

I was an Absentee 3 days each month

Not that I wanted to be absent, but every month it was the same thing. And not just me—there are plenty other women in our plant who have to let down on their “problem days”.



A war-plant nurse reports that their *greatest* number of absentees are women who miss 1 to 3 days of work each month, frequently on “problem days”! Quite naturally, she asked the people who sell Kotex* sanitary napkins, who are specialists in this subject, to help find a solution.



And then I learned



I found the answer—how to feel better by following a few simple do's and don'ts. They're all in this new booklet . . . facts on sleeping, diet, exercise, drinking, lifting, showers. How to curb cramps. When to see your doctor. Facts for older women; and for when the stork's expected. Plain talk about tampons. And how to make your sanitary pad give greater comfort!



“That Day is Here Again” is the new booklet just off the press and free to all women—offered with the compliments of Kotex in the interest of helping workers and aiding the war effort. Send for *your* copy—today!

On the job every day now—

I'm taking a man's place and from now on I'm going to be a round-the-month worker! If you ask me, every woman worker will want this booklet—even your mother couldn't possibly know all the helpful hints it gives for “that” certain time!

TO WAR-PLANT NURSES AND PERSONNEL MANAGERS

We'll gladly send you (without charge) a quantity of the new booklet “That Day is Here Again” for distribution to your women workers. Please specify the number you require.

Available, too, is a new free instruction manual “Every Minute Counts”. It serves as a “refresher” course for plant nurse or doctor—makes it easy to conduct instruction classes. Specify whether you also want free jumbo size charts on Menstrual Physiology. Mail request to:

KOTEX, 919 N. MICHIGAN AVE., CHICAGO 11, ILL.



To get your copy of “That Day is Here Again” absolutely free, just mail your name and address to P. O. Box 3434, Dept. HH-11, Chicago 54, Illinois. We take pride that we are able to give you this authoritative information. And in these days when the whole nation is counting on woman-power, we take pride in the fact that more women use Kotex than all other brands of pads put together—to help them keep going *in comfort*.

(*T. M. Reg. U. S. Pat. Off.)

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THE Householder MAGAZINE

Ten Cents

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