

**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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*Yours for health,  
Alice M. Long*

# MY LADY BEAUTIFUL

OR

The Perfection of Womanhood

BY

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*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*.





*To my dear mother  
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 awaken-  
ing 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.*

