**Instructions for Proceedings of the 68th Symposium on Rheology**

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**ABSTRACT**: This template can be used to prepare manuscript of proceedings of the Symposium on Rheology in Microsoft WORD. The abstract should be in English and within 100 words. Authors of the proceedings are suggested, hopefully to follow this instruction.

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・Format: Two-column format (22 letters x 45 lines per column). If this format cannot be set, locate figures and tables at the right side and prevent the number of letters of one line from increasing.

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・Place title (200 characters or less) at the top of page 1. (Font: 12-point Times New Roman, boldface).

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・Indicate the speaker with an open circle.

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・Figures and tables should clear enough to be read.

・Label using “Fig. X” or “Table X”: Use Times New Roman.

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