

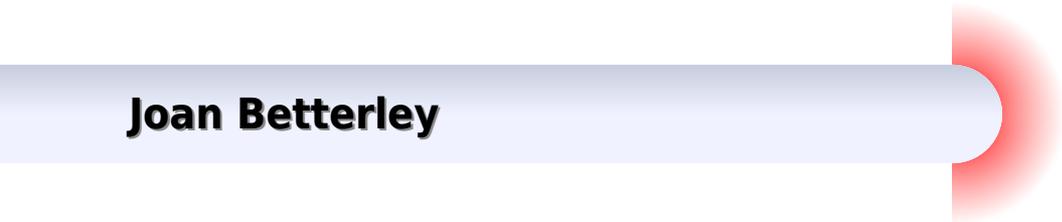
Joan Betterley



Every Sailor's Guide  
to Eating Right

# Good Food Afloat

**Joan Betterley**



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