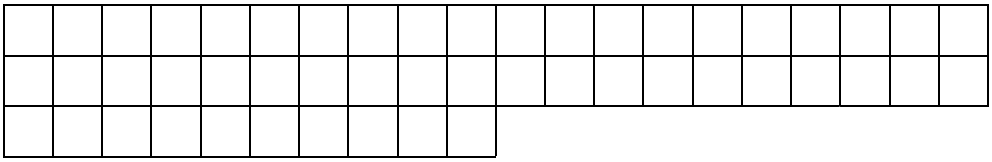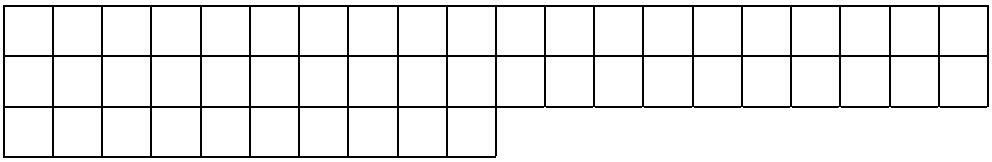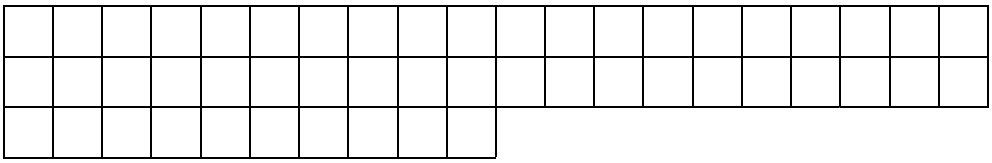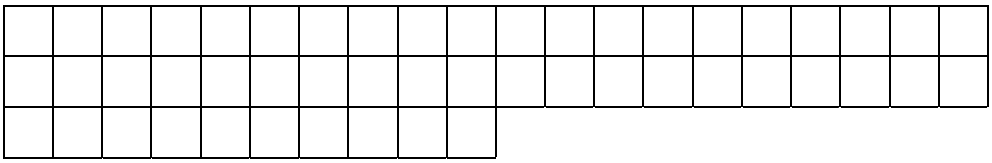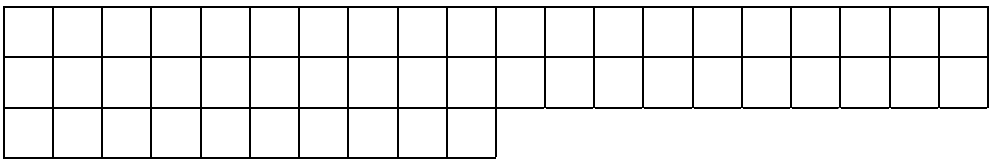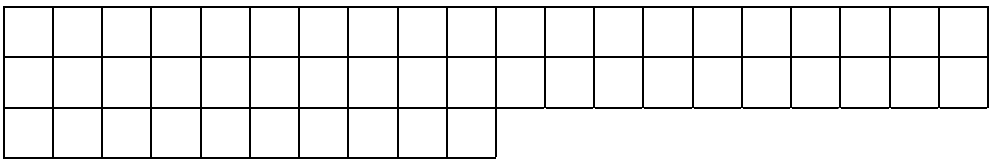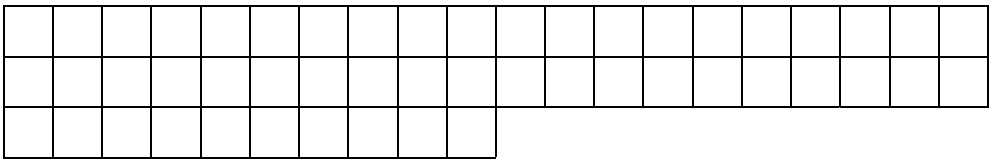【５０字対策】