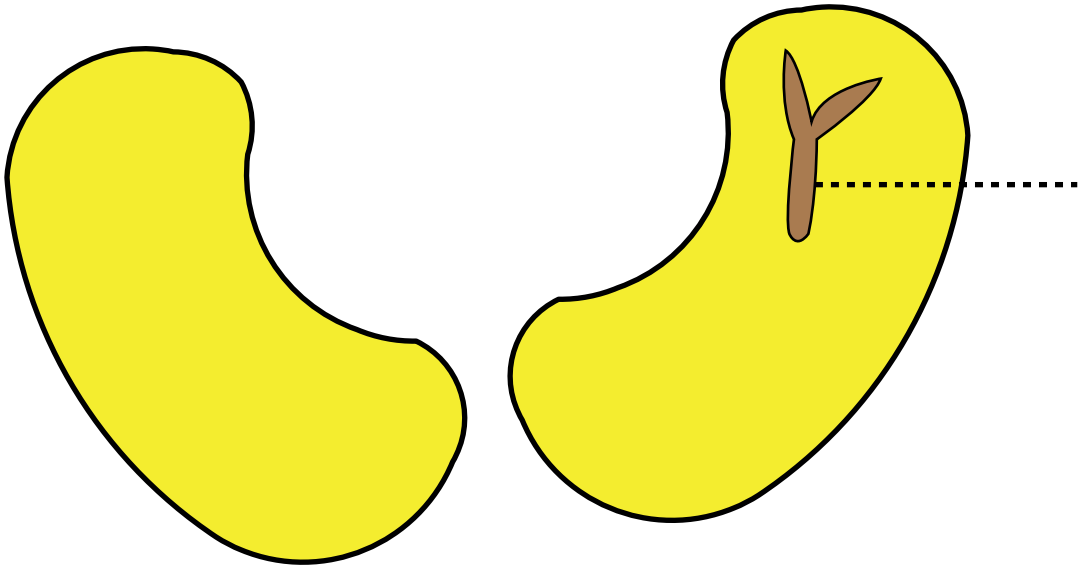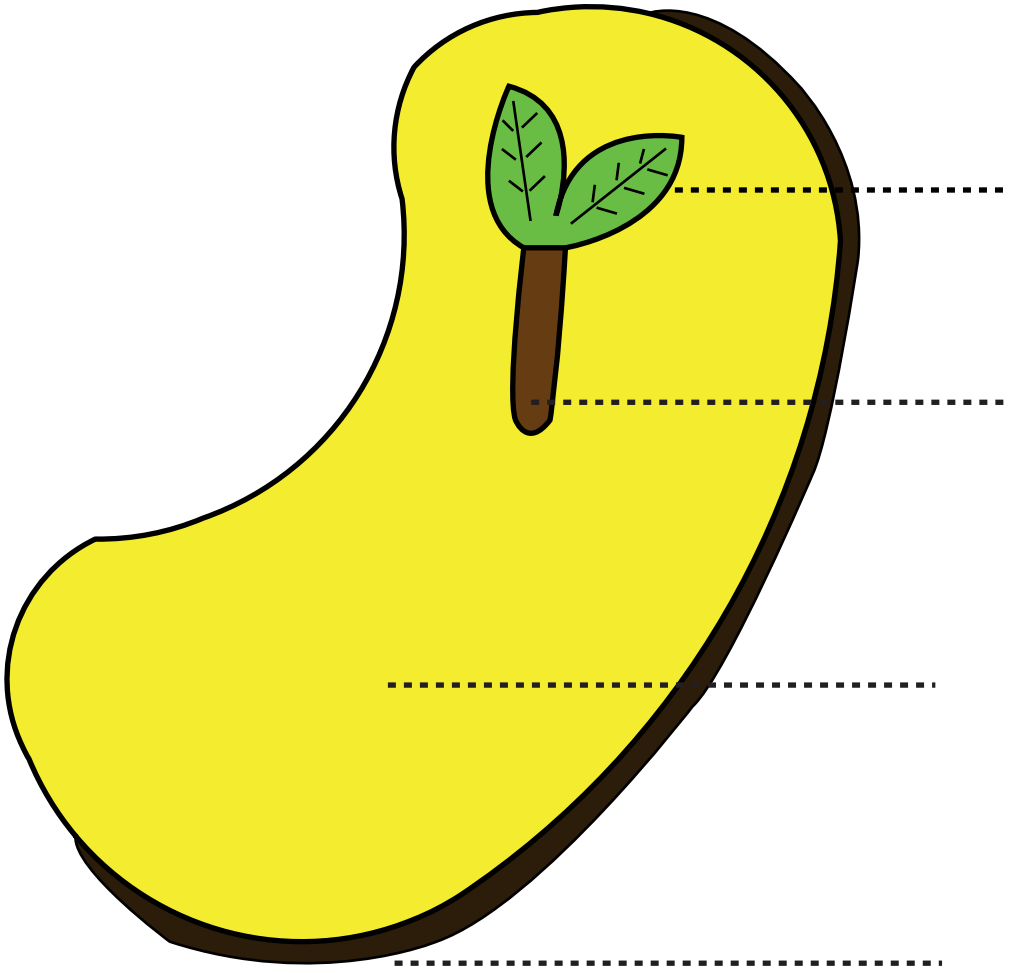La graine de haricot ouverte