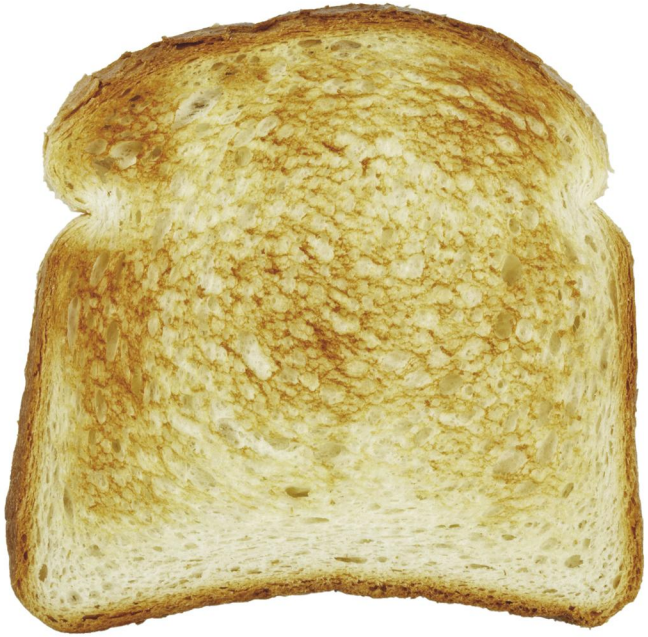toast