```python
import copy

words = [w for w in open('wordlist.txt').read().split() if (3<=len(w)<=16)]
offsets = [( 1, 0),( 0, 1),(-1, 0),( 0,-1)]

def hides(m, i, j):
  m[i][j] = '0'
  return m

def paths(path, m, i, j):
  if not( (0 <= i < 4) and (0 <= j < 4) ) or (m[i][j] == '0'): return {path}
  tmp = set()
  for offset in offsets:
    tmp |= paths(path+m[i][j],
            hides(copy.deepcopy(m), i, j), i+offset[0], j+offset[1])
  return tmp

def ruzzles(s):
  m = [list(row) for row in s]
  pwords = set()

  for i in range(0,4):
    for j in range(0,4):
      pwords |= paths("", copy.deepcopy(m), i, j)

  return sorted([w for w in words if w in pwords])
```