	A
1	HELP SCREEN FOR PRACTICE.
2	This is a sample of a Third Level Hint Screen. It would explain how
3	to solve the problem, in this case how to select cells and clear them.
4	*To select a cell or group of cells, move the mouse so that the hollow
5	arrow is on the cell you want to select. Click the mouse to select
6	one cell or hold down and drag the mouse to select more than one cell.
7	If you are using the arrow keys, the shift key functions as the mouse button.
8	*To clear the selected cells, pull down the Edit menu and select Clear.
9	It will ask you if you want to clear both the contents of the cell and
10	any formats (All), the Formats, or the Formulas. Format describes cell
11	attributes such as using bold type for letters or placing dollar signs or
12	decimal points with numbers. The Formula refers to the cell's contents,
13	even if it is a word like "Cats."
14	Notes refers to any background notes for the cell.
15	You may use "All" or "Formulas" to solve the puzzle.
16	3)To read more about Edit Clear, pull down the Help Menu and select
17	Index, Commands andread about Edit Clear.
18	4)To continue with the grame, pull down the Window menu and select
19	_PRACT.XLS. Or pull down the Hint menu and select "Return to the Puzzle,
20	or close the window from the close menu box in the top left hand corner
21	of this window.