

Free family caregivers kit should be in every home

DEAR ABBY: Helping a parent or other adult relative handle their finances and health care can be a challenging gift to give. You want to honor their wishes and respect their boundaries, while at the same time acting in their best interest. But it can be hard to know where to begin and whom to trust, and you always wonder if you're forgetting something.



DEAR ABBY

To help your readers carry out this important role, the Federal Citizen Information Center created the free Family Caregivers Kit. It features publications from the Consumer Financial Protection Bureau that explain how to manage a loved one's money and protect seniors from scams. And it also contains publications from the FDA's Office of Women's Health to keep track of medications and learn to use them safely. The kit is full of practical tips that give caregivers the confidence they need to manage a loved one's affairs. Abby, thanks for sharing the free Family Caregivers Kit. From one daughter to another, you know how important it is to stand up and support family members through life's challenges. — **SARAH CRANE, ACTING DIRECTOR, FEDERAL CITIZEN INFORMATION CENTER**

DEAR MS. CRANE: Thank you for offering this

important information to my readers. It is important because accepting this kind of responsibility should not be done without fully understanding what it will entail. The publications you sent to me – and will send to my readers – provide an illuminating overview of the responsibilities involved. Readers, this year's packet is not to be missed, particularly if you have aging relatives or a friend who may need you to handle his/her affairs, even for a short period of time. These booklets are offered free of charge and include the "Managing Someone Else's Money" series of publications, which cover Power of Attorney and Managing Trusts, Property and Benefits. They are written in plain English and are in an easy-to-understand format. Also included is a pamphlet on using medications wisely. Did you know that 125,000 people die each year because they didn't

take their medication as directed -- and many more get sick because they didn't properly follow the directions on the label? (I didn't.) Another pamphlet shares information on recognizing and avoiding health scams, so you and your loved ones can watch out for miracle devices and cures that really ARE too good to be true. But wait! There's more ... You will also receive a copy of the 2014 Consumer Action Handbook, which contains not only information you need to make the best decisions about what you buy and the service providers you use, but also a sample complaint letter to help you get results. To order this free kit, go to promotions.usa.gov/dearabby. You can also order the kit by calling 888-878-3256 weekdays 8 a.m. to 8 p.m. Eastern time, or by writing: Family Caregivers Kit, Pueblo, CO 81009. Every household in the country should have this information on hand "just in case," so order a kit for yourself and more to share. — **LOVE, ABBY**

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

su | do | ku

© Puzzles by Pappocom

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

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.

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

Previous Puzzle

HELOISE'S KITCHENEERING BY HELOISE

Flour ... 00 Flour

Dear Heloise: The other day, I saw a recipe for making pizza dough, which I love to do. It used something called "00 FLOUR." What exactly is that, and where can I find it? My local grocery stores did not have it. — M.T. in California

This 00 flour is an Italian flour. The "00" is how the ground flour is classified, with the number "00" representing the finest grind. The reason this type of flour is used in pizza dough is because of its texture, which makes it very easy to work with, and because of its low gluten content. This helps make pizza crust light and soft.

If you cannot find it in your main grocery store, try a specialty grocery store, or order the flour online. — Heloise

Send A Great Hint To:
Heloise
P.O. Box 795000
San Antonio, TX 78279-5000
Fax: 210-HELOISE
Email: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

Peeling Potatoes

Dear Heloise: I read your column every day in the (Steubenville, Ohio) Herald-Star. My hint came to me while I was peeling potatoes with a vegetable peeler, a chore I don't like to do. I retrieved my apple corer/parer from the cupboard. It's the kind you force into one end of the apple (potato, in this case) and then turn the handle and the apple (potato) is peeled. As it goes through, the core is removed.

It works great on potatoes, and an extra benefit is that the now-skinless potato is in the form of a twisty fry. I either put it in boiling water to cook for mashed potatoes, or the fry can be deep-fried for a homemade treat just like at restaurants. It's fast, easy and quick to clean up. — Rose G. in Ohio

Use-By Date

Dear Heloise: I have always wondered what a "use-by" date means. Does it mean the unopened product? If you open it, is it still good until that date? Mostly I wonder about things like vitamins and aspirin. — Carol M. in Texas

The products, opened or not, should still be good for use until the use-by date, or even after. The use-by date is set by the manufacturer, according to the U.S. Department of Agriculture. For best quality, it is the last day the manufacturer of the product recommends using it. However, the USDA states that this is not a safety date. If you have stored the product properly and taken care of it, then it still should be good up to and after this date. — Heloise

Squeezing Limes

Dear Heloise: I found the perfect kitchen tool to squeeze juice for my key lime pie: my garlic press! The small Mexican limes from my patio tree fit perfectly. I just halve the lime, pop it in the press and squeeze. I have a cup of juice in no time. My husband even uses this hint when making his vodka tonics. — Barbara N., via email

Frosted Brownies

Dear Heloise: My kids have always loved hazelnut chocolate spread. One of the ways I use it is to frost brownies. It's delicious! — Lily W. in New York

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Business goal
- 7 Minor fight
- 11 Ohio city
- 12 Thus
- 13 Danny of "Moon-struck"
- 14 Weaver's need
- 15 Excuse from punishment
- 17 Costa —
- 20 Counts calories
- 23 GI-enter-taining org.
- 24 Fragrant flower
- 26 Dijon denial
- 27 Granola bit
- 28 Mineo of movies
- 29 Laughs heartily
- 31 Gold, to Coronado
- 32 Calliope need
- 33 Fiber source
- 34 Thwart
- 37 Robe feature
- 39 Lansbury of Broadway
- 43 "Get lost!"
- 44 Less fresh
- 45 Balm
- 46 Meat cooked in its own fat

DOWN

- 1 Sch. sup-port group
- 2 "Vive le —!"
- 3 Bullring call
- 4 Guy
- 5 Not active
- 6 Horn sound
- 7 Cellphone shot
- 8 College VIP
- 9 In the past
- 10 Newsmen place
- 16 "Golden Boy" playwright
- 17 Ladder parts
- 18 "The truth — there"
- 19 Priest, at times
- 21 Small crown
- 22 Stylist's place
- 24 Like hair mouse
- 25 Unrefined
- 30 Depth unit
- 33 Kicked in
- 35 Like the Ger. "der"
- 36 Obsessed with
- 37 Compass pt.
- 38 Cry of insight
- 40 North Pole worker
- 41 Floral garland
- 42 Curator's topic

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	
17	18	19				20			21
23						24	25		
26						27			28
29			30						31
32								33	
						34			
37	38							39	
43								44	
45								46	

6-18

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Luggage
- 5 Is bold
- 10 Vocally
- 12 On the ball
- 13 Puzzle out
- 14 Family member, familiarly
- 15 Football position
- 16 Navy rank
- 18 Navy rank
- 20 Neither Dem. nor Rep.
- 21 Appends
- 23 Guitarist Paul
- 24 Fabled race loser
- 26 Fling
- 28 Soda serving
- 29 Wild guess
- 31 Smelter supply
- 32 Navy rank
- 36 Navy rank
- 39 Actor's signal
- 40 Gem
- 41 Tickle pink
- 43 Pacific island nation
- 44 Like some seals
- 45 Velocity
- 46 Turn down

DOWN

- 1 Diamond corners
- 2 Solitary
- 3 Meir of Israel
- 4 Family car choice
- 5 Humid
- 6 Heaps
- 7 Sends again
- 8 Royal furs
- 9 Fans' place
- 11 Century sections
- 17 In addition
- 19 Disfigure
- 22 Spider-Man creator
- 24 Convert-ible alter-native
- 25 Showy flower
- 27 Abbr. akin to "arch."
- 28 Port settings
- 30 Caffeine source
- 33 "What do —?"
- 34 "— Tag!" (German greeting)
- 35 Poor
- 37 "Picnic" play-wright
- 38 Have a novel experience?
- 42 Young fellow

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4		5	6	7	8	9
10				11					
13								14	
15					16	17			
18			19					20	
				21		22		23	
		24	25			26	27		
28					29	30			
31						32		33	34
36			37	38				39	
40							41	42	
43							44		
45								46	

6-19

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.

6-18 CRYPTOQUOTE

Q F Z T Z Z M Z R Q T Z I X V X Q X P V

P I B P L Q F X R Y X I Z N R B Z Q

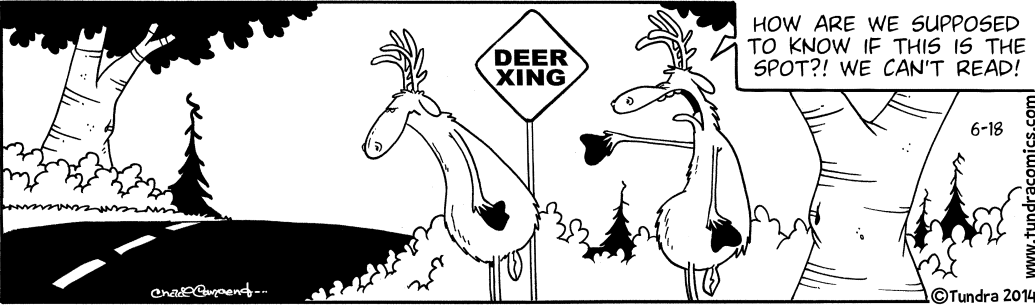
L V Q P L S F Z T G B Q J N O Z T B .

— N Y I J Z T V P J Q F C F X Q Z F Z N T

Previous Cryptoquote: HERE'S TO THE WHOLE OF IT, STARS, STRIPES AND POLE OF IT. THERE'S TO THE SOUL OF IT, RED, WHITE AND BLUE. – John Jay Daly

COMICS

Tundra



Hagar the Horrible



Peanuts



Baby Blues



Dilbert

