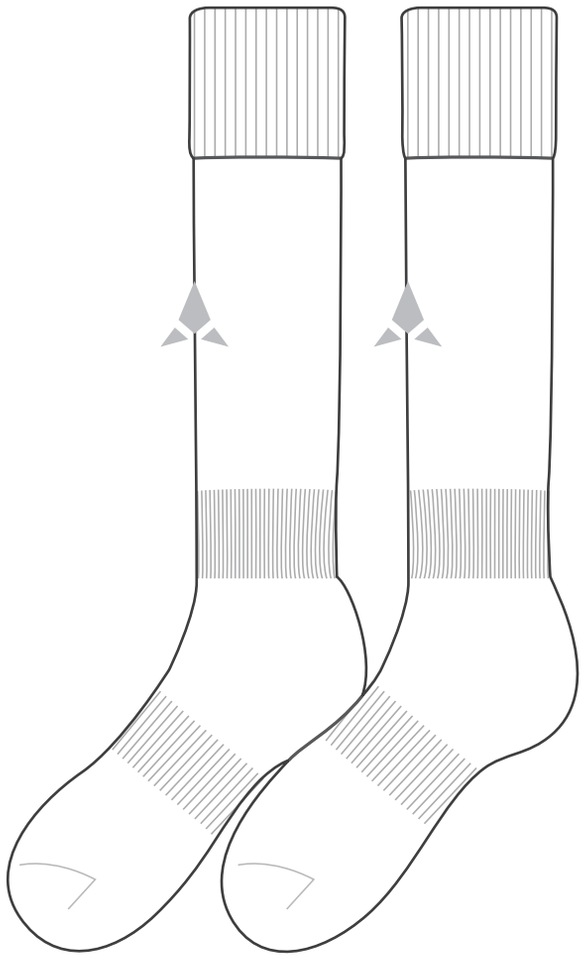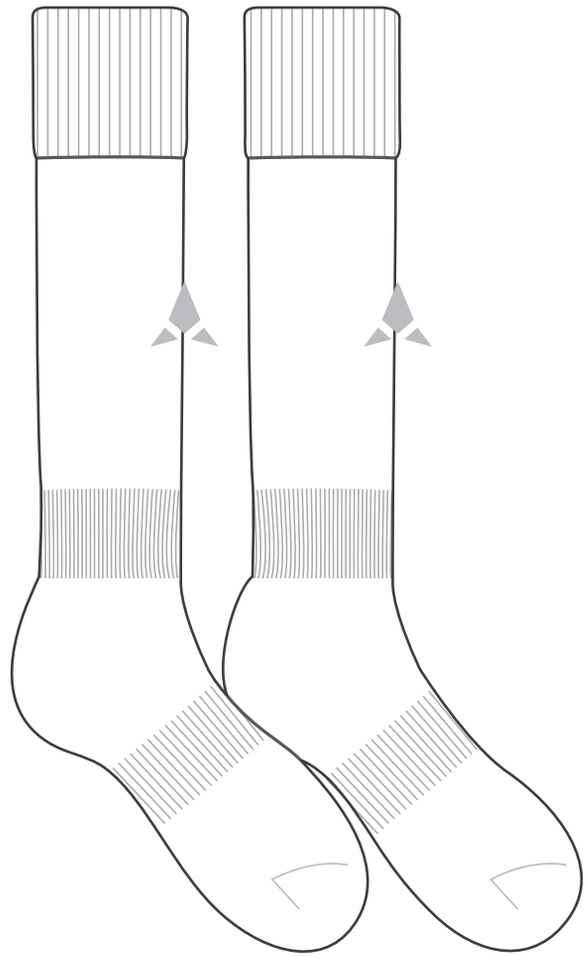ソックス