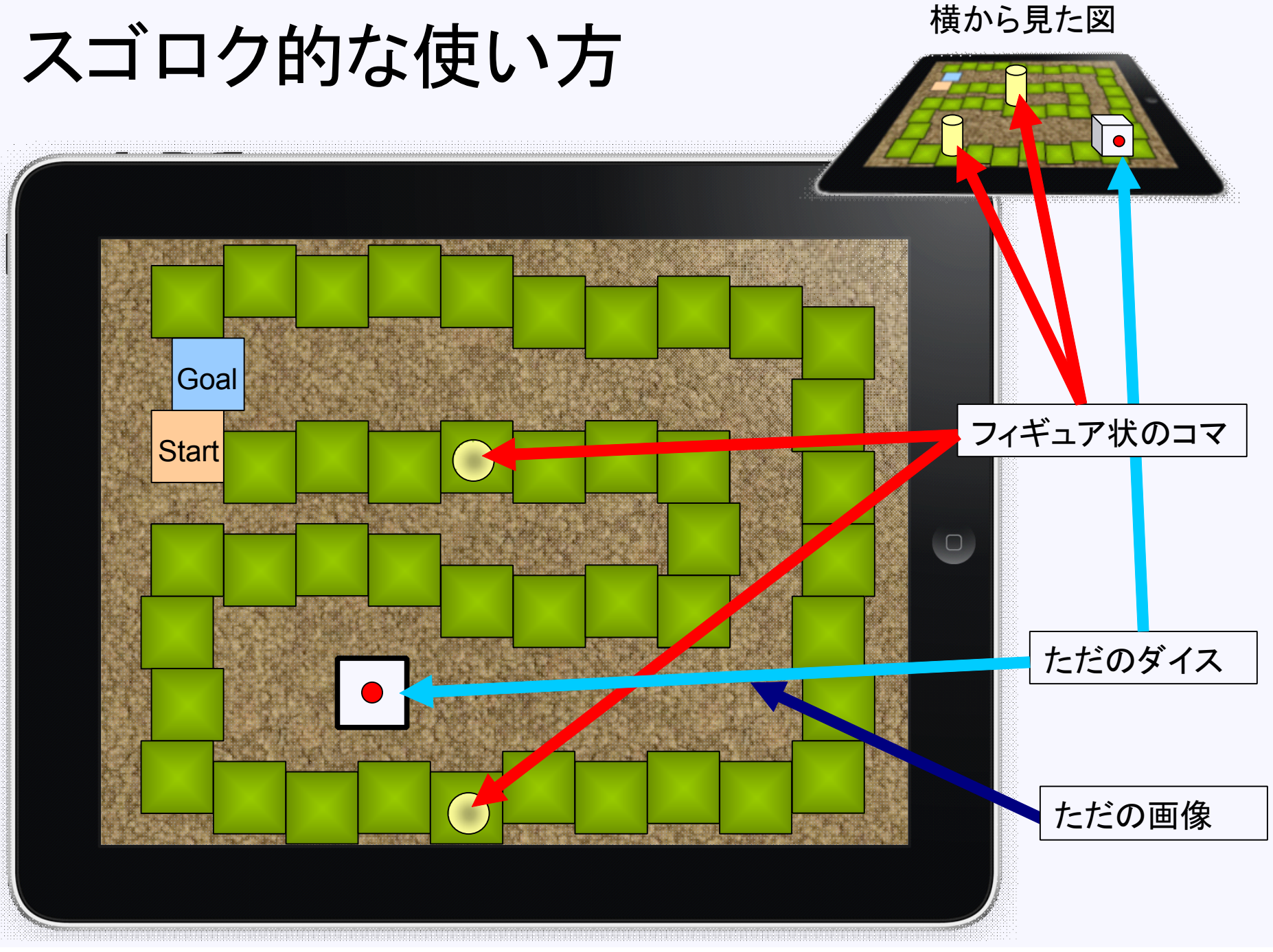スゴロク的な使い方