## MY LADY BEAUTIFUL, OR THE PERFECTION OF WOMANHOOD

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My Lady Beautiful, or the Perfection of Womanhood by Alice M. Long

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### ALICE M. LONG

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Trieste



yours for health, Alice Motong

### **MY LADY BEAUTIFUL**

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OR

The Perfection of Womanhood

BY

## ALICE M. LONG, D. P.

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Author of

Triune Life Culture, Apples of Gold, Etc.

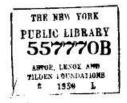
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"That which befits us, embosomed in beauty and wonder as we are, is cheerfulness and courage, and the endeavor to realize our aspirations."-Emerson. •

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#### To my dear mother

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whose courage, cheerfulness and sympathy have always been a never-failing source of inspiration, and to the thousands of women, wed or unwed, whether social devotees or housewives; whether pursuing a business or professional career, and who feel the awakening of a desire to enter into the realm of nobler purpose, perfect health, and higher and more uniform development, this little book is lovingly dedicated.

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