

**HOW TO BE BEAUTIFUL:  
NATURE  
UNMASKED: A BOOK  
FOR EVERY WOMAN**

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How to be Beautiful: Nature Unmasked: A Book for Every Woman by Teresa H. Dean

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**TERESA H. DEAN**

**HOW TO BE BEAUTIFUL:  
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UNMASKED: A BOOK  
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# HOW TO BE BEAUTIFUL

NATURE UNMASKED

A Book for Every Woman

BY

*TERESA H. DEAN*



CHICAGO  
T. HOWARD, PUBLISHER  
McVicker's Theatre Building  
1889

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## PREFACE.

I AM told I must write a preface; that an apology or an excuse should be made to the public in general for presuming upon their good nature. An apology would be a conceit. My only excuse is a desire to awaken in the heart of every girl or woman an interest in her own individuality and possibilities, believing it a duty she owes herself and those by whom she is surrounded that she make physical beauty and individual dress a study in every detail. My sincerest apology will be a regret that I have not given more space to the subject, as its field is unlimited, and these few pages only a beginning of what might be said.



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- How to have a Beautiful Complexion.
- How to Remove and Prevent Wrinkles.
- How to Grow Thin.
- How to Grow Fleshly.
- How to Preserve and Strengthen the Eyesight.
- How to Improve the Hands.
- How to Have a Beautiful Form.
- How to Develop the Bust.
- How to Wear Corsets, and why They are not Injurious.
- How to Have a Beautiful Foot.
- How to be "Sensible."
- How to be Agreeable and "Fascinating."
- How to be Distingué and Self-Possessed.
- How to Prepare Cold Creams, Toilet Waters and Hair Washes.

# HOW TO BE BEAUTIFUL.

NATURE UNMASKED.

## CHAPTER I.

BEAUTY.

WHAT is beauty? Successful beauty is individuality. Will I be forgiven if I betray some of the secrets of studio life? "The end will justify the means" if I give to the public impressions, opinions, suggestions and information, which, in my contact with all classes of my own sex, I have gathered from time to time. Ladies from the "upper ten" and models from the "lower five" have each contributed their share in my conclusions of what beauty really is.

An artist goes through life looking for the beautiful in this every-