POLAR

1033

PB&J 3

12/19/2017

SS

ET

Start time: 00:00:09

End time: 00:01:22

Total time: 00:01:13

i would take a half a pound [\* s] of peanut+butter and a half a pound [\* s] of jelly.

and I would mix it up with a [/] a you can do it with a machine [\* s].

but if you do it with a machine [\* s] it takes a lot of time and trouble.

but what you’d normally do is just take a [/] a fork and stir it together.

just stir it up.

just stir it around [/] around [/] around until you get it completely stirred up.

once you get it stirred up you take &um two pieces of &uh ever what you’re gonna put it on to eat it.

and &um normally what you would do is you would put that on one on each side in the center.

and then put the two pieces together.

and mash them together.

and you don’t want it to be high up.

you want <it to> [//] when you get through for it to be kindly &uh acceptable to eat and bite without having to do a lot of &uh extension of strench [\* phon] [//] stretching yourself.

and <have you> [//] you’ve gotta have a drink of something that you like that goes with it.

water does not go with it.

milk will go with it.

but water does not go with it.

and or a soft drink or something like that.

and as you are eating you drink that stuff.

because it needs [/] needs some floating [\* u] to get through the body.

and that’s how you do it.