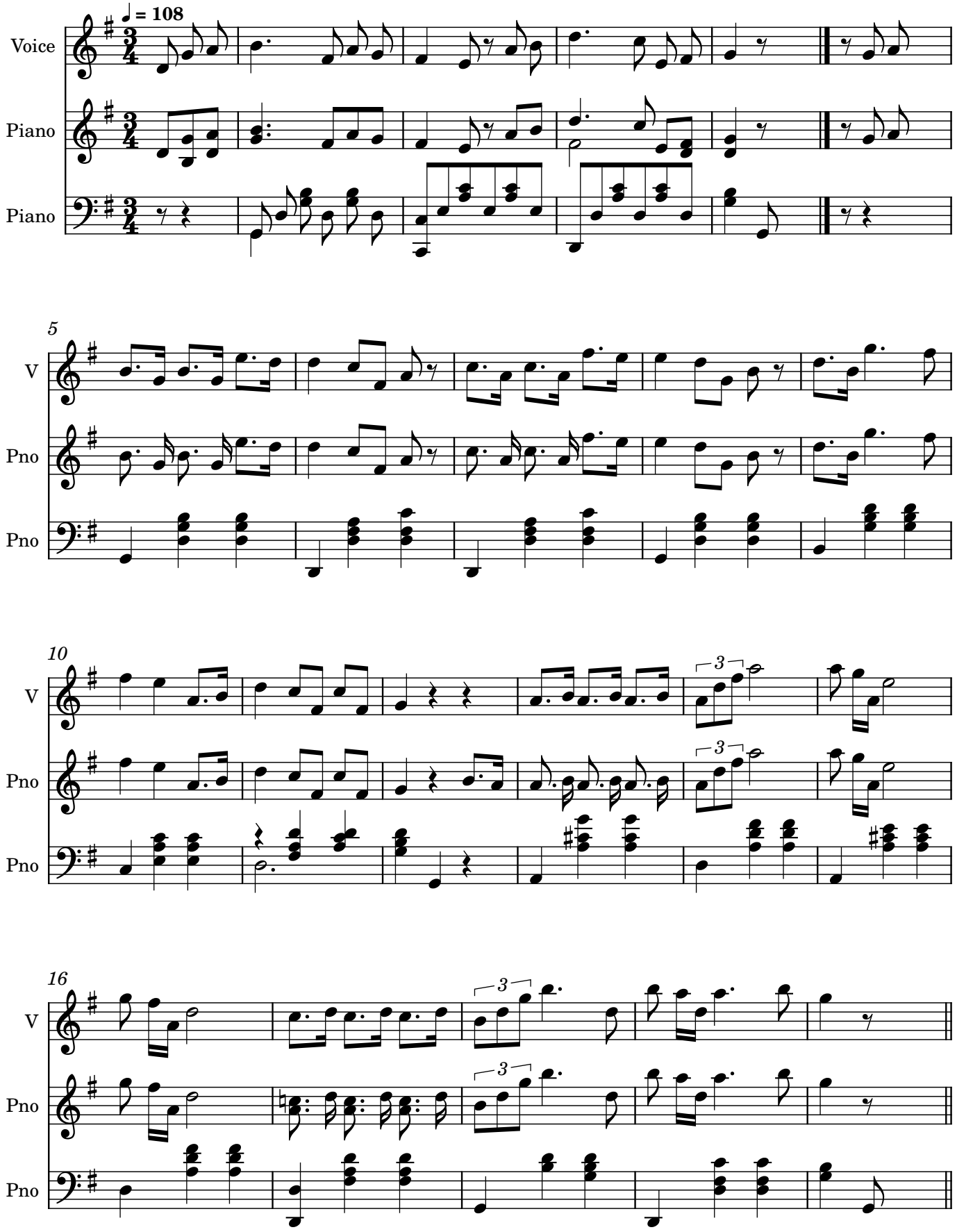GemÃ¤ssigt und innig