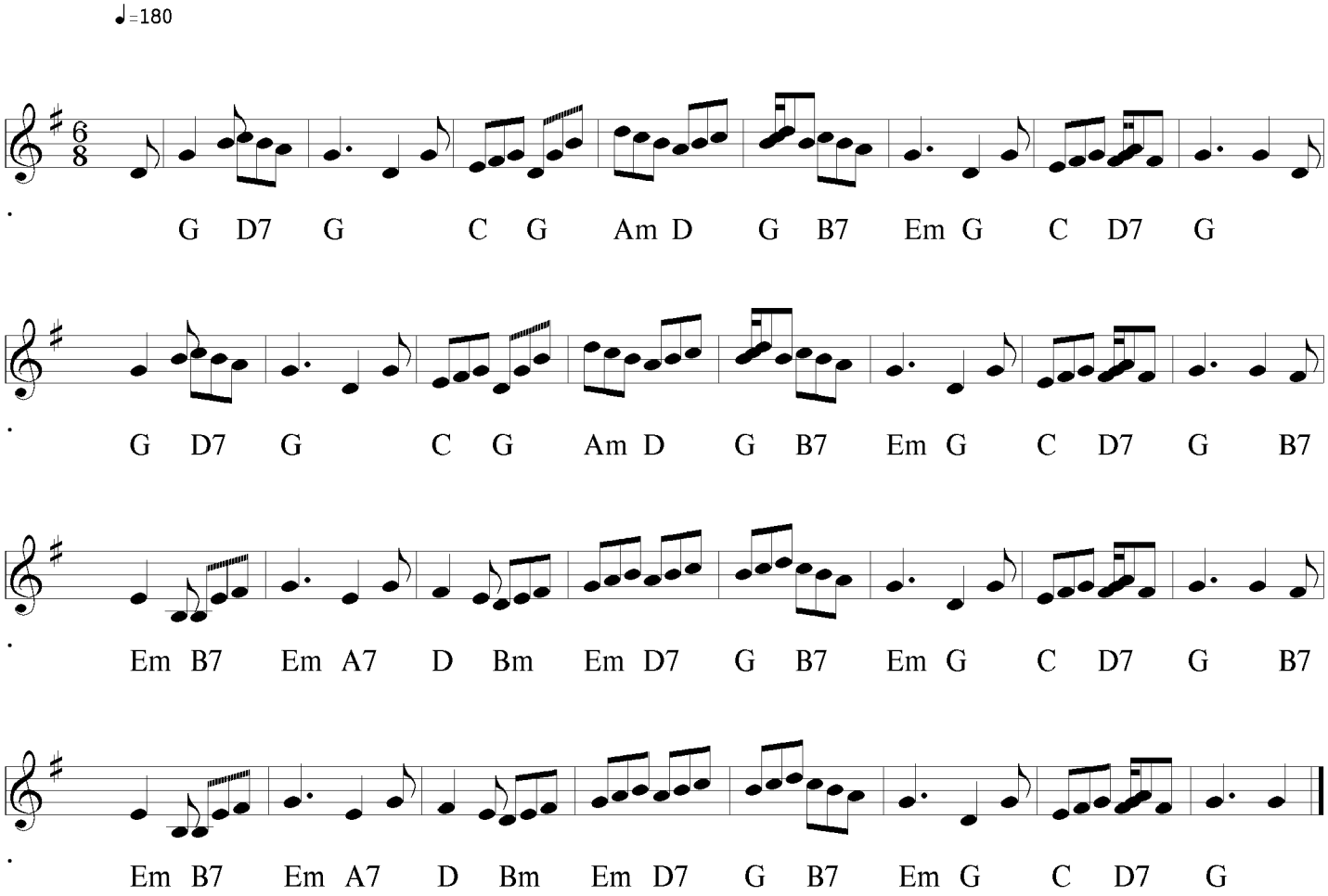The Lady Helen's Jig