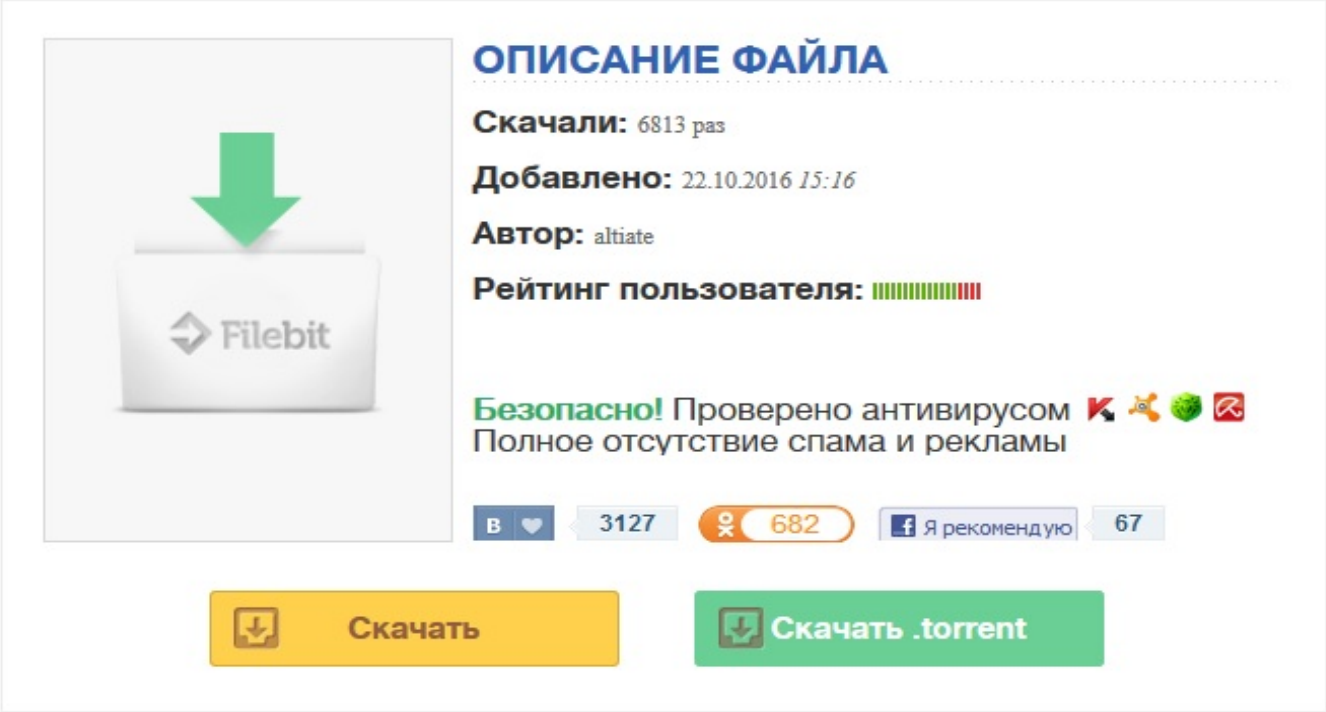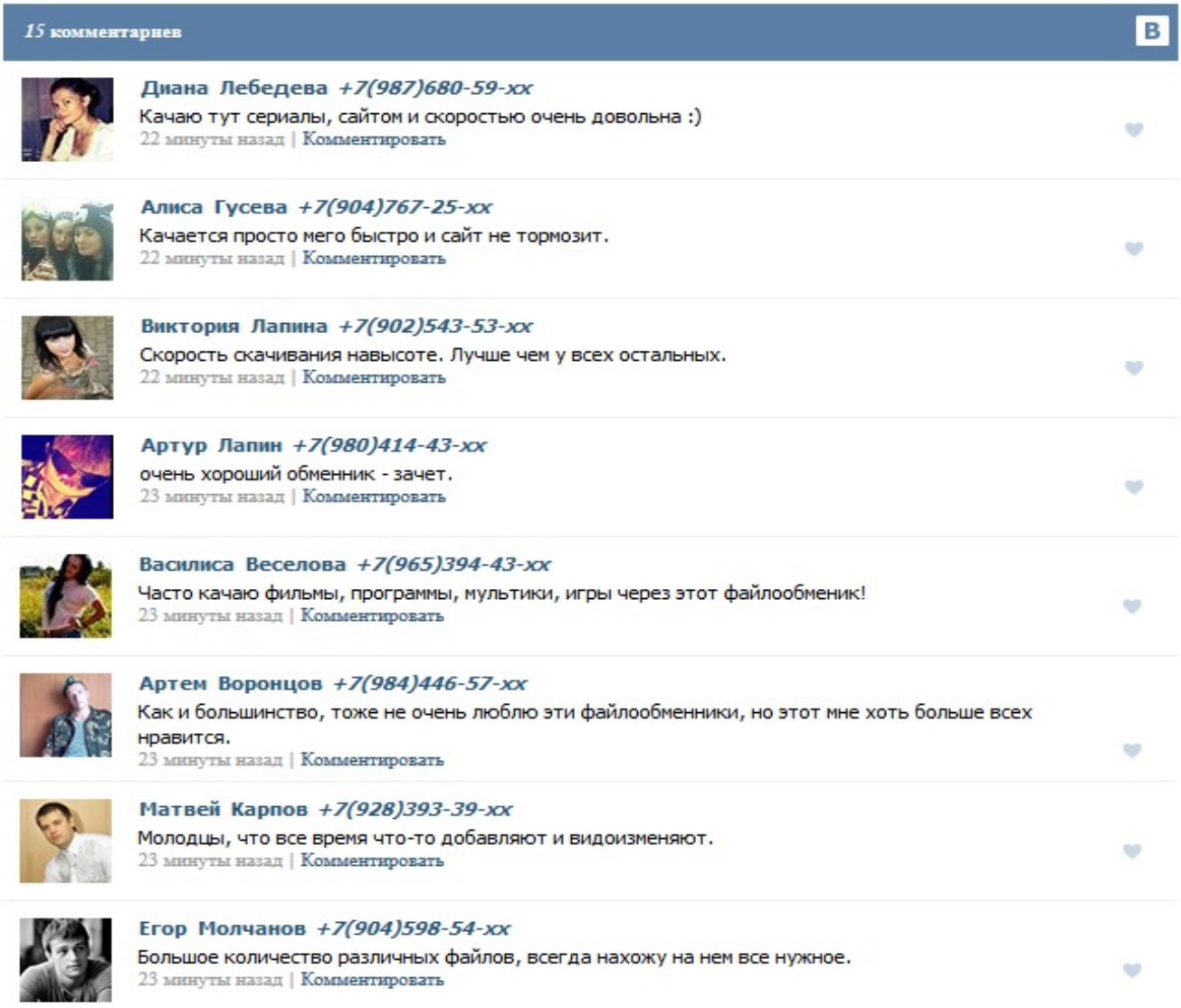бланкйс-лист скачать бесплатно