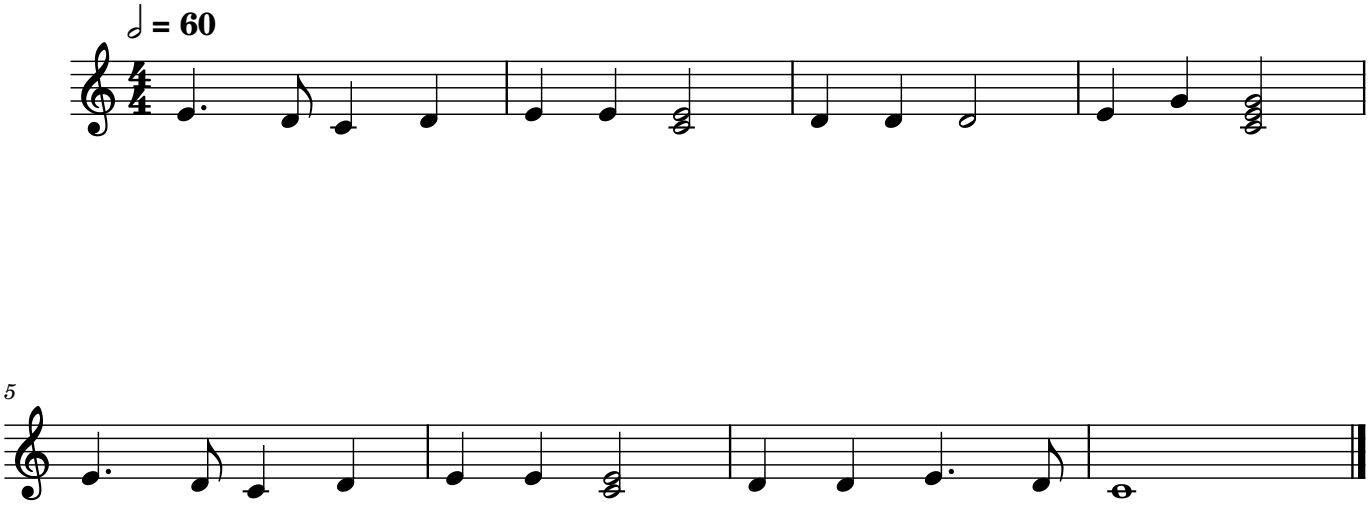メリーさんのひつじ