```cpp
/* The following code example is taken from the book
 * "The C++ Standard Library - A Tutorial and Reference, 2nd Edition"
 * by Nicolai M. Josuttis, Addison-Wesley, 2012
 *
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 */
#include "algostuff.hpp"
using namespace std;

int main()
{
    list<int> coll;

    INSERT_ELEMENTS(coll,1,9);
    INSERT_ELEMENTS(coll,1,9);

    PRINT_ELEMENTS(coll,"coll: ");

    // find first element with value 4
    list<int>::iterator pos1;
    pos1 = find (coll.begin(), coll.end(),    // range
                 4);                          // value

    // find second element with value 4
    // - note: continue the search behind the first 4 (if any)
    list<int>::iterator pos2;
    if (pos1 != coll.end()) {
        pos2 = find (++pos1, coll.end(),      // range
                     4);                      // value
    }

    // print all elements from first to second 4 (both included)
    // - note: now we need the position of the first 4 again (if any)
    if (pos1!=coll.end() && pos2!=coll.end()) {
        copy (--pos1, ++pos2,
              ostream_iterator<int>(cout," "));
        cout << endl;
    }
}
```