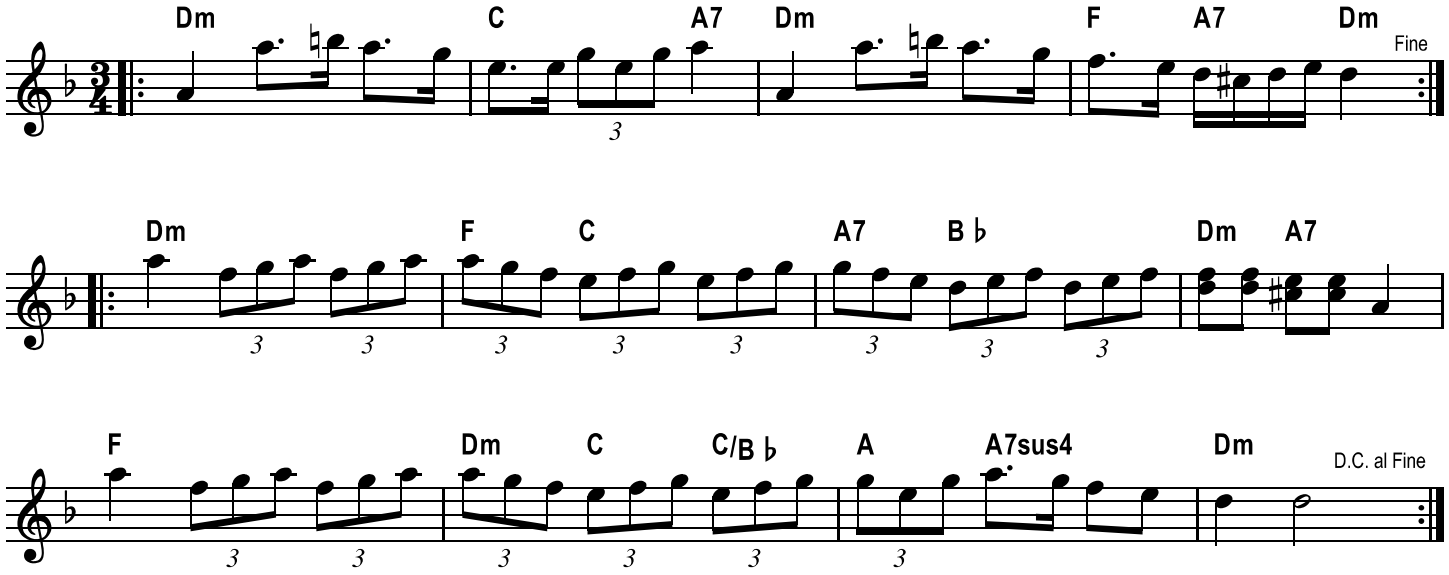Polska efter Alfred Nilsson