral corundum. All other varieties of this mineral are called sapphires. The name ruby comes from "rubeus," the Latin word for red.

AUGUST

This summer month also has three choices for birthstones. The traditional choice is the peridot, a lime green gem that is a variety of the mineral olivine. The mineral forms deep in the Earth's crust and is brought to the surface by volcanoes. In Hawaii, the stone represents the tears of Pele. Sardonyx and spinel are two other choices for people born in August. Sardonyx is a zebra-striped gemstone with white bands and spinel is often mistaken for a ruby.

SEPTEMBER

Rich blue sapphires are the birthstone for September. And even though blue is the traditional color of the gem, sapphires come in many other colors, including colorless, yellow, purple, orange or green. It is, like the ruby,

made of corundum. Sapphires are found in India, Thailand, Vietnam, Brazil and Montana.

OCTOBER

October birthdays have a choice of two gemstones: the opal and tourmaline. Opals get their name from the Greek "opallios," which means to see a change in color, appropriate for the fiery, iridescent stone. Tourmaline comes in a wide spectrum of colors ranging from black to red or pink. Some tourmalines are more than one color, such as green and pink, often called watermelon tourmaline.

NOVEMBER

November has two birthstones, both with rich orange shades. The topaz was initially thought to be all yellow, but now the blue varieties are more popular and less natural, getting their color from irradiation treatment. Citrine is a variety of quartz that ranges from pale yellow to honey colored. It takes its citrusy hue from traces of iron in quartz crystals.

DECEMBER

The last month of the year gets three birthstones, starting with blue-purple tanzanite. It's a variety of the mineral zoisite that takes its name from its country of origin, Tanzania. Zircon is not the synthetic cubic zirconia but a natural gemstone that comes in many colors. Turquoise is a gemstone with a distinctive blue shade that comes from copper in the soil.