

THE VALUE OF EXPERIENCE

THERE is nothing that counts for so much as experience. It is universally acknowledged that experience is the greatest teacher. The man who can speak from experience is always accorded the last word, for he can speak with authority. Mr. J. H. Ashwell, of Chilliwack, has had twenty years' experience as a policyholder in The Mutual Life of Canada, and has now a paid-up policy for an amount equal to about three times what he has paid in premiums, and on which he will receive cash dividends for life. Mr. Ashwell was not asked for an opinion about his policy, but voluntarily writes a letter, which reads as follows:

R. L. Drury, Esq., Victoria, B. C.

Dear Sir:—

I am pleased to recommend The Mutual Life Assurance Company of Canada, realizing that in every way it is one of the best of our Canadian Companies, my only regret being that I did not take out a larger policy.

(Signed) Yours respectfully, J. H. ASHWELL.

We have many similar letters. Before insuring elsewhere don't fail to see the rates and plans of The Mutual Life of Canada. **R. L. DRURY, Manager; FRED M. MCGREGOR, Special Agent. OFFICES 918 GOVERNMENT STREET.**

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
MESSAGE

103 Campbell Building, Victoria, B.C.

NO
COSMETICS

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