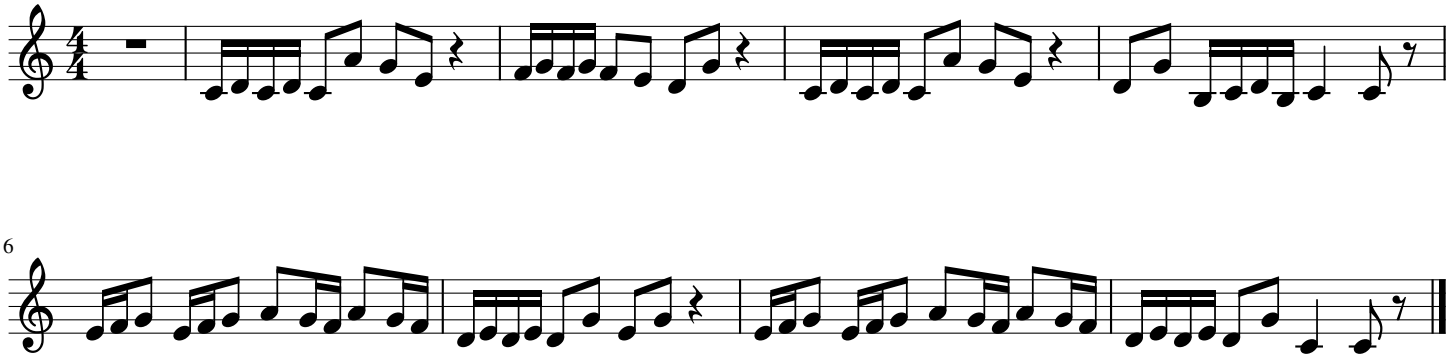Pracowite nutki