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G E I L C N R S  
 RACK 1  
 A A E G F L B  
 RACK 2  
 E E O P N L V  
 RACK 3  
 A A E E C D  
 RACK 4

PAR SCORE 145-155  
 BEST SCORE 221  
 FOUR RACK TOTAL  
 TIME LIMIT: 20 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE™ Players Dictionary 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@naspa.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

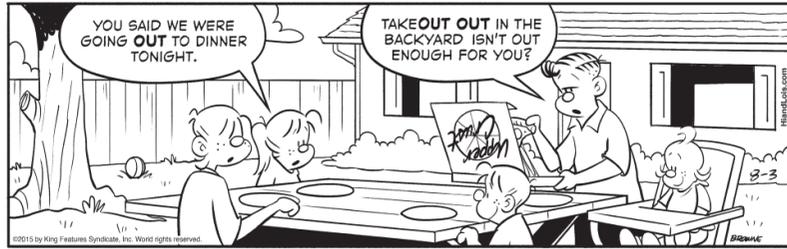
**NON SEQUITUR** by Wiley



**BLONDIE** by Dean Young and John Marshall



**HI & LOIS** by Chance Browne



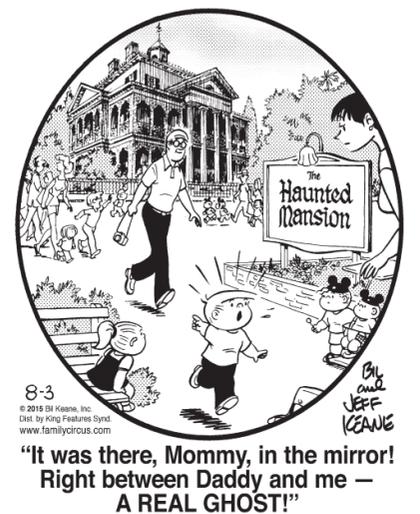
**HAGAR THE HORRIBLE** by Chris Browne



**DENNIS THE MENACE** by Hank Ketcham



**THE FAMILY CIRCUS** by Bill Keane



**JUMBLE**

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

PALAH  
 KILYS  
 LEAGIO  
 ERREEV

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

**THAT SCRAMBLED WORD GAME** by David L. Hoyt and Jeff Knurek

Are you almost finished? You've been at it all day.

I am. I'm exhausted. I need to get some shut-eye.

AFTER CHOPPING FIREWOOD ALL DAY, HE WAS GOING TO —

Answer below

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Saturday's Jumbles: SHOVE SWIFT HIGHLY ANYHOW  
 Answer: She just couldn't decide if she was going to do the laundry. She was being — WISHY-WASHY

**Rash points to erythema multiforme**

**Dear Dr. Roach:** My sister broke out in a full-body rash of red, itchy blotches, and her doctor told her it was erythema multiforme. It is rare, and he sees only a few cases per year. Could you elaborate more on it? — A.M.

**DR. KEITH ROACH**  
 TO YOUR GOOD HEALTH

cially a herpes virus infection. There is a long list of other infections, such as mycoplasma pneumonia, viral hepatitis and salmonella, that are associated with EM. Sarcoidosis, a poorly understood, multi-system illness, is classically linked with EM, and about 10 percent of cases are drug-related. In most cases, the rash disappears within two weeks, though a few people get recurrent EM.

Treatment of EM is for the underlying condition, if it's known. Mild cases are treated with topical steroids and topical or oral antihistamines. Severe cases often are treated with oral steroids, despite a lack of definitive proof that they help. Recurrent cases require more expertise, possibly the care of a skin specialist.

**Dear Dr. Roach:** A dear friend of mine has been diagnosed with diverticulitis. I understand that this condition can arise from not having enough fiber in one's diet, yet when I serve whole grains, salads and fresh fruit, my friend says she can no longer eat these things. What can I serve my friend to help her overcome this condition? — A.

Most of the evidence on diverticulitis suggests that fiber reduces attacks, so I am surprised to hear that your friend has been told to avoid these foods, which tend to be high in fiber. People are frequently told to avoid foods that contain (or are) small nuts or seeds; however, there is very little evidence that these cause outbreaks of symptoms. One large study showed that people who eat more nuts and popcorn had fewer episodes of diverticulitis or diverticular bleeding. Of

course, people who have had a bad response to a particular food should avoid that food, since not everyone's body will respond in the same way.

It's not my place or yours to try to overrule the advice your friend has been given by her doctor, who might have information that is not available to you and me. I would ask her what foods she has been recommended or that she finds are helpful.

**Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamail.com.**

**Bridge**  
 by Frank Stewart

**Secret to success**

Cy the Cynic says the secret to success is to make your mistakes when nobody is looking. I'd bet that in an average game, most mistakes pass by unnoticed.

At today's slam, South took dummy's ace of spades and cashed the A-K of trumps hopefully. When East-West played low, South came to his ace of clubs and conceded a trump to East. If East had led a high spade next, South could have survived with a complex "double squeeze." But East shifted to the jack of diamonds, and South had to fail.

South next takes dummy's second high trump. He ruffs another spade and cashes the A-K of clubs, A-K of diamonds and queen of clubs, as East must follow suit. South then leads dummy's last club at the 12th trick, and whatever East does, South scores his jack of trumps.

"transfer" response. What do you say?

**ANSWER:** It would be easy enough to accept the transfer by bidding two spades, but your hand couldn't be much stronger in support of spades, and four spades might be a good contract when your partner would pass you at two. Jump to three spades to encourage him. He might hold K 10 5 4 3, 7 5 3, A 3, 10 9 6.

South dealer  
 Both sides vulnerable

**NORTH**  
 ♠ A J 6 2  
 ♥ A K  
 ♦ K 6 2  
 ♣ Q 7 4 3

**WEST**  
 ♠ 10 9 8 3  
 ♥ 7 3  
 ♦ Q 9 4  
 ♣ 10 8 6 5

**EAST**  
 ♠ K Q 7 4  
 ♥ Q 6 2  
 ♦ J 10 8  
 ♣ J 9 2

**SOUTH**  
 ♠ 5  
 ♥ J 10 9 8 5 4  
 ♦ A 7 5 3  
 ♣ A K

South 1 ♣  
 West Pass  
 North 3 ♠  
 East Pass  
 2 ♠  
 Pass 3 ♣  
 3 ♣  
 Pass 6 ♣  
 All Pass

Opening lead — ♠ 10  
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**The Daily Crossword** Edited by Wayne Robert Williams

**ACROSS**

- Tanguy and Gabor
- Divvies up
- Dissemblance
- Clinton's alma mater
- Unpolished
- Saloon
- Power
- Watermelon discard
- Rodeo ropes
- Mercury or Saturn, e.g.
- Medieval note
- Small silvery food fish
- Singles
- Formal agreement
- Female fairy-tale monster
- Transverse beam
- Work
- Flexible feeler
- Flea-market units
- Friends and acquaintances
- Guilty or not guilty
- Mingled in with
- In that place
- Pig's place
- Serengeti adventure
- "Nautilus" captain
- Home work
- Valuable vein
- Fusing material
- Oxford or pump
- Foil material
- Certain monastery
- Positive votes

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15							16		
17				18							19		
			20								21		
22	23	24	25			26	27		28				
29		30		31					32				
33			34	35		36			37	38	39	40	41
42						43							
44									45				
				46				47		48			
49	50	51	52	53		54		55	56		57		
58						59			60			61	
62						63	64				65	66	67
68						69					70		
71						72						73	

Visit: [ADailyCrossword.com](http://ADailyCrossword.com)

- DOWN**
- Needle feature
  - d'Iserre, France
  - Tavern drink
  - Brief times
  - Think the same way
  - In one's sickbed
  - Jean-\_\_\_ Godard
  - From time to time: abbr.
  - God of thunder
  - Finalists' determiners
  - Grow less
  - Panama passage
  - Lovers' meeting
  - Half a score
  - Shriver of tennis
  - Persuade
  - Slant
  - Tried for another term
  - Scottish play
  - Hosiery hue
  - Separatist religious body
  - Chuck or flip
  - Bounding main
  - Slug
  - Brood
  - Become unhinged
  - Squeals
  - Dot on a map
  - English class assignment
  - Fly like a butterfly
  - Marilu of "Taxi"
  - Wide tie
  - Aucklander, perhaps
  - More than occasionally
  - Rebellion leader
  - Turner
  - Get a hold on
  - Towel off once again
  - Cassowary cousin
  - Frankenstein's assistant
  - Pelion's twin peak
  - Actor Wallach
  - Wedding words
  - Quaker pronoun
  - Caviar source
  - Count me in!

**Saturday's Puzzle Solved**

S	I	B	I	L	A	T	E	T	A	B	A	R	D
T	S	U	N	A	M	I	S	O	P	E	N	E	R
A	L	L	S	T	A	R	S	W	E	E	N	I	E
S	E	G	U	E	A	G	E	R	N	E	S	S	
I	T	E	M	R	I	Y	A	L	A	S	S		
S	S	S	M	O	R	E	L	V	A	L	U	E	
S	A	R	A	C	E	N	C	A	N	A	R	D	S
E	L	O	P	E	S	M	O	D	E	L			
S	I	T	E	S	B	U	R	R	S	M	A	R	
T	E	T	W	I	L	D	E	R	A	T	E		
I	N	E	F	F	A	B	L	E	P	E	R	O	T
N	I	N	E	R	S	A	L	P	A	C	I	N	O
A	S	L	E	E	P	H	I	A	T	U	S	E	S
S	T	Y	L	E	S	S	A	W	S	T	A	R	S

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**Scrabble Solution**

PAR SCORE 145-155  
 BEST SCORE 221

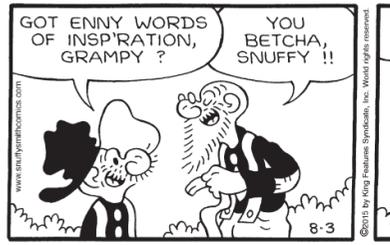
RACK 1: G E I L C N R S  
 RACK 2: A A E G F L B  
 RACK 3: E E O P N L V  
 RACK 4: A A E E C D

GRAMS SOLUTION

**BEETLE BAILEY** by Mort Walker



**SNUFFY SMITH** by Fred Lasswell



**Conceptis Sudoku**

9		8	3					
		1	3	7		8		
	2			9			6	
				3	8	9		
4	5		2			3	7	
	8	3	6					
5			3				1	
	9		8	6		4		
		7		4				2

Difficulty Level ★

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Sunday.

**Yesterday's Puzzle Solved**

5	8	1	2	9	6	7	3	4
7	6	9	5	3	4	8	2	1
2	4	3	8	1	7	5	6	9
1	3	8	7	6	9	4	5	2
9	7	5	4	2	8	3	1	6
4	2	6	1	5	3	9	7	8
8	5	7	6	4	1	2	9	3
3	1	2	9	8	5	6	4	7
6	9	4	3	7	2	1	8	5

Difficulty Level ★★★★★