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# Keep Young

Exercise your Facial Muscles and Restore  
your Youthful Appearance and Beauty

EVERY WOMAN KNOWS that properly applied exercises restore youthful outlines of 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

202 Campbell Building, Victoria, B.C.

NO  
COSMETICS

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