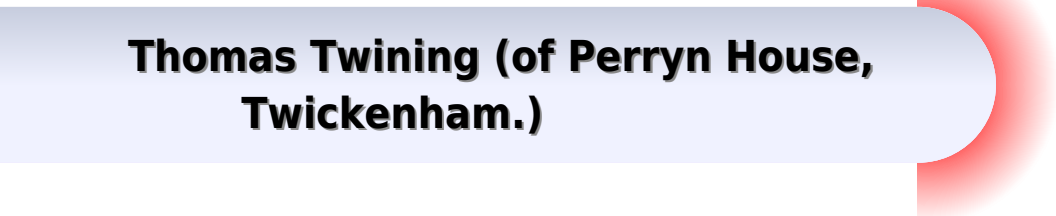


# Firming Your Figure (Help Yourself)

Helen Dore

# Firming Your Figure Help Yourself S

**Thomas Twining (of Perryn House,  
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*Votes & Proceedings* New South Wales. Parliament. Legislative Council, 1898

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