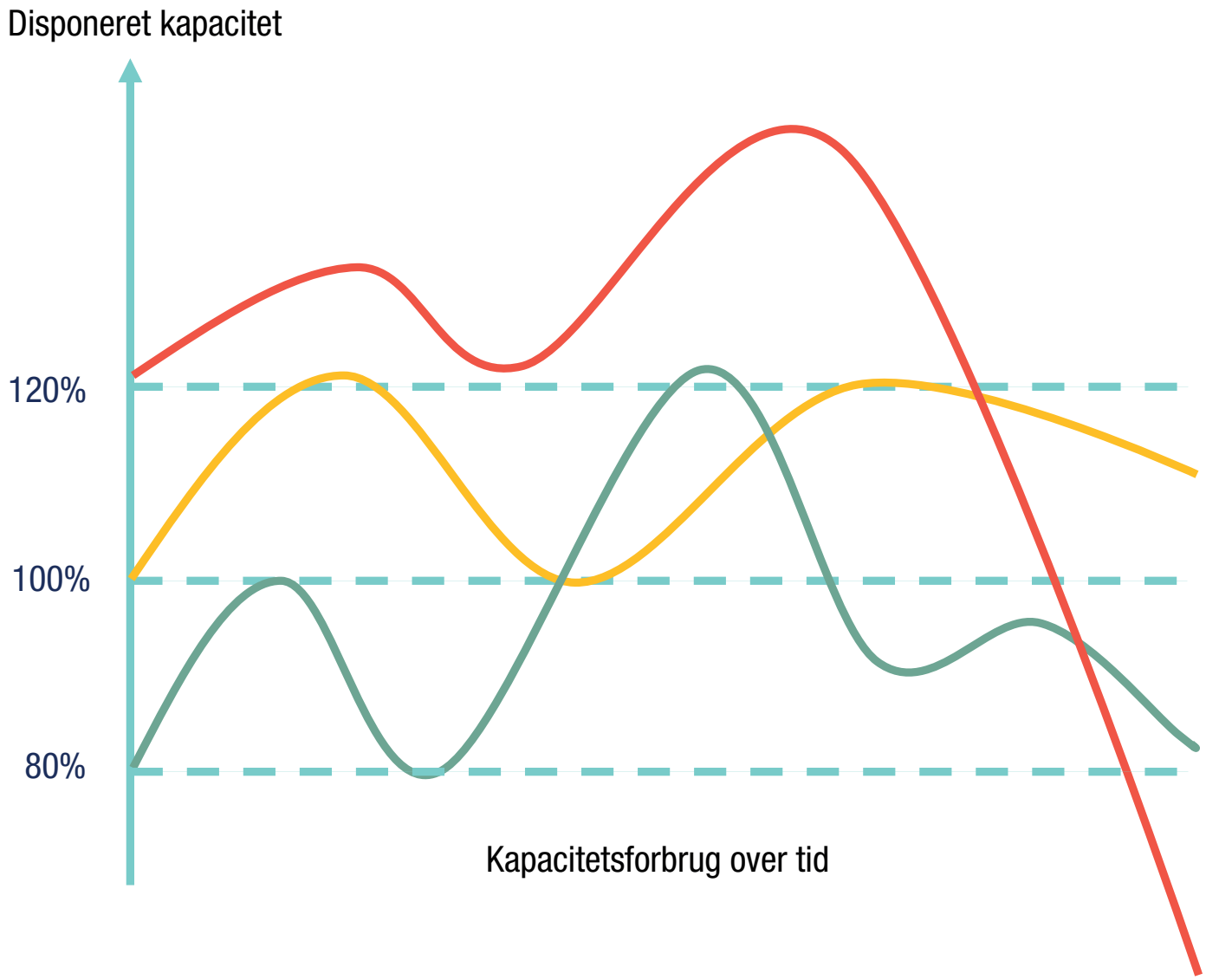

Fra bogen Langtidsholdbar *af Lars Peter Nielsen*