

Spelling list: *-ain* with a long /a/ sound

In these words the final syllable has a clear long /a/ sound

abstain	He chose to abstain from eating meat.
again	I have lost my door key again .
ascertain	Were you able to ascertain the identity of the culprit?
attain	I am trying to attain a qualification in customer service.
complain	I'm going to complain about the awful smell.
contain	A balanced diet should contain protein.
detain	They could detain her without trial.
disdain	He looked at his brother with disdain .
domain	My room is my domain and I go there for peace and quiet.
entertain	They hired a clown to entertain at the birthday party.
explain	Please explain why you are late.
maintain	A car will last longer if you maintain it well.
obtain	Valentine worked very hard to obtain her degree.
ordain	Do you think the Catholic church will ever ordain women?
refrain	Please refrain from talking in the silent study area.
remain	He tried to remain alert.
restrain	Please restrain your dog.
sustain	The man could not sustain working twelve hours a day.
terrain	The terrain was rocky.