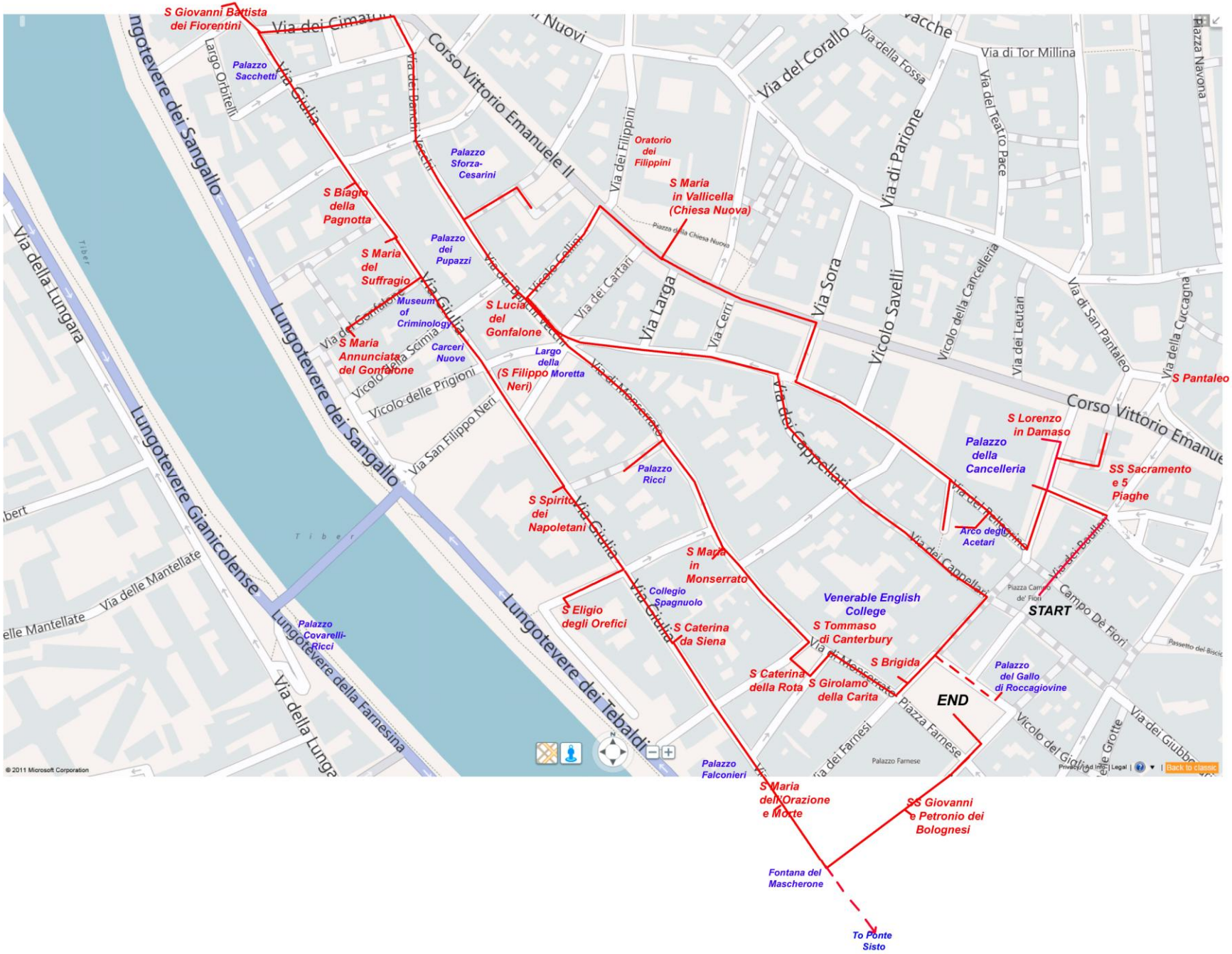Pilgrims' Progress