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 is 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.