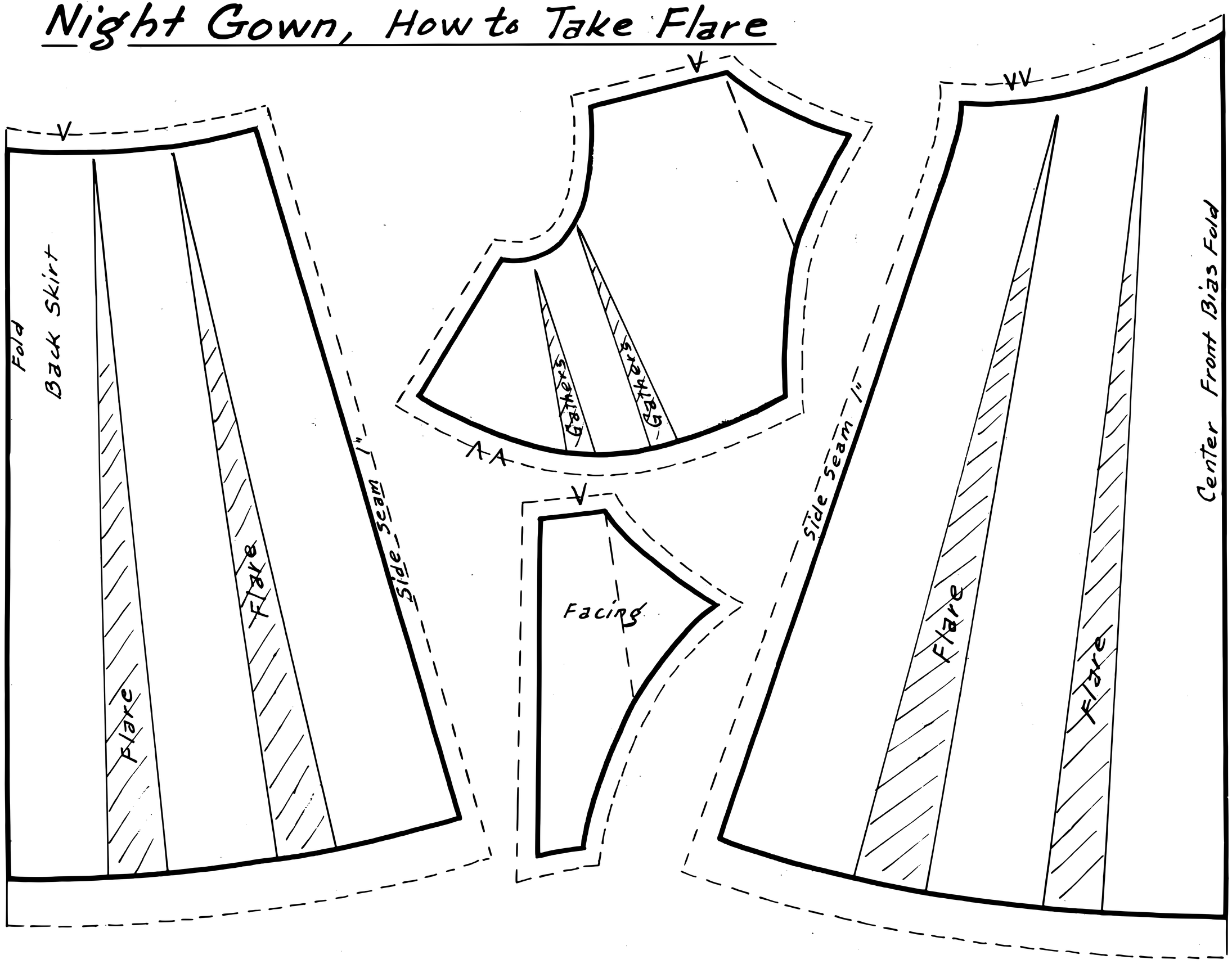Night Gown, How to Take Flare