

## SUDOKU

Rating: ★☆☆☆

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

Rating: ★★☆☆

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

Rating: ★★☆☆

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

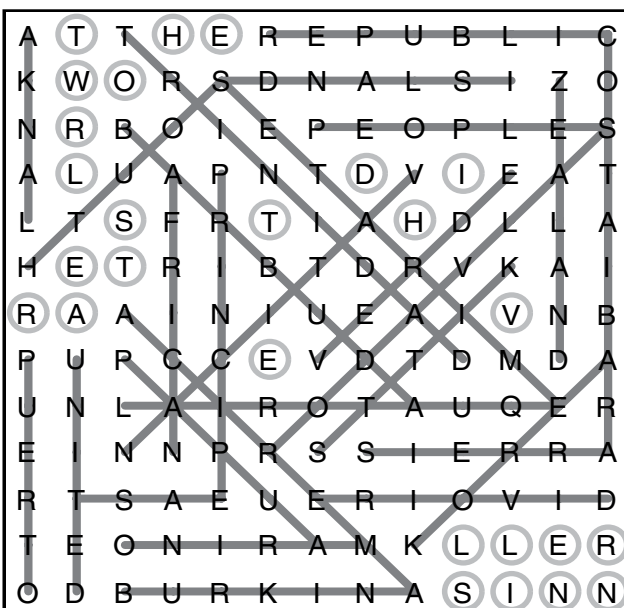
Rating: ★★☆☆

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

## FIND-A-WORD

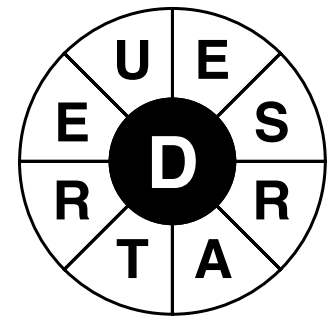
### ITCHY FEET

Whether at home or abroad, you can cross the grid in search of the missing parts of these countries' names and the remaining letters will reveal an Afghan proverb to contemplate at journey's end.



1. Antigua and ...
2. ... Faso
3. Cabo ...
4. Central ... Republic
5. ... Rica
6. Côte ...
7. Czech ...
8. ... Timor
9. El ...
10. ... Guinea
11. Marshall ...
12. New ...
13. North ...
14. ... New Guinea
15. ... Republic of China
16. ... Rico
17. Republic of ... Africa
18. San ...
19. São Tomé and ...
20. Saudi ...
21. ... Leone
22. Sri ...
23. St ... and Nevis
24. ... and Tobago
25. United Arab ...
26. ... Kingdom
27. United States of ...
28. ... City

**VISIT** Find the solutions for this issue's puzzles, and extra puzzles at [mindfood.com/puzzles](http://mindfood.com/puzzles).



## MINDFOOD WHEEL WORDS

Create as many words of four letters or more using the letters once only, but always including the centre letter. Do not use proper names or plurals. There's one nine-letter word using all letters.

**35 GOOD 45 VERY GOOD 52+ EXCELLENT**

### SOLUTION:

DARE, DART, DATE, DEAR, DEER, DRAT, DUET, DUST, READ, REED, RUDE, RUED, SEED, STUD, SUED, SURD, TEED, USED, DARER, DATER, DETER, DREAR, DURST, EARED, EASED, ERRED, ETUDE, RATED, RUDER, SATED, STEAD, STEED, SUEDE, TARED, TRADE, TREAD, TREED, TRUED, DARTER, DEARER, DESERT, DUSTER, ERASED, READER, REARED, REREAD, RESTED, RETARD, REUSED, RUDEST, RUSTED, SEARED, SEATED, SEDATE, STARED, TARRED, TEARED, TEASED, TRADER, DEAREST, RETREAD, SAUTEED, SEDATER, STARRED, TREADER, ARRESTED, SERRATED.

### 9-LETTER WORD:

TREASURED.