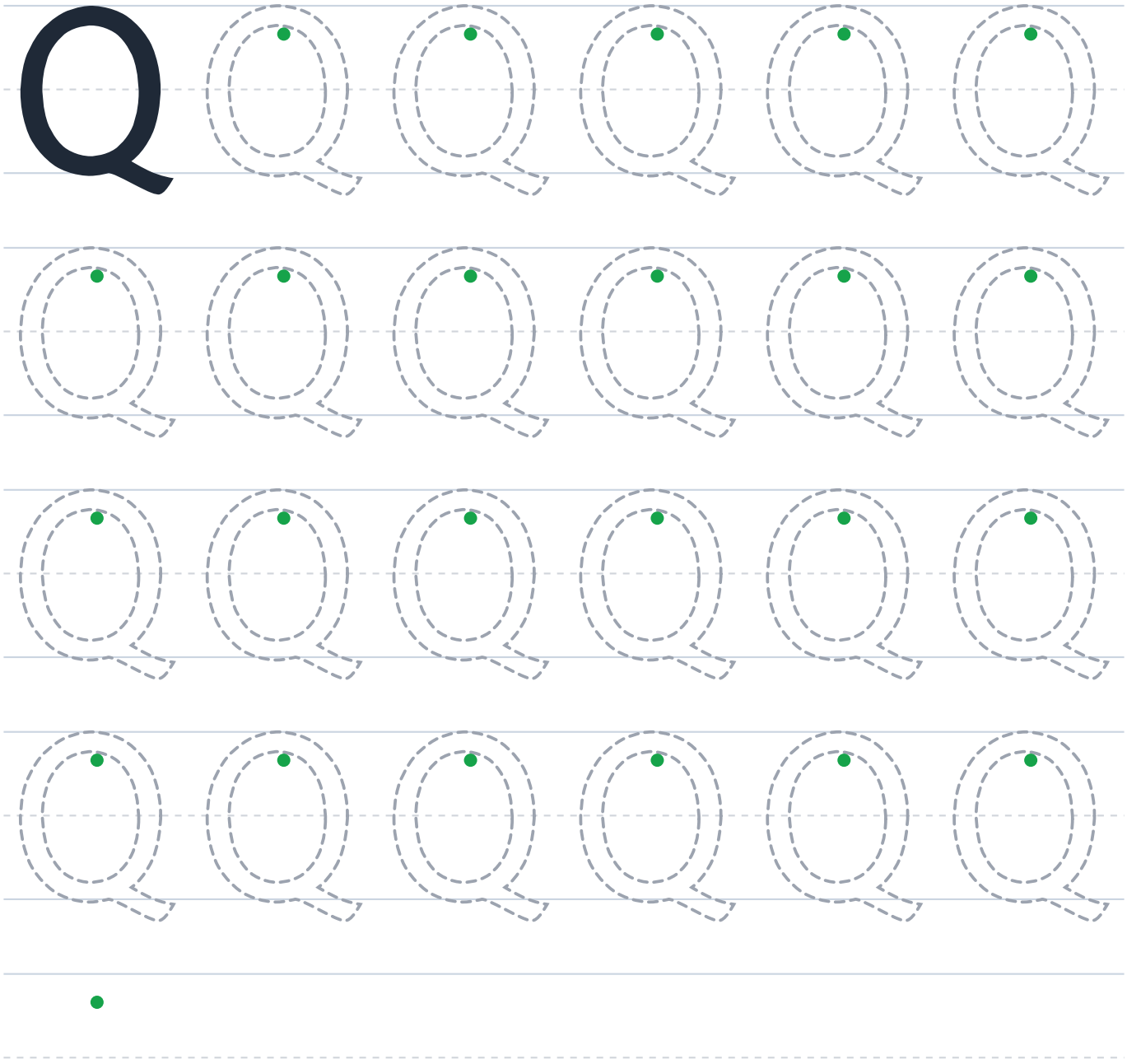Skriveark for bokstaven Q