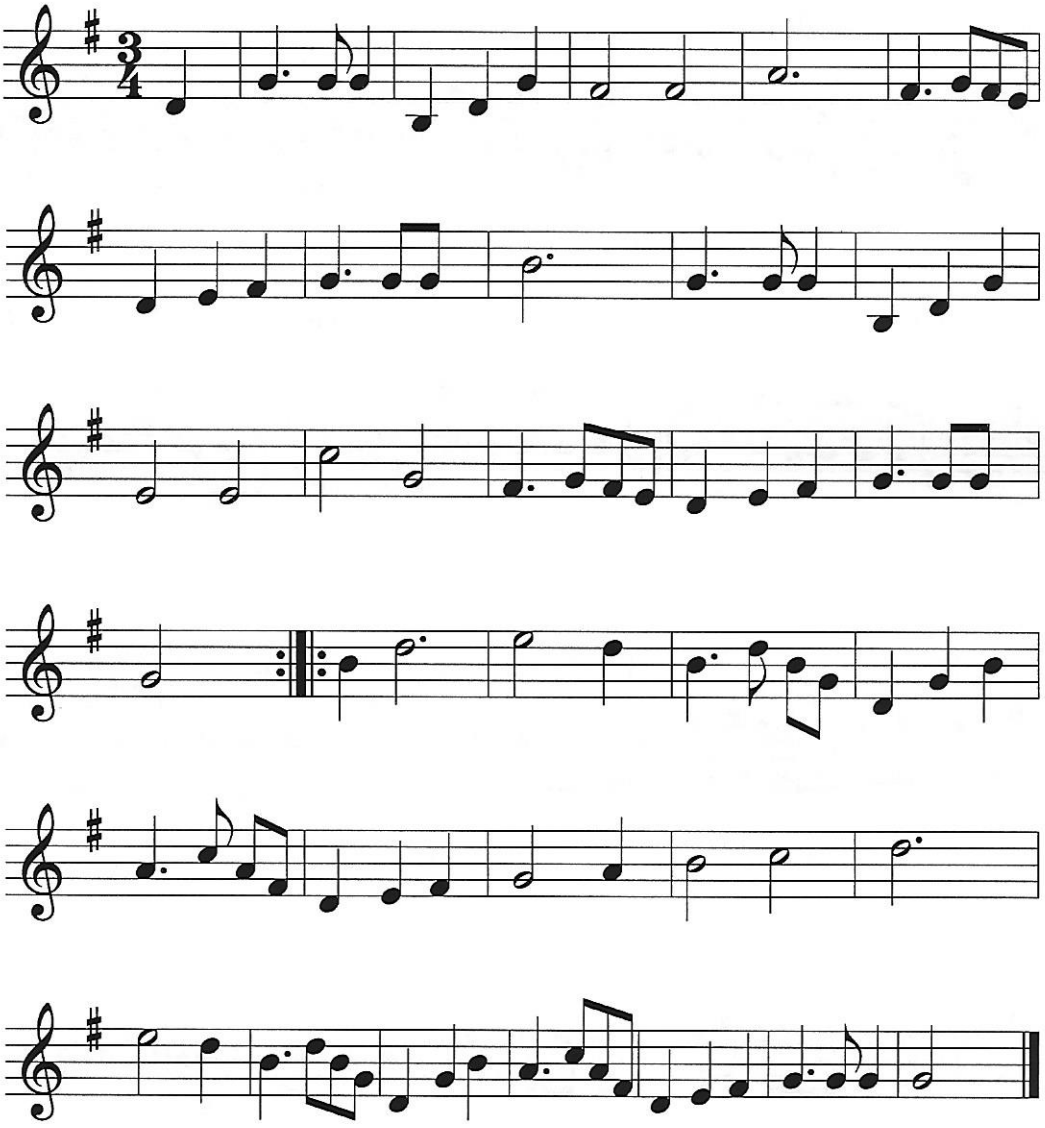Kväsarvalsen