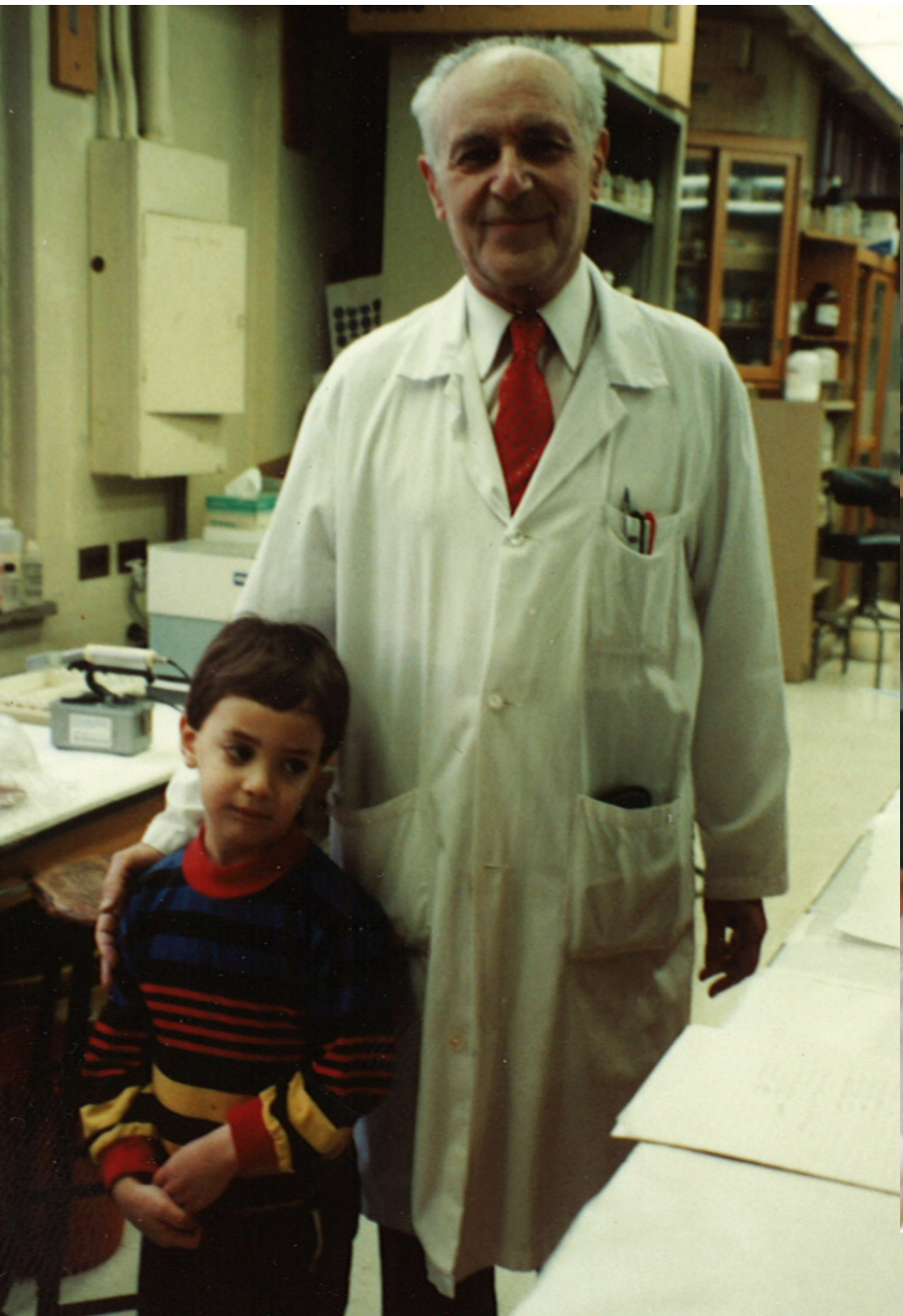










④ Tea

boil water. Put in tea-bag when it reaches full boil, take out in due time.

—ice tea— 1 teaspoon into cup.

⑤ Coffee

1 teaspoon into ^{the power} cup, of boiling water, add sugar and milk



Human Muscle Power Conference, Hamilton, Canada, 1984



