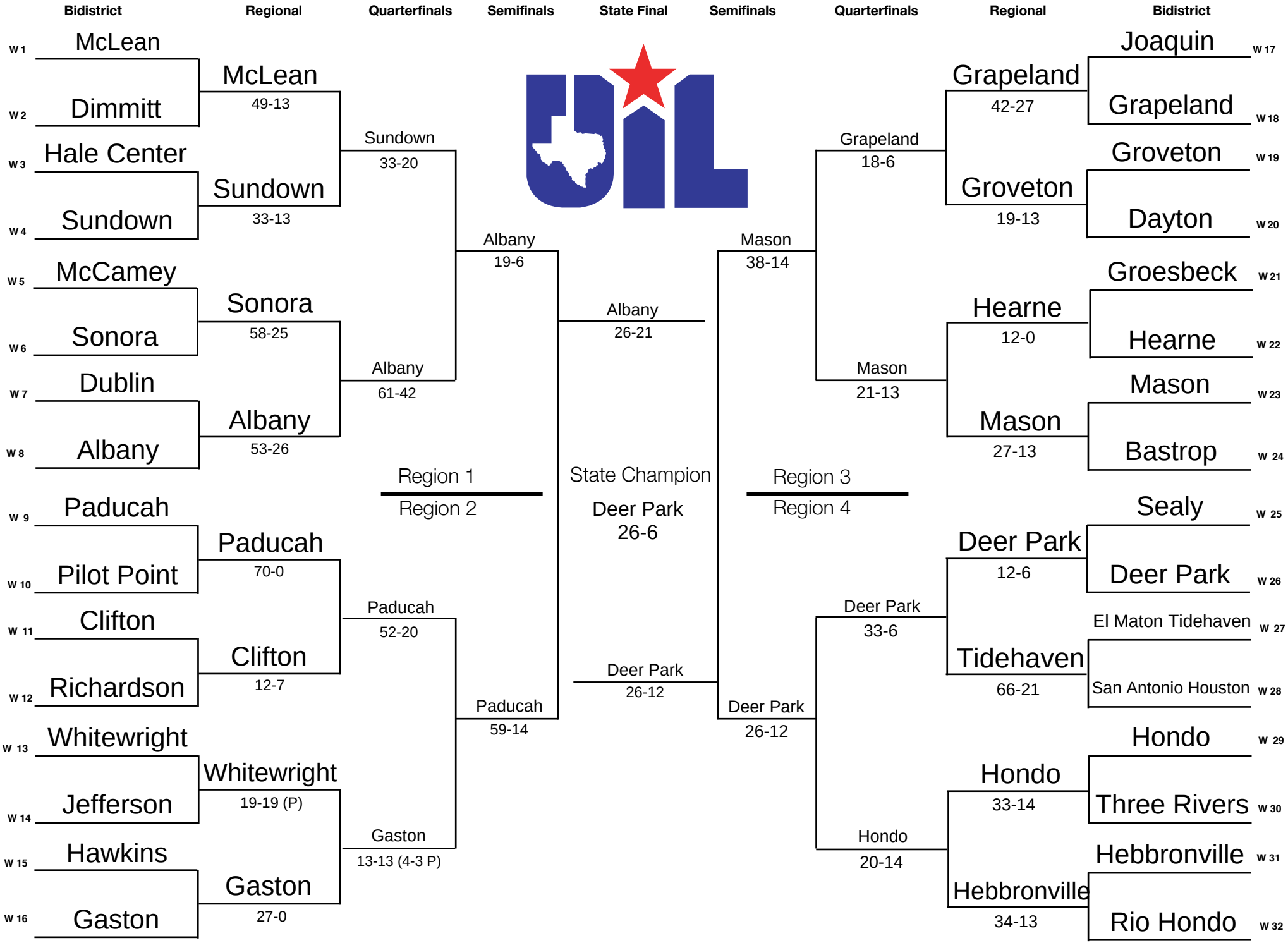1954 Football Conference 1A