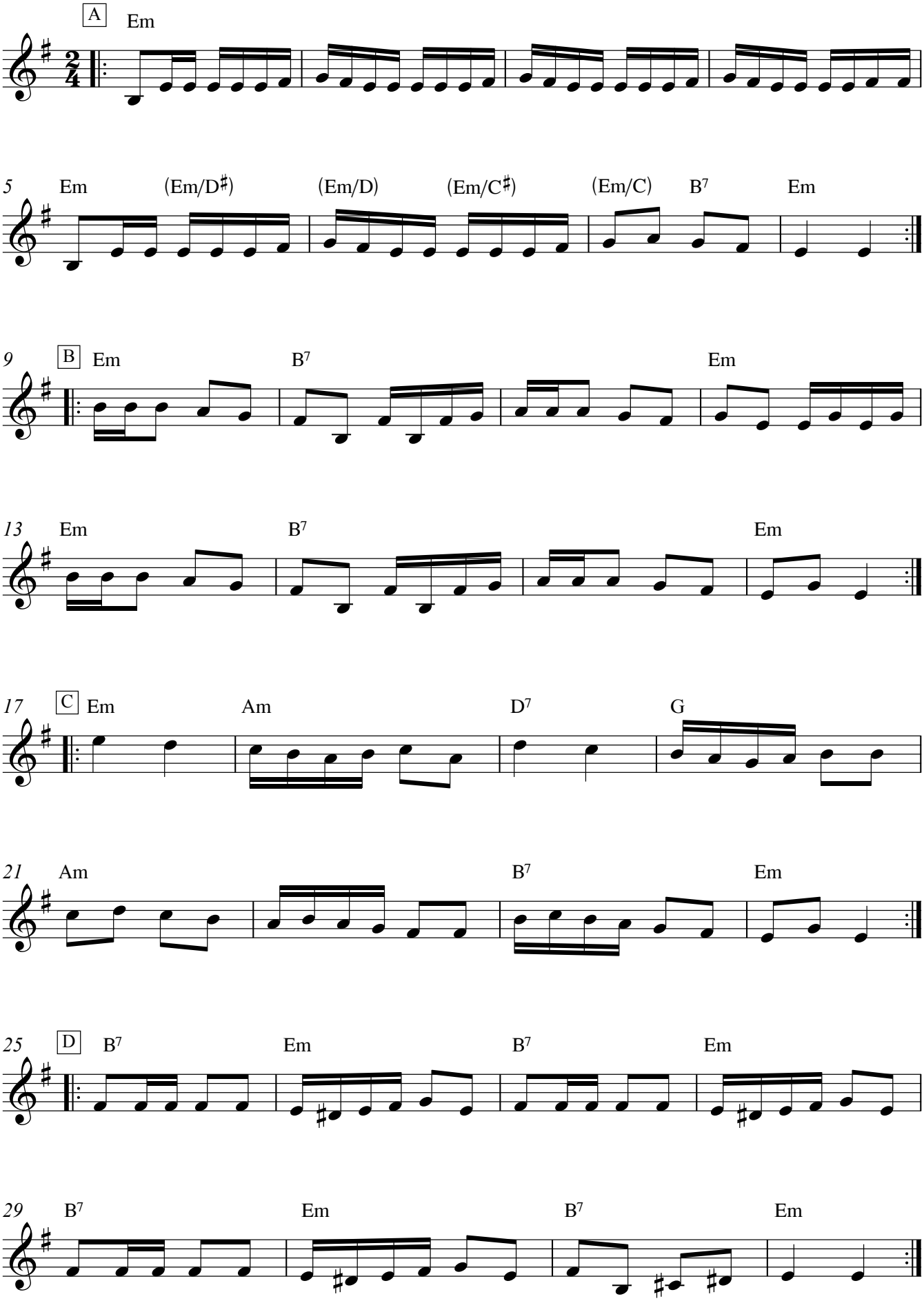Ellin polkka