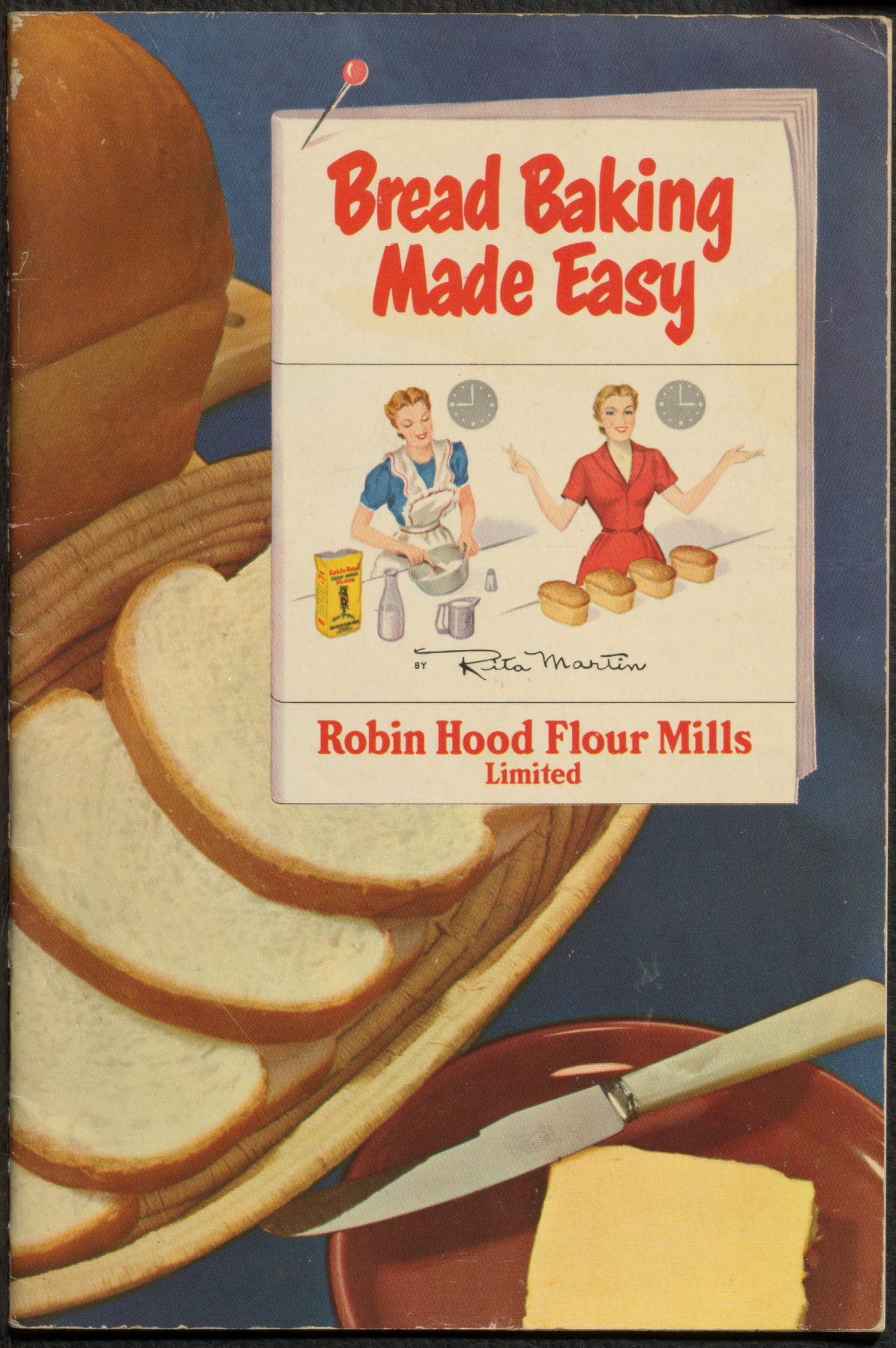


Bread Baking Made Easy



BY *Rita Martin*

**Robin Hood Flour Mills
Limited**



Health Protection for the whole Family

Robin Hood Vitamin Enriched Flour provides health-giving, health-protecting vitamins and minerals necessary to children and grown-ups.

All the cakes, pies, breads, cookies — everything you bake with Robin Hood Vitamin Enriched Flour — helps to build and maintain better health for your whole family.

Robin Hood All Purpose is scientifically enriched with three of the important B vitamins and the mineral iron to bring your family still greater health benefits.

| | |
|------------------------------------|---|
| Riboflavin | an important vitamin for children's growth. |
| Thiamine (Vitamin B ₁) | builds healthier nerves, aids digestion and appetite. |
| Niacin | helps keep tissues healthy. |
| Iron | to help build red blood. |

Thanks to modern science, a way has been found to add all of these health-giving, health-protecting extras to Robin Hood Flour without altering its silky texture, its wonderful softness, its snowy whiteness in **any** way. You can't see the difference, you can't taste the difference, but by using Robin Hood Vitamin Enriched Flour in everything you bake you will see a difference in your family's health — more energy, healthier nerves, better appetites, strong, sturdy growth.

And of course, you **always** get the finest baking results with Robin Hood Flour. For it is made from the finest washed wheat, tested every hour to make sure it's always top quality. In fact, we are so sure of our high standards of quality that we guarantee it completely. We will give you your money back — plus 10% — if after two bakings you are not thoroughly satisfied.

For the benefit of your family's health, and for truly glorious baking results, be sure to use Robin Hood Vitamin Enriched Flour — the healthy-family flour.

Robin Hood
VITAMIN ENRICHED
FLOUR

Milled from Washed Wheat

20⁸
BEW
B75

BREAD BAKING MADE EASY



BY *Rita Martin*

This simple, NEW Rolled Dough method makes 4 large, delicious loaves in 6 hours. No fuss with overnight rising.



KNOCKING THE "KNACK" OUT OF BREAD-MAKING

IT'S about time that someone blew sky-high the old-fashioned notion that it takes "knack" to bake a good batch of bread.

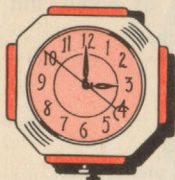
And someone has. For, as you turn the pages of this book... look at each easy-to-read picture section... follow the simple steps you take... you'll be amazed to discover that there's nothing "mysterious" about this age-old procedure. Now, bread-making is fun! You get good results every time, too!

Each and every step in bread-making is pictured and described for you in the following pages. You can't miss.

But this book does more than break down bread-making into its simple, easy-to-take steps, it presents a **NEW—MORE SIMPLE—WAY TO MAKE BREAD... DELICIOUS, WHOLESOME BREAD** that will be a joy to your heart to serve. And how your folks will eat up your crusty brown loaves!

Gone is all the bother and trouble... the prolonged clutter and responsibility of bread-baking spread over a couple of days. You don't have to start the day before to mix the dough. You don't have to let the dough rise overnight. You don't have to have any "knack" for baking. Follow directions and success is assured.

For, with this new 6-hour bread recipe, you begin from scratch at, say, nine in the morning . . . after breakfast dishes are done, and at three that afternoon . . . just six hours after you started, you take four lovely loaves of tempting bread out of the oven.



Could anything be simpler? Of course not!

Every step described and pictured in the following pages has been tested repeatedly . . . not only by one or two professional bakers . . . but by home bakers too. Housewives from coast to coast have tried out this 6-hour bread-baking recipe in their kitchens. And, they're all agreed that it is the greatest advance in home bread-making in many, many years.

Try it. We think you'll agree.



Published for better, easier bread-making in the home, by

Robin Hood Flour Mills Limited

Millers of Robin Hood Vitamin Enriched Flour

MILLS AT CALGARY, MOOSE JAW, SASKATOON, HUMBERSTONE

NOTICE—This is a NEW method of making bread for which a patent has been applied at Ottawa

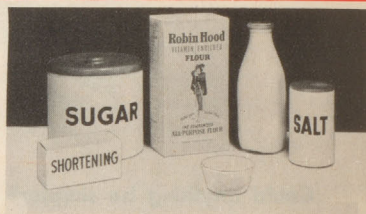
THE TEN IMPORTANT HIGH SPOTS IN

'BREAD-BAKING MADE EASY'

This picture-index hits the 10 important high spots in the following picture pages. If you're an "old hand" at bread-baking, you can use it to look up steps you're interested in. But you will find this new method detailed in brief, on Page 20. If you've seldom made bread at home, this picture-index will introduce you to a grand new baking experience.

High Spot No. 1

Assembling ingredients and utensils
Time: 10 minutes
See Pictures 1 to 3—Pages 6 and 7



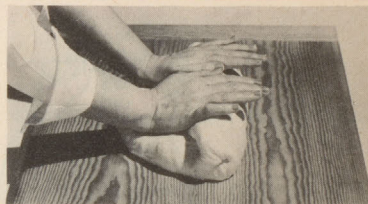
High Spot No. 2

Preparing materials
Time: 15 minutes
See Pictures 4 to 12—Pages 8, 9 and 10



High Spot No. 3

Mixing and kneading
Time: 15 minutes
See Pictures 13 to 18—Pages 11, 12 and 13



High Spot No. 4

Rising
Time: 120 minutes (2 hours)
See Pictures 19 and 20—Page 13



High Spot No. 5

Preparing Dough
Time: 10 minutes
See Pictures 21 to 23—Page 14



High Spot No. 6

Resting
Time: 15 minutes
See Picture 24—Page 15



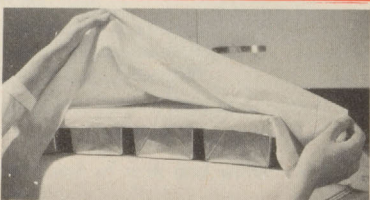
High Spot No. 7

Shaping loaves
(by Rolled Dough Method)
Time: 20 minutes
See Pictures 25 to 29—Pages 15 and 16



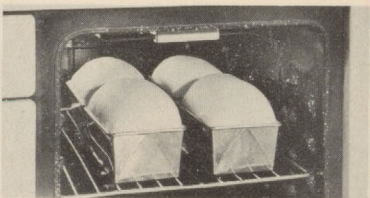
High Spot No. 8

Loaves rising
Time: 90 minutes
See Picture 30—Page 17



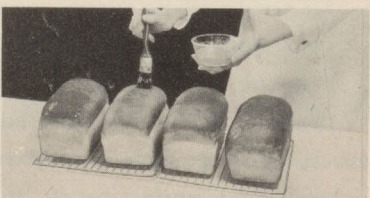
High Spot No. 9

Baking
Time: 50 minutes
See Pictures 31 and 32—Page 17



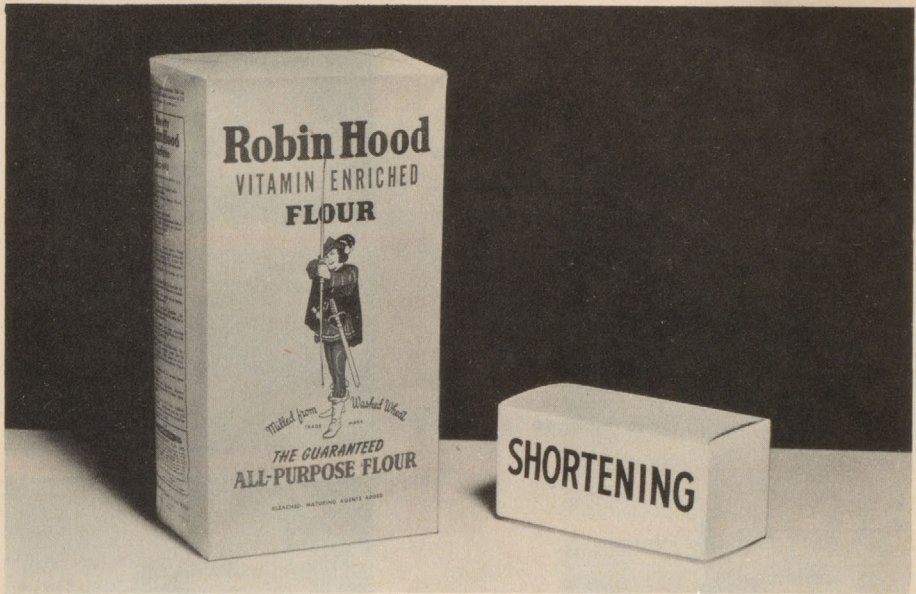
High Spot No. 10

Finishing
Time: 5 minutes
See Pictures 33 to 35—Pages 18 and 19



SIMPLE—SURE

From the flour bag to the bread box — in less than 6 hours. For $3\frac{1}{2}$ of the 6 hours nature does the work — you are free for other housework. The clock and the thermometer guide you to baking success . . . assure prize-winning, tempting loaves of bread from every baking. Only one secret concerns you — that is flour — ROBIN HOOD VITAMIN ENRICHED . . . the flour used by home bread-baking champions. So be certain you have dependable Robin Hood Vitamin Enriched Flour, when you try this **simple, SURE**, always-successful recipe for delicious, golden, home-made bread.

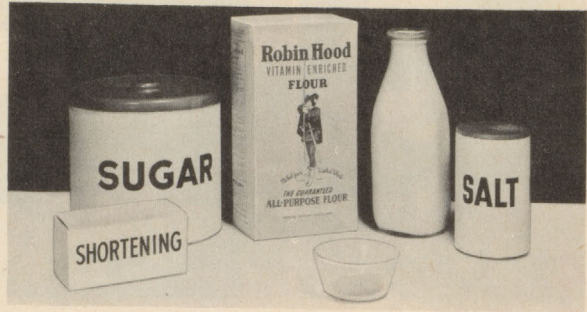


1

- (a) The temperature of the room is of *first importance* when making bread. The room should be warm enough to prevent dough from chilling while mixing, kneading and rising. Therefore, try to keep a thermometer hanging in the kitchen. If it registers between 75 and 85 degrees the dough will rise at room temperature. Best results will be obtained if room temperature of 75 to 85 degrees is maintained. No special "warm place" is required. You will have perfect results, if the same temperature is maintained throughout the whole process and dough placed away from drafts and extreme heat.
- (b) Have flour at room temperature. If flour is stored in cold place, allow ample time for it to come to room temperature before using.
- (c) Have shortening at room temperature too—soft enough to measure and blend into mixture—set it out along with flour, removing any wrappings.

Famed for uniform high quality, Robin Hood Vitamin Enriched Flour is used in more homes than any other brand.

2



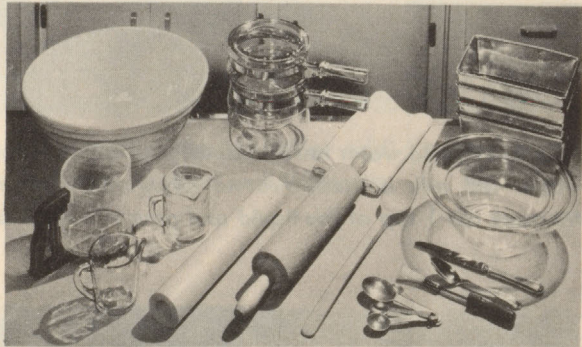
STANDARD ROBIN HOOD BREAD RECIPE

Assemble all ingredients ready to be measured. The ingredients required are:

- *2 cups milk
- 2 cups cold water
- 2 packages of dehydrated fast-rising dry yeast OR 2 compressed (quick) yeast cakes
- 4 teaspoons salt
- 6 tablespoons granulated sugar
- 4 tablespoons soft shortening (butter, lard or vegetable shortening)
- About 11 cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR

**A combination of water and potato water may be used instead of milk and water. Milk is recommended since it improves texture and quality.*

3

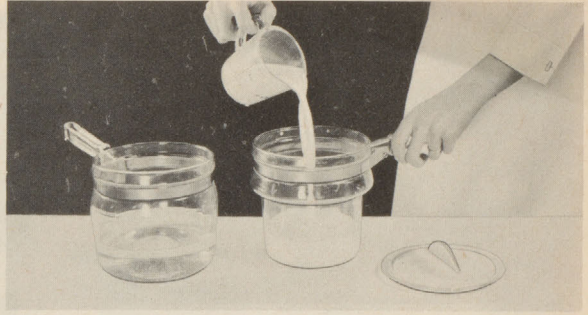


Assemble all utensils. This saves time and steps later. The following list includes all necessary equipment and utensils:

- 2 standard measuring cups
- 1 large mixing spoon
- 1 large mixing bowl (3 to 4 quart size)
- 1 smaller bowl for flour
- 1 small bowl for yeast
- 1 double boiler (for scalding milk)
- 1 set of measuring spoons (tablespoon included)
- 1 pastry brush
- 1 teaspoon
- 1 square of clean cheesecloth or factory cotton, size of tea towel (a thin tea towel may be used in place of cloth)
- 1 flat-sided kitchen knife
- 1 flour sifter
- 1 large clean tea towel
- 4 8" x 5" x 3" loaf pans or 3 larger loaf pans
- Wax paper
- 1 rolling pin

Milled from Washed Wheat, Robin Hood Vitamin Enriched Flour is a clean, pure, white flour—largest seller in all Canada.

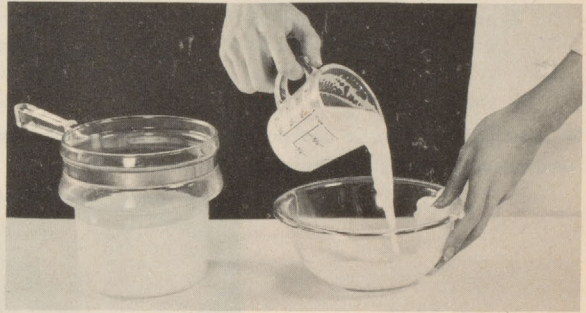
4



Pour 2 cups milk into top part of double boiler. Set over boiling water to scald. If double boiler is not available use saucepan set in larger saucepan partly filled with boiling water. Cover and place on stove. Heat until bubbles form around edge of milk. Remove from heat.

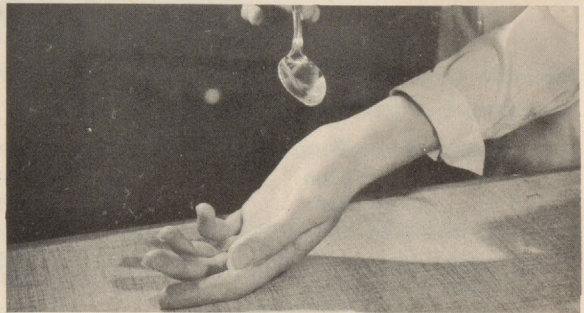
NOTE: Scalding of milk is doubly important if pasteurized milk is not available.

5



Add 2 cups cold water to scalded milk. (If all water or combination of water, potato water and milk is used, heat to lukewarm.) There should be 4 cups of liquid. Measure out 1 cup of this liquid and pour into small bowl. Let stand until lukewarm.

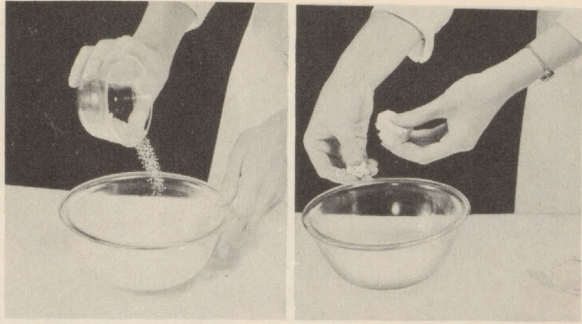
6



To test for lukewarm. Put a drop of liquid on inside of wrist over heavy veins. If liquid feels neutral—neither warm nor cold—it is lukewarm. Make this test several times to be sure.

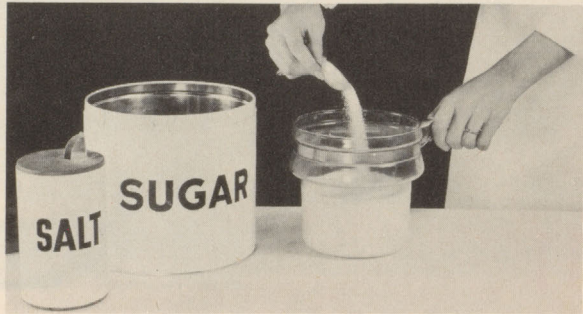
Robin Hood Vitamin Enriched Flour is a strong flour which absorbs maximum moisture and thus produces more loaves per bag.

7



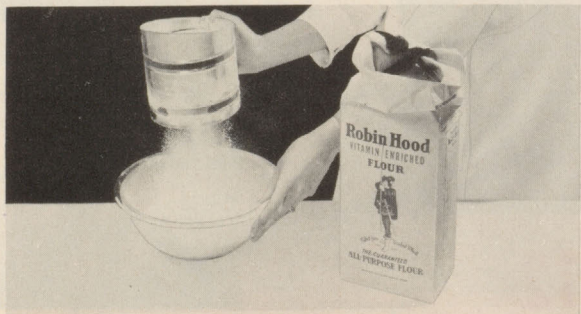
When 1 cup of liquid in bowl is lukewarm dissolve 2 teaspoons sugar in it; sprinkle 2 packages of dehydrated fast-rising dry yeast over the top. Allow to stand 15 to 20 minutes and then stir. (If compressed yeast is used, crumble cakes into water and blend.)

8



To 3 cups of liquid remaining in top part of double boiler add 4 teaspoons salt and 6 tablespoons sugar. Mix and allow to stand until lukewarm.

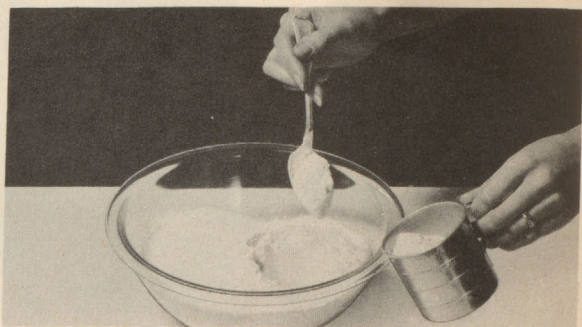
9



Before measuring, sift flour into bowl or on to piece of waxed paper. The sifting of flour is important as it makes the flour uniformly light to measure. About 11 cups of sifted Robin Hood Vitamin Enriched Flour are required.

Famed throughout Canada as the best flour for bread, Robin Hood Vitamin Enriched Flour is equally good for cakes and pies.

10



To measure, lift flour lightly by spoonful into cup.

11



Level off top of cup with straight edge of knife. Level measurements *are essential* for success.

12



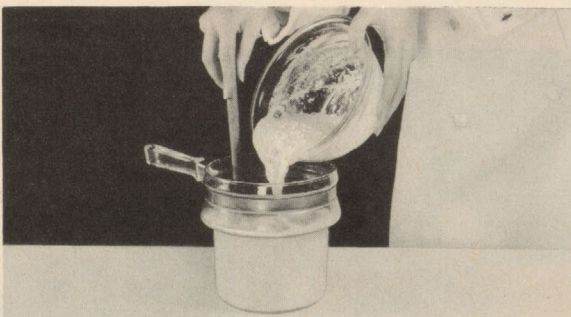
Pour $10\frac{1}{4}$ cups of flour into large mixing bowl and make a well in the centre of flour. (Put remaining $\frac{3}{4}$ cup aside to be used later if needed.)

13



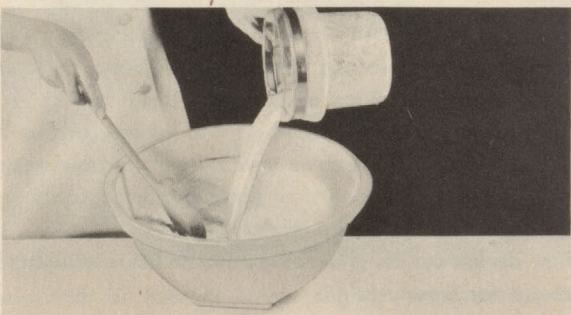
By this time liquid (with salt and sugar added) should be lukewarm (See Step 6) then measure shortening into it. Shortening should be soft, but not melted. (Melted shortening retards the action of the yeast.)

14



Add dissolved yeast to lukewarm liquid and mix.

15



Pour blended liquids into well in flour.

Robin Hood Vitamin Enriched Flour, fine as silk, satin smooth, dependable, easy to handle, for bread, cakes, pastry.

16



Stir with large spoon until liquid disappears (about one-half minute). Remove spoon and scrape off. Make sure your hands are clean before you start mixing by hand as in the next step.

17



With one hand start mixing dough in bowl, using swinging rotary motion, gradually forming dough into one large, smooth ball. Continue for 5 minutes. Dough will be sticky at first but at the end of 5 minutes it should be smooth and come away readily from the inside of the bowl. If it does not, add a little more of the reserved flour and mix until it does come away from the bowl readily.

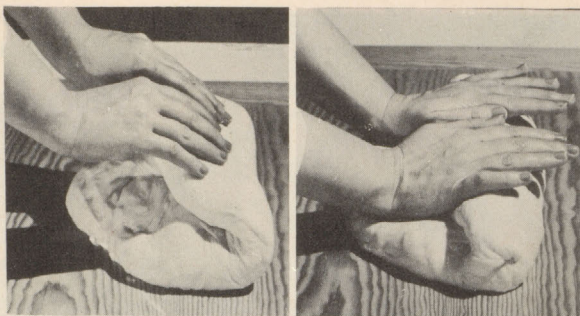
Then grease bake board or enamel-topped table.

No more flour should be added.

Turn dough out on greased board or table and start to knead. Note the time and knead for 8 minutes

Besides being white and fine, Robin Hood Vitamin Enriched Flour is so full of life it rises easily, a sign of good flour.

18



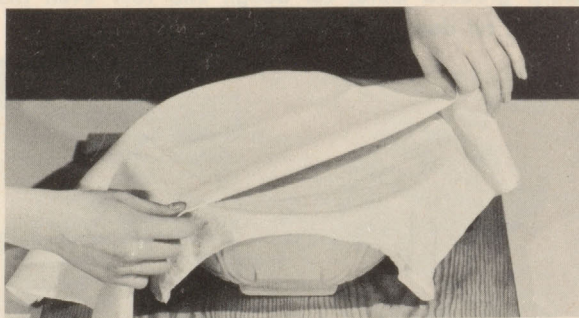
KNEADING: To knead dough, fold the outside edge of dough over on itself toward you, and push the dough away from you, using the heels of your hands. Turn dough quarter way round, fold over, push, using heels of hands. Repeat and continue using steady rhythm. If dough should stick a little, grease board again.

19



Watch clock—at end of 8 minutes stop kneading, grease mixing bowl lightly and put dough in to rise.

20



RISING: Cover bowl with cheesecloth or factory cotton slightly dampened with warm water. (Damp towel keeps dough moist.) Put tea towel on top. Set to rise. Bowl should be away from draughts, preferably set on a high surface (temperature of room several degrees higher 5 feet from floor). When room

Robin Hood Vitamin Enriched Flour rises readily, maintains a firm texture, equally good for pastry and cakes as for bread.

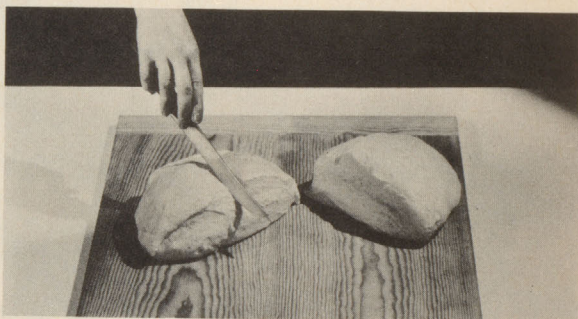
temperature is 75 to 85 degrees, dough will rise steadily. Do not put on radiator or near hot stove. Let rise for 2 hours, until doubled in bulk.

21



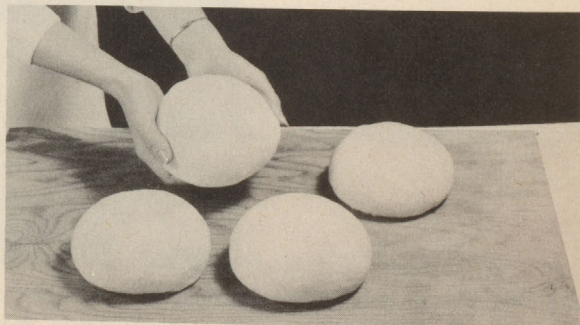
At the end of the rising period (2 hours) punch down dough in bowl using fist. Plunge hand into dough several times in centre to let gas escape. Fold dough from the outside to the centre punching down until dough is its original size.

22



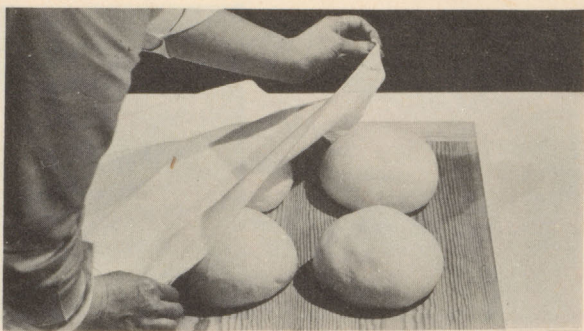
LOAF SHAPING: Grease bake board *lightly* and turn out dough on board. Using sharp greased knife, cut dough into four even pieces. If baking pans are not uniform cut dough into suitable sizes for pans.

23



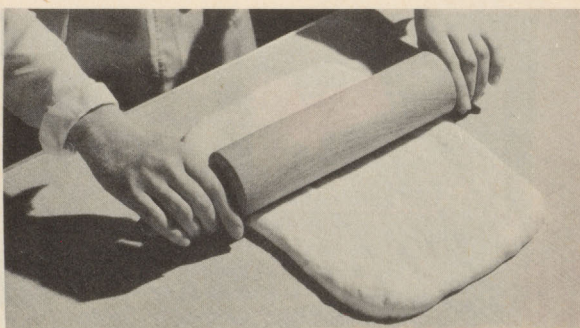
Form each piece of dough into a ball, turning cut surfaces under. Top and sides of ball should be smooth, no cut surfaces exposed. This prevents gas from escaping.

24



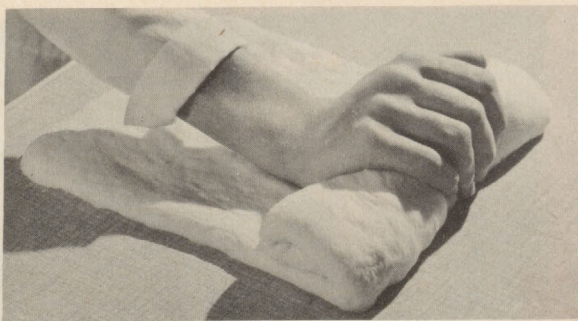
Cover balls of dough with towel and let stand for 15 minutes. This allows the dough to soften up a little and makes it easier to handle. While balls of dough are rising, grease bread pans. (New pans need heavier greasing first time used).

25



Step 1. With rolling pin, roll dough out to uniform thickness, stretching by hand to form rectangle approximately 9 x 12 inches. Make certain to break down all gas bubbles in the outer edge of the dough.

26

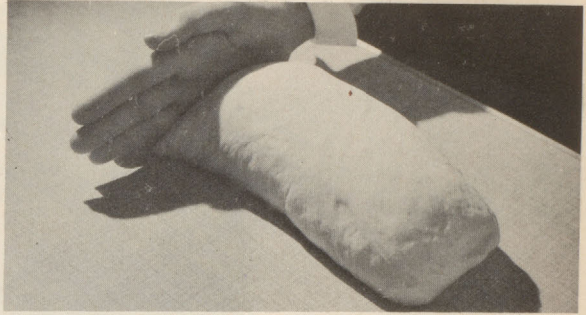


Step 2. From upper edge, roll dough toward you, jelly roll fashion, sealing dough with heel of hand after each roll of dough. (About four turns will bring you to last seal.) Be sure to seal final seam on bottom of loaf.

*Home bakers acclaim Robin Hood Vitamin Enriched their choice—
praise it for producing more loaves per bag than any other flour.*

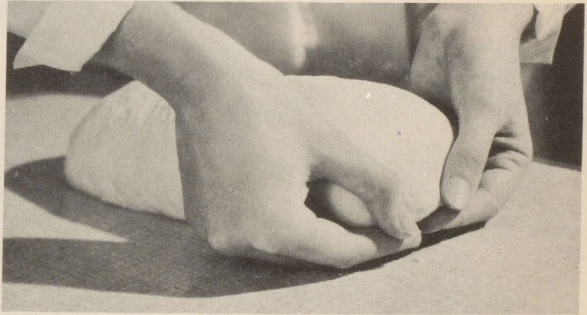
27

Step 3. Seal ends of loaf by using the side of the hand to get thin sealed strip.



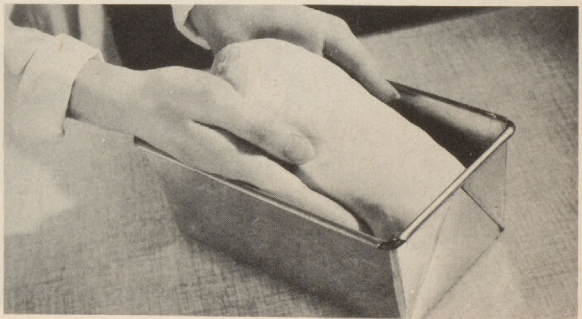
28

Step 4. Fold sealed ends of loaf under, using fingers, as above. Avoid tearing dough.

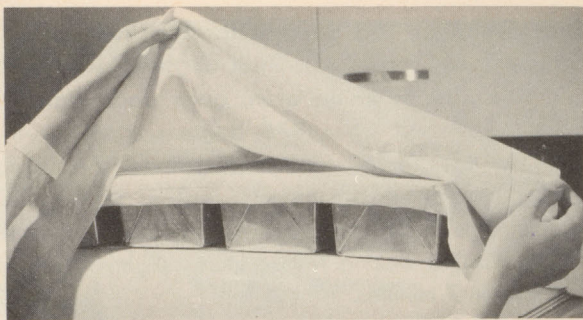


29

Step 5. Place shaped loaf, with seam side down, in well greased bread pan.

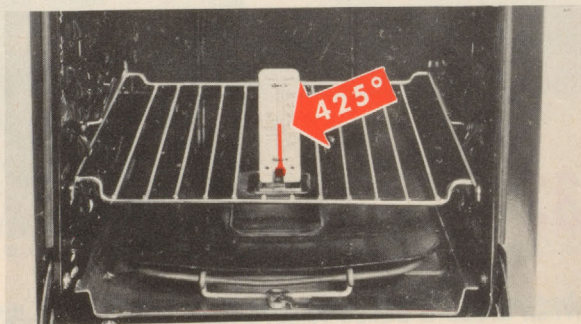


30



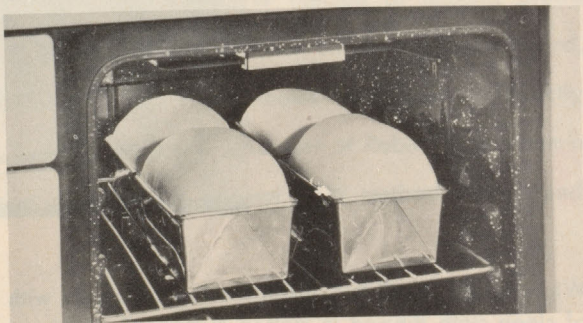
LOAF RISING: Shape remaining balls of dough into loaves. Cover pans with damp cloth and with tea towel on top. Put to rise. Let loaves rise at room temperature (75 to 85 degrees F.) for 1½ hours.

31



- (a) One half-hour before bread is ready to be baked, heat oven to 425 degrees (if 4 loaves are to be baked at one time) or to 400 degrees (if fewer loaves are to be baked).
- (b) If stove has no heat control use oven thermometer inside oven.

32



When bread has risen 1½ hours put pans in oven, leaving space around each pan so heat can circulate freely around pans.

Every bag of Robin Hood Vitamin Enriched Flour is guaranteed UNCONDITIONALLY—your money back, plus 10%, if it fails to satisfy.

Bake bread at 425 degrees for 15 minutes then reduce heat to 375 degrees. If there is an automatic control on the oven set indicator back to 375 degrees. If thermometer is inside oven, open door slightly for several minutes. Watch thermometer and when 375 degrees, close oven and continue baking for 35 minutes. (Bake for 50 minutes altogether.) If half recipe is used and only 2 loaves baked, oven should be at 400 degrees when loaves are put in and kept at that temperature throughout. Ovens do not heat up or hold heat uniformly. You may have to adjust baking temperatures slightly. If baking properly, loaves will start to colour in 7 minutes.

33



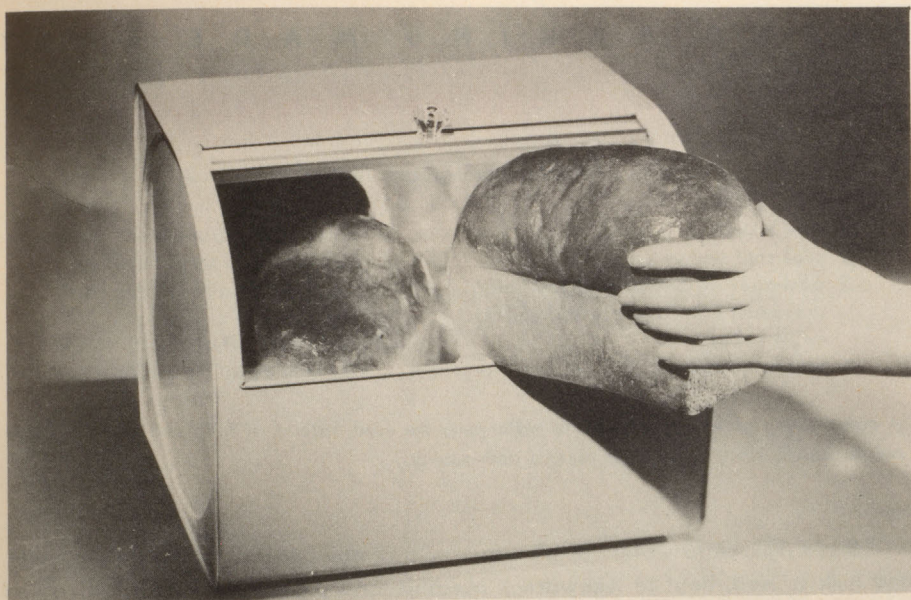
When bread is baked remove from pans and place on wire racks to cool.

34



While bread is still hot, brush the top of loaves with melted butter, or use a piece of clean cloth dipped in melted butter. Omit this step if a crisper crust is desired.

Milled from Washed Wheat, Robin Hood Vitamin Enriched Flour is a clean, pure, white flour—largest seller in all Canada.



35

When bread is cold, place in a clean, ventilated bread-box.

This completes the step-by-step description for making prize-winning home-made bread.

We draw special attention that this patented NEW method of making bread eliminates a second rising, uses grease instead of flour on the make-up board, makes accurate, precise measurements and times, shows by 5 pictures exactly how to shape an attractive loaf. Every housewife and user of Robin Hood Vitamin Enriched Flour is hereby authorized to use this *original NEW* method. Condensed version Page 20.

Robin Hood Vitamin Enriched Flour, fine as silk, satin smooth, dependable, easy to handle; for bread, cakes, pastry.

B R E A D B A K I N G M A D E E A S Y

SHORT METHOD FOR EXPERIENCED BAKERS

(Makes four 1-pound loaves)

8" x 5" x 3" pans

| | |
|--|--|
| *2 cups milk | 6 tablespoons granulated sugar |
| 2 cups cold water | 4 tablespoons soft shortening |
| 2 packages of dehydrated fast-rising dry yeast OR 2 compressed (quick) yeast cakes | (butter, lard or vegetable shortening) |
| 4 teaspoons salt | About 11 cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR |

**A combination of water and potato water may be used instead of milk and water. Milk is recommended since it improves texture and quality.*

Scald milk. Add water. (If all water or a combination of water, potato water, and milk is used, heat to lukewarm.) Measure one cup of the liquid and let cool to lukewarm. Add dehydrated yeast according to directions on package, or if compressed yeast is used, add to lukewarm liquid and blend until dissolved. To remaining 3 cups of liquid add salt and sugar. Mix and let stand until lukewarm. Sift flour. Measure 10 $\frac{1}{4}$ cups into large mixing bowl. Reserve remaining $\frac{3}{4}$ cup to be added on board if dough is too soft to knead. Make a well in centre of flour. Add shortening to lukewarm liquid containing sugar and salt. Add dissolved yeast and mix. Pour blended liquids into well in flour.

Stir until flour is dampened (about $\frac{1}{2}$ minute). With one hand mix dough in bowl, forming dough into one large, smooth ball. Continue mixing for 5 minutes until dough is smooth and comes away readily from inside of bowl.

Turn dough out on greased board or table top. Knead dough for 8 minutes (See Instruction No. 18). Put dough in lightly greased mixing bowl. Cover with piece of slightly dampened cheesecloth or factory cotton. Put tea towel on top. Let rise at room temperature 75 to 85 degrees (See Page 13) for 2 hours until double in bulk.

Punch down dough. Turn dough out on lightly greased board. Cut dough into four even pieces with sharp greased knife. Form each piece of dough into a ball, turning cut surfaces under. Cover balls of dough with towel and let stand 15 minutes.

Shape into loaves. (See Pages 15 and 16.) Place each loaf in greased pan with seam of loaf on under-side. Cover pans with damp cloth and with tea towel on top. Let rise at room temperature for 1 $\frac{1}{2}$ hours. (One half-hour before rising is finished pre-heat oven to 425 degrees F.)

Bake in moderately hot oven (425 degrees F.) for 15 minutes, then reduce heat to 375 degrees F. and continue baking for 35 minutes longer. Remove from pans and cool on wire racks.

AND NOW

OAT BREAD

MADE EASY!

Now Robin Hood introduces a new taste treat—full-flavoured, nourishing Oat Bread! Make up a batch and give your family something to talk about for days. It's not white bread; it's not brown bread. It has a taste all its own and you'll love it!

Robin Hood Oats are pan-dried for finer flavour. After your family has tasted their true, nutty goodness in oat bread they'll be coming back for more!

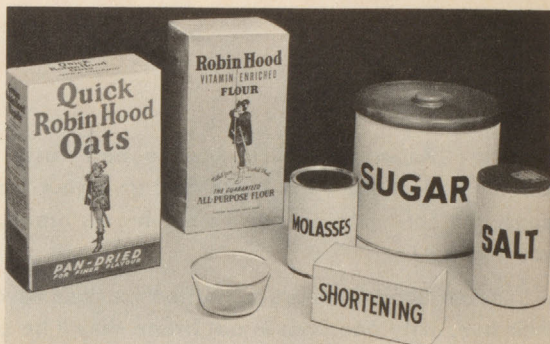
For extra nourishment, Robin Hood Oats can't be beat. They are an excellent source of Vitamin B₁ which is needed by the body for growth, normal functioning of the nervous system, and maintenance of good appetite and normal digestion. Robin Hood Oats can supply a good portion of the iron and phosphorus needed each day by the body for good blood and strong bones and teeth.

For use in piping hot porridge with brown sugar and cream; in cookies, quickbreads, muffins, puddings, meat loaves and crusty, fragrant, mouth-watering Oat Bread, Robin Hood Oats will prove to be an indispensable item on your pantry shelf!



NEW ROBIN HOOD OAT BREAD RECIPE

1



Assemble all ingredients ready to be measured. The ingredients required are:

- | | |
|-------------------------------|---|
| 3 cups Robin Hood Oats | 2 packages fast-rising dry yeast OR 2 cakes compressed yeast |
| 2½ cups boiling water | ½ cup lukewarm water |
| ¼ cup light molasses | 2 teaspoons sugar |
| 2 tablespoons sugar | About 6½ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR |
| 2½ teaspoons salt | ½ cup cold water |
| 3 tablespoons soft shortening | |

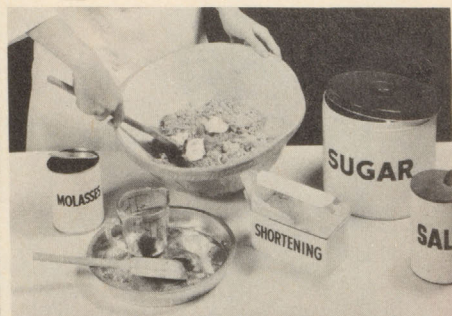
2



Assemble all utensils. This saves time and steps later. The following list includes all necessary equipment and utensils:

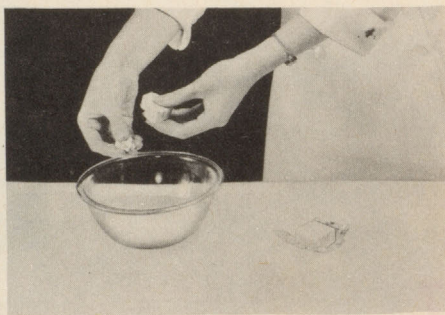
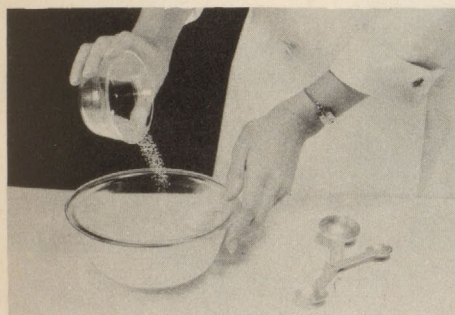
- | | |
|-------------------------------------|--|
| 2 standard measuring cups | 1 flat-sided kitchen knife |
| 1 large mixing bowl (3 to 4 quarts) | 1 flour sifter |
| 1 smaller bowl for flour | 1 rolling pin |
| 1 small bowl for yeast | 1 square of clean cheese cloth or factory cotton, size of tea towel. (A thin tea towel may be used in place of cloth) |
| 1 large mixing spoon | 3 one-pound loaf pans (8" x 5" x 3") |
| 1 set measuring spoons | |
| 1 pastry brush | |
| 1 rubber spatula | |
| 1 teaspoon | |

3



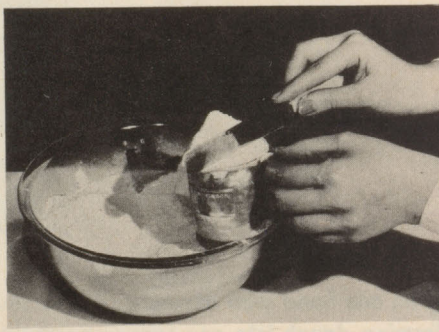
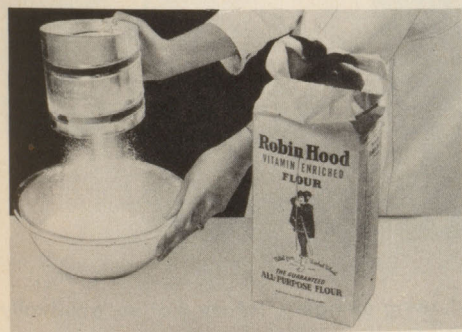
Pour $2\frac{1}{2}$ cups boiling water over 3 cups Robin Hood Oats. Add $\frac{1}{4}$ cup light molasses, $2\frac{1}{2}$ teaspoons salt, 2 tablespoons sugar and 3 tablespoons soft shortening. Blend.

4



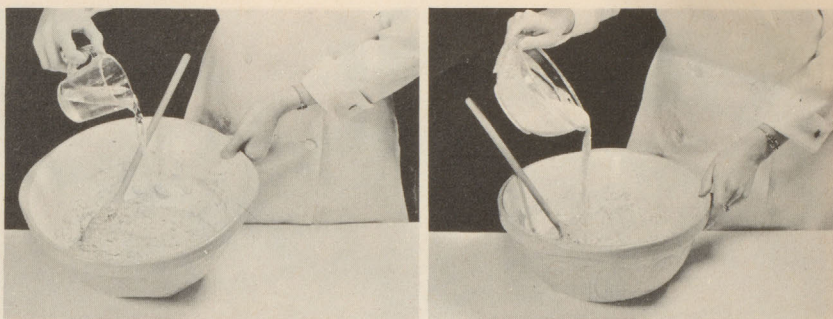
Measure $\frac{1}{2}$ cup lukewarm water into small bowl. To test for lukewarm; put a drop of water on inside of wrist over heavy veins. If liquid feels neutral—neither warm nor cold—it is lukewarm. Make this test several times to be sure. Dissolve 2 teaspoons sugar in lukewarm water. Sprinkle two packages of dehydrated yeast over water. Allow to stand 15 to 20 minutes. Then stir. (If compressed yeast cakes are used, crumble them into the water and blend.)

5



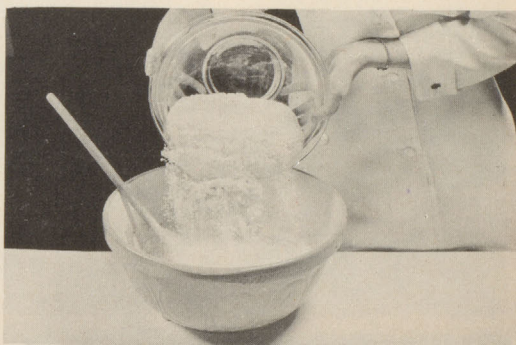
Before measuring, sift flour into bowl or onto piece of waxed paper. The sifting of flour is important as it makes it uniformly light to measure. About $6\frac{1}{2}$ cups of sifted Robin Hood Vitamin Enriched flour are required. To measure, lift flour lightly by spoonful into cup. Level off top of cup with straight edge of knife. Level measurements are essential for success.

6



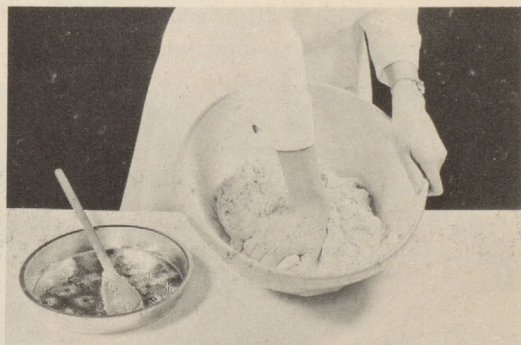
Cool oat mixture with $\frac{1}{2}$ cup cold water. When oat mixture is lukewarm (Use test—Step 4, Page 23), add dissolved yeast and blend.

7



Add $5\frac{1}{2}$ cups of flour and stir until liquid disappears. Remove spoon and scrape off. Make sure your hands are clean before you start mixing by hand.

8



With one hand start mixing dough in bowl, using swinging, rotary motion, gradually forming dough into one large smooth ball. Continue for 5 minutes. Dough will be sticky at first but should lose the stickiness as you mix. Turn out ball of dough onto bakeboard or enamel-topped table. Knead for 8 minutes. Work in up to 1 cup more flour if dough tends to stick.

For kneading, rising, shaping and baking instructions turn to page 13 and follow instructions from Step No. 18 to Step No. 35.

This recipe yields 3 loaves of bread.

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RITA MARTIN
Director
Home Service Department

The **Robin Hood Kitchen**

Dear Robin Hood User:

I know that if you have never made bread before, this booklet has given you a great sense of achievement in producing the crusty, brown loaves your family enjoys so much.

Perhaps now you have questions regarding certain recipe methods. You might wish to try another type of baking such as sweet breads, coffee cakes, etc., but you are not quite sure how to begin!

Our Home Service Department was established some years ago to help homemakers with just such baking problems. I would be very happy to answer any questions you might have concerning any type of baking.

Please feel free to write to me at any time. Just address your letter to me in care of Robin Hood Flour Mills, using the nearest office as listed below.

Yours sincerely,

Rita Martin



Robin Hood Flour Mills Limited

VANCOUVER, CALGARY, MOOSE JAW, SASKATOON, WINNIPEG
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