Consumers will spend more on food

WASHINGTON (UPI) — Consumers will spend more than ever on food this year.

But the percentage of the average family's budget which goes for groceries may drop to a record low, government economists said today.

Experts said compared with 1968 consumers can expect higher average retail prices for beef, eggs, dairy products, cereal and bakery products, soft drinks and cocoa products. Lower prices are forecast for fruits, vegetables, poultry and pork. Little or no change was expected for potatoes, fats and oils, sugar and coffee.

An Agriculture Department report, "National Food Situation," said U.S. food spending in 1968 totaled $101 billion. This year it will increase to a record $105.5 or $106 billion if after-tax consumer income goes up but about 6 per cent, as currently forecast, the report predicted.

Stephen J. Hiemstra, a department specialist in food economics, said if the consumer income and food spending forecasts prove accurate, the average American will be spending a record-low 17 or 17.1 per cent of his after-tax earnings on food.

In 1968, 17.2 per cent of disposable consumer income was used to buy food for home use and in restaurants.

The food situation report indicated total consumer food spending would go up this year because of a combination of rising retail retail prices, increasing population and a small gain in per capita food consumption.

Light Housekeeping

By LULA MACKAY

Honesty really would be the best policy in the long run if people would only practice it. But few do, if they have an opportunity to profit otherwise. Take for example persons who buy items from quere on shop-lifting, and so mark up prices but cause all of us to pay one. Stores figustionable sources, they not only pay a toll on all items sold to cover losses.

If you scream over physician fees and hospital bills, think of the number of persons who call their lawyer rather than the doctor or institution if they have the slightest indication that the treatment given them harmed rather than helped.

So if your physician's fee has jumped from the $5 you once paid to the current $10, remember that he has to pay exhorbitant insurance premiums to cover possible malpractice suits. And you also pay more than a doubled fee, you pay for numerous tests that he feels you must have to protect himself.

• • •

The Bargain Bit: Would you pay 25 cents for a cup of water? Calorie counters often do, according to Sande Heybrock of the University of Nebraska Extension Department.

Miss Heybrock, a food and nutrition specialist, points out that if you are a weight watcher you may have ben caught in the tran of so-called diet foods. For example, the imitation or diet margarine on the grocery shelf may be more than 50 per cent water, and may cost about twice as much per pound.

In other words, you're paying 20 to 25 cents for a cup of water and 20 to 25 cents for only a half pound of margarine. Remedy? To cut calories use only a half your usual serving and it will cost you one-fourth as much.

What's new? If you are in need of a drying stand take a look at a new one that folds flat for storage and can fit into the smallest apartment bath.

The stand is made of sturdy square steel frame and stands on scratch proof plastic feet which help grip a floor or bathtub firmly. There are 10 plastic coated steel dowels on which to hang things. The plastic is ribbed to prevent clothes from falling off.

Recipe of the Week: If serving bunch to your club group, you will like this quickly concocted, casserole.

De Luxe Egg Casserole for an easy dozen servings is made as follows: Cook one pound fresh sliced mushrooms or a half pound drained canned mushrooms in a half cup butter until tender, but not brown, about five minutes.

Blend in a half cup flour, two teaspoons onion salt, two teaspoons celery salt, one and a half teaspoons salt; and a half teaspoon ground pepper. Add six cups milk all at once. Cook, stirring constantly until thickened throughout. Stir in two pounds frozen French fries (still frozen) and a half pound chopped or cubed cheddar cheese. Pour half the mixture into a greased four-quart baking dish. Top with a layer of 16 hard-cooked eggs, cut into chunks. Pour over remaining mixture. Bake in a 400 degree oven until bubbly around edges and golden brown on top, about 20 minutes.

Beauty Note: A trio of tidbits for you today. If you pull your hair back to keep it free from face cream or out of your face while sleeping, use sewing elastic, never a rubber band which can "break" your hair.

Occasionally brush your teeth with hydrogen peroxide, after the regular tooth paste brushing, to whiten them.

Lunches in the schools

MONDAY
Favorite of Lyndhurst School
Barbecue on Roll
Buttered Chopped Spinach
Buttered Corn
Applesauce
½ Pt. Milk
TUESDAY
April Fool's Day Menu
Gourmet Delight
(Beef Stew with Biscuit Topping) Olamot Ecluj
(Tomato Juice)
Favorite Vegetable
(Broccoli)
Eseehc Tiucsib and Retlub Cheese
—
Anillavay Uddingpay ithway
Ocolatechay Aucesay
(Vanilla Pudding-Chocolate Sauce)
WEDNESDAY
Favorite of Liberty School
Cold Cut Submarine
French Fried Potatoes
Buttered Chopped Kale
Fruit Jello
½ Pt. Milk
or
Chicken Rice Soup
Cold Cut Submarine
Buttered Chopped Kale
Fruit Jello
½ Pt. Milk
THURSDAY
EASTER MENU
Spring Favorite
(Meat Balls over Twists)
Bunny Rabbit Salad
(Tossed Salad)
Daffodil Carrots
Hot Cross Raisin Batter Bread and Butter
Orange Nectar
(Orange Juice)
Easter Egg Cake
½ Pt. Milk
FRIDAY
HOLIDAY
HIGH SCHOOLS
MONDAY
Barbecue on Roll
Buttered Chopped Spinach
Buttered Corn or Home Fried Potatoes
Applesauce
½ Pt. Milk
TUESDAY
Beef Pot Pie or Swiss or Pepper Steak
Rice Pilaf or Whipped Potatoes
Buttered Chopped Broccoli or Steamed Cabbage
Cheese Roll and Butter
Fruit Jello
½ Pt. Milk
WEDNESDAY
Cold Cut Submarine
French Fried Potatoes
Stewed Tomatoes or Buttered Chopped Kale
Vanilla Pudding with Chocolate Sauce
½ Pt. Milk
THURSDAY
Swedish Meat Balls over Twists
Tossed Salad
Buttered Green Beans or Parsley Carrots
Raisin Batter Bread and Butter
Orange Juice and Graham Crackers or Cookies
½ Pt. Milk
FRIDAY
HOLIDAY

TUSKEGEE INSTITUTE, Ala. — Nationally syndicated columnist CARL T. ROWAN will deliver the Founder's Day address at Tuskegee Institute Sunday. Services are scheduled for 10 a.m. in Logan Hall Auditorium. Tuskegee Institute was founded "for the good of a people" in 1881 by Booker T. Washington.

MARCH 29
Maryland Drama Association final competition for outstanding high school plays all day in Tawes Auditorium, University of Maryland, College Park.

South Africa loses at U.N.

UNITED NATIONS (UPI) — The United Nations Security Council last was voted 13-0 with United States support to endorse the termination of South Africa's League of Nations mandate to govern South West Africa. It urged the Pretoria government to withdraw immediately from the territory.

Britain and France abstained from the vote.

South Africa has made clear it would ignore the U.N. action, which it considers illegal. South Africa inherited the old League of Nations mandate to administer the South West Africa territory from Britain and has ben in practical control of the area since 1915.

While the approved resolution sponsored by Africa, Asian and Latin American members of the Security Council reaffirmed the U.N. termination of South Africa's mandate, it did not commit the United Nations to apply any sanctions to this end.

U.S. Ambassador Charles W. Yost said this omission was what permitted the United States to support the resolution.

Household Hints

By United Press International

Make a pie festive by brushing the top crust with milk and sprinkling with sugar.

• • •

To make little ball-shaped cookies, chill the dough first and use a melon ball cutter which has been dipped in flour. This will make cookies round and uniform.

• • •

When the fire insurance policy comes up for renewal, ask the agent to review coverage and determine whether you are insured to value. If you are not, it will pay to increase coverage so that it is adequate in the light of current conditions. A dwelling adequately insured for $20,000 just three years ago probably should be insured for $22,000 upon renewal today.

• • •

To banish morning-after-the-party odors, place a saucer full of activated charcoal in a strategic location in the room. The charcoal absorbs the odors.

Soap, water and slippery surfaces in the bathroom create hazards for all ages. A few inexpensive items such as suction-type rubber mat or safety strips in the tub, a non-slip mat on the floor and bathtub handholds can go a long way toward eliminating falls in the bathroom.

DOLLAR SALE

Gino' Nellies VEGETABLES — Early Harvest Peas, Sliced Carrots, Sliced Pickled Beets, Beet & Onion Salad or Harvard Beets — 5 for $1
MILANIS DRESSINGS — 4 for $1
Gino' Nellies YELLOW CLING PEACHES — 4 for $1

GIANT — THE QUALITY FOOD PEOPLE

Stokely's Fruit Cocktail 4 1-lb. cans 99¢
Giant Food Apple Juice 4 qt. bots. 99¢
Tidy's Tomato Catchup 4 14-oz. bots. 89¢
B & M Brick Oven Baked Pea Beans 3 1-lb.-12-oz. cans $1
Giant Food California Tomato Juice 3 tall-14-oz. cans $1
Dixie Belle Paper White-Meat Tuna 3 7-oz. cans 89¢
Giant Food Mayonnaise qt. jar 46¢
L & K Kosher Dill Gherkins 3 pt. jars $1
Fadia Fadda Caramel Popcorn 3 2-oz. boxes $1
Aunt Nellie's Stand-in Halves Elberta Peaches 3 1-lb.-13-oz. cans $1
White House Applesauce 6 1-lb. jars $1
Giant Food Chocolate Chip Cookies 4 10-oz. pkgs. $1
Libby's Stewed Tomatoes 4 1-lb. $1
Aunt Nellie's Stems & Pieces Mushrooms 4 4-oz. $1
Giant Food Home Sliced Green Beans 7 1-lb. cans $1
Aunt Nellie's Small Green Lima Beans 4 1-lb. $1
Brallaise Blackberry, Strawberry or Elberta Peach Peaches 3 12-oz. jars $1

PASSOVER FOODS
Look to Giant to Bring You the Names You Trust.
ROKEACH MOTHERS MANISCHEWITZ
GEFILTE FISH - Regular, Jellied & Jumbo
WHITEFISH & PIKE
BORSCHT - Regular or Low Calorie
SCHAV - AVAILABLE AT BELOW LISTED STORES
3602 Milford Mill Road Baltimore, Md. | 5901 Reisterstown Road Baltimore, Md. | 3757 New Old Court Road Pikesville, Md

Don't Forget
Our large selection of Easter Candies is on sale to include many of your favorites for filling Easter Baskets or gifts to your favorite youngsters.
EASTER CANDY

FROZEN FOOD DEPT.
MORTON CREAM PIES — Neapolitan, Banana, Chocolate, Strawberry, Lemon or Coconut 4 14-oz. pkgs. $1
Grand Duchess Beef Steaks 1-lb. 4-oz. ea. 89¢
Snowflake Shoestring Potatoes 3 1-lb.-4-oz. pkgs. 79¢

HEIDI BAKERY
Heidi - Regular or Thin Sliced. Save 60¢ on 2. Reg. 2 for 43¢ White Bread 2 1-lb. loaves 37¢
Heidi Devil's Food Creme Layer Cake ea. 75¢
Heidi Lemon Covered Lemon Custard Pie 1-lb. 8-oz. 49¢
Heidi Cinnamon Twist Coffee Cake ea. 45¢
Heidi Orange Glazed Cake Doughnuts 6 for 25¢
Heidi Marble Cookies 10-oz. pkg. of 12 27¢
Heidi Louisiana Ring Cake ea. 39¢
Heidi - Plain or Poppy Seeded Soft Twist Rolls 2 for 55¢

USDA Choice RIB STEAK 7-In. Cut BONE-IN USDA CHOICE lb. 99¢ — USDA Prime lb. 1.09
USDA Choice RIB ROAST 7-Inch Cut USDA CHOICE lb. 89¢ — USDA Prime lb. 99¢
see both sides of the meat before you buy!
There's no "hidden side" to your favorite cuts of meat at Giant. They're always backyard-in, freezer-ready clean, plus easy trays.
Hickory Mountain COUNTRY HAM SLICES 12-oz. pkg. ea. 1.39
U.S.D.A. Grade A FRESH OR FROZEN STEWING CHICKENS lb. 39¢
USDA Grade A CORNISH HENS 1½ to 2 lbs. lb. 49¢

DELICATESSEN
GWALTNEY'S SLICED BACON 1-lb. pkg. 69¢
PATRICK CUDAHAY CANNED HAMS 3-lb. can 2.79 — 5-lb. can 4.49 — 8-lb. can 7.09
Briggs Scrapple 2-lb. pkg. 69¢ — 1-lb. pkg. 35¢
"In Golden Quarters", 20¢ Off Filberts Margarine 3 1-lb. pkgs. 79¢
Butter-Me-Not Merice Biscuits 3 9½-oz. cans 39¢
New York - Stick or Wedge Sharp Cheese ea. 89¢
Chiffon - Regular or Unsalted Margarine 1-lb. pkg. 45¢
Giant Food - All Varieties Gelatin Desserts 16-oz. cup 37¢
Heidi Hominy 28-oz. pkg. 23¢ — Parks - Mild or Hot Sausage Meat 1-lb. pkg. 69¢

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Fancy Green Gulf MEDIUM SHRIMP lb. 99¢
5-lb. box $4.89
FANCY GREEN GULF Jumbo Shrimp $1.59
FRESH CATCH CHESAPEAKE BAY Buck Shad 19¢
FRESH CUT Shad Fillet 33¢
SERVED WITH LEMON & WHOLE SUPPLY LASTS

FRESHER PRODUCE
FLORIDA WHITE OR PINK GRAPEFRUIT 6 in a bag 49¢
Fresh - Yellow Corn 4 ears 39¢
Florida New Red Bliss Potatoes 4 lbs. 39¢
Fresh Green Peppers 3 for 29¢
Florida Endive 19¢
Red Radishes 2 8-oz. cello bags 19¢
Western D'Anjou Pears 2 for 49¢
Large Size Fresh Pineapple 39¢
Look in each department throughout the store for BONUS TOP VALUE STAMPS
100 EXTRA Top Value Stamps With the purchase of $10.00 or MORE EXCLUDING CIGARETTES
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GIANT
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5830 Hillen Road Baltimore, Md. — 3602 Milford Mill Rd. Baltimore, Md. — 7901 Ritchie Hwy. Glen Burnie, Md. — 1925 East Joppa Rd. Baltimore, Md. — 122 Cranbrook Rd. Cockeysville, Md.
10440 Twin Rivers Rd. Columbia, Md. — 6340 York Road Baltimore, Md. — 110 Stemmers Run Rd. Baltimore, Md. — 3757 New Old Court Rd. Pikesville, Md.

Kite Festival set for this Saturday

The Maryland Kite Festival will take place Saturday, March 29 (rain date, April 5) from 11 to 4 on Campfield School Recreation Center Grounds, Campfield Rd. at Aler St.

This is the third year for the Kite Festival (re-christened from the Liberty Road Kite Festival).

It is sponsored by the Liberty Road Recreation and Parks Council, assisted by the Maryland Kite Society. Admission and Registration are free.

The program's many noteworthy special events will include the appearance of Francis Rogallo of NASA, producer of the Flexi-Wing kite, perhaps the most original of modern kite designs, now in use in sport models and by the Army as a parachute.

Plans are being made for him to bring a man-lifting version and lift someone in it, contingent upon the wind.

• • •

A KITE DUEL will be performed by Edward Hanrahan, International Kite Flying Champion vs. a Mystery Challenger. John Mackey and other VIPs will appear. The Social Security Band will play.

There will be a Kite-Making Contest and Messenger Event. Refreshments and Kites will be sold on the grounds. Governor Mandel will proclaim the day, 'Maryland Kite Day.'

Judges will be Edward Hanrahan with Nat Kobitz and Gerald Kayten, aerodynamicists; Arthur Watson, director of the Baltimore Zoo, Paul Moscatty teacher at the Maryland Institute.

• • •

Cash prizes will be given for grand prize winners. The Best Kite in the Festival will receive $50 from the Maryland Kite Society. Awards will be given for Design Sophistication, Craftsmanship, Beauty and Performance.

Special Awards will go to the Largest and Smallest Flyable Kites, Youngest and Oldest Entrants, and Entrant from Furthest Address. Classes in the Tournament are: Primary (to 3rd grade), Intermediate (4th to 6th grade), Junior (7th to 9th grade), Senior (10th to 12th grade), adult, and businesses.

CALVERT COUNTY NEWS:

Many neighbors on sick list

By MELVINA EDWARDS

Revival services are being held at St. Edmonds Methodist Church, from now through Saturday.

Speakers are the Revs. Howard Brown, Timothy Meekins, Calvin Herbert, Sherman Mason, Sister Margaret Hall, Brother Herman Coates and the Rev. Howard Brown. The Rev. James D. Foy is district superintendent.

Sympathy is extended to John Gross who lost his brother, Benjamin Gross. Mr. Gross died at Arundel Hospital, Monday.

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Mrs. Harriet Smith who was on the critical list at City Hospitals is improving.

• • •

Mrs. Marion Harrod has returned home from Calvert County Hospital and is convalescing.

• • •

Miss Faye Pinkney, daughter of Mr. and Mrs. John Pinkney of Sunderland is a patient at Calvert County Hospital.

Mrs. Hamilton (Ella) Chambers of Sunderland are patients at Calvert Hospital.

• • •

Deacon Edward Moore is improving after being ill for several months. He is the husband of Deaconess Louise Moore of Huntingtown.

• • •

Mrs. Sadie Watkins of Dunkirk is a patient at Calvert Nursing Home. So is Thomas Parron.

Mrs. Florence Reed is reported on the sick list.

Receiving treatment at Arundel Hospital is Mrs. Ellen Gray, wife of the Rev. Joseph Gray of Owings, Md.

Shut in are, George Rice, Mrs. Lillie Duppin, the Rev. Everett Gray and Mrs. Eline Brown.

Mrs. Bertie Hawkins, sister of Albert Holland of Prince Frederick, is a patient at Calvert Hospital.

• • •

The infant daughter of Mr. and Mrs. John Mary Taylor was baptized at Cooper Methodist Church, Sunday, by the Rev. William Edwards, pastor. She has been named Melvinee Brenda Taylor for this writer.

• • •

Mr. and Mrs. Leroy (Ellen) Willis and daughter, Irish Eline, of Washington, visited relatives in Calvert County Sunday. Mrs. Willis is the former Miss Ellen Freeland of Owings.

• • •

Mr. and Mrs. William Purvey of Breeze Point Rd., entertained at dinner on Sunday. Guests were the Rev. and Mrs. William Edwards and Mrs. Fanny Clanton of St. James Terrace Apartments on Sunday.

• • •

Baby rally is Sunday at Wards Methodist Church. The Rev. William H. Dairs is pastor.

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MEN'S and WOMEN'S
Choir Robes
Many Colors and Fabrics in Stock
SPECIAL
$9.99 AND UP
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SPECIAL QUANTITY DISCOUNTS! TO CHURCHES & INSTITUTIONS!
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FOOD FAIR SUPERMARKETS
PRICES EFFECTIVE THRU SAT., MARCH 29th, WE RESERVE THE RIGHT TO LIMIT QUANTITIES
FREE! Your Choice of one 16"X 20" ART TREASURES
With coupon on the right ... A New Concept to bring the World's Greatest Art Treasures within easy reach ...
PICTURES INCLUDE: CRUCIFIXION, HERRING NET, STILL LIFE, FREE AS THE WIND, VILLAGE AVENUE, DALI, FLOWER BOS, ALBRO HOBBEMA, PERSIAN POTTERY, THE CLEANERS, MONA LISA, LANDSCAPE, PEACEFUL HARBOR, STEWARD, MILLET, DA VINCE, VLAMYNCK, GASSER
100 FREE Extra Stamps — WITH THIS COUPON AND PURCHASE OF $10.00 OR MORE EXCLUDING MILK, MILK PRODUCTS AND FOOD FAIR TRADE ITEMS. LIMIT ONE PER SHOPPING FAMILY VOID AFTER Sat. MARCH 29th.
U.S. GOV'T. INSPECTED FRESH FRYERS WHOLE 29¢ lb. — SPLIT or CUT UP 33¢ lb.
BONELESS STEAK FOOD FAIR & U.S.D.A. CHOICE CHUCK 85¢ lb.
MAGIC KITCHEN SAUSAGE TINY LINK PORK, TINY LINK ITALIAN HOT OR SWEET 69¢ 12-OZ. PKG.
PORK CHITTERLINGS 5-lb. PAIL $1.69 U.S. GOV'T INSPECTED
CHICKEN QUARTERS LEG OR BREAST U.S. GOV'T INSPECTED 39¢ lb.
TURKEY ROAST SHENADOAH BONELESS 89¢ lb.
QUARTER PORK LOIN SLICED 9-11 CHOPS 75¢ lb.
FANCY PORK SPARE RIBS lb. 59¢
VIRGINIA COUNTRY CURED PEPPER PICNICS WHOLE lb. 59¢
PEL-FREEZ BRAND FRYING RABBITS ALL WHITE MEAT 99¢ lb.
SLICED BACON ENDS 4-lb. PKG. 99¢
U.S. GOV'T INSPECTED TURKEY WINGS OR YOUNG DRUMSTICKS 29¢ lb.
FANCY CHICKEN LIVERS lb. 49¢
TOP QUALITY—GARDEN FRESH PRODUCE
GOLDEN BANTAM CORN SUGAR SWEET 10 EARS 89¢
FLORIDA ORANGES SWEET JUICY LARGE 12 FOR 49¢
PINK GRAPEFRUIT INDIAN RIVER SEEDLESS 5 IN BAG 49¢
FIRM CUCUMBERS GARDEN FRESH 2 FOR 29¢
GREEN PEPPERS GARDEN FRESH FIRM 2 FOR 29¢
SWEET PINEAPPLES IMPORTED EACH 39¢
WINESAP APPLES SWEET CRISP 2 LBS. 49¢
CHERRY TOMATOES BEST FOR SALADS PT. BOX 39¢
FRESH ROCK FISH CHESAPEAK BAY 39¢ lb.
FRESH BUCK SHAD CHESAPEAK BAY 19¢ lb.
AMERICAN CHEESE FOOD FAIR SLICED 59¢ 12-OZ. PKG.
COOKED CANNED HAMS CUDAHY BAR-S 3-lb. CAN $2.79
BISCUITS BALLARD OR PILLSBURY 4 CANS 39¢
CREAM CHEESE FOOD FAIR 8-OZ. PKG. 29¢
WHIPPED MARGARINE 6 STICKS TO lb. MRS. FILBERTS 3 lbs. 79¢
ALL MEAT BOLOGNA HYGRADE'S SLICED 8-OZ. PKG. 45¢
WIENERS OSCAR MAYER lb. PKG. 69¢
LIVER WURST GOETZE'S (PIECE) lb. 49¢
HERE'S PROOF YOU SAVE MORE AT FOOD FAIR
Redeem This Valuable Coupon — 10¢ OFF SPRY 42-OZ. — LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY MARCH 29th. — ABBOTT'S — FOOD FAIR
Redeem This Valuable Coupon — 10¢ OFF INSTANT COFFEE CHASE AND SANBORN 10-OZ. — LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY MARCH 29th. — ABBOTT'S — FOOD FAIR
Redeem This Valuable Coupon — 25¢ OFF ICE CREAM ABBOTT'S ½ GAL. SQUARE PKG. — LIMIT ONE COUPON PER SHOPPING FAMILY. VOID AFTER SATURDAY MARCH 29th. — FOOD FAIR
EASTER CANDIES
MARSHMALLOW BUNNIES RODDA 4-OZ. 27¢
MARSHMALLOW EGGS KEPPELS DECORATED PKG. 33¢
SITTING RABITS SOLID MILK CHOCOLATE 3½-OZ. 39¢
JELLY EGGS LEWIS ASSORTED 14-OZ. 29¢
COCOANUT CREAM LEWIS FOIL WRAPPED EGGS 7-OZ. 39¢
JELLY EGGS LEWIS PEE WEE 14-OZ. 39¢
SPECIALS ARE EFFECTIVE AT THE BELOW LIST OF STORES ONLY...
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