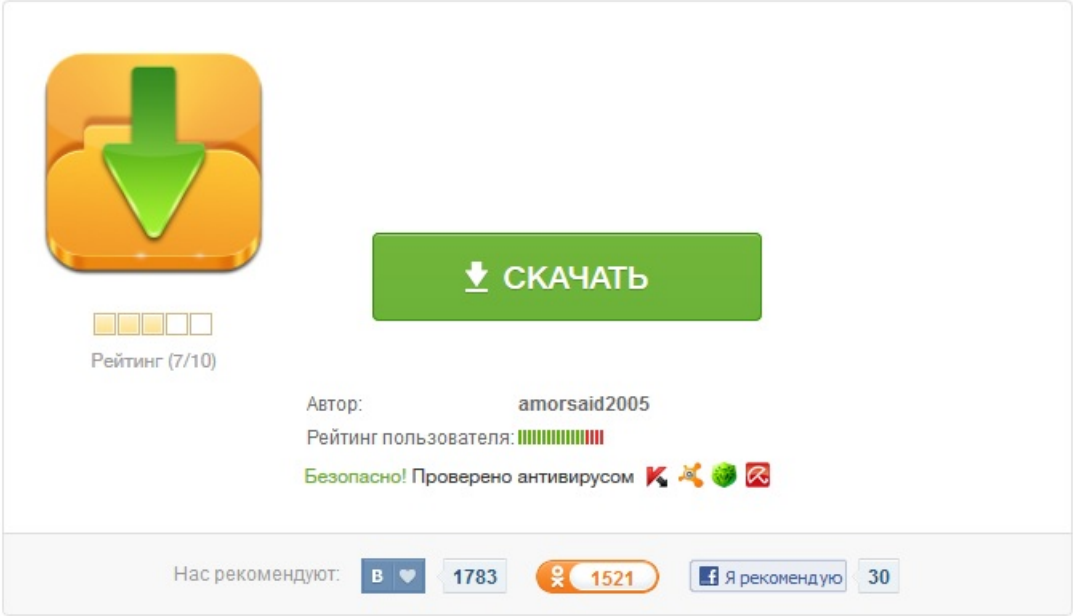посылка бланки почта россии