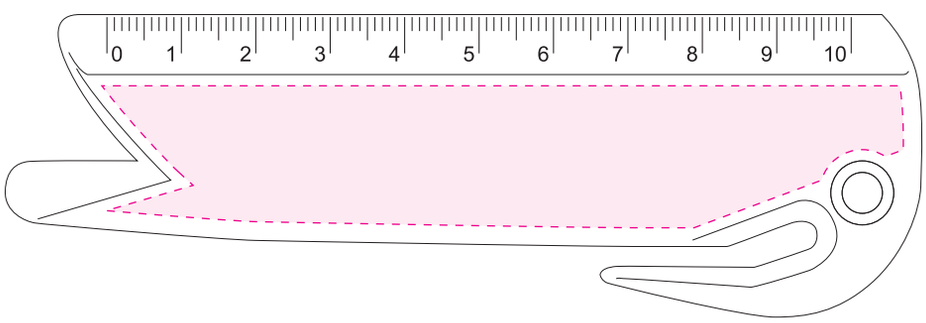オープナー付スケール