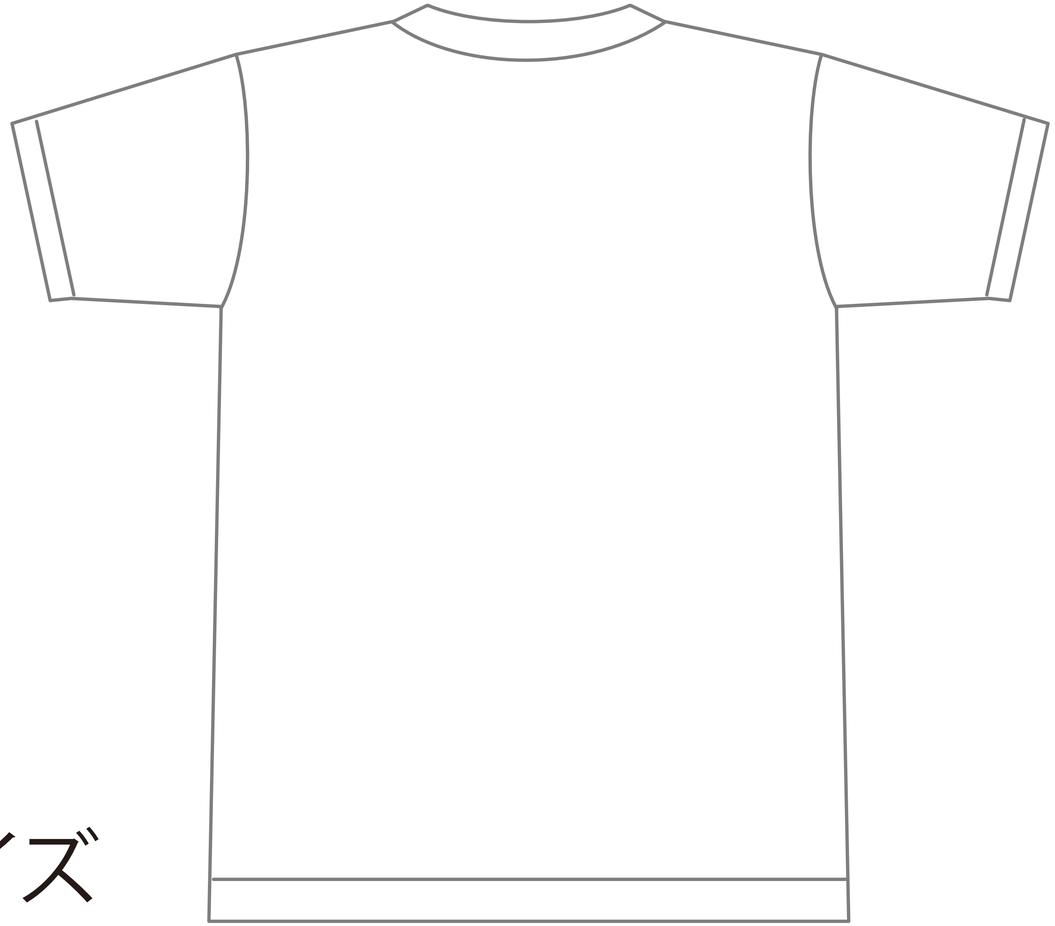Mサイズ