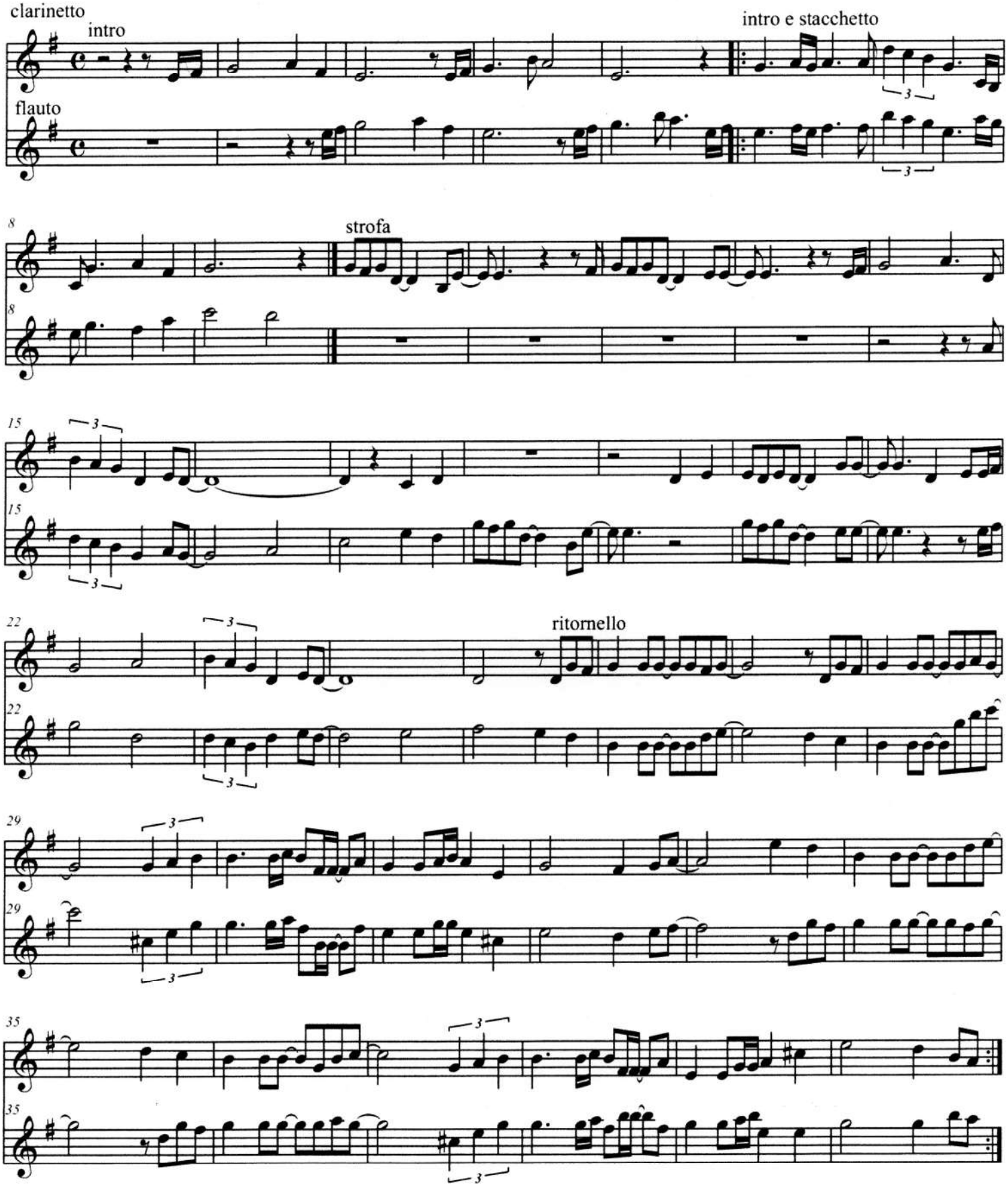347. Pane di vita