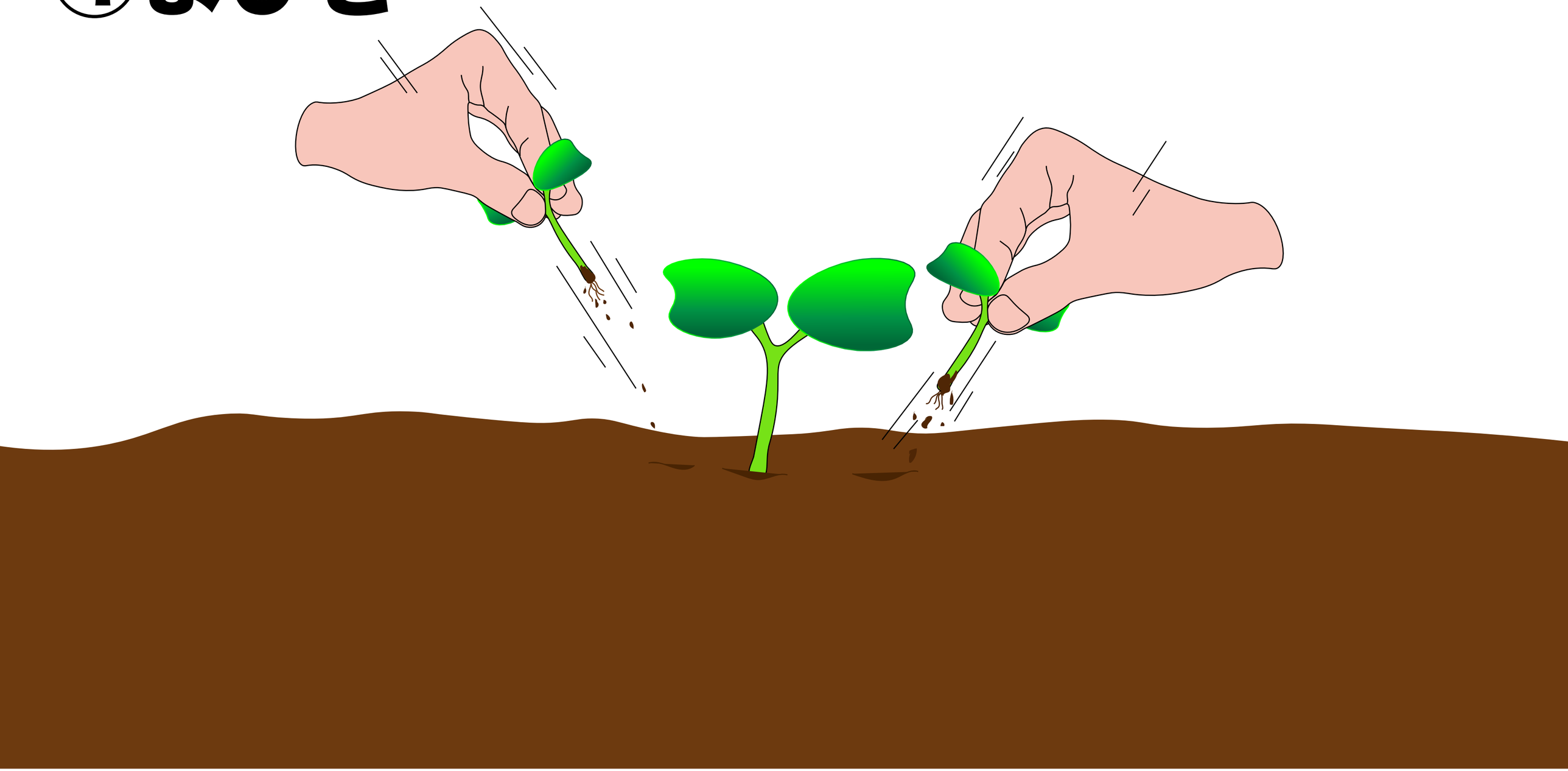④まびき