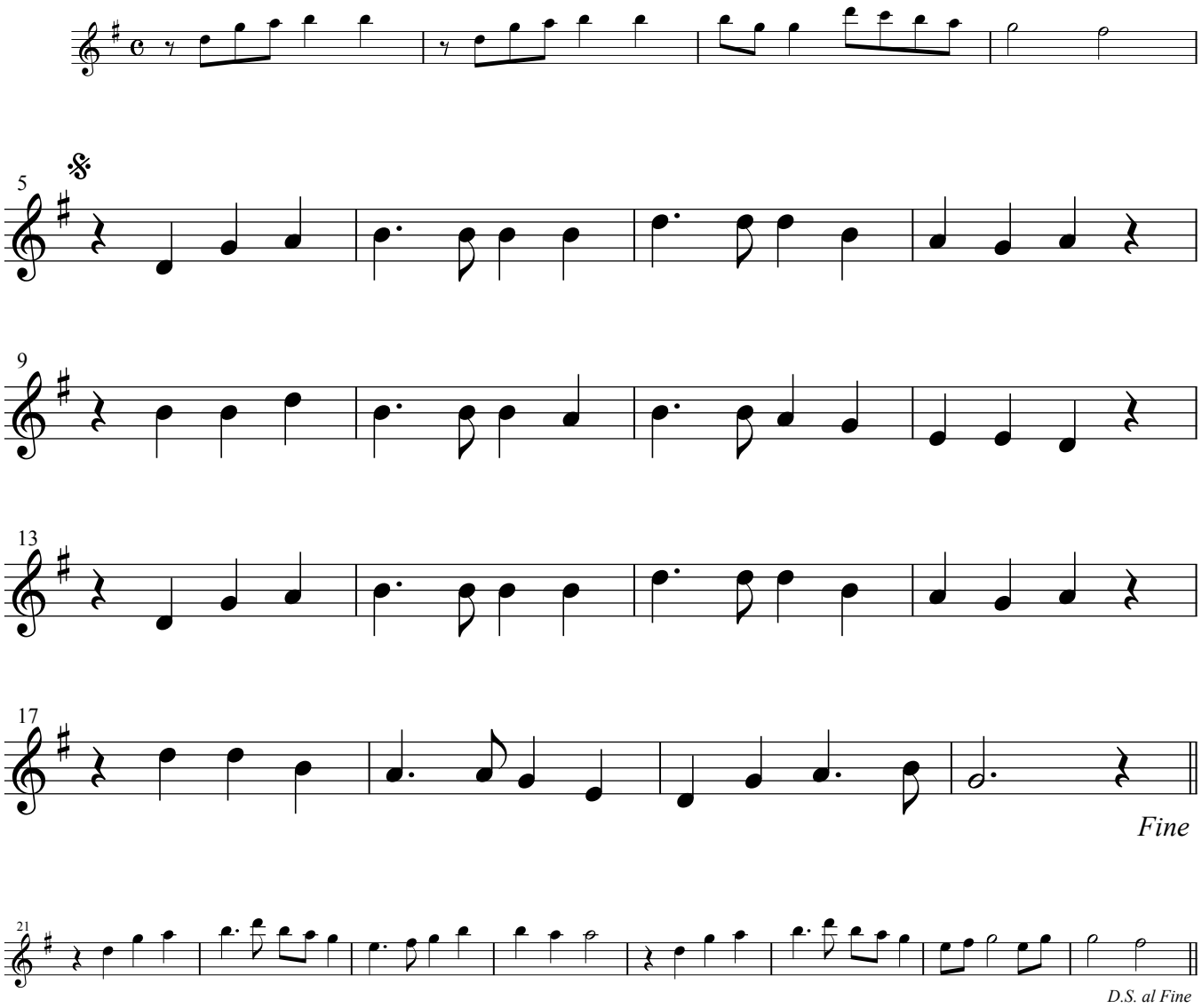茶つみ