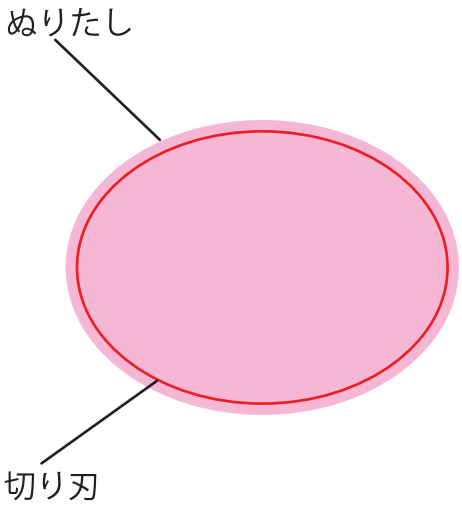紙せっけん