

Harried phone survey taker pleads for a little respect

DEAR ABBY: I'm hoping you will pass this on to your readers. Many of us these days have to work two jobs to make ends meet. In addition to a full-time job, I work a second one in a call center. Yes, I'm one of those dreaded people who call and ask you to do a phone survey.



DEAR ABBY

“Do Not Call” list that was ignored.

DEAR ABBY: I am recently retired. I enjoy it, and my daily routine is filled with activities that keep me busy.

My problem is relatives who retired a few years ago who are bored out of their minds. They show up at my home unannounced at all hours of the day and disrupt my routine. They assume I have nothing to do like them. I am not interested in baby-sitting these people so their wives won't have to put up with them. What should I do? —**RETIRED IN BOSTON**

DEAR RETIRED: Tell your relatives -- nicely -- that you have a definite routine and things scheduled that you must attend to. If you feel they would be receptive, suggest that they drop by a senior center and ask about what activities it offers or look for volunteer opportunities in the community. Then suggest that instead of dropping by, they CALL FIRST to see if you are available.

DEAR ABBY: My best friend's mother has dementia. It is usually worse in the evenings, but she can

function during the day -- somewhat. My friend and her husband both work, leaving the mother alone at home during the day with the door locked from the outside so she can't wander off.

I have told my friend many times how dangerous this is, but she continues to do it. It makes me sick worrying about her mother, but I don't know what to do about it. — **FRIEND IN FLORIDA**

DEAR FRIEND: Your friend and her husband may have the best of intentions, but locking a demented person inside the house is not the answer to their problem. If a fire were to start, she might not be “with it” enough to know how to put it out or summon help. She could also fall and injure herself.

A better solution would be to find a day-care program where the mother would have company, be entertained and safely looked after. Please suggest it to them. However, if they are not receptive, Adult Protective Services should be notified because the woman's life could depend on it.

TO MY MUSLIM READERS: It's time for the breaking of the Ramadan fast. Happy Eid al-Fitr, everyone. May God make yours a blessed feast.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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

HELOISE'S KITCHENEERING BY HELOISE

Why Is the Salt Pink?

Dear Heloise: I saw PINK SALT in the store the other day. What is it, and how is it used? -- Lydia N., via email

The pink salt you are seeing in stores is Himalayan salt, which is found deep within the Himalayas. The beautiful pink color comes from the mineral content.

You can buy the salt in plates, slabs, cubes and fine or coarse grain. Use the fine- or coarse-grained salt like regular table salt for foods. The slabs and plates are available to serve sushi or other appetizers on. -- Heloise

P.S.: If you just like the color (pink salt can be very pricey), you can make pink salt by adding a few drops of red food coloring to regular table salt. Put the salt in a bowl and stir stirring until it's the color you want.

Send a great hint to:
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San Antonio, TX 78279-5000
Fax: 210-HELOISE
Email: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

POTATO POSSIBILITIES

Dear Heloise: Most people are used to a baked potato served with sour cream and butter. However, I really enjoy baked potatoes and all the different ingredients you can stuff in them to make a meal, especially if you have leftovers. Try adding the following to a baked potato the next time you want a quick but filling meal:

- Leftover chicken or beef in a barbecue sauce, topped with some cheese and scalions.
 - Leftover taco meat, sour cream, salsa, olives, lettuce and cheese.
 - Leftover chili, sour cream and cheese.
- M.M., New York

STEAMING VEGETABLES

Dear Readers: To keep as many vitamins in vegetables when cooking, try steaming or microwaving them rather than boiling them in water. Vegetables cooked on the stove at high temperatures can lose up to 30 percent of their vitamins! Whenever possible, eat your vegetables raw or lightly steamed. — Heloise

COUPLE OF HINTS

Dear Heloise: I have a couple of food-preparation hints to share:

I save the juice or syrup from canned fruit and use it in place of sugar or simple syrup in cocktails. My favorite is to add mandarin orange juice to margaritas in place of sugar. It sweetens the drink, adds a little flavor and blends in instantly. Cherry juice adds sweetness, flavor and a pretty color to lemonade.

I keep a mixture of cinnamon and sugar in a clear glass saltshaker. The clear glass lets me determine what the content is, and the shaker is handy for sprinkling on toast or in hot drinks like cocoa and coffees. —Lisa Z. in Oregon

COLORED EGGS

Dear Readers: If you enjoy eating a lot of hard-cooked (hard boiled) eggs, sometimes it's hard to tell which eggs are which. Try this hint: Add some food coloring and vinegar to the water when boiling the eggs. Now you'll know the colored eggs in the refrigerator are hard-boiled, even when it's not Easter! —Heloise

Instructions for play: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience. The solution for today's puzzle will be published in Saturday's paper. Or you can go to www.sudoku.com to find the solution.

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

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Rum-soaked cake

5 Wood strip

9 Scrub, as a mission

11 Indistinct

12 In a way, informally

13 Plain silly

14 Holm of "The Hobbit"

15 Brought into existence

17 Sounded like old floor-boards

19 Towel embroidery

20 Nitwits

21 "Oh, wow!"

22 Nervous

24 Energy

26 Big name in TV talk

29 Pouchlike part

30 Folded

32 Like some corn

34 Debate side

35 1836 battle site

36 Labor group

38 One of Lear's daughters

39 XXX material

40 Plan part

41 Sunset setting

DOWN

1 No-frills

2 On the train

3 World's third-largest island

4 Museum subject

5 Turner of Hollywood

6 Hercule's creator

7 Radio show come-on

8 Obeyes

10 Add

11 Competed

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

Previous Puzzle

- | | |
|-------------------|-------------------------------|
| 16 Do museum work | 28 Wading birds |
| 18 Cain's father | 29 Battle mementos |
| 21 Pianist Hess | 30 "You know you want to!" |
| 23 Accelerated | 31 Words of prohibition |
| 24 Knave | 33 "Do I need to draw you —?" |
| 25 Glacial period | 37 Immediately |
| 27 Have ambitions | |

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475

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		

8-7

CROSSWORD

By THOMAS JOSEPH

ACROSS

1 Em-bedded spy

5 Hamper

10 Stratford's river

11 Men's topper

12 Called up

13 Luke's mentor

14 Unambiguous

16 First version of a film

20 Barbers

23 Lennon's love

24 Solemn ceremonies

25 Andorra neighbor

27 Before today

28 Uneven

29 Painful injury

32 Expedient route

36 Mild cheese

39 Lohen-grin's love

40 Globe features

41 Stagger

42 Cry of disbelief

43 Ticked off

3 Single

4 Fencing cry

5 Work on code

6 Singer Piaf

7 Highway rescue

8 Memorable time

9 Operated

11 Concentrate

15 Eurasian deer

17 Varnish layer

18 Foot or furlong

19 Theater prize

20 Sting operation

21 Latvia's capital

B	O	A	R	D		S	A	S	H	A
I	N	L	A	W		E	X	T	O	L
B	A	S	T	E		T	E	A	S	E
				N	E	W	S		R	E
D	E	A	D	B	E	A	T			
O	D	O	R		S	I	E	S	T	A
N	I	N	O	S		L	A	T	I	N
S	T	E	P	U	P		R	E	N	D
				S	P	E	E	D	W	A
S	I	S		P	A	R	R			
I	D	A	H	O		A	O	R	T	A
R	O	G	E	R		S	P	O	O	L
S	L	A	N	T		E	S	T	E	E

Previous Puzzle

- | | |
|--------------------|---------------------|
| 22 Resting on | 33 "Pinocchio" fish |
| 25 Boot attachment | 34 Manual reader |
| 26 Clay workers | 35 Yarn |
| 28 Highlanders | 36 Singer Waits |
| 30 School paper | 37 None too cordial |
| 31 Lorelei's river | 38 Sheltered side |

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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			

8-8

Daily Cryptoquote – Here's how to work it:

A X Y D L B A A X R
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

8-7

CRYPTOQUOTE

G T Z P A O X F T G F R X L X Q C

M G Q C F P P U W Q X O S Y W G Q

L B P U X U S Z R P Y W F ' Q S Y X R

Previous Cryptoquote: THE HUNGER FOR LOVE IS MUCH MORE DIFFICULT TO REMOVE THAN THE HUNGER FOR BREAD. – Mother Teresa

COMICS

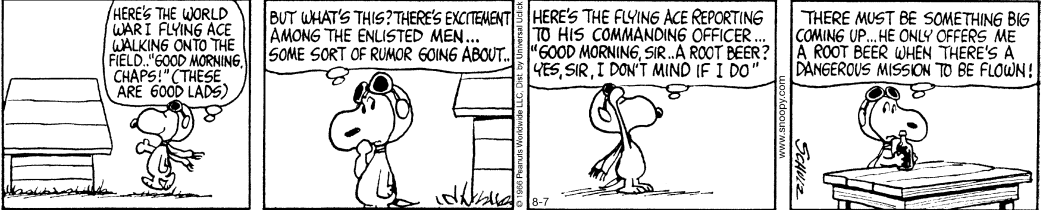
Tundra



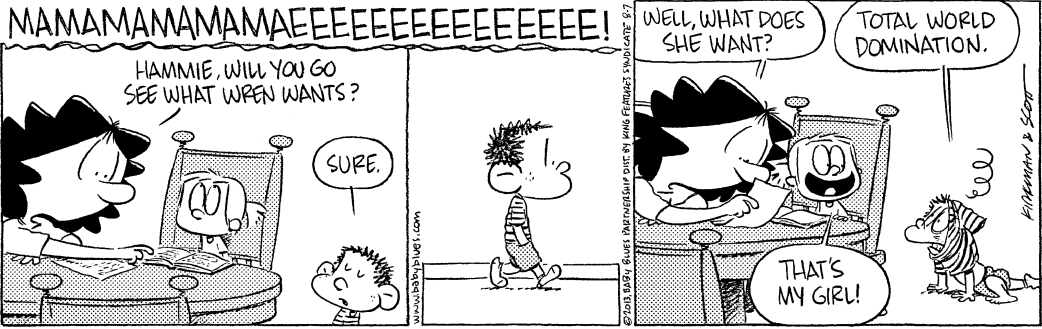
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

