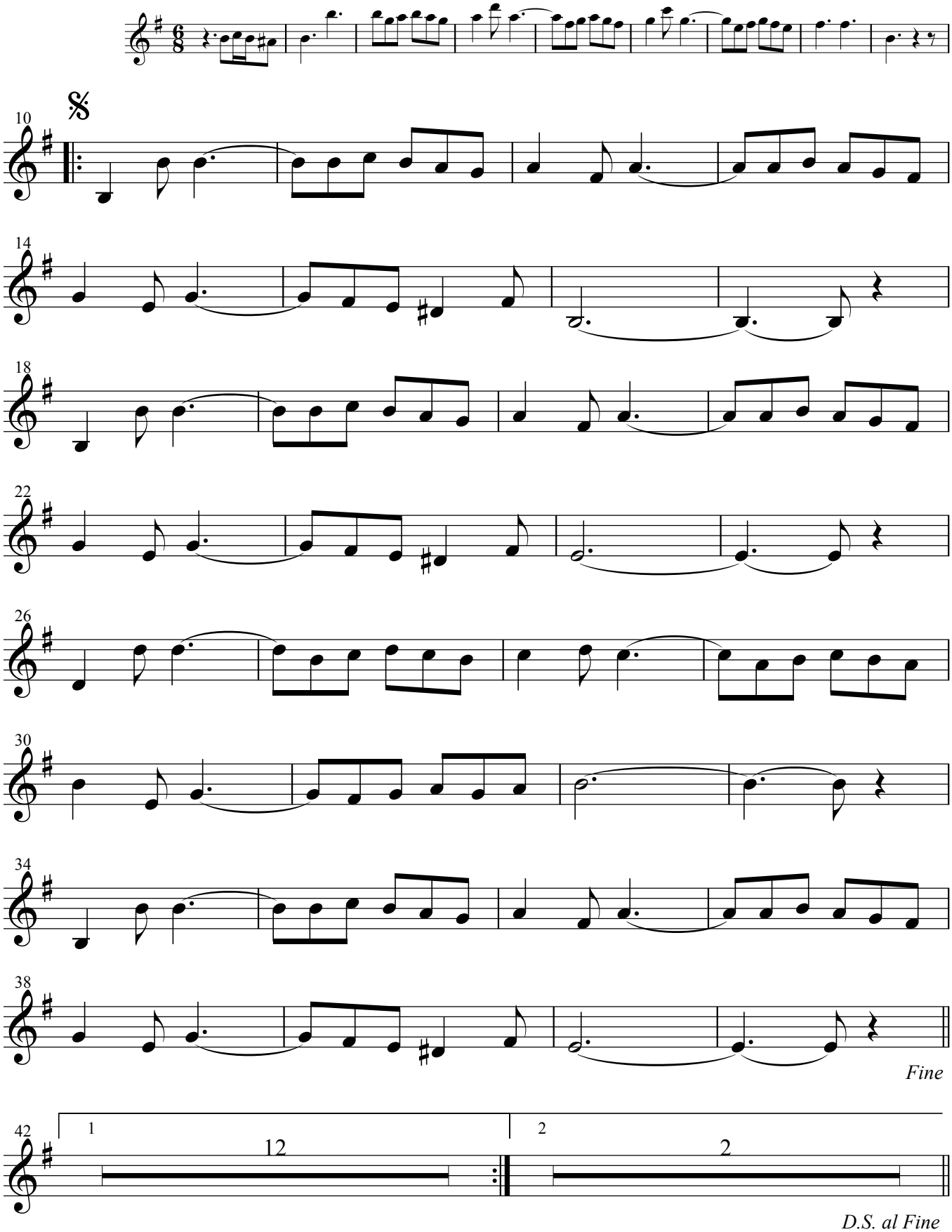小さな木の実