

TO THE TRUE WOMEN OF FORTY-FIVE,

who will not only bear their years bravely, but  
more cheerily and happily and who will help  
to dispel the gloom of their weaker sisters,  
and build up a public sentiment which  
is true to proper physical develop-  
ment and high living in the  
home, the community, and  
the commonwealth,

*THIS BOOK IS DEDICATED.*