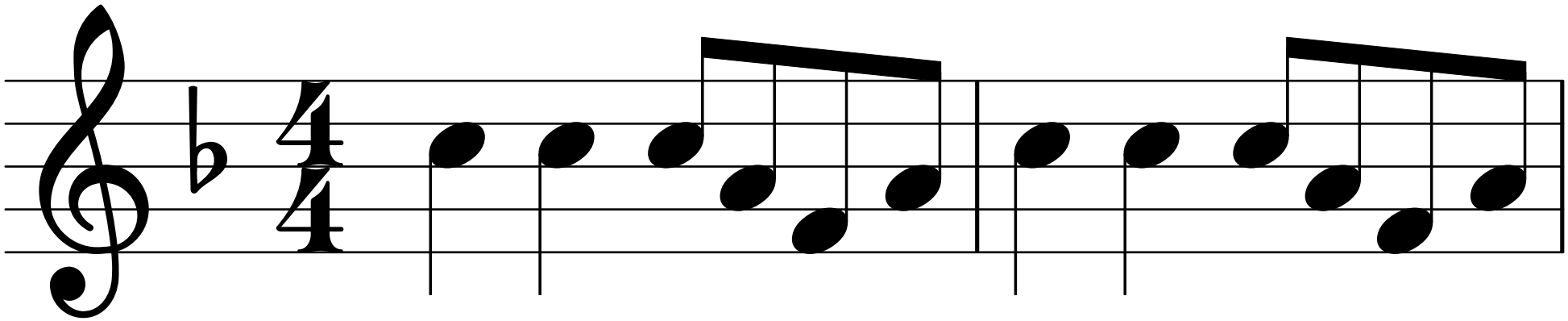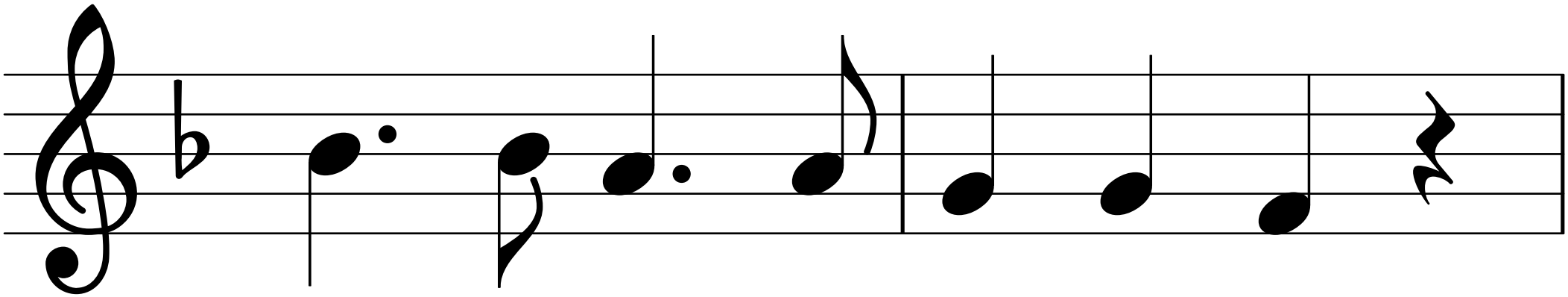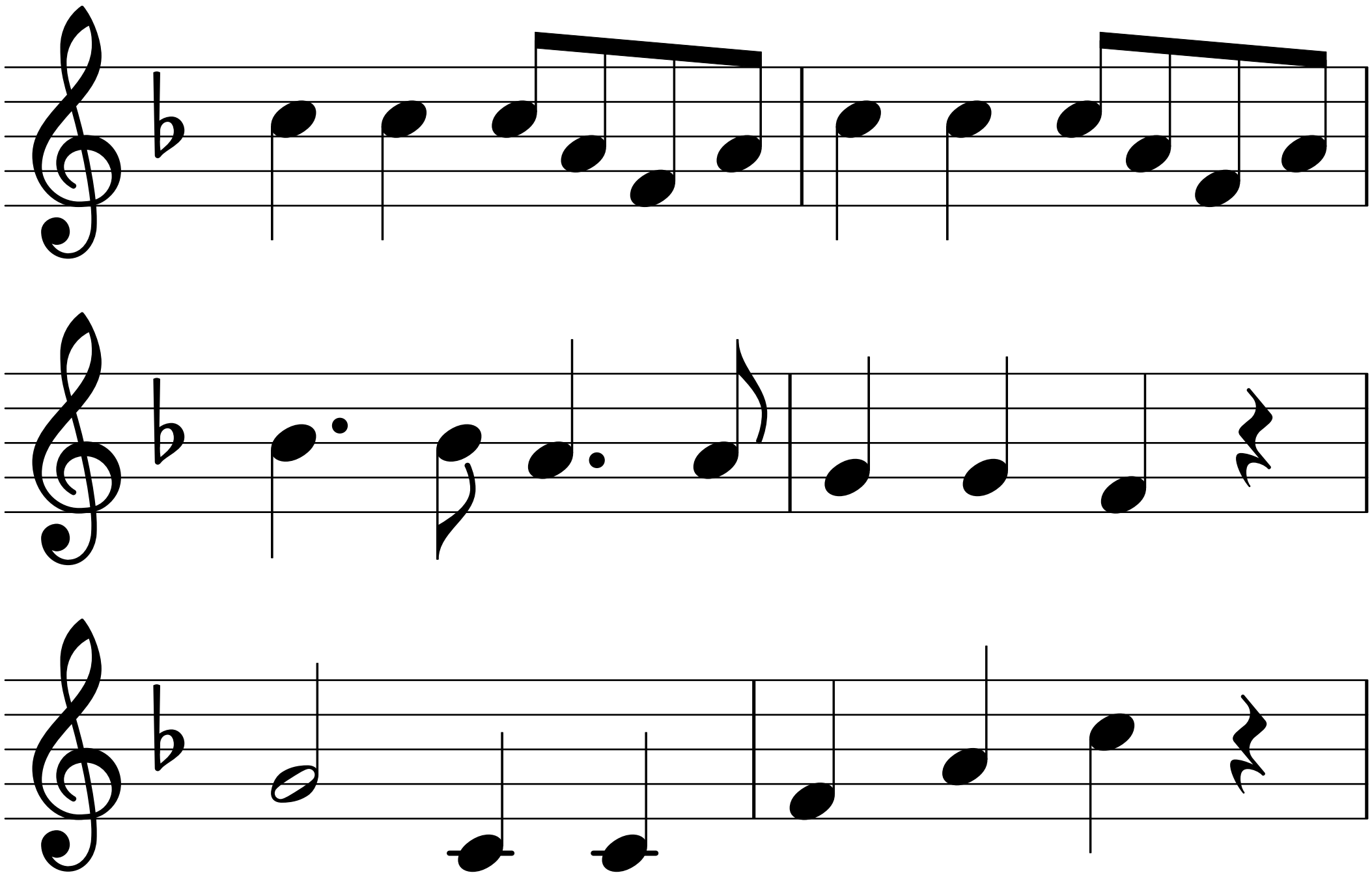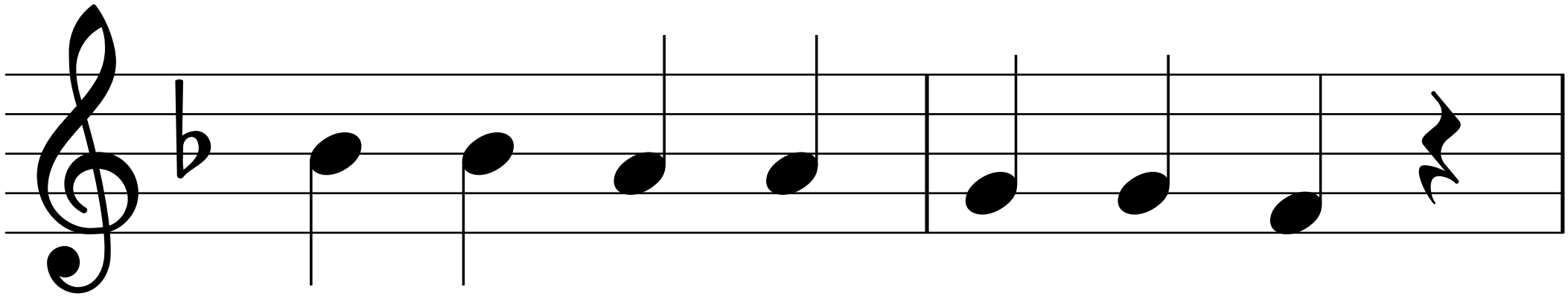いとまきのうた