
An illustration of a woman's hand holding a cream-colored card. The hand is positioned in the lower-left quadrant, with the thumb and index finger gripping the edge of the card. The card is tilted upwards and to the right. The text 'Very Personally Yours' is written in a black, elegant cursive script on the card. The card has a thin, double-lined rectangular border. The background is a solid, muted blue-grey color. The overall style is that of a classic illustration, possibly from a vintage stationery or greeting card book.

*Very Personally  
Yours*



Like most modern-minded girls, probably you accept menstruation as a normal, routine part of your life and so you should.

Yet, more than likely you often wonder just what happens...how and why...and what care of yourself, what attitude you should take at this time.

This booklet explains menstruation clearly... gives practical pointers on everyday living that every girl should know.

I hope this information will be helpful to you.  
Very personally yours,

*Georgia King*

Educational Director

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From your earliest chalk-and-blackboard days, you've always looked forward to your graduation — dreamed of it, with stars in your eyes. It's as though, all your young life, you've been waiting on tiptoe for the day of days that would mark the commencement of a wonderful adventure: your debut into the adult world.

So, too, your *physical* self has been preparing for another momentous adventure. Your graduation from "little girl" to grown-up. This slow body process has been at work so quietly you were scarcely aware of it. Then, one day, you *knew*. You began to menstruate. And this told you that you were making your bow to life as a woman.

Granted, you do feel a little different. So many things you never noticed before now seem terribly important. And that's natural. Because your whole system has been making changes. So it shouldn't surprise you at all, really, to find yourself looking, thinking, feeling like a New Woman — for that's what you are! And you have an entire set of *new problems*.

*That is why this booklet was written. It's*

*Very Personally Yours.*

*to help you solve those new problems.*

Here, you'll find authentic answers to all you've needed to know. How to smile through "certain" days. What tactics to take in the matter



You're a New Woman

of grooming — sports — social contacts.

And because a better *understanding* of men-  
struation will help you too, let's first review  
the details of how it happens.

## *What Goes On*

To begin with, many of the slow processes of the body are directed by glands. These glands manufacture hormones that carry messages from the glands to organs in all parts of the body. Like the nervous system, glands are control centers. But while the nervous system acts fast — glands, on the contrary, operate slowly in issuing their hormone orders through the bloodstream.

During a child's early life, one of these glands — the *pituitary* — produces and sends out "growth hormones" that tell bones and tissues to "get growing." So, you can thank the pituitary for helping to make you tall or short, deciding on your weight and the shoe-size you're wearing.

## *Time for a Change*

But when you're somewhere between the ages of 11 and 17, another kind of hormone plays its part. For the pituitary begins supplying the blood-stream with a special, new hormone — assigned to the mission of Turning You Into



Pituitary controls growth







A Woman. This is the time when important changes take place, inside and out. This is when menstruation begins.

Actually, the pituitary gland, way up at the base of the brain, is a kind of self-starter—operating a whole group of important organs. On page 2 is a simplified picture of that group of organs. They're carefully cradled in the pelvis, a bony structure located in the lower part of the body, where you'll find—

The Ovaries, two glands no bigger than almonds. Each ovary contains thousands of eggs so tiny that you can see them only under a microscope. And each egg is wrapped in its own sack (called a follicle). The ovaries, one on either side, are tucked up under the arches of the

Fallopian Tubes. In a grown woman, these muscular tubes with fringed ends are less than 5 inches long, and about as big around as a pencil. The eggs from the ovaries travel through these canals on their way to

The Uterus, a hollow pear-shaped organ 3 inches long. And the lower part of the uterus opens into

The Vagina which is the birth canal and an exit to the outside of the body.

As you can see, there is a continuous passage-way through the Fallopian tubes into the uterus, from the uterus to the vagina, and from the vagina to the outside of the body.

## Life Story of an Egg

When the pituitary sends hormones to the ovaries, this whole group of organs goes into action. A continuous cycle of operation begins. Now, the ovaries produce a hormone of their own. It is sent along to the cells of the lining of the uterus, where—immediately—these cells start to multiply and to fill up with watery fluid and blood. And so the *endometrium* (lining of the uterus) becomes a thick, plushy bed, ready to receive an egg.

You see, meanwhile in one of the ovaries, some of the eggs have been maturing. One egg ripens faster than the others and finally bursts out of its follicle (egg case) and leaves the ovary. This process is called "ovulation."

And *now* the Fallopian tubes do their essential job. Soon after the little egg leaves the ovary, it is swept into one end of a Fallopian tube and begins travelling down this canal to the uterus.

If the egg becomes fertilized while passing through the tube (as it must be, to start to become a baby), it will tuck itself into the prepared lining of the uterus. There, during the early part of its development, it will be fed by the extra nourishment that has been collecting in the uterine cells.

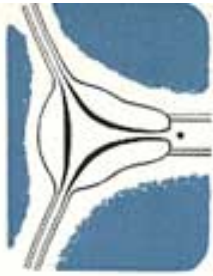
But most eggs travel through the tubes without being fertilized. And so they come to the end of their life cycle. And now that



Ovulation

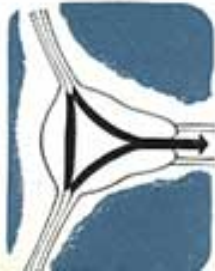


Egg Travels Through Tube



Egg Leaves Body

there's no further need for the enriched lining of the uterus, it breaks down—and in a few days, it flows through the uterus-opening into the vagina and is discarded. This flow has no more significance than many other excess materials that the body discards. Items like fingernails, or eyelashes, or hair—that fall out or are snipped off. So after a girl grows up, about once a month her body eliminates this certain material it does not need. And because the Latin word for month is "mensis," this fluid is called "the menstrual flow."



Lining Discarded  
(Menstruation)

### *Continuous Performance*

Actually, menstruation is only *one phase* of a natural, continuous cycle. For as soon as each menstrual period ends, the performance begins all over again. The pituitary sends hormones to the ovaries . . . the lining of the uterus thickens . . . an egg ripens, bursts out of its follicle, travels through the Fallopian tube and reaches the uterus. If the egg is not fertilized, there's no further use for the thickened lining of the uterus and so it leaves the body as the menstrual flow. And that's the entire story.

Far from being mysterious, menstruation is a very commonplace routine. In fact, it's so right and normal that once you understand menstruation and how little bother it need be, paying attention to it makes about as much sense as brooding over your digestive process.

### *Would You Believe It*

Back in the old days, very few people knew much about this wonderful function. And when people don't understand, what weird explanations they can weave! Superstitious scare-stories that make the medical profession shudder . . . and yet, haven't we all heard some of this hokum? Listen:

"The loss of menstrual blood weakens you"

"Cold drinks give you cramps"

"A pain between periods means something's wrong"

"If the dentist puts in a filling it won't stay"

"It's dangerous to take baths or showers during your period"

"It's risky to shampoo your hair at this time"

"Stay in bed the first day"

"Exercise is bad for you"

**ALL SUPERSTITION! ALL NONSENSE!**

### *Be in the Know*

Science is gradually clearing away the cobwebs that used to clutter our thinking about menstruation. We know now that the normal loss of blood is not weakening. In the first place, as many doctors will tell you—chances are you lose less than you think. One and a half to five ounces is the usual amount discarded over the several days of the menstrual flow. Surely that's nothing to worry about. What's more, menstrual blood is intended to be lost and it is quickly replaced.



What Tall Tales  
You Hear!



Keep Dainty . . .  
Well Groomed





Not Too Hot

Cold drinks do *not* cause cramps. (Why pass up that refreshing lemonade?)

You may notice a small twinge or two at the time of ovulation. It's normal. Just ignore it! Dental fillings made during your period "stay put" as well as any others.

And *baths and showers!* A girl *needs* them, at this time especially — when her perspiration glands are busiest! Besides, the menstrual flow develops an odor. In any event, keeping dainty and well groomed can *always* help you feel attractive . . . confident.

Of course, the water shouldn't be too hot, because it may increase the flow.

Nor should the water be too cold — for that may check the flow.

And it isn't good to soak for hours.

But . . . comfortably warm, soapy baths and showers? YES!

Shampooing isn't harmful. Just be sure to dry your hair thoroughly in a warm room, and avoid getting chilled.

As for staying in bed the first day . . . that's plain silly! The idea is a hold-over from by-gone days when women used menstruation as an excuse for "gold-bricking." Actually, staying in bed isn't a sound practice for most girls. Because sometimes the flow has a little difficulty in getting started, and keeping active often relieves discomfort caused by congestion.

So, "exercise is bad for you" is another fuddy-duddy notion you can forget. The aver-



Not Too Cold



Warm Baths, Showers? Yes!



Exercise is good for you!

age healthy girl treats "chase" days as she does any other days. Sometimes there are exceptions, of course. But you can soon find out for yourself whether it's "Why Not?" or "Why New?" — in your case.

### *Just use Common Sense*

If you're used to playing tennis, you can play during menstruation.

If you're in good hiking trim, even a mountain climb shouldn't bother you.

Certainly you can go to dances. But better save the jitterbug routine for another time.

If you ordinarily swim every day and if the water is warm — swim! Though you won't want to risk the shock of plunging into icy water; and because you're considerate of others, you won't use the swimming pool.

Avoid getting cold or having wet feet.

In other words, be sensible about your health all through the month, and you needn't change your habits during menstruation. Before going in for anything extreme, you might ask yourself: "Why pick *this* particular time?" But actually there are few special rules in this business of Being A Woman.

### *'taint Necessarily So*

It's no use pretending menstruation isn't something of a nuisance, and sometimes, downright



Go Ahead And Dance!



But We Don't Mean This!

more importance than differences in noses. Or the slight month-to-month variations in the calendars of hundreds of girls.



Don't Dramatize Yourself

uncomfortable. But a goodly share of that discomfort is made in the mind. For modern doctors know that fretting can create sickness—even pain, when there's no physical cause for either. And thinking about menstruation as being "unwell"—or dramatizing little irregularities—have made a part-time invalid of many a perfectly healthy girl.

You can save years of nagging little worries by learning right now that "*normal isn't necessarily the same thing as average!*"

For example: the average age when menstruation starts is 13. But it's perfectly *normal* to begin at 11 . . . or at 17. And often, after its first appearance, there's a lapse of several months. Maybe the pattern of regularity isn't set completely for a year or more. That's normal, too.

The average time between periods is 28 days. But 21 days are normal, and in rare cases even 42 can be normal. The flow lasts an average of 4 days. But 3 are normal . . . so are 7. Then too, the average girl doesn't have any real distress or bother, though it's normal for many to have some advance warning. Perhaps a draggy sensation in the lower part of your tummy, or a touch of backache, or a session of the glooms. Some girls' bosoms swell a little, and are sensitive. It isn't at all unusual to "feel fat" or even to gain actual weight, temporarily.

But these individual differences have no



Keep a Personal Record

## For the Record

And speaking of calendars—on page 20 you'll find the Kotex Calendar. It's especially designed for a very useful kind of book-keeping. Every month, starting with the first day you menstruate, draw lines through all the days of your period—and you'll soon discover your own pattern of menstruation. If you keep a faithful record, more than likely you'll find that, over the year, you menstruate at fairly regular intervals and for about the same number of days each month.

S.O.S.

On the other hand, your calendar can help you keep track of any swervings "off the beam." Naturally, any great variations need watching. Such business as an unusual increase or decrease in the amount of flow . . . skipping a month . . . bleeding between periods . . . or really unbearable cramps . . . may signal some disturbance you should check with your doctor.

But it's ten to one he'll find nothing serious. The organs are sturdy, although their behavior can be thrown out of line by a number of





1. Green and Yellow Vegetables.
2. Oranges, Tomatoes, Grapefruit, Salad Greens, Cabbage.
3. Potatoes and other Vegetables; Fruit.
4. Milk; Milk Products.
5. Poultry, Meat, Fish, Eggs, Dried Beans, Peas, Nuts, Peanut Butter.
6. Cereals, Bread Flours (finer than) or Whole Grain).
7. Butter or Margarine.

things. Certain diseases, like typhoid or pneumonia, can cause a break in the menstrual cycle. Its timing can be upset by a sudden change of climate or altitude. By a train, plane, or boat trip. By a cold. And particularly, by any great physical strain or emotional shock. However, the menstrual function usually re-adjusts itself without any special treatment.

### Trouble Shooters

Nobody wants pain. Yet, every month, some girls meekly accept a certain amount of it: trouble that could be avoided by following a few simple health hints.

*Constipation* during your period can cause cramps. But you can help prevent it. Yes, with a year-round diet that includes the Seven Basic Foods for Health\* *every day*—you can get your digestive system into such good, regular habits that medical attention is hardly ever needed.

*Slumpy posture* can be another trouble maker. When a girl looks better in her old clothes than others in their new ones, more than likely it's a matter of "good carriage." She's probably had good physical training, and exercises consistently to keep her muscles in tone. One of the jobs your muscles were meant for, is to support your abdominal organs. Flabby muscles let them down. Literally. So their own weight displaces these organs from their proper position. Result: strain . . . that tired feeling . . .



Want to Look Like This?



Practice "Model" Posture



Get Plenty of Shut-Eye

backache . . . poor circulation and all the woes that go with it. More than that, eventually your looks and spirits will sag, too.

*Right now* is the time to do something about it! You can nip the threat of "middle-age bulge" in the bud, build a firm graceful figure, by practicing "model" posture while you're still in your teens. So . . . walk, stand and sit "tall"—chest high, chin and tummy pulled in. Make it a habit. You'll not only help your vital organs to function as they should, but you'll have the poise-preserving posture that makes you look and feel confident, does wonders for your clothes.

*Regular sleep* is a habit worth cultivating, too. It's a habit costly to lose. Don't expect 8 hours of shut-eye at Kotex time to make up for curfew-dodging most of the month. Plenty of sleep is always important. *Every night.*

### Keep going in Comfort

This Atomic Age moves at a fast clip, and has little time for girls who make a fuss about menstruation. So if you're the alert, modern miss you want to be—you'll take full advantage of every known comfort trick.

1. Eat sensibly, get enough sleep and exercise, watch that health-keeping posture.
2. You needn't invent worries, because you *know* what score your calendar shows.
3. Your "certain days" are just about like any other days.



Exercise Helps Keep System in Tune



Good Grooming Brings New Poise



Perk Up That Personality



"Cat Walk" to Help Curb Cramps



Or Try This "Knee-Chest Position"



### If you prefer Pin Belts —



Fold each gauze tab diagonally on either side.



Turn down tab to the length desired.



Place belt tab on top of folded gauze.



Pin through belt tab and several thicknesses of gauze. Or, for extra security, pin through the flat pressed ends of your Kotex.

4. During your periods, give yourself a little extra break in personal grooming.
5. To offset depression, turn on the charm — full power.

6. Remember that exercise — right through the month — is your guardian angel against discomfort at "that" time. If you do have cramps, experiment to find the exercise that helps relieve them. Maybe it's the Cat Walk or the Knee-Chest Position.

*The Cat Walk* is just what it sounds and looks like. Walking around on hands and feet (not hands and knees), head down, hips elevated.

*The Knee-Chest Position* is even less elegant but often gets results fast. Here it is: Get on the floor with weight on knees and palms. Separate knees at least ten inches. Bend elbows, resting forehead on hands, and hump the lower back (like a cat). Exhale completely. Hold breath to count of ten while you — suddenly — jerk rib cage up toward ears. Relax. Stay in this position five minutes or until you have done the breathing exercise at least a dozen times.

For additional exercises to relieve cramps, turn to page 19.

7. Watch your Kotex Calendar and keep your supply shelf well stocked.

8. Learn how to get the most comfort out of your fine Kotex equipment. Instead of fastening on your sanitary napkin any old way, remember to attach the short gauze tab of the napkin to the front of your sanitary belt; the long gauze tab to the back. (See directions illustrated at left.)

### For Belts with Fasteners

— always attach your sanitary napkin as directed by a reliable belt manufacturer. It's important to follow instructions given for each

individual belt. Then you're sure of getting more comfort and security — *whatever* belt you buy.

Of course every product sponsored by the makers of Kotex is one you can trust. And it's logical that a Kotex Sanitary Belt should be part of your Kotex equipment. You can get Kotex Belts in both pin and clasp styles; they're elastic, adjustable, self-balancing.

### Dainty is as Dainty Does

Because daintiness is more important than ever on "certain days," remember to bathe regularly and to change your napkin often. For while the menstrual flow is odorless as it leaves the body, once it reaches the air, odor may develop immediately. So don't risk offending. You needn't doubt about your daintiness when you sprinkle your Kotex napkin liberally with a *positive* deodorant powder like Quest. You see, Quest is a special, unscented, deodorant powder that actually *destroys* unpleasant odors — doesn't just mask one odor with another.

Why a powder? Because a powder doesn't interfere with absorption. You may find a cream deodorant well and good for ordinary purposes. But a cream forms a film that slows up absorption, and when applied on a sanitary pad it tends to spread the moisture toward the edges, instead of allowing it to penetrate the bulk of napkin, as it should.



Bathing's a Daily Must



Added Assurance for Many Girls

## Very Personally Yours

Have you ever stopped to think how much your comfort and confidence can depend on your choice of sanitary protection? Maybe you take that protection for granted, like other modern conveniences. But consider the days away-back-when . . . B.K. (Before Kotex). When sanitary napkins were an unknown luxury a woman would have given her eye-teeth for! Before Kotex was invented, imagine the nuisance of home-mades. The disagreeable chore of laundering. Not to mention the health risks, the embarrassing bulges, the chafing — the all-around discomfort of those bulky make-shifts women had to put up with.

Finally, though, with the First World War — came the revolution! Army hospitals in France, short of cotton for surgical dressings — welcomed a new invention: Cellucotton (not cotton) Absorbent. Nurses hit on the bright idea of using Cellucotton for sanitary pads. They found it absorbed the flow more quickly . . . held its shape better than cotton. And so the Kotex idea was born. And women by the millions, everywhere, have lived happily ever after! In fact, back in 1921, women paid sixty cents a dozen for Kotex, gladly. Kotex sanitary napkins gave them a freedom they'd never known before. Here was a pad that was really *comfortable* — really sanitary. And (praise Allah!) convenient to dispose of.



She Never Knew About Kotex



Thank the Nurses of World War I

## Objective: Perfection

Yet that "pioneer" napkin was a far cry from the Kotex you can enjoy today. Regularly, through Kotex history, something new has been added. Always something to improve the pad. To make it softer. Safer, less conspicuous. All to give you greater comfort, greater confidence during your period. Each feature is tested in actual use by a Consumer Testing Board of women — and proved, by the surest test of all: the fact that more women choose Kotex than *all* other sanitary napkins. And think of it — today's Kotex is yours at less than *half* the price your mother used to pay!

What does a girl want in a sanitary napkin? More *comfort*, for one thing. A napkin with lasting softness — the kind Kotex gives — for Kotex is made to *stay soft while wearing*, to hold its shape hours longer with no bunching up, no roping to plague you.

And you want a napkin that doesn't show. So Kotex gives you *flat tapered ends* — pressed ends that prevent revealing outlines. Thus, with this special feature, whether you're garbed in slacks or a sleek, slinky, formal job — none will be the wiser.

Safety is so important you say. And that's just why Kotex provides an exclusive *safety center* for your protection *plus*. You see, this Kotex safeguard is made in "channels" that draw the flow lengthwise, direct moisture away



Softness That Stays and Stays



Say Good-bye to Revealing Outlines



Nary a Fear About Accidents



from the sides of the napkin. It helps avoid spilling; prevents wet chafing edges — by giving you protection where it's needed most.

### Try all Three

And if you've ever wished for a napkin "tailor-made" to your own special needs, here again you can count on Kotex. Remember Kotex gives you your choice of 3 sizes. Yes, there is Regular, Junior or Super Kotex — designed for different women, different days. So you can select the size of your Kotex not only to suit your individual build, but also to take care of your own special variations in flow, throughout your period. And the only way to discover your size is to try all three. It's easy to do. You can tell each size of Kotex by the color of its box: Regular Kotex in the Blue Box, Junior Kotex in the Green Box, Super Kotex in the Brown Box.

### Curious about Tampons?

You've probably heard or read about tampons — the *internal* method of sanitary protection. Perhaps you're even tempted to try this internal type of protection that does away with belts, pins and odor problems. Certainly, tampons have their advantages. And yet you may hesitate to wear them, asking yourself, "Are they all right for me?"



Which Is For You?



Should I Try Them?

Authorities answer your question this way: Women with anatomical or functional irregularities — and young, unmarried girls — should consult their doctors before attempting to use tampons of any kind.

Then there are women who say they don't get really complete protection from *any* tampon, when the flow is heaviest. However, if your doctor approves your use of tampons, and if the flow is light — you may be among those who can wear them safely on all days. In any case, physicians advise changing the tampon frequently. And because it's so important to your comfort, your safety, to insert a tampon *correctly* — be sure to read and follow the directions that come with a dependable brand.

And speaking of dependable brands... there is something in a name! Especially that good, familiar name of Kotex which, to millions of women, means "tops" in sanitary protection. Fibs Tampons were developed in the Kotex laboratories by specialists in menstrual hygiene — and have been thoroughly tested in use, time and time again. Women who wear them will agree that Fibs offer you definite advantages. In fact, two important features distinguish Fibs from any other tampon: "*quilting*" and *rounded ends*. Both designed to give you safe, sure, comfortable protection. See these special features (illustrated), and see why women find Fibs so dependable, easy to use.



1. Fibs are "quilted" for your comfort, your safety. Quilting keeps Fibs from fluffing up to an uncomfortable size, which might cause pressure, irritation or difficult removal. And quilting prevents particles from clinging to delicate internal membranes.



2. Fibs have rounded ends. Smooth, gently-tapered ends—for easy insertion! Unlike any tampon you've ever tried. Why, your own eyes tell you Fibs are bound to be easy to use.



## To Cure Cramps...

Of course, abnormally severe cramps need a doctor's attention. But many a minor menstrual ache can be overcome by correcting posture. So do these special exercises (courtesy of *Maidmotive*), and make them a round-the-month routine. Health experts say they'll help to firm up your abdominal walls.



Stretch out flat on the floor and bend knees.



Separate knees, keeping feet on floor near buttocks.



Lift lower end of spine off the floor.

Dig your waist (small of back) into floor. Draw rib cage up toward ears, chin in, pushing up behind the ears. Pull shoulders back on floor and down away from ears. Hold this "accentuated perfect position" as long as you comfortably can. Relax and start over again.



Lie on your back, arms at sides, palms up.



Draw knees up over chest; slowly straighten legs up.



Bend knees; place feet on floor close to buttocks.

(During the entire exercise, keep small of back pressing into the floor.) Work up to twenty times daily.

And to relieve menstrual cramps and congestion—and help your beauty, too, do this:



Tilt one end of family ironing-board (or any long, wide board) on a chair.



Stretch out on it, head down. Just lie there. Keep small of back touching board.



Or use your bed; propping hips up on pillow, feet up on footboard; head flat.

Try to do this a half-hour nightly, though even a few minutes can do a lot.

*This folder presents with the compliments of the distributor of*  
**KOTEX SANITARY NAPKINS**    **QUEST DEODORANT POWDER**  
**KLEENEX TISSUES**    **KURB TABLETS**    **JIBS TAMPOONS**  
**KOTEX SANITARY BELTS**    **DELSEY TOILET PAPER**  
*(Trade Marks Registered in the United States Patent Office)*

## Your Folder Calendar

1948

July

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September

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1949

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1949

July

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August

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1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

November

S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31