You have several sources of help.

1 - DEL
your manual

2 -
help items under the Info menu

3 -   clicking once on the arrow in the upper corner will give you context sensitive help.   Pressing the H key or the Help key will give the same results.

- HIDE GAME QUICKLY (in case your boss is coming)

Press the ESCAPE key.

This will hide the board and give a normal looking menu bar.

To unhide the board press the Escape key again or select Resume under the File menu.

Note: If you have made another program the active program then you will have to select the game again from the application menu, then do the above to unhide it.