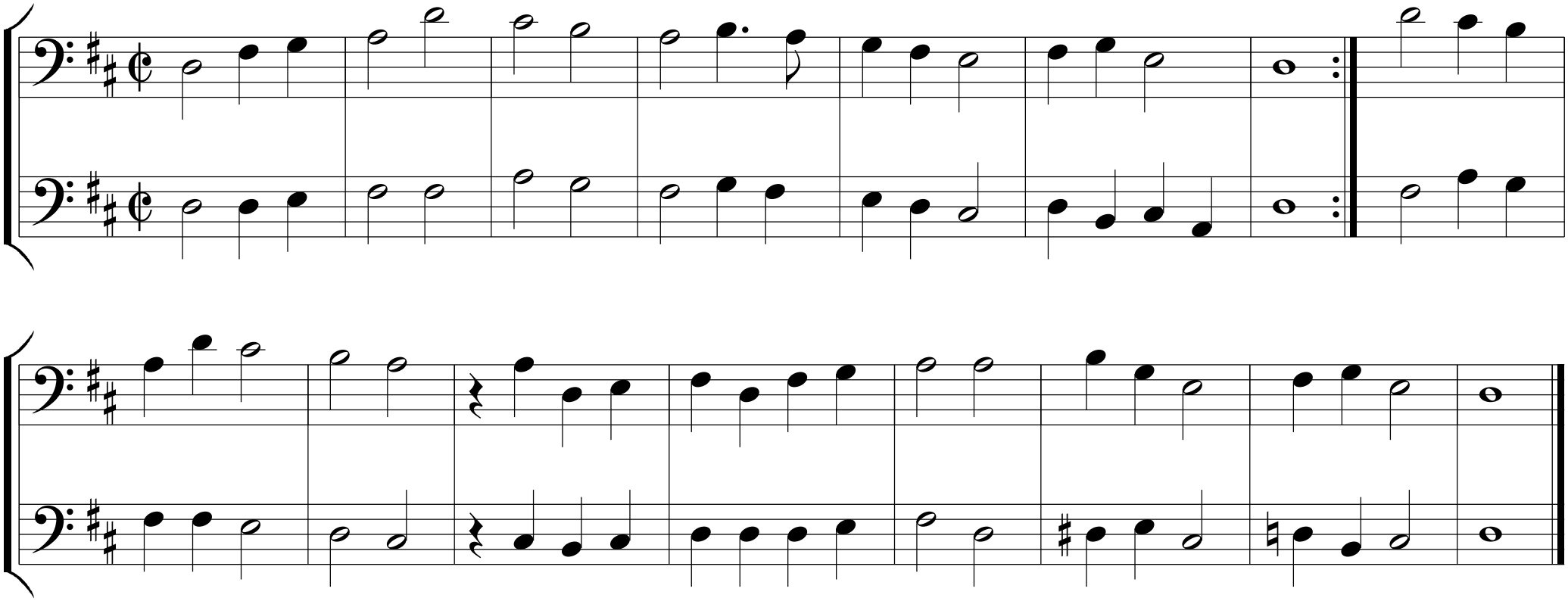Mit Freuden zart