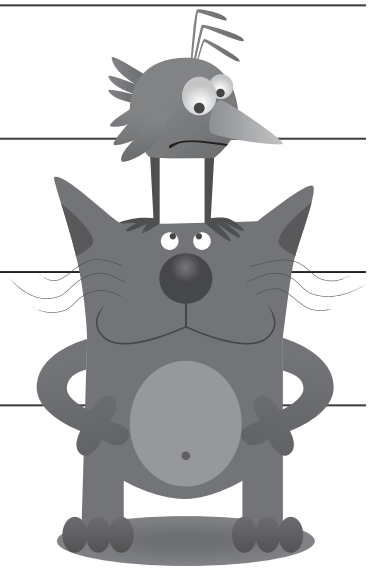
Using your words:

Make as many words as you can from the following word.

refreshment