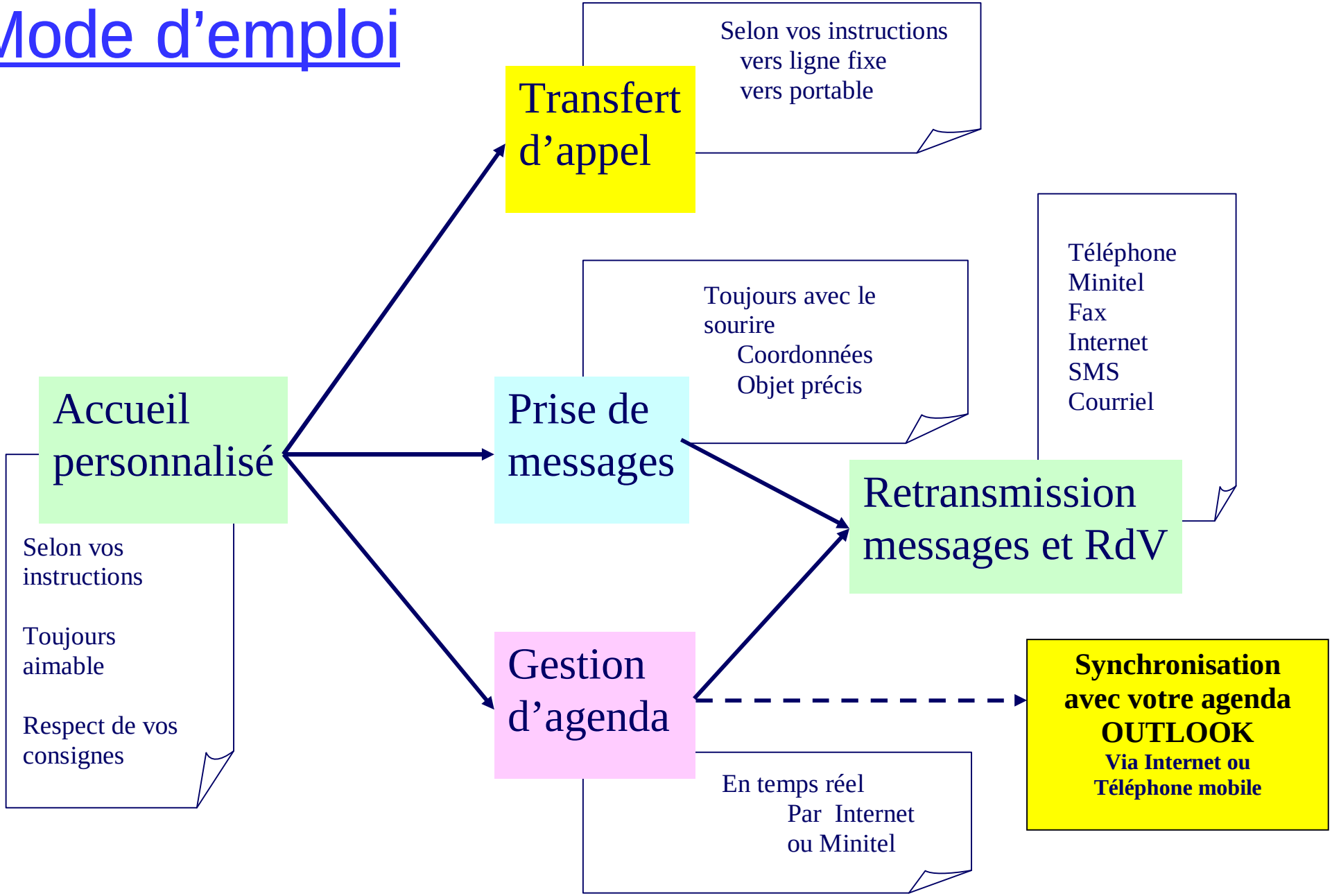Mode d'emploi