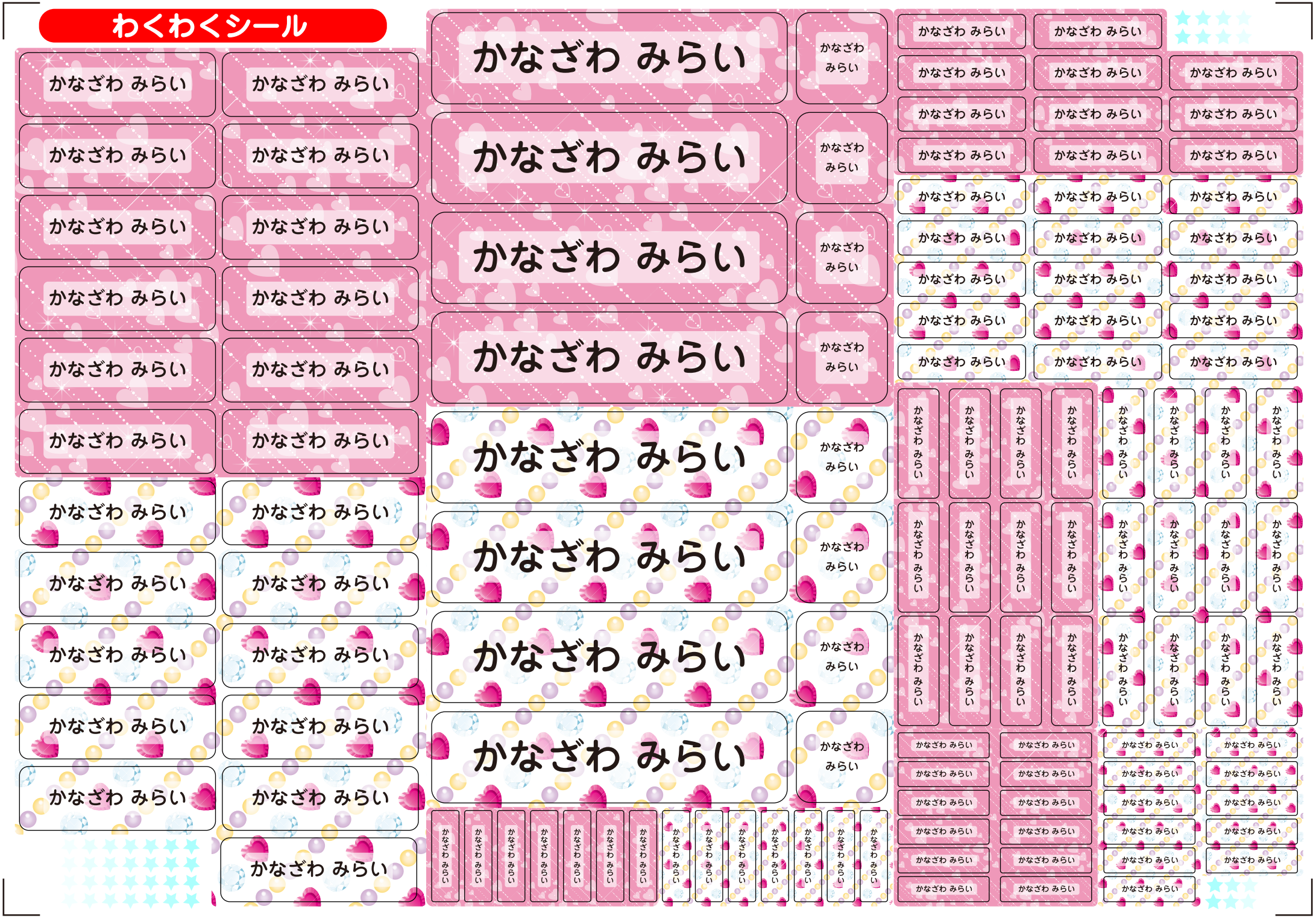わくわくシール