

Practising simplicity | Up in the air | Woven from words and wood | Cloud nine | In the know Solve & Win | The nutmeg trail | Fantastical flora | Life on the wing | Pick of the bunch Fanciful threads | Uluru dreaming | Travelling solo | Island style

Solutions

Pg 19 ACROSTIC

A. Tattooed, B. Haemorrhage, C. Evaporate, D. Quadruped, E. Usherettes, F. Engulfs,
G. Economically, H. Near miss, I. Off-putting, J. Flower show, K. Assesses, L. Ludicrously,
M. Labour camp, N. Subdivided, O. Practice, P. Idea, Q. Committed, R. Embankments, S. Showman
A-S: THE QUEEN OF ALL SPICES

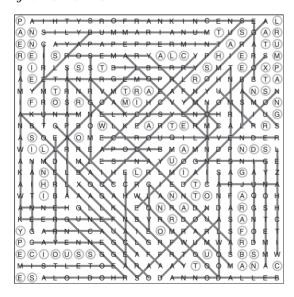
TEXT: Cardamom comes from India's Malabar Coast but Guatemala is now the world's top producer. Helping to keep the immune and digestive systems healthy, pods can be used to flavour curries, sweets, liqueurs and coffee.

Pg 43 CROSS-STITCH

S	L	0	W	Ε	R		1	D	L	Ε	R
Р	Α	Р	Α	L		U	Ζ	R	I	Р	Ε
Ε	Ν	Т	R	Α	Р		D	Α	Т	Ε	D
Α	D	Ε	Р	Т		D	Ι	Μ	Μ	Ε	D
R	Ε	D	Ε	Ε	М		C	Α	U	S	Ε
	D		D		0	Α	Т		S		Ν
D		Р		С	0	D		S		S	
1	C	1	L	Υ		D	Ε	Α	Т	Н	S
F	L	Ε	Ε	\cup	Υ		R	U	R	Α	L
F	0	С	Α	L		D	Ε	С	Α	D	Ε
Ε	\vee	Ε	Ν	Ε	D		C	Ε	D	Ε	D
R	Ε	S	Т	S		S	Т	R	Ε	S	S

ANSWER: Respect.

Pg 63 WORDSEARCH



ANSWER: Plants are nature's alchemists, expert at transforming water, soil and sunlight into an array of precious substances

Pq 80 STARWORDS

Swan, Crane, Quail, Plover, Hawk.

SOLUTION: Swallow

Pg 85 COLOUR-IN CIPHER **SOLUTION:** Find joy share joy

Pg 103 QUEST

Queen, Vietnam, Red, China, *Friends*, Toto, Lion, *Paper*, *Purple*, *Blue*, *Seinfeld*, *Horse*, *Kiss*, *Times*LEFTOVER WORD: Life



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Create your best life.

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