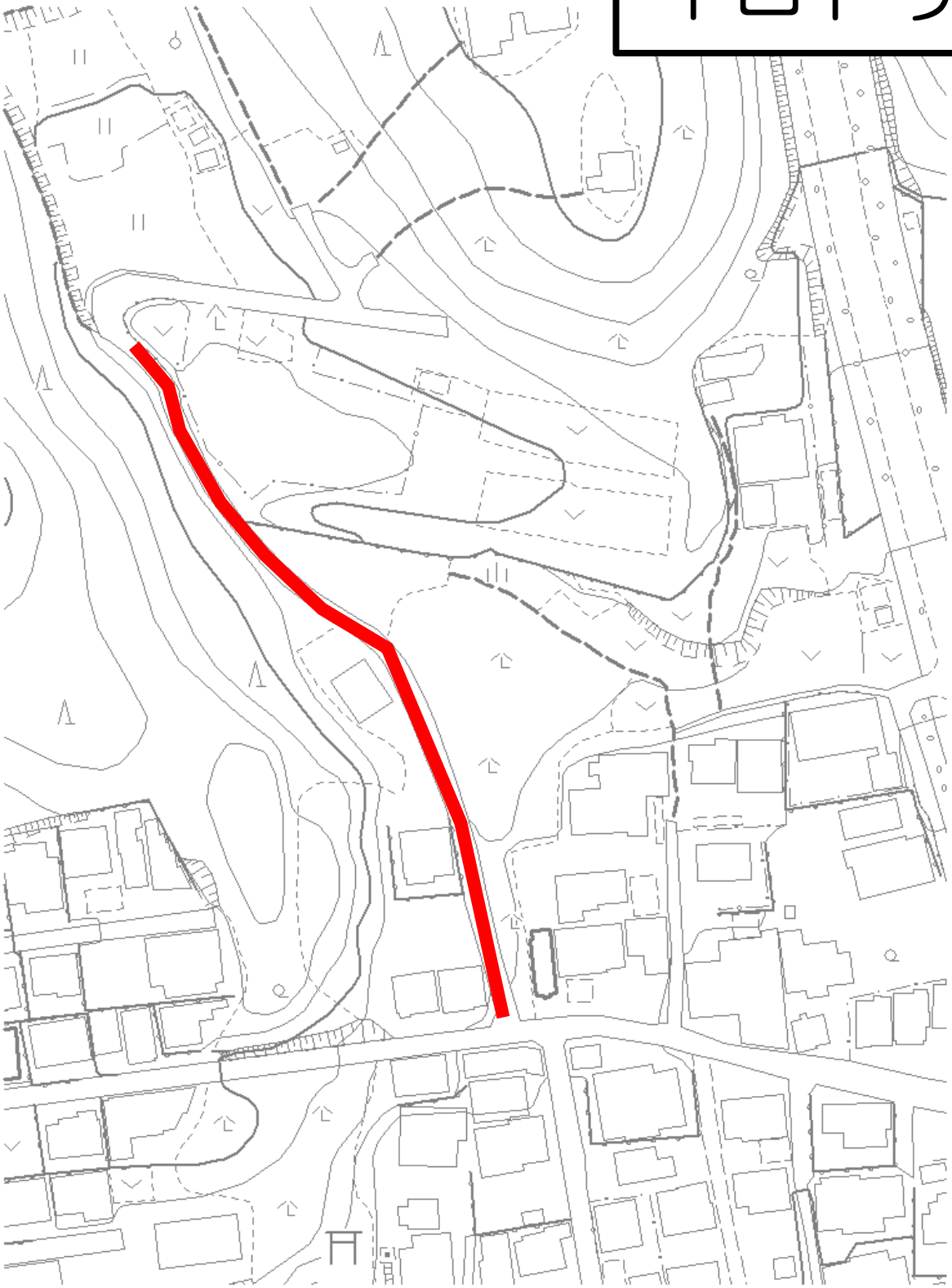イロドリ