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How to: Soothe a sore throat during winter

STAY HYDRATED Drink plenty of fluids, such as water, tea and soup, to help thin out mucus and keep your throat moist.

HONEY, LEMON AND GINGER TEA

Mix a spoonful of honey with warm water or tea to create a soothing drink. You can also mix equal parts lemon juice and honey with warm water to create a soothing drink. Add sliced ginger for extra benefits. SALTWATER GARGLE Gargle with warm saltwater several times



a day to reduce swelling and kill bacteria.

AVOID SPICY OR ACIDIC FOODS Avoid eating foods that can irritate your throat, such as spicy or acidic foods.

Level: Medium			SUDOKU CHALLENG					IGE
	6					9	2	HOW TO PLAY
		9	3					Fill in the grid so that every hori-
		7		8	5			zontal row, every
7			6				8	and every 3x3 box contains the digits 1-9, without repeat-
		3	5		8	6		
				-				ing the numbers

ing the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES HITORI HOW TO PLAY 1. A number 5 may appear just once in each row 6 or column. Eliminate repeat 3 3 6 8 9

6

3

9

numbers by darkening cells. (see example) Darkened cells must never be adjacent in a row or column. Unmarked cells must

create a single continuous area, undivided by darkened cells. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which means they cannot be eliminated. 5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6146) 6. A "triple" is a special case of sandwich. Circle the centre cells, and

darken the ends. (e.g. 6 6 6)

SVAEE

HORST

AFIMNY

EEOSPX

Rearrange

the letters

in the four

jumbles, one

letter to each

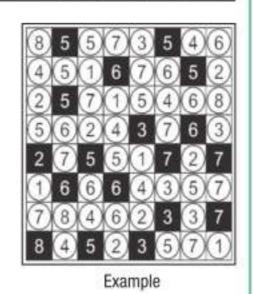
square/cir-

cle, to make

four ordinary

words

word



3

9

HOW TO

LOOP THE LOOP RULES 3-2-2-· Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). Crossovers or branches are not 12 3 2 allowed (As shown by dotted lines Not allowed in Fig B). (Fig B) Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. You can't draw lines around zeroes. Each puzzle has just one unique solution.

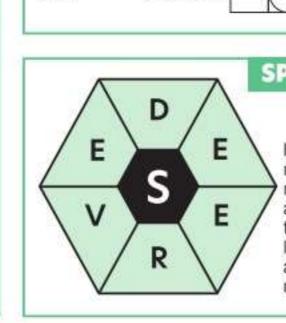
BEGIN: Example (Fig A) -Begin with the zero next to 3. Since no lines can be drawn around zero. mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

direction each. Continue, using the same logic.



"I DIDN'T BREAK ANY WINDOWS TODAY. PROBLY CAUSE I STRUCK OUT EVERY TIME."



SPELLATHON

SCRAMBLE

Today's Ratings: 07-average | 08-good 110-outstanding How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as



HOW TO PLAY

Now arrange the letters

in the circles to form the

answer to the riddle or to

fill in the missing word as

Where facts are few.

R. Gannon (7,..,4)

are _ . - Donald

indicated



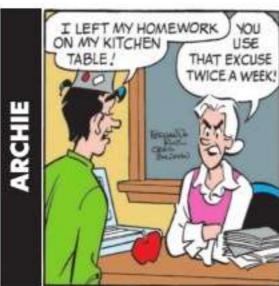




3













THE DAILY CROSSWORD

for flapjacks, or what the first part of 19-, 30-, 40-, or 50-Across

director Reitman 37 1990s fitness fad might say? 38 Peru's "City of Kings" 1 Trivia night venue 39 Vietnamese New Year 40 Half-baked scheme 2 Wedding promise 3 Couldn't stand it 42 French cap 43 Precipice anymore? 44 "Star Trek" character 4 Crooner Paul

whose first name is Hikaru 47 Isn't without 49 Not great 50 Fried egg-and-bread breakfast dish

ACROSS

1 Gyro bread

for a cat

purchase

18 Map detail

26 Polite denial

28 Exchanges

33 Fan setting 36 "Ghostbusters"

30 Destinations for some

bargain hunters

URLS

54 "Give me the car keys" 55 Ancient alphabetic character 56 Killer whale 59 Showers love (on)

61 Private nonprofits: Abbr. 62 Admin. aide 63 Gave the thumbs-up 6 Special reward 7 Wedding cake layer 8 Mexican money 9 Religious councils 10 Time of the week? 11 Suspicious (of)

12 Hot drink with foam art 15 Muscles shown off by muscle tees 20 Standard 60 Highlander of ancient

21 Memorable speaker 22 III-suited 23 Find a solution for 27 "The Vampire Diaries" actor Somerhalder

©2024 Tribune Content Agency, LLC 64 Breakfast chain known 28 Shooting sport with clay pigeons 29 NASA telescope launched in 2021 31 Galloping

32 Like a steak with a very red center 33 "Gift From the Sea" writer Anne Morrow 34 Counterpart to alpha 35 Sauntered through

5 Hägar the Horrible's the surf 38 Tell it like it isn't 40 Greek god of the sun 41 As well 42 Part of a financial plan 44 Crete peak: Abbr.

> 45 Caramel-filled treats 46 Seasons, as pasta 47 Therefore 48 Winning 51 Group of three

52 Big piece 53 Actress Anderson 57 Murmur 58 Nile reptile

SHOPPING MART

TIMES inter

GALLERIA

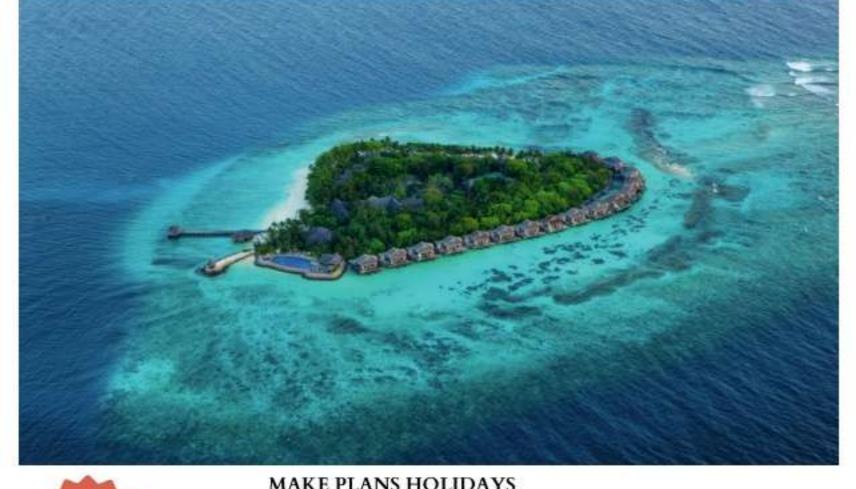
TIMES inter 100



TRAVEL TIMES



EXPERIENCE BLISS AT TAJ CORAL REEF MALDIVES

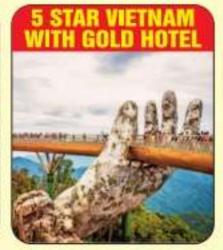














[[eart]

Nolidays

BY OUR OWN RAJASTHANI CHEF, ALL MUST SEE SIGHTSEEING, CENTRALLY

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See what the stars have in store for you – according to your moon sign.

ARIES: Financial decisions require careful thought today, as you face a significant turning point. A growing sense of responsibility will make you feel like you've matured. The pace is hectic, so stay physically grounded and maintain your exercise routine

TAURUS: Your loved ones are showering you with affection. Avoid hasty financial choices and break free from old habits. The weight of responsibilities may be heavy, but you'll feel more focused and productive. Prioritise your health - Venus will help bring clarity soon. GEMINI: You might discover a new in-

come source or feel compelled to voice your evolving values. There are important questions about what you want or are worth. Stress and work demands could cause irritability, but your pace will remain fast and dynamic.

CANCER: You are in a better mental frame today, lean on your friends for advice, as it could lead to financial gains. Staying connected with loved ones will help you manage any tension. Be mindful of how much energy you have

LEO: Your professional goals will start to come into focus. This is a great time to decline opportunities. While disagreements may surface, they could lead to a deeper understanding of relationships.

VIRGO: Pay attention to your health now, exercise and spend time on a fitness regime. Manage your responsibilities with a mix of creativity and careful planning. To truly understand others, observe more than speculate. Today is your day - your natural energy will shine through in conversations that spark new ideas. LIBRA: Plan for a spiritual trip, it

shall be quite relaxing. You may feel overwhelmed by your workload, but it's also a good time for relaxation and self-care. Big plans are on the horizon - it's

time for action. SCORPIO: It's time to start making changes. Focused and patient, you're ready to tackle work that demands attention to detail. Make grown-up decisions today and put your fresh ideas into action.

SAGITTARIUS: There's a surge of energy to push your work forward and you could make key connections. New ideas are waiting to be implemented, and a business strategy you've been planning looks set to succeed. It's also a good time for

relaxation and fun. CAPRICORN: You may feel a special connection with young people or feel inspired to create a work program for them. Communication is key today, so express yourself clearly. Listen to your body and take time to rest - your goals are

AQUARIUS: Use your energy to strike good deals today. Pay attention to intuitive nudges, as something beneficial is coming your way. You may feel stuck at work, but encourage your colleagues left at the end of the day for those who to see the positive aspects of their

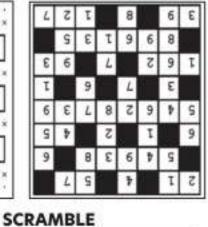
PISCES: Take charge of your schedule and focus on career matters. Intuition make decisions, whether to accept or may guide you to comfort and reassurance in the midst of changes. Enjoy meaningful conversations, but don't let emotions take a back seat to logic.

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU LOOP THE LOOP 1 2 8 9 9 1 2 8 6 8 7 1 2 4 3 5 6 9 186497361 438888 2841896 98138 8 4 2 8 9 8 6 1 9 9 2 6 7 1 2 8 9 8

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2 × 1 × × 5 × 0 × 5 × 5 × 1 × 5 × 1 5



TIMES HITORI

SPELLATHON verse, versed

served, sever, severe, SEVERED,

Donald R. Gannon Answer: Where facts are few, experts are many. Words: Eaves, short, intamy, expose

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Tiku Talsania recuperating post health scare

iku Talsania is doing much better and recuperating well at a Mumbai hospital, his daughter and actor Shikha Talsania said on Sunday. Sharing an update about the Hungama actor's health, Shikha Talsania thanked fans and wrote, "It's been an emotional time for all of us but we are happy to share that dad is doing much better now and he is recuperating well. We are grateful to the doctors and staff at the hospital for everything that they have done and to his fans for all the love that's come our way in abundance."

Background: Reports of Tiku Talsania's hospitalisation started doing the rounds on social media on Saturday. Earlier, it was reported that the 70-year-old actor suffered a heart attack, but his wife Deepti Talsania later told the media that he had a brain stroke.

IDFC FIRST

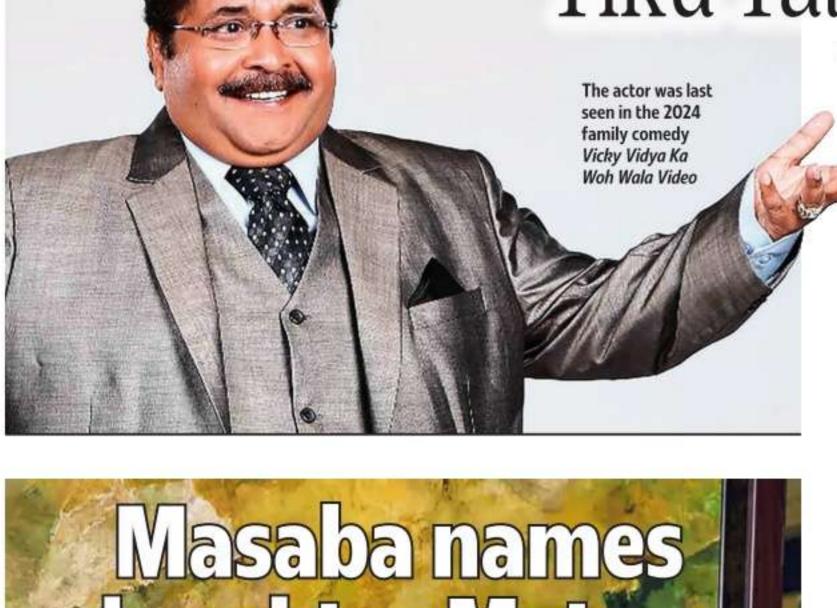
Mumbai,

move your body,

move your mind

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19.01.2025





asaba Gupta, who recently welcomed her first child with Satyadeep Misra in Octo-ber, revealed her daughter's name. In an Instagram post, the designer-actor wrote, "3 months with my Matara. The name embodies the divine feminine energies of 9 Hindu goddesses, celebrating their strength and wisdom. Also, the star of our eyes (sic)."











-Sonali Kulkarn



GEL-

31

KAYANO™

LIMITED EDITION



Pasics Pinner

Inputs by Onkar Kulkarni





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Bollywood tunes in to the Sankranti vibe



MANJA, KAI PO CHE! (2013) The film's title is based

on the popular kite-flying catchphrase - kai po che. The chartbusting song Manja talks about how to rebuild faith in life. Penned by Swanand Kirkire, and composed and sung by Amit Trivedi and Mohan Kanan, it celebrates friendships and how to handle curveballs that life throws

at you.



UDI UDI JAYE, RAEES (2017)

Udi Udi Jaye, filmed on Shah Rukh Khan and Mahira Khan in Raees. and sung beautifully by Sukhwinder Singh, Bhoomi Trivedi and Karsan Sagathia, has a festive vibe to it. The track portrays the tradition of kite-flying (in Gujarat) with colourful visuals, and it gradually proceeds into a garba session. The film also has an iconic dialogue by SRK: "Agar katne ka darr hota naa toh patang nahi udata, firki pakadta."





AMBARSARIYA, FUKREY (2013)

Ambarsariya, sung by Sona Mohapatra and composed by Ram Sampath, is a love ballad that went on to top charts. In the song, the kite plays an important role (that of a messenger) in Priya (Priya Anand) and Honey (Pulkit Samrat)'s blossoming love story.



RUTH AA GAYEE RE, 1947: EARTH (1998)

In this song, Dilnawaz (Aamir Khan) teaches Shanta (Nandita Das) to fly a kite. In Deepa Mehta's period classic, set against the background of the partition, this celebratory number, sung by Sukhwinder Singh and composed by AR Rahman, captures the essence of Makar Sankranti perfectly.



DHEEL DE, **HUM DIL DE CHUKE SANAM** (1999)

This iconic Makar Sankranti track comes at a turning point in the film, right after Sameer (Salman Khan) kisses Nandini (Aishwarya Rai) on her hand. Giving due importance to the role of manjha in kite-flying, Dheel De De Re Bhaiya is the perfect track to challenge your buddies to a kite-flying war.

Ajith finishes third at Dubai racing event, celebs pour love



low racers, calling it a "proud moment for India."

Kamal Haasan and Rajinikanth also posted on X to congratulate Ajith. Meanwhile, Naga Chaitanya, who is a big racing fan, wrote on Insta, "Ajith sir!! What a journey what a win (sic)!"

amil actor Ajith Kumar, who is known for films such as Val-

imai and Citizen, finished

ing fans worried. His recent win became a celebratory moment for fans

the races, took to Instagram to share his excitement. The 3 Idiots actor posted a picture of Ajith wav-

ing the Indian flag and wrote,

"What a man.. as he says

incredible real HERO (sic)."

R Madhavan, who was present at

and peers alike.



Miley Cyrus took to Instagram to share grief over the devastation that has consumed LA. In a post she wrote, "This

LA fires spark concern

among Lo ywood stars

me hard in the heart today. This is a photo taken of my front porch in 2018 after losing our house in the Woolsey fires. It's a feeling you don't ever forget... My soul aches for those who are experiencing this devastation firsthand and I cry for my city. It's beyond heartbreaking. Los Angeles represents 'living the dream' but the reality today is wreckage and destruction."



Snoop Dogg gives out free clothes to wildfire victims Snoop Dogg has stepped

forward to support those affected by the wildfires. The rapper's clothing store has announced that it would offer free clothes to help victims. "We are devastated and send our condolences to those who have been affected by these fires. Please stop by and pick up some clothing that we have available to get you and your family through these trying times free of charge," the store's Instagram post read.



Ajith Kumar re-started his motor racing career recently and debuted at 24H Dubai

Rajinikanth 🗇

Congratulations my dear #AjithKumar. You made it. God bless. Love you.

What a man... as he says 'DREAMS DO COME TRUE'... an incredible real HERO

R Madhavan

R Madhavan

from there

was present at

My soul aches for those experiencing this devastation: **Miley Cyrus** image hits

Beyonce to donate \$2.5 million to LA fire relief Beyonce has come out to aid communities impacted by the

deadly wildfires in Los Angeles. Her foundation has pledged to donate \$2.5 million (₹21.59cr approx) to help families rebuild after they've suffered devastating losses.