

Keep Young

Exercise your Facial Muscles and Restore your Youthful Appearance and Beauty

EVERY WOMAN KNOWS that properly applied exercises restore youthful outlines to the figure. Kathryn Murray, who has had more experience in this work than any other woman in Europe or America, has applied this principle to the muscles of the Face, perfecting a scientific system of Facial Exercises which, in the same marked degree, restores youthful expression, contour and healthy freshness to the Face. No astringent, massage, vibration, or other external treatment ever can exercise well even the superficial muscles and they cannot reach the deeper muscles at all. This system, by really exercising the facial and neck muscles, remedies, removes and prevents

Lines on Forehead
"Crow's Feet," etc.
Drawn Down Features
Sagging Cheeks

Drooping Mouth Corners
Double Chin
Hollows in Cheeks and Neck
Withered and Yellow Necks

Flaccid or Wasted Tissues
Congested, Muddy Complexion
(By Invigorated Circulation)
Misdeveloped Muscles

Miss Murray's book, "Facial Exercise," tells how young women may enhance and preserve and older women restore facial beauty. No one is too old to benefit. Write for it today. FREE.

Write **THE KATHRYN MURRAY SCHOOL**

"Physical Culture for the Face"

NO
MASSAGE

103 Campbell Building, Victoria, B.C.

NO
COSMETICS

Xmas Cards

WE have over two hundred and forty thousand printed and unprinted Christmas Cards. Taking the population of this city at Sixty Thousand people, we have four cards for every man, woman and child in this city. Now we cannot handle this number of customers either at our Printing Office, 521 Yates, or our branch store, 1105½ Douglas street, during the six weeks these goods are seasonable. Therefore, we will reopen at an early date another central branch, where there will be placed on exhibition the largest and most artistic line of goods ever placed under one enclosure, and the prices will be right.

Victoria Printing and Publishing Co.

Manufacturing Stationers

VICTORIA, B. C.

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