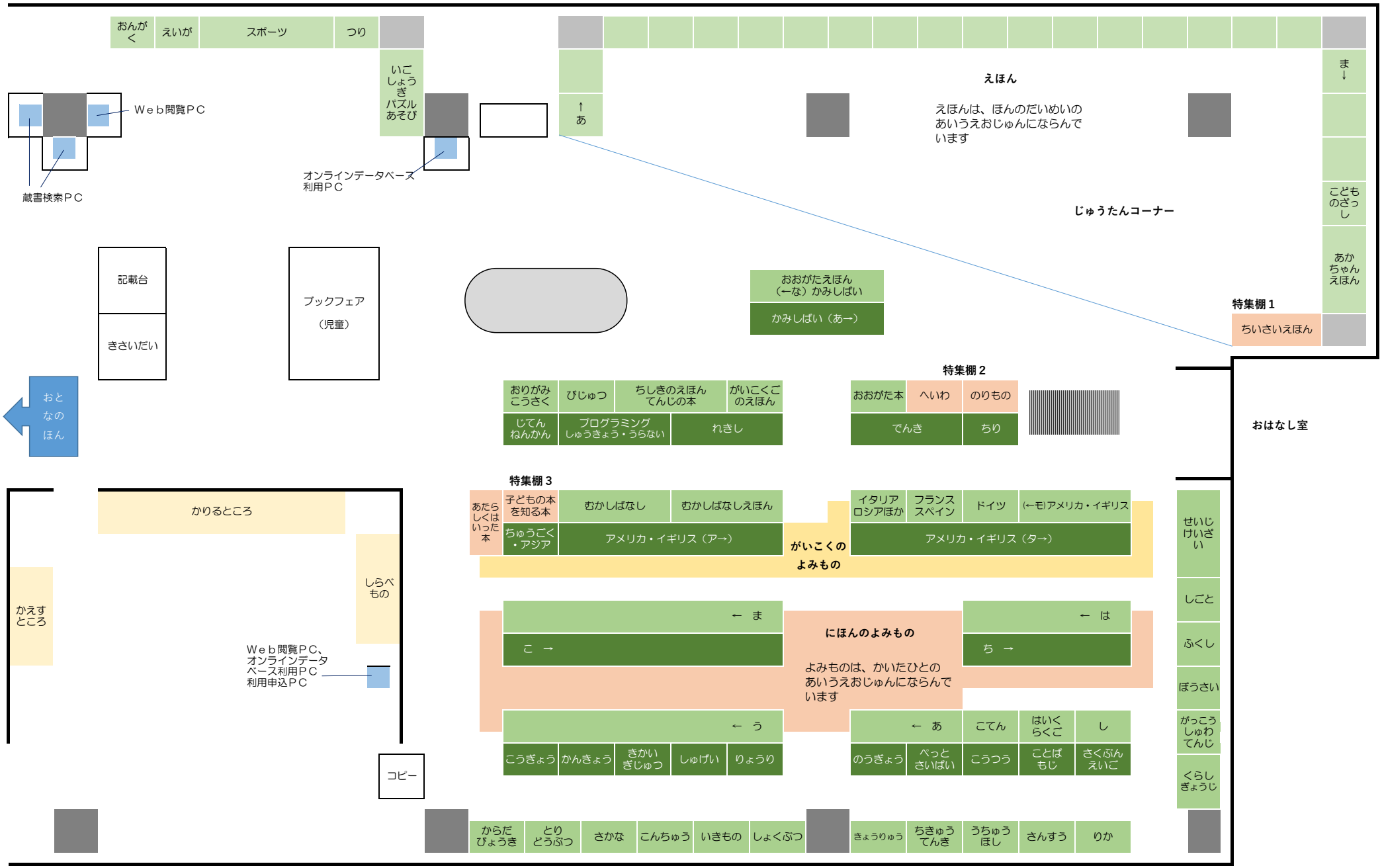なかとしょかん　こどものほんのあんないず