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grist  (grĭst)

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n.

1. Grain or a quantity of grain for grinding.
2. Ground grain.

Idiom:

grist for (one's)/the mill

Something that can be used to advantage.

[Middle English, from Old English *grĭst*; see **ghrendh-** [in the Appendix of Indo-European roots](#).]

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Indo-European & Semitic Roots Appendices

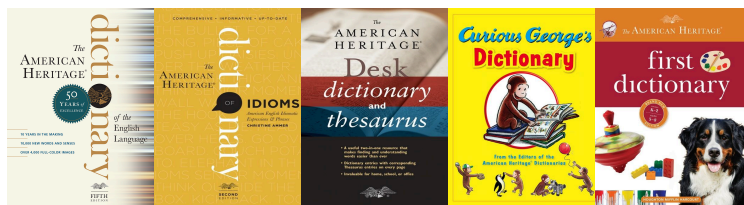
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