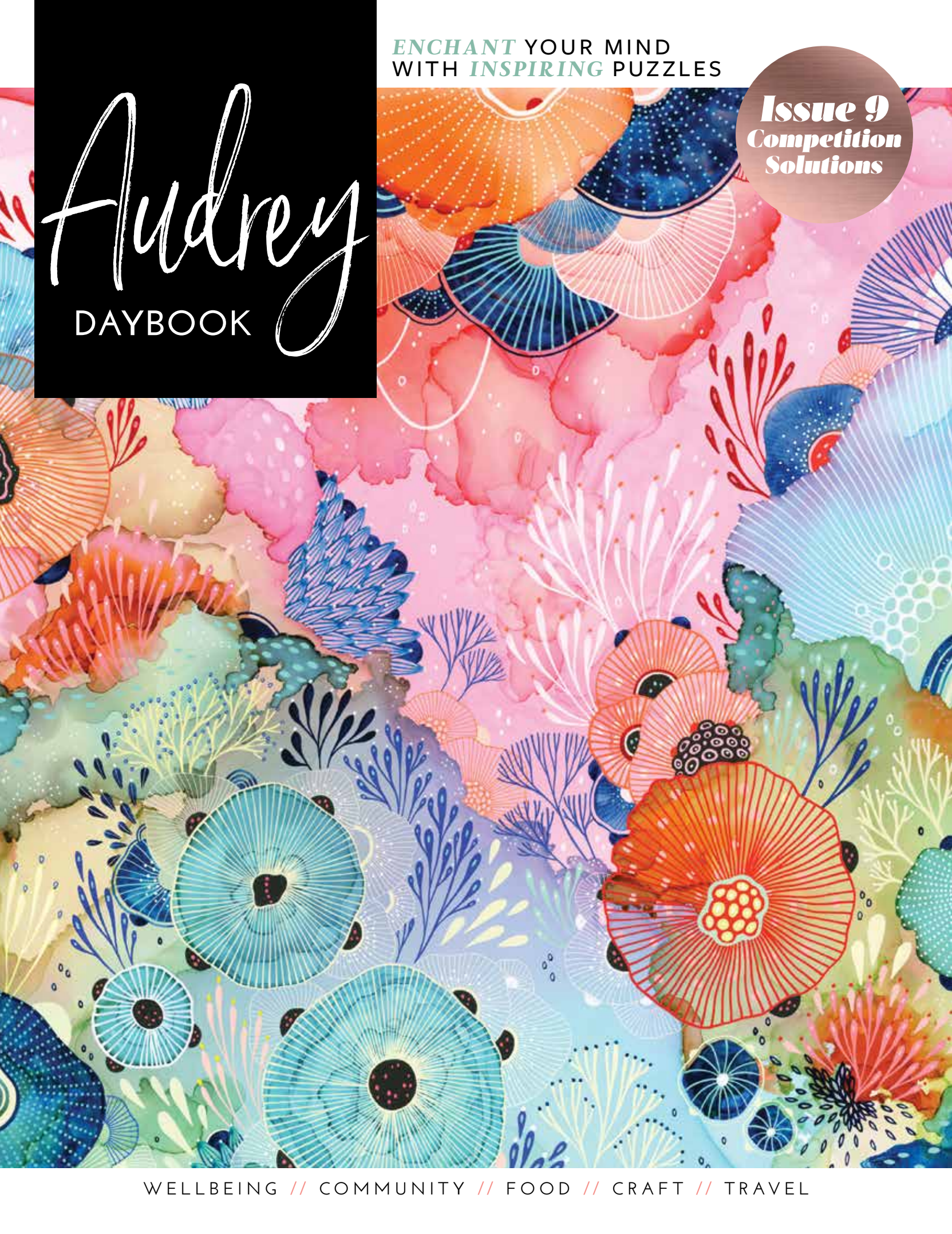


ENCHANT YOUR MIND  
WITH *INSPIRING* PUZZLES

**Issue 9**  
**Competition**  
**Solutions**

# Audrey

DAYBOOK



WELLBEING // COMMUNITY // FOOD // CRAFT // TRAVEL

**PG 17 ACROSTIC ONE**

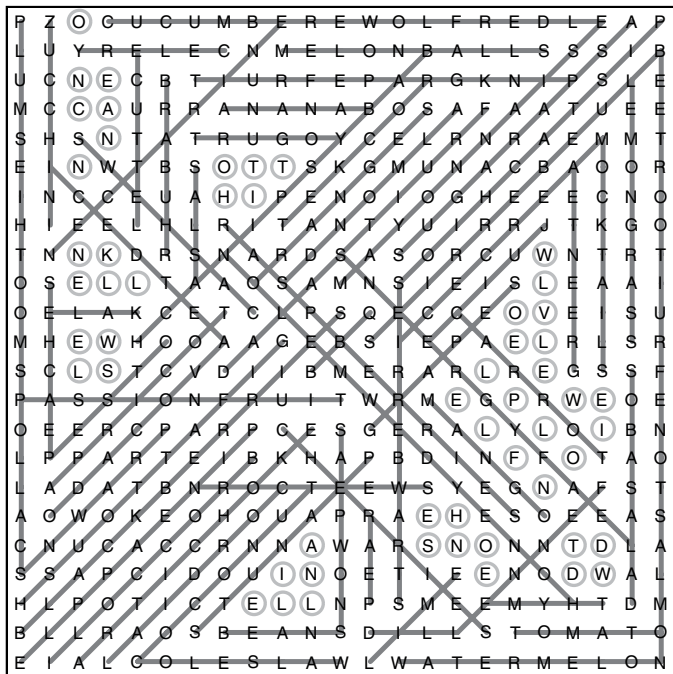
A. Incorporation, B. Niggards, C. Testosterone, D. Eavesdrops,  
 E. Redeveloped, F. Midriff, G. *It to Beaver*, H. Thoughtful, I. Tomahawks,  
 J. Espressos, K. Nations, L. Thoroughly, M. Faded, N. Abbott, O. Steadfast,  
 P. Tastelessness, Q. Invaluable, R. Neighbours, S. Grippid  
 A-S: INTERMITTENT FASTING

TEXT: An eating pattern that revolves around periods of eating and abstaining from food, several studies suggest it improves blood pressure, helps the body process fat, lowers the risk of diabetes, and boosts gut health.

**Pg 35 THE WHITE MOUSE**

A=13, B=20, C=9, D=16, E=4, F=12, G=5, H=14, I=2, K=6, L=15, M=18, N=17,  
 O=19, P=22, R=7, S=21, T=1, U=11, V=3, W=8, X=10  
 LESLIE MANN

**Pg 63 WORDSEARCH**



One cannot think well, love well, sleep well, if one has not dined well

**CONGRATULATIONS TO OUR WINNERS!**

- Acrostic One:** K Brenton, 2282
- White Mouse:** Kitty L, 3184.
- Wordsearch Three:** J Hart, 6330
- Colour-In Cipher:** S Gee, 8083
- Starwords:** L Vanzini, 5502. A Hanmer, 4248.
- Quest:** C Mcmillen, 6160.

**Pg 83 COLOUR-IN**

ANSWER: Be the friend you wish you had

**Pg 95 STAR WORDS**

Germany, Denmark, Italy, Estonia, France; MALTA

**Pg 108 QUEST**

Solution: Storm, Pentagon, Inch, Pyramid, Eagle, Phoenix, Albatross, Gazette, Rotor, Aardvark, Warriors, Eye, Orion, Piston.

LEFTOVER WORD: Gazelle