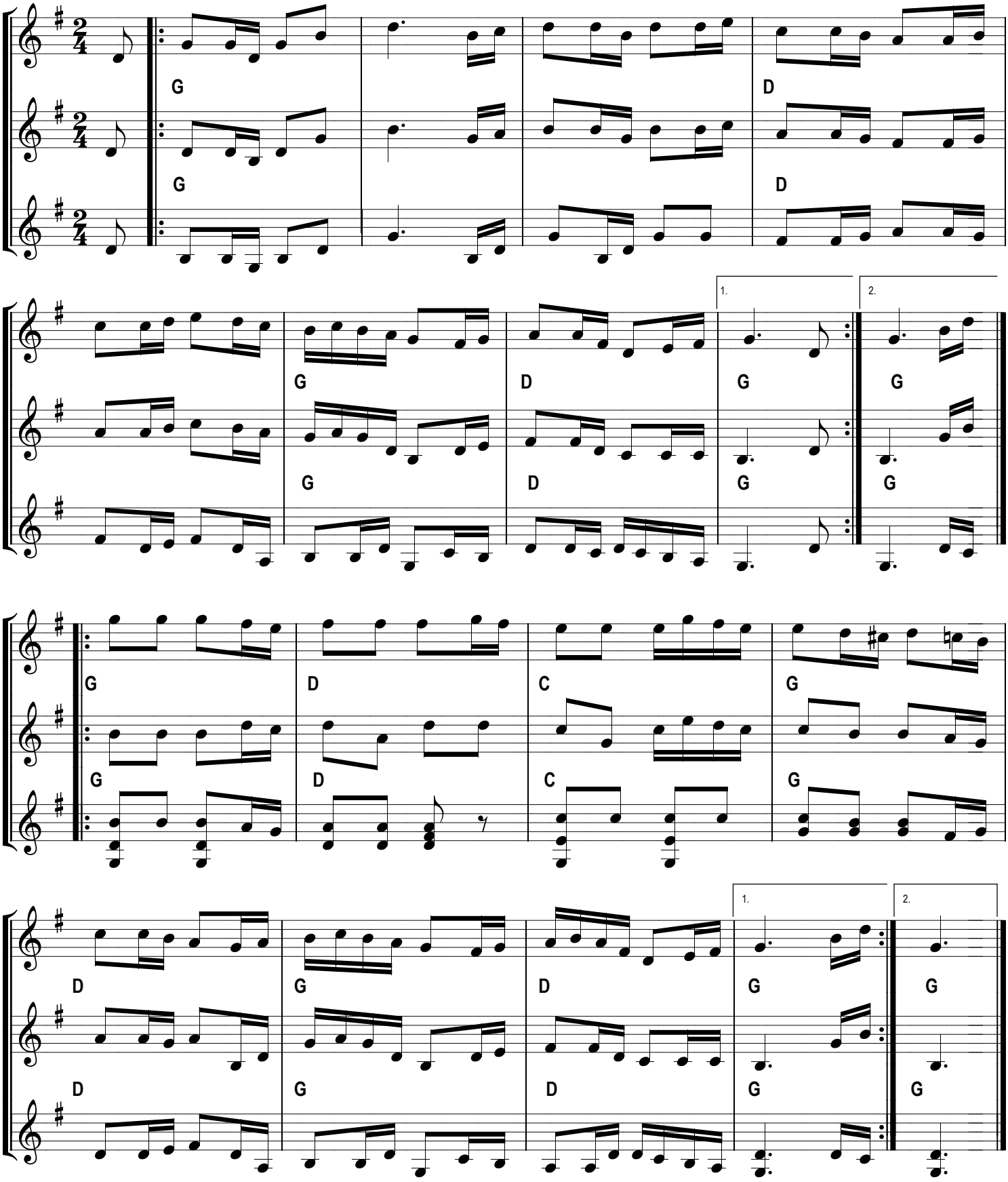Appelbo gånglåt