TOO WEAK TO DO ANYTHING

A Serious Feminine Illness Remedied By Lydia E. Pinkham's Vegetable Compound.



Casco, Wis.—"After the birth of each of my children I had displacement and was so weak I couldn't do anything I found a book about Lydia E. Pinkham's Vegetable Compound so thought I would try it, and after taking it I soon felt better. That was fifteen years ago and I have felt well ever since except that I had a slight attack of the trouble some time ago and took some more of your Compound and was soon all right again. I always recommend your medicine and you may publish my testimonial for the benefit of other women."—Mrs. JULES BERO, Jr., R. 1, Box 99, Casco, Wis.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Backache

The intense pain from a lame back is quickly alleviated by a prompt application of Yager's Liniment.

Sufferers from rheumatism, sciatica, neuralgia, sprains, etc. should always keep a bottle of "Yager's" handy as its penetrative qualities quickly bring relief from pain.

At all dealers. Price 35 cents.

The large bottle of Yager's Liniment contains twice as much as as the usual 50c bottle of liniment.

YAGER'S LINIMENT RELIEVES PAIN

GILBERT BROS. & CO., Baltimore, Md.

SETTLED HIS RIVAL'S HASH

Man's Remark Could Only Be Classified as a Remarkable Inspiration of Genius.

Every man thinks all sorts of things about his rival, but not every man is genius enough to say exactly the right thing to lower his girl's opinion of the same rival. But recently a remark was overheard in a downtown restaurant which proved that one man possessed that ability. He and his best girl were eating when the other man entered the restaurant. Immediately he came to them, shook hands with the girl and, after being introduced to the first man, talked a few minutes.

Now, the girl had quoted this second man so much that his name to the first man was like the sight of a red flag. And she firmly expected a stormy session when the intruder left. But instead of that the escort calmly went on with his eating, offering only one comment: "There's one man I'll never be jealous of again."

Catarrh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrhal conditions.

Druggists 75c. Testimonials free.
F. J. Cheney & Co., Props., Toledo, Ohio.

Then It Started Something.

Yank—This picture of my sweetheart saved my life one day in the battle of the Marne. I was wearing it over my heart and it stopped a bullet that would have killed me.

Crank—Gosh! That picture is enough to stop a mad bull.—Nebraska Awgwan.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with nightly applications of Roman Eye Balsam. Adv.

Paints that are said to be both fire and waterproof are made from the oil of a Manchurian bean.

Think three times before you speak, and then give the other fellow a chance to make a fool of himself.

Why That Backache?

Why be miserable with a bad back? You can't be happy if every day brings lameness; sharp, shooting pains and a dull, nagging ache. Likely the cause is weak kidneys. You may have headaches and dizzy spells, too, with a weak, tired feeling. Don't delay! Try *Doan's Kidney Pills*. They have done wonders in thousands of such cases. *Ask your neighbor!*

A Virginia Case



Alex Umberger, constable, Spiller St., Wytheville, Va., says: "I had a steady, dull ache across the small of my back. Hard work and heavy lifting, no doubt, brought on kidney trouble. The kidney secretions were highly colored and painful in passage. At times an ache in my back was so severe I could hardly straighten up. One box of Doan's Kidney Pills strengthened my back and regulated my kidneys."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Deep-Seated Coughs

develop serious complications if neglected. Use an old and time-tried remedy that has given satisfaction for more than fifty years

PISO'S

France Hopeful for New Year

Begins 1920 With Greater Confidence Than It Did the Last.

DUE TO DEFEAT OF RADICALS

Elections Stabilize Internal Conditions, Though Fall of Franc Is Still Serious Problem—Study Financial Policy.

Paris.—France began the new year with far greater confidence than the last. This is in spite of formidable handicaps, such as the balance of trade running against her at the rate of about 1,500,000,000 francs a month, about 50 per cent depreciation of the exchange value of the franc and the consequent difficulty of procuring raw materials and machines urgently needed for reconstruction.

France's renewed confidence is derived directly from the result of the recent elections. These are regarded here as having definitely stabilized internal politics, ended all danger of revolutionary agitation for some time to come and brought about a better attitude by capital and labor toward the immense effort before France.

Money is forthcoming for investments in anything that promises stability. While the investments in short-term treasury bonds are continuing at the rate of nearly 2,000,000,000 francs a month, there is plenty of money for industrial and commercial enterprises and long-term loans. The 4,000,000,000 franc loan to provide immediate resources for indemnifying victims of the invasion was oversubscribed before the official opening of the subscriptions. Important banks and industrial companies have lately increased their capital to an aggregate of nearly 500,000,000,000 francs.

Big Trade on Bourse.

Transactions on the Paris bourse, which still are confined to cash deals, have exceeded on certain days records of pre-war trading, when futures entered largely into the totals. The upward movement of all industrials which began before the signature of the treaty at Versailles, has been unchecked by successive liquidations. This is regarded by keen observers here as a sure sign of economic recovery.

Employers say the labor situation is improved and that the last strikes developed signs that the workers themselves were becoming weary of long continued disturbances of business, industry and transportation. They see a tendency against frivolous strikes and an indication that only real grievances will induce the wage earners to quit work hereafter.

Decentralization of capital and industry is seen in the establishing in Normandy of textile industries to replace those in the occupied territory destroyed by the war. This movement has been greatly extended by development of water power in the region of the Alps and the center and south of France. Industrial leaders say that no particular region of France hereafter will monopolize any industry, and declare that this scattering will prove beneficial and result in a more equable recovery of all parts of the country.

To Transfer Industries.

Powerful financial groups are at the head of the movement to transfer important industries from the coal region to southwestern France, where water power soon will be available. Other groups are being formed to develop manufacturing centers near the coast so as to reduce the cost of transporting raw materials. Industrial leaders say that this activity on the part of capital, supported by the recovery of labor from what has been characterized as a wave of "laziness," gives a healthy tone to the situation.

Instability of the exchange value of the franc is regarded as one of the weakest points in French conditions. It is pointed out that France cannot pay twice over at present high prices for supplies she needs, and that is what the present low value of the franc means. The French government is now studying a complete renovation of the financial policy with a view to making such provisions to meet obligations as will give greatest stability, both at home and abroad. Details of the new financial policy are as yet not disclosed, but it is understood that it comprises a large interior loan to take up all short-term bonds and floating debt, and important increases in all taxes to bring the revenues up to the annual budget, estimated to require 20,000,000,000 to 25,000,000,000 francs. It is not expected that any internal financial arrangement can exert more than a moral influence on the value of the franc abroad, and this may be said to be the object of the greatest anxiety in official circles.

African catfish have the power of discharging an electric shock sufficiently powerful to disable a man.

TEST NEW 'MOVIE' INVENTION

New York Theater Tries Concave Screen, Giving Effect of Third Dimension.

New York.—A concave motion picture screen that may revolutionize the movies was tried out at a local theater today.

It is said to give an effect of a third dimension—an appearance of thickness or depth—that relieves the eye strain. A group of scientists witnessed the experiment.

Dr. Louis Pech, head of the faculty of medicine at the University of Montpelier, France, the inventor, supervised the exhibition.

Dr. Pech ascribes the relief from eye strain to his belief that the eye functions normally when it sees things of three dimensions, even if the appearance of the third dimension is an illusion.

Letter Finds "Mamma."

Cincinnati, O.—A letter written by Lucille Shepherd, thirteen years of age, of Osborne, asking Chief of Police Copelan to institute a search for her mother, Mrs. Rose Shepherd, led detectives to find Mrs. Shepherd here the other day. The child wrote "they needed mamma to take care of her and her little brothers." The officers were in Mrs. Shepherd's apartment when a man, who said he was George Murphy, entered. He was crumpling a letter in his hands. The detectives say the letter was from the husband of the woman in which he pleaded with her to return to him and her children. In police court the cases of Mrs. Shepherd and the man were continued.

Meet Ethyl and Methyl Alcohol

Two Most Prominent and Interesting Members of the Family.

MANY OFFSPRINGS ARE KNOWN

Difference Between Grain and Wood Alcohol Clearly Described—Fatalities Due to Amateur Attempts to Make Grain Alcohol.

Chicago.—While there are seventeen or more alcoholic products known in chemistry, there are two of general commercial use in the country—ethyl alcohol, or ordinary alcohol, the kind we used to be able to buy "for medicinal purposes," and methylated spirit, or industrial alcohol, which is popularly called "wood alcohol," and which does contain an amount of that fluid.

Ethyl or ordinary alcohol is formed by the spirituous or alcoholic fermentation of saccharine juices. The fermentation must be completed before it is distilled. It is made from grain, either corn, wheat, or barley. This is also known as grain alcohol. The formula is C_2H_5OH.

Methylated spirit, or industrial alcohol, is made of ninety parts of ordinary alcohol and ten parts of wood alcohol—methyl alcohol.

Source of Wood Alcohol.

Wood alcohol is obtained by the dry distillation of wood. The common method of obtaining this is to take cordwood which has been seasoned for about two years—beech, maple, and birch are best—place it in iron or steel retorts over a slow fire. The intensity of the fire is gradually increased as the distillation progresses, until at the end of from twelve to eighteen hours nothing remains in the retort but charcoal.

The distillate is passed through a condenser, and the liquid thus gathered is allowed to set in tanks until the greater part of the tarry matter in it has subsided. The lighter part is then drawn off and saturated with slaked lime to fix the acetic acid. It is then distilled a second time and the distillate sent to the refineries as wood alcohol. Sawdust or any woody fiber or cellulose can be used in place of cordwood.

Wood alcohol, either in its pure form or as an ingredient of industrial alcohol, is a poison, and has a selective action upon the optic nerve, in which it often induces a condition of permanent atrophy which results in total blindness.

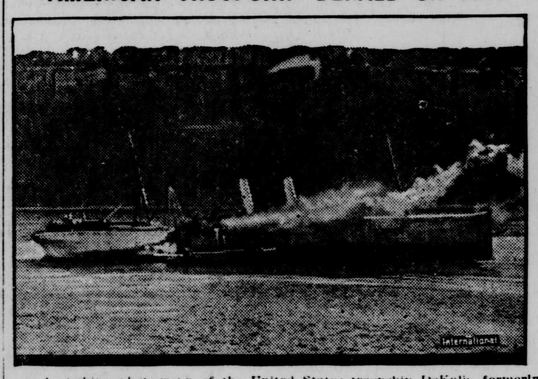
For some purposes "completely denatured alcohol" is made by adding to industrial alcohol a little benzine or pyridine to spoil the taste and render it offensive. Denatured alcohol may be made more cheaply than ordinary alcohol by using cheaper materials, such as any starchy vegetable substance, or a waste byproduct, as the poorest grade of molasses or the waste of a canning factory.

"It is probable that a good deal of the wood alcohol that is being distributed as a beverage is the result of the attempts of amateurs to make ordinary alcohol. In their ignorance they use vegetable substances such as potato peelings, and, by using too intense a fire and making the distillation without having first allowed fermentation to take place, produce methyl or wood alcohol instead," said J. H. Nusbaum, a chemist.

Churchyard as Playground.

London.—"I draw the line at cricket and football in the churchyard," the Rev. J. M. C. Crum, rector of Farnham, Surrey, told a meeting of parishioners, "but I don't stop them skipping on the flat grave-stones. If I had a grave there, I would just as soon have little children over it as geraniums."

AMERICAN TROOPSHIP DEKALB ON FIRE



A striking photograph of the United States troopship DeKalb, formerly the German raider Prince Eitel Friedrich, on fire in the Hudson river near Spuyten Duyvil. All of the members of the skeleton crew of 300 escaped uninjured.

Germany Accused of Taking 26,000 Dogs

Paris.—The French ministry of agriculture has lodged with the commission of war damages a claim for 26,000 dogs alleged to have been stolen by the Germans during the war. The ministry specifies some of the thefts, naming specially six valuable setters taken by the German crown prince and a prize pointer taken by General Von Kluck.

Germans Crowd to College.

German newspapers say 41,000 more students enrolled in the universities of Germany than in 1914. In the year of the beginning of the war there were 50,000 students enrolled, while in 1919 there are approximately 91,000. This represents an increase of nearly 2,000 each for each of the 23 national universities. In 11 technical schools more than 16,500 have enrolled

Owl, Protected by Law, Disturbs Law

Chelsea, Mass.—Residents in the vicinity of Chelsea have been disturbed nights by an active but elusive screech owl. The little marauder starts in his disturbance between 9 and 10 o'clock. The police have been asked to capture the bird. During the day the owl flits from one chimney to another in an effort to escape capture. The police have given an alibi that it is against the game laws to shoot the owl.

Foot Caught in Rail, Woman Dies.

Pittsburgh.—Her foot wedged tightly between the rail and a plank, at a railroad crossing, Mrs. John Forbes, sixty-five, of this city, was struck and instantly killed by a fast train.

Has Ludendorff's War Car

Chicago Man Now Has Machine in Daily Use.

Limousine Was Seized for General While Owner Was Touring Germany.

Chicago, Ill.—Gen. Ludendorff's general headquarters motor car, with the same black body and sloping duck nose, that carried the military head of the German armies over Belgian and French roads while its occupant was seeking to annihilate the allies, can be seen almost any day on Chicago's streets and boulevards.

Bullet-scarred and battered after traveling more than 60,000 miles as the equipage of the German commander, the limousine has returned to peaceful pursuits and civilian service.

In the summer of 1914 C. L. Willey, a Chicago lumber merchant, with his wife, was touring Germany in the motor car. The war flamed up and the automobile was seized by German officials, despite its owner's protests, becoming the official property of Gen. Ludendorff.

Somewhere in its war activity the limousine was the target of well-aimed machine-gun fire from the allied airmen and its roof was perforated in many places.

Through an American consul Willey brought about the return of the automobile. C. L. Willey died in 1916 and the car is now used daily by his son, C. B. Willey.

Fall Into Hydrangea Bush Fatal.

New York.—Phoenix Miller, eleven years old, fell into a hydrangea bush. A broken stem of the plant went through a nostril and penetrated the brain, killing the boy instantly.

FISH PALATABLE AND NUTRITIOUS

More Economical Than Meat Because Less Labor Is Required to Produce It.

BE SURE THAT IT IS FRESH

Carefully Broil, Boil, Bake or Fry and Serve With Well-Seasoned Sauce for a Change—Some Well-Selected Recipes.

(Prepared by the United States Department of Agriculture.)

Fish is not used as a food to the extent it should be in this country nor to the extent that it is used in other countries. It is cheaper than meat because it requires less labor to produce and market it, and because fish consume in their growth very little material which is available or useful in human food. Like meat, it is a protein food, and if well cooked it makes a nutritious and palatable dish.

Even though purchased dressed, fish should be carefully cleaned in the home. After cleaning and washing wipe dry with a soft cloth and salt well before cooking. The addition of vinegar or lemon juice during the cooking is usually advisable when it is baked or boiled.

Because they contain less of the so-called extractives which give flavor to pork, beef, and mutton, fish are likely to be somewhat insipid. For this reason extra care should be used in the selection of the other food to be served with it. Have it either very highly flavored or so mild in flavor



A Disagreeable, But Essential Task in Preparing the Fish for Cooking.

that the flavor of the fish will not be obscured. Sauces of various types are acceptable with fish, especially when it is boiled or baked.

The following sauces are recommended as desirable to serve with fish. The first two recipes were tested in the experimental kitchens of the department of agriculture. The others are selected from a bulletin published by the Indiana Agricultural college.

Egg Sauce.

1 cupful milk.
1 tablespoonful fat.
1¼ tablespoonfuls of cornstarch.
½ teaspoonful salt.

Moisten the cornstarch in a small amount of cold liquid and add to the heated milk. Cook together in a double boiler. Hard cooked egg, chopped fine, is added.

Tomato Sauce.

1 cupful strained tomato.
1 tablespoonful fat.
1 slice onion.
Salt and pepper to taste.
1 tablespoonful cornstarch.

Put the tomato through a sieve. Moisten the cornstarch and add to the heated and seasoned tomato. Scald the onion in the sauce, removing it before the sauce is served.

Mustard Sauce.

¾ cupful vinegar.
¼ cupful water.
1½ tablespoonfuls of cornstarch.
1 teaspoonful ground mustard.
2 tablespoonfuls fat.
½ teaspoonful salt.

Two tablespoonfuls of finely chopped pickle may be added.

Maitre d'Hotel Sauce.

Cream together:
3 tablespoonfuls of butter.
1 tablespoonful lemon juice.
½ teaspoonful salt.
1 tablespoonful finely chopped parsley (if desired).

This sauce resembles soft butter and is to be spread on the hot fish so the fat will be melted.

Horseradish Sauce.

3 tablespoonfuls of horseradish.
1 tablespoonful vinegar.
4 tablespoonfuls of heavy cream beaten stiff.
¼ teaspoonful salt.

Mix the first three ingredients and then add the beaten cream.

STOCKINGS NEED GOOD CARE

Frequent Washing Prevents Rotting and Continued Strain on the Same Parts.

(Prepared by the United States Department of Agriculture.)

Wash stockings frequently. It prevents continued strain on the same part of the stocking and rotting and change of color from perspiration. Wash new stockings before wearing to remove the sizing; otherwise holes may appear at once.

Allay Furnace Dust.

The dust that flies through the house every time the furnace is shaken and which causes such annoyance to the neat housewife, can be allayed if you lay a cloth wrung out of water over the registers.

Avoid Moldy Bread.

Fresh bread is so moist that it makes a good growing place for mold. Therefore, scald the bread box at least once a week and do not shut it up air-tight in hot weather or when filled with fresh bread.

RIGHT KIND OF FOOD NOT GIVEN CHILDREN

Costs More in Some Instances, But Is Not Suitable.

Improperly Fed Child Is Under Handicap From Start to Finish—Result Given of Experiment Recently Made in Iowa.

(Prepared by the United States Department of Agriculture.)

The child fed improperly is not getting a square deal in this world, however much else may be done for him by his parents. From start to finish he is under a handicap, mentally and physically, when in competition with those who have been given the right kind of food.

Surprising as it may seem, statistics show that the proportion of undernourished children in the better homes is large, just as it is in the homes of smaller incomes. The food served in the former may cost more and be in greater abundance, but it is quite as apt to be unsuitable for a growing child.

Wapella county, Iowa, is a prosperous community where comfortable homes are the rule and not the exception. Recently the county nurse and the home demonstration agent, with the aid of ten volunteers, weighed and measured 2,189 children in the county. Of the children examined, 407 were below weight. Out of a group of 137 children in rural districts, who were weighed, measured and inspected, only five were found to be normal.

To illustrate what proper diet will do for a child, two nutrition classes were started in Ottumwa schools. In one were eight children, each from five to fourteen pounds underweight. They are being given one pint of milk daily for three months. One cupful is given in morning recess and one in the afternoon.

At the other school, a lunch is served at 10:15 each morning to the class selected. It consists of a large dish of well-cooked oatmeal, with sugar and whole milk, a glass of milk and graham crackers. The children are very eager for this plain wholesome food.

The records of gain are interesting. Every child has made at least a two-pound gain. One nine-year-old boy, six pounds underweight, has gained eight pounds, and one eleven-year-old boy 17 pounds underweight and in extremely poor physical condition, has gained nine pounds, and his general health is much improved.

FREQUENT SCALDING IS BEST

To Keep Household Water Vessels Clean and in Good Condition Much Care Is Needed.

(Prepared by the United States Department of Agriculture.)

The greatest care is required to keep household water vessels clean and in good condition. Water coolers should be of some material, such as porcelain or enameled ware, which is easily kept clean. They should be scalded at frequent intervals. The ice, if it comes in contact with the water, should be of known quality. Doubtful ice should be kept from contact with the water. Many families cool drinking water by putting it in the ice box in glass fruit jars or bottles.

Where it is believed or known that the water supply is not pure, a filter should be used. If a filter is used every precaution should be taken to keep it clean and in good condition, United States department of agriculture specialists suggest. An earthenware filter may be cleaned by thorough scrubbing with a brush. Then it should be placed in a pan or kettle of water and boiled. A small piece of wood should be placed under the jar to prevent direct contact with the heated bottom of the pan.

GOOD MEAT FROM CHEAP CUTS

Housekeeper Has Two Problems to Contend With in Attempting to Reduce Expenses.

(Prepared by the United States Department of Agriculture.)

When the housekeeper attempts to reduce her meat bill by using the less expensive cuts, she commonly has two difficulties to contend with—tough meat and lack of flavor. Prolonged cooking softens the connective tissues of the meat. Pounding the meat and chopping it are also employed with tough cuts to help break the muscle fibers. The flavor of meat, even in the least desirable cuts, may be developed by careful cooking, noticeably by browning the surface. Other flavors may be given by the addition of vegetables and by seasoning with condiments of various kinds.

Household Questions

Pineapple, bananas and nut meats are a good salad combination.

• • •

Raisins are said to be richer in mineral matter than any other dried fruit.

• • •

Lay rusty keys and lock in paraffin oil and leave them covered for a few days.

• • •

Egg stains on silver may be removed by rubbing with a little salt and damp cloth.

• • •

To make kid gloves look like new after they have been cleaned, rub over with white of egg.

• • •

Wash the turnips thoroughly so that when you peel them you can save the peelings for soups. They add a fine flavor.

• • •

Mix stove polish with equal parts of ammonia and turpentine and lamp black and apply a coat to your stove; rub off with a soft woolen cloth and the result will be a black range which will keep black

What Women Say



Danville, Va.—"From my earliest childhood Dr. Pierce's Pleasant Pellets and the 'Golden Medical Discovery' have been used by my people. My mother depended upon these remedies whenever her children seemed listless or sluggish, and I am sure they saved her many a doctor bill.

"When I was developing into womanhood I took the 'Favorite Prescription,' and I have used the 'Golden Medical Discovery' and 'Pleasant Pellets' whenever I have felt the need of a tonic, and when constipated or distressed with sluggish liver.

"I consider Dr. Pierce's medicines the very best remedies on the market."—Mrs. J. H. Kime, 760 Patton St.

Fredericksburg, Va.—"At one time I became all run-down, weak and nervous, suffered with nausea. My mother advised me to take Dr. Pierce's Favorite Prescription and it soon stopped all nausea and built me up, and I felt well during the remainder of the time. I also had a very fine, strong, healthy baby.

"We have also used Dr. Pierce's Golden Medical Discovery and 'Pleasant Pellets' in the family. They are very excellent remedies."—Mrs. W. T. Layton, 909 National Boulevard.

Indigestion, Pain In Heart

Danville, Va.—"I used to suffer with dreadful spells of indigestion so that my heart would pain me, I would bloat up so with gas. Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Pleasant Pellets relieved me at once and eventually cured me of this suffering. At the same time I was bothered a great deal with woman's trouble, for which I took Dr. Pierce's Favorite Prescription, and was entirely restored to perfect health and relieved of all pains."—Mrs. Alice Ferrell, 703 Green St.

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1696. Three sizes, all druggists. Guaranteed. Look for the name Gold Medal on every box and accept no imitation

To abort a cold and prevent complications, take

Calotabs

The purified and refined calomel tablets that are nauseless, safe and sure.

Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

WHY GO HUNGRY?

If your Stomach is weak and you suffer with Indigestion, — don't sacrifice your health and comfort. You may eat anything you like, and relish it, *if you take one or two*

DR. TUTT'S LIVER PILLS

when required. You will digest your food; nourish and build up your System eliminating all poisonous waste matter and strengthen the stomach.

Dr. Tutt's Liver Pills

Clears out cold in head or chest

A home remedy of tested and tried ingredients, safe, dependable.

HALE'S HONEY OF HOREHOUND AND TAR

30c at all druggists

For aching teeth use Pike's Toothache Drops.

Sure Relief



6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

Cuticura Soap SHAVES Without Mug

Cuticura Soap is the favorite for safety razor shaving.

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