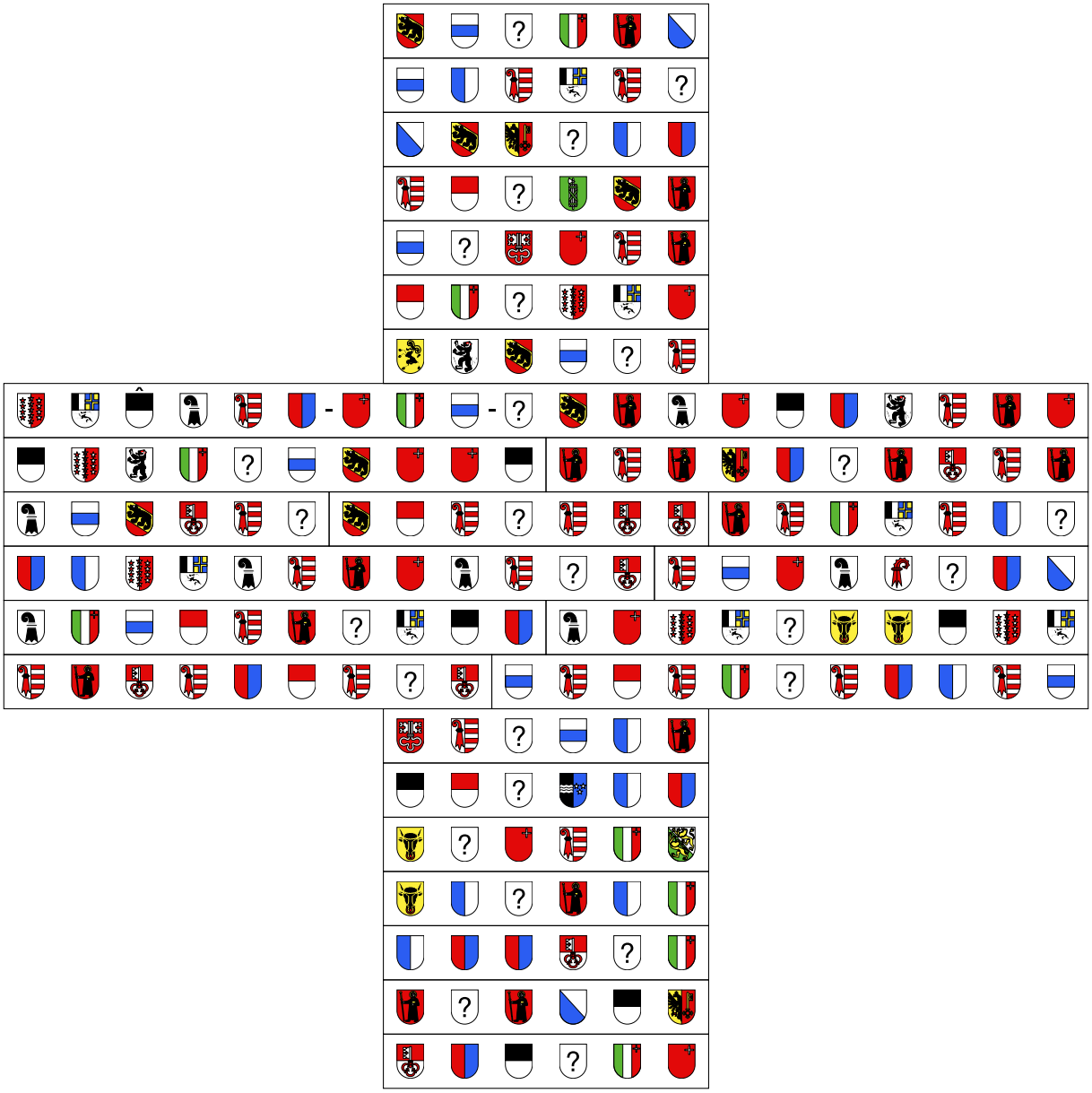Cruciform Heraldry