

## CONTENTS

|                                   |     |
|-----------------------------------|-----|
| OPENING FLOWERS .....             | 9   |
| FROM THE CHILD TO THE WOMAN ..... | 12  |
| KEEPING UP ACQUAINTANCE .....     | 17  |
| CHARACTER BUILDING .....          | 23  |
| THE STRENGTH OF OBEDIENCE .....   | 28  |
| MAKING HERSELF BEAUTIFUL .....    | 33  |
| THAT MEMBER, THE TONGUE .....     | 38  |
| A SUNNY DISPOSITION .....         | 43  |
| THE BEAUTY OF TRUTHFULNESS .....  | 48  |
| SINCERITY .....                   | 54  |
| IDEALS .....                      | 59  |
| AMBITION .....                    | 64  |
| THE POWER OF PURPOSE .....        | 68  |
| DREAMS .....                      | 73  |
| FRIENDSHIPS .....                 | 78  |
| AN ACCOMPLISHED GIRL .....        | 83  |
| THE OILS OF LIFE .....            | 86  |
| HOME-LIFE .....                   | 90  |
| A GIRL'S ORNAMENTS .....          | 96  |
| WHEN A GIRL GOES OUT .....        | 99  |
| A NEW AWAKENING .....             | 105 |
| A CHRISTIAN .....                 | 109 |
| THE QUIET HOUR .....              | 114 |
| MAKING FRIENDS OF BOOKS .....     | 119 |
| WAKING OF THE LOVE NATURE .....   | 124 |
| BOY FRIENDS .....                 | 130 |

## CONTENTS — Continued

|   |            |
|---|------------|
| <b>THE GIRL WHO CAN BE TRUSTED</b> .....                | <b>133</b> |
| <b>GETTING READY FOR THE GREAT RESPONSIBILITY</b> ..... | <b>138</b> |
| <b>CHOOSING A LIFEWOR</b> .....                         | <b>143</b> |
| <b>A CONSECRATED LIFE</b> .....                         | <b>148</b> |
| <b>A PURE HEART</b> .....                               | <b>153</b> |
| <b>A FEW FAULTS DISCUSSED</b> .....                     | <b>157</b> |
| <b>THE GIRL OF TODAY</b> .....                          | <b>162</b> |
| <b>THE FULL-BLOWN ROSE</b> .....                        | <b>166</b> |

# Contents

|                                       |    |
|---------------------------------------|----|
| 1. So Many Changes .....              | 7  |
| 2. So Many Parts .....                | 15 |
| 3. Menstruation .....                 | 23 |
| 4. Pads or Tampons? .....             | 29 |
| 5. I Have a Question About That ..... | 39 |
| 6. Why Do I Feel This Way? .....      | 53 |
| 7. What is a Pelvic Exam? .....       | 61 |
| Index.....                            | 71 |
| FOR-THE-RECORD.....                   | 73 |
| CALENDAR-TO-USE.....                  | 74 |
| A PARENT'S GUIDE.....                 | 79 |

# Menstruation



One of the things that happens when a girl grows up is to *menstruate* (MEN-stroo-ate). What exactly is this process called *menstruation* (MEN-stroo-AY-shun)?

At a certain time in your life, maybe when you're ten, the *hormones* (HOR-mones) in your body become very active. These hormones, in turn, are chemicals your body makes. These hormones, in turn, begin telling your body to be alert, pay attention to things it's never done before. There are hundreds and hundreds of messages. In this chapter, only a few will be mentioned, trying to keep track of all of them.