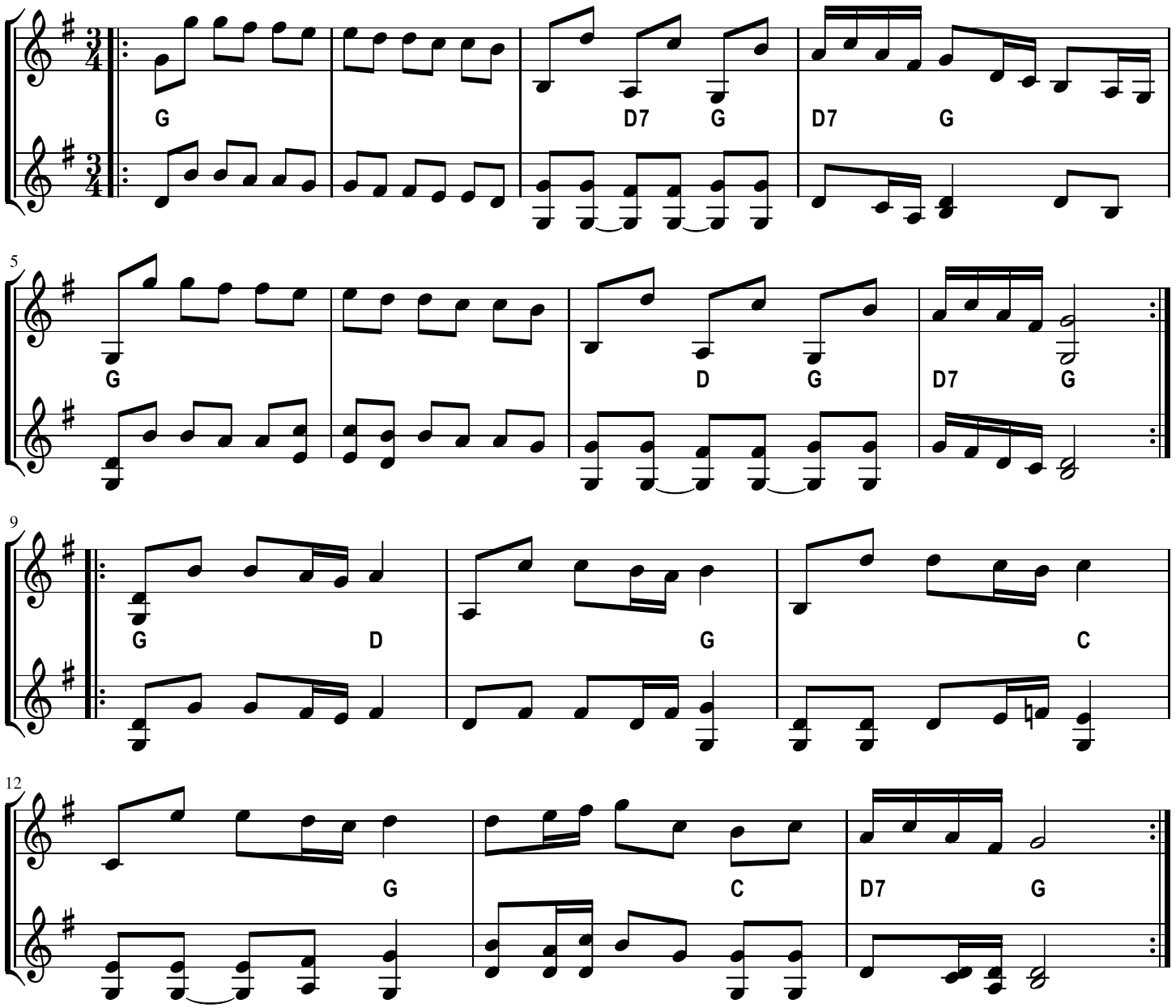Polonäs ur Fredrik Lindgrens notbok