### STRAIGHT ANSWERS TO:

## Delicate Questions

You are a woman. Your body curves . . . your skin is soft . . . you have all the wonderful physical attributes women have possessed since Eve.

Perhaps you're engaged . . . married . . . a mother . . . even a grandmother . . . yet there may still be days when you feel your body is a frightening, mysterious

machine - and you would like to understand it better.

You may be concerned about some aspects of feminine hygiene - the causes of different discharges . . . different odors; which personal "symptoms" are normal ... and which might be warning of serious problems.

May any normal healthy woman

# Feminine odor is everyone's problem.

#### And Norforms' is the answer.

If you're like most women, you sometimes worry about feminine odor. It can keep you from feeling confident around others. You need a feminine deodorant you can rely on for long-lasting odor protection. And you can't buy every day

deodorant than Norforms.

You see, unlike feminine deodorant sprays, Norforms are used internally, where feminine odor begins. And unlike douches, Norforms are safe and gentle enough to use

a more effective feminine You can't buy a more effective feminine deodorant.

month. They're long-lasting, so you'll feel fresh and feminine all day or all night. It's no wonder millions of women choose Norforms.

When feminine odor is a problem, Norforms is the

answer. In

have a problem with feminine hygiene?

Yes. A normal healthy female's reproductive system follows a pattern or cycle. At each stage in the cycle your reproductive organs perform certain functions to keep everything in good running order

These functions may cause disturbing outward signs, such as various kinds of vaginal discharges and vaginal odors. When you understand what really happens, and why, then you can exercise rules of hygiene to compensate for them when necessary.

What causes the different discharges and odors?

Let's take them one at a time, as they occur in the cycle.

Menstrual discharge and odor - Each month, if you are in good health and not pregnant, the lining of the uterus is shed in a flow of blood which picks up bacteria, mucus and dead cells on its way to the outside. During this 4 or 5 day period, when the flow comes in contact with air, it causes a noticeable odor which can be offensive.

Po - and - pre-menstrual discharges and odors - A discharge which you may notice any day, when you are not menstruating or ovulating, will probably be cloudy and mucuslike. It is one of your body's natural defense mechanisms and helps to sweep the vaginal tract of dead tissue, useless bacteria and blood cells. This material, is responsible for another kind of odor ... an odor that can be

noticeable. Ovulatory discharge and odor - At the time of ovulation, when the egg is awaiting the fertilizing sperm, you may notice a different discharge. It will be clear and shiny, like egg white. It has its own odor which is usually not as offensive as menstrual, post or pre-menstrual odor. A warm shower every day is a good idea even during menstruation. Pay particular attention to the pubic area - the pubic hair, and the openings of the vagina, urinary tract and anus. This will take care of odor after it has become external. It will also temporarily remove the smegma (a medical word for the collection of sweat, glandular secretions, dead skin and bacteria) which can cause external odor in this area. But even thorough external bathing does not remove internal odor.

# Ashford and Simpson

They've been a team since teenage days. They are living proof that you can enjoy a career together, writing and performing, and stay married.

By Frederick I. Douglass

"The first time Val and I heard Ray Charles on the radio singing 'Let's Go Get Stoned,' we got so excited we nearly had a wreck," states Nick Ashford, who has cowritten dozens of million selling tunes with his wife. Valerie

Their repertoire of hits includes "Ain't Nothin' Like the Real Thing" and "Ain't No Mountain High Enough" for Marvin Gaye and Tammi Terrell; "Reach Out and Touch Somebody's Hand" and "Remember Me" for Diana Ross; and Chaka Khan's "I'm Every Woman."

One of their most recent projects reunited Ashford and Simpson with Diana Ross when they breathed new life into her career by producing composing tunes for her latest album, "The

They did such a good job for Diana Ross that many of their fans have said that they should have saved tunes like "It's My House"



Valerie belts out a song.

and "The Boss" for themselves. But Nick and Valerie say they love to hear other people sing their songs. "We've always enjoyed composing tunes for other artists and consider it to be a great honor when someone like Ray Charles or Diana Ross decides to record one of our songs," says Valerie Simpson.

"When we first met in church during our teens and began composing and singing gospel music together, we never dreamed that we'd ever hear famous artists doing our material.

"Even after we sold our first batch of songs for the grand total of \$75.00, we never expected to be touring the world as a headlining act. But it happened and the strange thing is that the songs which best express our feelings for each other are the ones that brought us to the attention of the public as entertainers.

"I have to admit that while I was honored that other artists were doing our material, there were times when I wished that it was us out there on stage so that we could interpret the songs the way we wrote them.

"Anyway, things really began clicking for us as performers in 1977 when Warner Brothers released our album 'So So Satisfied' which sort of summed up our attitude towards our personal and professional lives."

"Yeah, that's right," chimed in Nick Ashford. "Around that time, things were really becoming solid for us. Our daughter Nicole was born and our marriage was really beginning to work. Our creative thing was improving too, because Val and I no longer had to schedule appointments with each other to write like we had to do before we were under the same roof. Things were flowing a lot easier because Val would sit at the piano picking out notes and I would begin improvising lyrics.



Val would shoot back some lines to me and the parts of a song would begin molding together. It's a lot more spontaneous."

Composing songs, traveling and performing together all the time means that Nick Ashford and Valerie Simpson spent a lot more time together than most husbands and wives. They are virtually Siamese twins.

But Nick and Valerie say that as their love has grown over the years, they have worked out ways to give each other beaucoup room to breathe and stretch out.

Valerie says "being creative means that you have to have time alone to withdraw into yourself and recharge your spiritual batteries, but that you also need to be around people you love for inspiration.

"We really don't worry about the time we spend with each other. Unfortunately, the time we actually get to spend together privately as man and wife, not performers or song writers, gets a little scarce sometimes.

"I'd really like to spend more time with Nick doing simple things like walking through the woods or just doing nothing. Still, we've been with each other for so long, we have to give each other a little space.

"I know Nick better than I know myself, and I realize there are times when he needs to be alone to go for a walk or just to sit and think. Sometimes we take vacations that start out separate and then we meet each other somewhere."

Nick Ashford also has strong views on the topic of working together constantly as a husband and wife team, but still retaining a sense of individuality. "The fact

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