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



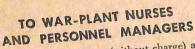
I found the answer-how to feel better by following a few simple do's and don'ts. They're all in this new booklet . . . facts on sleeping, diet, exercise, drinking, lifting, showers. How to curb cramps. When to see your doctor. Facts for older women; and for when the stork's expected. Plain talk about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



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I'm taking a man's place and from now on I'm going to be a roundthe-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!



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

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