

## Grist mill

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At a grist mill in the Great Smoky Mountains National Park, water flows over the mill wheel. A grist mill is a building where corn or grain is ground into cornmeal or flour. The power of the water causes the mill wheel to turn, which in turn causes a pair of heavy millstones inside the mill to turn. The circular millstones are stacked, one on top of the other, and their turning crushes and grinds the grain between them.



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