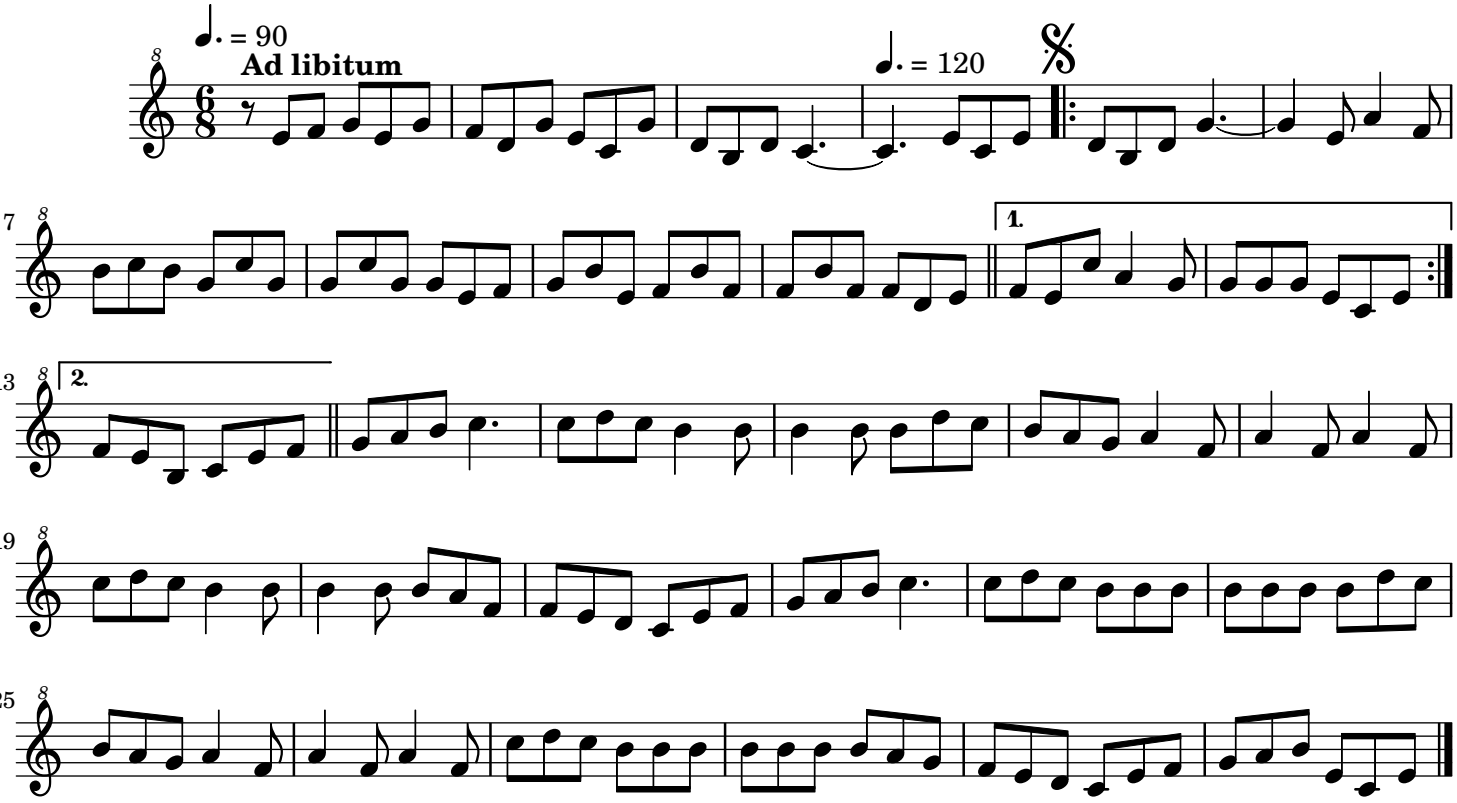Palmo e meio de buxo