

SCRABBLE®

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E

E

O

U

C

R

C

RACK 1

I

Y

Y

F

S

M

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RACK 2

A

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D

H

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R

C

RACK 3

O

O

G

P

N

L

R

RACK 4

PAR SCORE 145-155

BEST SCORE 240

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.

Answer below

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

FOUR RACK TOTAL

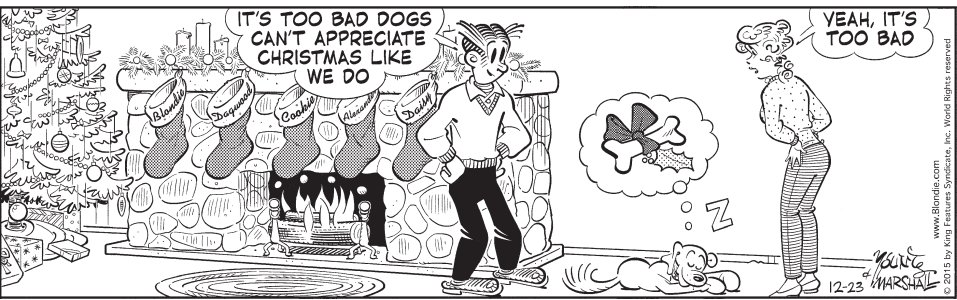
TIME LIMIT: 20 MIN

12-23

NON SEQUITUR by Wiley



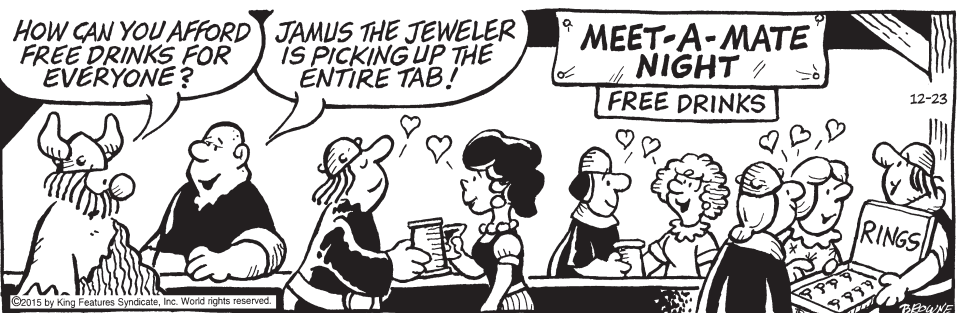
BLONDIE by Dean Young and John Marshall



HI & LOIS by Chance Browne



HAGAR THE HORRIBLE by Chris Browne



DENNIS THE MENACE by Hank Ketcham



THE FAMILY CIRCUS by Bil Keane



JUMBLE

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

CYREM

TILTE

BARETT

WUDINN

“ - ”

(Answers tomorrow)

Yesterday's

Jumbles: LEAKY MADLY DOUGHY JABBER

Answer: When the "punny" puzzle makers went out to eat, they enjoyed the — "JUMBLE-AYA"

Turpentine is ineffective as treatment

Dear Dr. Roach: I have a lot of chronic pain and an illness that makes me feel a lot of frustration because it doesn't seem to matter how good I am about taking my medication, going for my labs, following my diet, etc. I am always tired and feeling unwell.

Recently, I have been looking at more natural remedies as a possible source of relief, and I discovered that people are taking turpentine.

They put a certain amount of it on a teaspoon of sugar and ingest it.

Apparently it is killing the excess Candida and parasites in their body, and they say they feel better when they follow a certain protocol schedule. They also use it topically to treat all kinds of ailments and bathe in it.

This more "natural" treatment method makes me uncomfortable. I don't think this is a good idea. But with so

DR. KEITH ROACH
TO YOUR GOOD HEALTH

many people reporting excellent results, it really makes me wonder how harmful it would be to try it. — N.E.

Turpentine is the product of distillation of pine-tree resin. (I'm not sure that makes it "natural," since many chemicals are extracted or derived from plant products.) Turpentine isn't one chemical, but a mixture of many.

I am aware that it has been used as a folk remedy; however, I recommend strongly against turpentine as a medicine for any purpose, internal or external.

Although it is useful as an industrial solvent, it is listed as a hazardous substance due to its toxicity to skin, eyes and airways.

Taken internally in sufficient doses, it will damage

the kidneys and the central nervous system. Turpentine is ineffective for any medical indication I know, and it is quite toxic (deaths have been reported with ingestion of as little as 1 tablespoon).

There are effective treatments for Candida, a yeast found on the skin and in the gut of healthy people, but which can cause disease with overgrowth, especially in people who have problems with their immune system or who have taken antibiotics (which can reduce the healthy bacteria that normally keep yeast and unhealthy bacteria under control). Disease-causing parasites are uncommon in the U.S. and Canada, and should be diagnosed and treated by a medical professional.

Medicines don't come from the hardware store.

Dear Dr. Roach: I know that grapefruit does not interact well with many medica-

tions, specifically statins, and that they should not be eaten together.

However, if the medicine is taken at breakfast, can grapefruit be eaten many hours later at dinner, or must it be avoided altogether? Also, I take lemon juice in the morning, followed by my medications and breakfast. Does lemon juice also have a negative effect on some meds? — S.G.

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.rbmamall.com.

Bridge

by Frank Stewart

Christmas break?

"Can't you take a break from badgering your partners?" I begged Grapefruit, my club's acid-tongued member. "After all, it's Christmas."

"So what?" Grapefruit growled. "My partners act like it's Christmas every day of the year. They hand out gifts to our opponents like tinsel. Merry Christmas ... to almost everybody."

As today's West, Grapefruit led a club against 3NT: queen, ace, six. East returned the ten, and South followed with the seven. Grapefruit let dummy win, but South then forced out the ace of hearts. He claimed nine tricks, and Grapefruit informed East that he wasn't quite the brightest bulb on the tree.

spade, he bids two clubs and you return to two diamonds. Partner then bids three clubs. What do you say?

ANSWER: Your two-diamond preference showed at most nine points, but partner bid again and remains interested in game — even in an 11-trick contract. Your ace is a good card. Bid four clubs or four diamonds. Partner may hold 3, 10 5, A K Q 7 5, A K 10 7 6.

South dealer
N-S vulnerable

NORTH
♠ A 9 6 5 2
♥ J 2
♦ 10 6 4
♣ Q J 2

WEST
♠ J 8 4
♥ 9 8 6 5
♦ 8 5
♣ K 8 4 3

EAST
♠ K 10 7 3
♥ A 7 3
♦ 9 7 3 2
♣ A 10

SOUTH
♠ Q
♥ K Q 10 4
♦ A K Q J
♣ 9 7 6 5

South
1 ♦
2 ♥
2 NT

West
Pass
Pass
Pass

North
1 ♠
2 ♠
3 NT

East
Pass
Pass
All Pass

Opening lead — ♣ 3

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The Daily Crossword

Edited by Wayne Robert Williams

ACROSS

- Slams
- Instituted litigation
- "Scarface" star Paul
- Central Florida city
- Moreno or Bradley
- Internet patron
- Top floor
- Information
- Old sayings
- However, informally
- Grappler's cushion
- Start of a quote by James Broughton
- Nothing at all
- Caruso or Pavarotti, e.g.
- Bestow
- Italian article
- Iraq's ___ Hussein
- Sarazen or Tierney
- Napoleon's first isle of exile
- Cosmetic item
- Compos mentis
- Grazing grounds
- Dahl or Golonka
- Cartographer's diagram
- Satellite's path
- Assassinated Egyptian leader
- I.D. info
- End of quote
- Pale-faced
- Bambi's aunt
- Green shade
- "Lohegrin" lass

Visit: ADailyCrossword.com

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- Girder
- ___ de France
- Facsimile

- Tolerate
- Tremendous
- German Cologne
- Frisco athlete

- African-American poet Maya
- Cheryl and Reggie
- "Open, Sesame!" guy

DOWN

- Squeeze snake
- Perform on stage
- A Cole
- Flashiness
- Scent packets
- Grassy ground
- Thurman of "The Truth about Cats & Dogs"
- ___ your heart out!
- Kind of queen or critic
- Cars or horses
- Dos Passos
- Fresh
- Govt. tax collector
- 1998 Masters Champion
- Feeling of wonder

- Sanction
- Like knobby clusters
- Disaster
- Brainy one
- Cargo weight
- Carpet cleaner
- Threaten
- So to speak
- Certain English schoolboy
- Afternoon affair
- Type of sweater
- Synagogue leader
- Extreme degree
- Marker
- Drag
- John in London
- 1-of-a-kind
- Novelist Rand
- One in Emden
- Summertime cooler
- Sea of France

Scrabble Solution

PAR SCORE 145-155

TOTAL 240

RACK 4 = 60

RACK 3 = 66

RACK 2 = 104

RACK 1 = 10

BRAND GRAMS SOLUTION

BEETLE BAILEY by Mort Walker

SNUFFY SMITH by Fred Lasswell

Conceptis Sudoku

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

Difficulty Level ★★

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