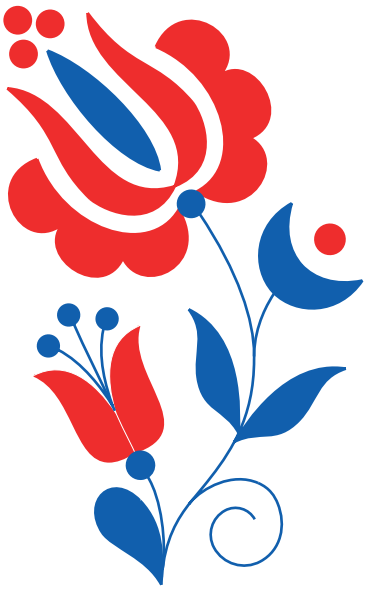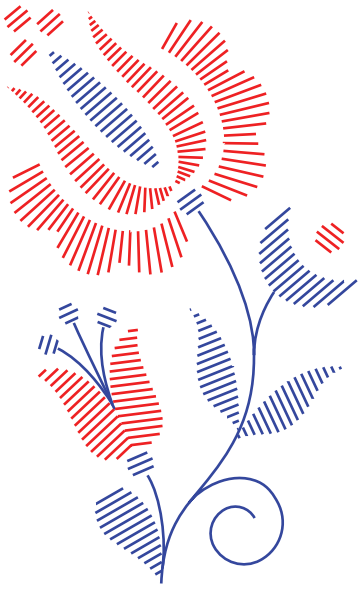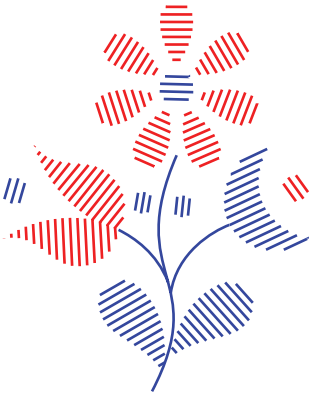Tűtartó színezés, öltéstechnika