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"You're a young lady now". 1952

Neenah, Wisconsin: Kimberly-Clark Corporation, 1952

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"You're a young lady now"

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You know yourself better than anyone else does, don't you? You know how you look, think and feel about things. Of course, you've changed many of your ideas. But you yourself are changing—you're growing up, learning lots of new things.

This little book is about an experience that will make a big change in you. It happens to every girl in the world, and it's going to happen to you, too. It's time to open both eyes and get even better acquainted with yourself.



How you've

Your family's collection of snapshots shows how much you've changed since you were a baby. There's probably one of you taking your very first step. And another with an empty space where a front tooth used to be. You can see that you've grown taller and your figure has changed.

Those are all outside changes that everybody can see. But all this time your body has been changing inside, too, and slowly growing up.

Sometime between the ages of 11 and 17 you will know that the inside of you has grown up so that you **ARE** the young lady you **LOOK**. You will menstruate for the first time.

One special day you're going to make a discovery. You'll notice a stain on your pajamas or your panties. It may happen while you're in bed, or in the bathroom, or at school. It's nothing to be alarmed about because now you know it's going to happen. That little red stain is the first sign that you have started to menstruate.



changed !



Menstruate is a word that comes from the Latin word for month, and is pronounced men-stru-ate. Girls use lots of nicknames instead, but that big word is official.

What is it? Menstruation is a flow of watery fluids and a small amount of blood that leaves the body a little at a time over a period of three to seven days. It comes from an organ called the uterus or womb which is inside the lower part of your body. When you are married and have a baby, that is where the baby will grow. To nourish the baby as it develops, your body builds a spongy lining of blood and watery fluids inside the uterus. When the fluids are not needed they flow away through an opening in the lower front part of your body. This happens regularly about once a month. Then your body begins to build a new lining for the uterus. This building up and flowing away process goes on for many years.



Most girls menstruate about every 28 days. But the number of days between "periods" is different with different girls, so is the length of the flow. You will find that each of your own periods will last about the same length of time and will be about the same number of days apart. You can time your period by marking on a calendar the day it starts and stops, then about a month later, the day it starts again.

During the first year you may skip a month or two. It may take a little time for your body to adjust itself to this new experience. So don't worry if you're not as regular as clockwork at first. But as time goes on, if you miss too many weeks, tell your mother or your school nurse.

Taking care of yourself

The menstrual flow comes very slowly out of your body and is absorbed by soft pads called sanitary napkins. The pad is kept firmly in place by fastening or pinning it, front and back, to an elastic belt that you wear around your waist next to your skin. **NOTHING SHOWS** so no one else knows you are wearing your belt and pad.

You will want to change your napkin several times each day and before going to bed at night, so that you always feel fresh and comfortable. Then, you can be more certain that the flow is being completely absorbed and is not staining your clothes.

You'll want at least two sanitary belts, so you can wear one while the other is being washed and dried. Then when you change to fresh clothing after a bath or a night's rest, you'll always have a clean, fresh belt.

Most girls go right along as if "those days" were just like any others. A few complain of headache and an uncomfortable feeling in the lower part of the body. Some feel blue, upset and cross. They cry easily, lose their tempers over nothing, and use menstruation as an excuse for being rude and mean. They're pretty hard to live with.

You see, many girls *imagine* they feel worse than they actually do. They get in a dither just by thinking too much about themselves.



How will you feel?

Pay no attention to a little ache or two but be sure to tell your mother about any real discomfort.

If you should happen to feel a bit low, maybe a nap would cheer you up. Or take your mind off your middle by going to the movies . . . reading an interesting book . . . playing your favorite records . . . joining the other girls at whatever they are doing.

Since you can expect these few days every month, you can learn to live with them easily. They needn't upset you. After all, menstruation is so right and normal. Once you understand it and how little bother it need be, paying attention to it makes about as much sense as worrying over your breathing.

Tips for your new routine

You should keep sweet and clean at all times, but particularly during menstruation. Perspiration odors seem to be more noticeable at that time. And the menstrual flow does develop an odor when it is exposed to the air. It's important to bathe often. Bathe or shower every day; water that is *comfortably* warm is best. If the water is too hot it may increase the flow. Water that's too cold may check it.



Keep your hair clean and well brushed, your fingernails neat and your clothes crisp and fresh. Looking neat and pretty will help you feel comfortable.

Get plenty of sleep so you'll be good-humored and full of pep. You may need even more sleep on those days than you usually do, so tuck yourself in early.

Exercise is good for you. Get plenty of sunshine and fresh air. You needn't stay home or sit on the sidelines while everyone else is busy at the sports you like. Join in. Skate, ride your bike, play games — whatever you usually do. Just don't get tired, overheated or chilled through.



Stand up straight, pull in your stomach, hold your head high and your chin in, and you'll find yourself not only looking better but feeling better, too. Good posture while you're standing and walking gives you more room inside to behave normally.

"Those days" are no excuse for stuffing yourself with just the foods you love most. Don't spend your allowance on greasy hamburgers, French fried potatoes and gooey sundaes—just because you happen to like them best. That kind of diet won't make you feel very *comfortable*.

Eat all of the good, energy-building foods your mother offers you—vegetables, fruits, potatoes, milk, meat, fish, poultry, eggs, bread and butter or margarine, and cereals. You need them all because you're still growing and very active. Correct diet will help you keep your complexion clear and fresh, and your elimination regular.



Be prepared

Now that you know what you can expect, be prepared for your first menstrual period. Ask your mother to get you a sanitary belt and a supply of sanitary napkins. Try them on, then keep your supplies in your bureau drawer until you need them.



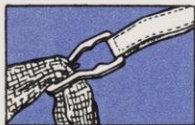
Learning how

You'll notice the covering on a Kotex sanitary napkin has a long and a short end. Attach the short end of the napkin covering to the front tab of your sanitary belt—the long end to the back. While there is no "right" or "wrong" side to the napkin, many girls find it more comfortable to wear the folded side away from the body. The napkin is fastened to the belt with either pins or clasps—both pin and clasp belts are comfortable and secure. But no matter which you use—be sure to fit the napkin *snugly* against the body before attaching to the belt.

CLASP BELTS



1. Gather short end of napkin and pull up through front clasp.



2. Pull end down so that it is gripped firmly as illustrated.



3. Tuck end of covering back of clasp for added comfort.

4. Attach long end of napkin in same way.

PIN BELTS



1. Fold the short end of napkin as illustrated.



2. Turn end down to desired length.



3. Place belt tab on top of folded napkin end and pin through center of both.

4. Attach long end of napkin in same way.

If menstruation starts while you're at home, you'll be able to take care of yourself.

Should it start while you're at school, ask frankly for help from your teacher or your school nurse. If you're at a friend's home, ask her mother or older sister. If you're out somewhere, remember that you can buy sanitary napkins in most any store. And they are for sale in coin machines in ladies' rest rooms, too. You'll find containers for used napkins in such places. Ask your mother about disposing of them at home.



A record of your periods will help you to be prepared ahead of time. On the day that you expect the flow to start you can wear the belt and napkin, or take them with you in your purse so there will be no accidents.

It may be a new idea for you to think ahead for yourself

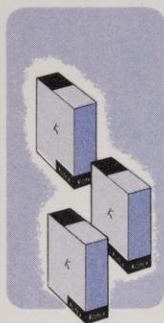
...But remember,

IRVING
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"You're a young lady now"

The downy-soft sanitary napkin we've been talking about is called Kotex. You will like it because it is so comfortable; it stays soft while you wear it. Kotex is safe, too. Guarantees you protection—for it gives you the complete absorbency you need. And this napkin's ends are pressed flat so *there is no bulge to show*, whether you are wearing a skirt, shorts or dungarees.



Kotex comes in a soft grey package. Soft grey with the graceful K that's the Kotex symbol of highest quality. You have a choice of 3 different sizes—Regular Kotex (in the package with the blue panel), Junior (green panel) and Super (rose panel). There are different sizes because the flow is more or less heavy on different days. Regular or Junior may see you through, but you may need Super the first day or two for extra protection. Try all 3 to learn which is best for you.

You may hear some of the older girls talking about tampons (another method of sanitary protection which is worn inside the opening from which the flow comes). Maybe you'll ask "Are they all right for me?" Tampons are not advisable for girls under eighteen. It's better to wait till you're fully matured and your menstrual cycle is completely "set." And then you should check with your mother or family doctor for the go-ahead signal.



Kotex sanitary belts come in pin or clasp styles. They're made of soft-stretch elastic and stay flat and neat. They are washable and dry quickly.

Besides changing your napkin frequently, you can sprinkle Quest deodorant powder on the surface of your napkin. Quest is a special unscented powder that destroys unpleasant odors. It is soothing and safe and will keep you doubly dainty and fresh.





You will enjoy seeing a delightful full-color film by Walt Disney Productions, called "The Story of Menstruation." It tells the story in detail, clearly and accurately, using amusing animated cartoons. Prints of this movie are available free of charge for showing in your school. Your teacher, group leader or school nurse can arrange it for you.



As you have more experience with menstruation yourself, you will find our other booklet, "Very Personally Yours," interesting and helpful. It will answer a lot of questions you're sure to have.

Information about the film and the booklet can be obtained from Educational Director, Kimberly-Clark Corporation, Cellucotton Div., Neenah, Wisconsin.

