

sprain strain train chain brain drain
 grain stain stair chair pair rain main
 pain hair air

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| z | s | r | a | i | n | b | i | y | h |
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| s | r | p | i | w | i | i | t | x | i |
| t | a | a | a | i | r | n | a | g | r |
| r | i | i | r | j | e | p | i | r | n |
| a | n | r | d | u | n | a | r | a | i |
| i | a | g | e | h | a | i | r | i | a |
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| m | y | h | e | h | a | i | n | i | s |

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