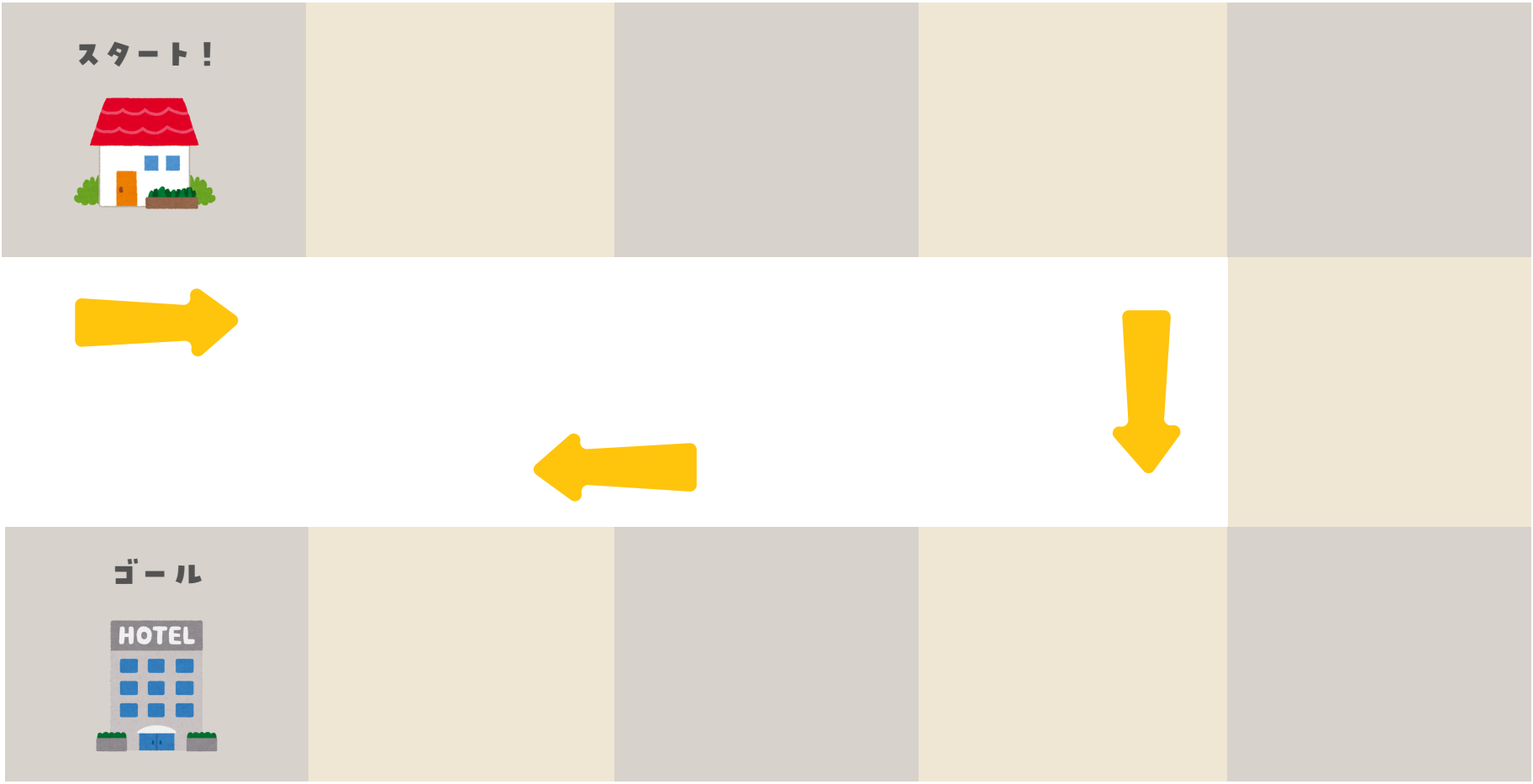1にちめ