

TOPS Pledge Crossword Puzzle

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This month's crossword puzzle is composed of the key words from the TOPS pledge. Some "clue" letters for each word are already given. Try completing the puzzle without looking at the pledge. (See next month's issue for solution.)

TOPS PLEDGE

I am an intelligent person. I will control my emotions, not let my emotions control me. Every time I am tempted to use food to satisfy my frustrated desires, build up my injured ego or dull my senses I will remember, even though I overeat in private — my excess poundage is there for all the world to see. What a fool I've been!

Years ago, the pledge ended "what a fool I've been" which has been changed to "I will take off pounds sensibly."

CROSSWORD PUZZLE SOLUTION

Below are the answers to the crossword puzzle which appeared on page 5 of the April TOPS NEWS.

