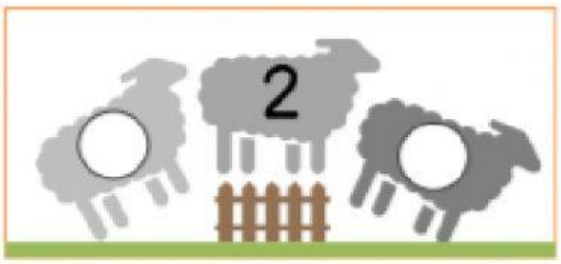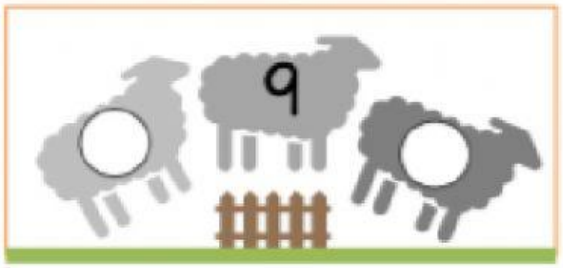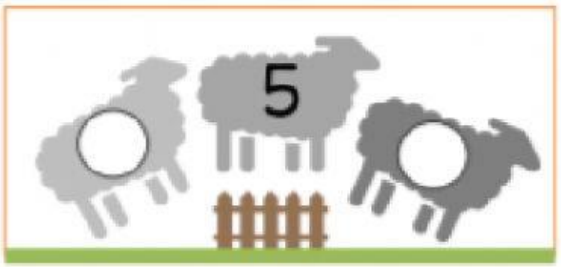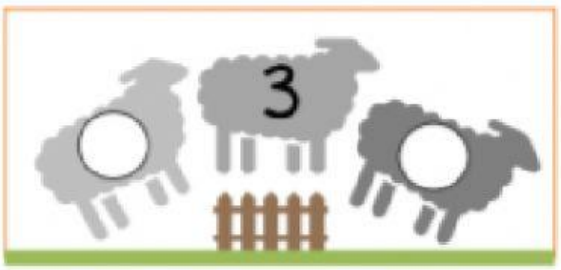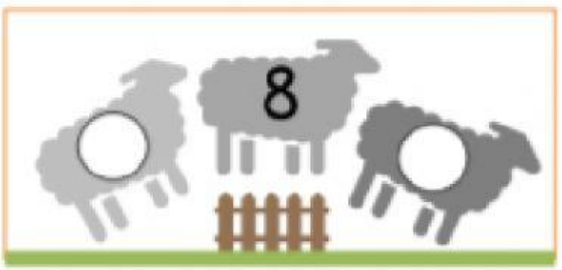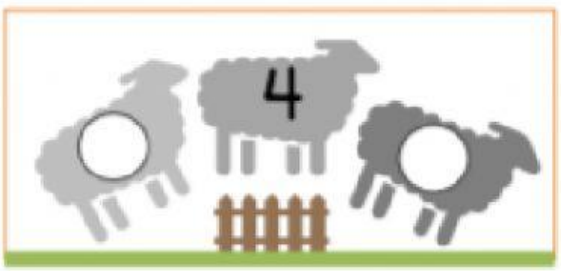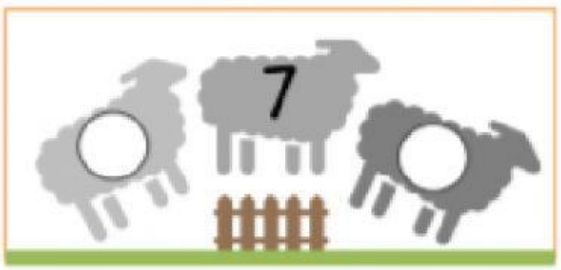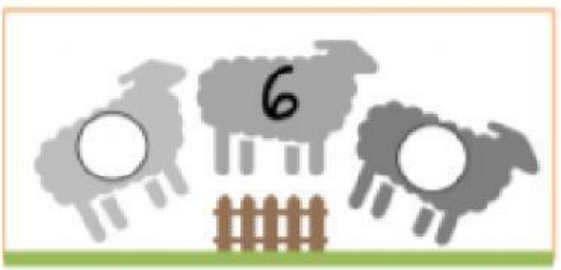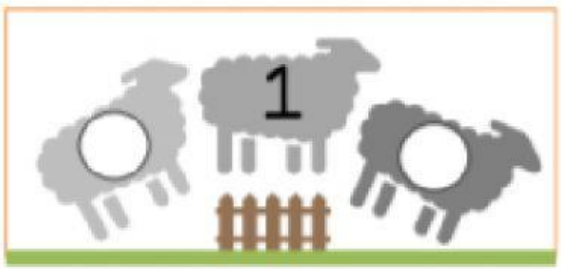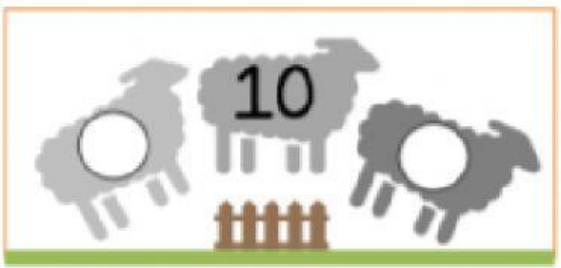اكتبوا العدد السابق و العدد التالي