

# Lois and Tracie,

## Chapter 04

### “May 2014, GoodNites Tru-Fit”

Fiction by Angela Bauer

The time has flashed forward to May 2014, a few weeks before summer vacation starts at the elite private schools attended by Lois and Tracie Sterling in Pasadena, California.

Since June 2011, some things have changed and most things have remained the same for Lois and Tracie. They still live with their mother Emily in a mansion their maternal grandmother Mona inherited from her late beloved and filthy rich husband.

Linda Dittberner who joined the staff as Tracie’s nanny in October 2010 is still her nanny. Danielle Kingsbury (who was hired as Lois’ nanny in June 2011) is now called her ‘governess’.

Back in June 2011 Tracie had delayed toilet learning, without any bladder control day or night.

Emily Sterling had grown-up with a small over-active bladder. She became incontinent at night after puberty and lost her day control during her university years.

Lois had been toilet trained night and day by age three. She had no wetting incidents until a nap during the first day of summer vacation 2011. After that Lois needed pinned gauze diapers for bed as did Emily and Tracie. Lois also had no day control, so was diapered around the clock for several days. Eventually she was able to function during the day when she knew where to find a toilet in a hurry by wearing cotton training pants inside Babykins vinyl panties at home and either GoodNites or Attends adult disposable briefs away from home.

By the time Pre-Kindergarten started in September 2011, Tracie had enough daytime bladder control she could wear cotton training pants without Babykins vinyl panties. At school the nurse had a few extra cotton trainers for Tracie, as well as a bag of her size GoodNites.

For Kindergarten in 2012 and First Grade in 2013 Tracie wore GoodNites daily. The school nurse had a full bag of GoodNites in case of accidents but they were never needed. At night even today Tracie needs pinned DyDee gauze diapers and Babykins vinyl pull-on panties. She is still only seven and has not been taught how to pin on her diapers. At least Tracie can make it through the night without a diaper change.

The rules of the Middle and High School Divisions of the elite private school require students who wet to wear some form of diaper, determined by Eve Gordon, RN (the school nurse) and the student's physician.

Knowing that rule and that Lois would need at least GoodNites to start school in 2011, Emily made an appointment with Nurse Gordon to discuss the situation. They agreed that for the start of school Lois would wear Attends Disposable pull-on underwear, which has greater protection than do GoodNites. A carton of those was stored in Nurse Gordon's office should Lois not make it to a toilet on time.

There was hope that Lois would regain enough day control that she could get along in school with just GoodNites, but that did not happen. The problem was that the capacity of GoodNites was so small that if she did not make it to the toilet in time, even a partial wetting would mean the next wetting would leak as a flood.

Lois needed pinned DyDee gauze diapers at night for bed. During the summer of 2011 Danielle Kingsbury and her Granny Mona Holloway taught Lois to reliably pin on her diapers. That did a lot to restore her self-image.

Lois, Emily and Mona decided to take a few of Lois' better gal pals into their confidence. Some girls were invited to sleep over at the Holloway Mansion. On those nights Lois would sleep in her old bed and change her diapers on a low padded bench at the foot of her bed. The guest sleeping over and her parents were told in advance.

When Lois was invited to sleep over, of course the parents doing the inviting knew the situation. Lois could pin on her diapers using the large pad (which was part of her ginormous diaper bag) spread out on the floor.

However, since Lois never woke up feeling a need to pee during the night, routinely at home she slept in her large crib in her nursery. That was put in service in June 2011, with a large changing table. The highchair which was originally part of the nursery was put in storage in early August 2011, much to Lois' relief.

Some Saturdays Lois would try wearing a classic GoodNites to see if it would be adequate for school. Each time Lois admitted that she could not rely on a GoodNites.

Then in late April 2014 the office of Anne Reid, MD, FACS (Lois' urologist) said that GoodNites was asking parents of children who wet day and/or night to try a new product they were about to market. These were a totally different form of GoodNites called 'GoodNites Tru-Fit Underwear with Absorbent Inserts'.

'Tru-Fit' was described by Dr. Reid as stretchy decorated cotton/Spandex knit washable underpants with a built-in urine-proof pouch to hold an absorbent disposable pad. The Tru-Fit were being promoted as 'discreet protection' which was the original feature of GoodNites. Never-the-less Dr. Reid had received rave reports from people she trusted. She encouraged Emily to sign up to evaluate Tru-Fit for both Lois and Tracie.

While the girls were at their respective schools on Friday 23 May two cartons from GoodNites were delivered. One contained a starter pack of Tru-Fit for Girls size S/M. Those were rated from 38 to 65 pounds, so might have been intended for Tracie. At that time she was not as chubby as when she was four, but she did weigh 79 pounds.

The other carton contained a starter pack of Tru-Fit for Girls size L/XL rated from 60-100 pounds. Since Lois had not turned 15 and only weighed 87 pounds in theory they should fit her and Tracie.

Those starter packs contained a pair each of two differently printed underwear and five of the absorbent liners. With two girls who wet at night there were not enough underwear panties or liners to conduct a test.

When Dr. Reid phones manufacturer's representatives she gets immediate attention. She passed along the concerns of Emily Sterling. The next day, Saturday 24 May, FedEx delivered an over-night shipment from GoodNites containing another starter pack of the S/M and three starter packs of the L/XL, plus a bag of the S/M liners and four bags of the bags of the L/XL liners.

Mona, Linda and Danielle all opened that first shipment of Tru-Fit. They read the instructions on the Starter Packs, as well as on the official Kimberly-Clark World Wide GoodNites Tru-Fit website.

The starter packs had a plain purple undies and a striped undies. After a couple of tries fitting the liner into the pouch of the undies was not difficult.

By the time Tracie and Lois returned from school one of the S/M and two L/XL Tru-Fit were ready. The question was if Tracie was small enough to be comfortable in the smaller Tru-Fit.

She could squeeze into the S/M, but not comfortably. While on her the L/XL were looser, they were still snug enough to be effective.

According to the size chart Lois should be an ideal fit for the L/XL. That proved to be the case.

Neither Tracie nor Lois believed for a second any child large enough to wear Tru-Fit would think those were ordinary big girl panties, they did not seem to feel like an ordinary diaper either.

Tru-Fit clearly stayed in place much better than ordinary GoodNites. Tru-Fit also slid up and down easier than GoodNites or even their cotton trainers with the Babykins vinyl panties.

All that Friday afternoon even when the girls were not very close to a toilet when they felt the urge to pee, because the Tru-Fit slid down so well, they were on the toilet before their pee started flowing.

In that first shipment there were only 5 of the L/XL liners. After wearing them from 4 P.M. to 9 P.M. they were not uncomfortable because of sweat. However, because there were only three remaining liners, everyone decided to postpone an overnight bedtime trial. After their evening baths, Linda diapered Tracie and Lois diapered herself.

Emily missed dinner with the girls, but did see them wearing their Tru-Fit. Her comment was, "Those are absolutely adorable! I wish Kimberly-Clark made them in my size."

On Friday evening while the girls were taking their baths, Danielle hand washed both of the undies using warm water and mild liquid dishwashing detergent. That is the same routine used to wash the Babykins and KINs vinyl panties. The Tru-Fit undies even fit on the same plastic hangers used for the vinyl panties. By the time the girls woke up Saturday

morning the Tru-Fit undies had air dried at room temperature in the bathroom of Lois' nursery.

There has been a major rule change for both Tracie and Lois since 2011. As of the start of school in September 2013, when they are sleeping in their cribs and not being punished, the alarm is disabled. They can freely lower the side on their own. If they do not want to raise the side, that is okay.

Once Lois was taught to pin on her DyDee gauze diapers, she also was permitted to remove her diapers when she wants to do so.

Although Emily still does not consider it safe for Tracie to pin on her diapers, as of September 2013 she has been allowed to remove them.

It makes school mornings so much easier. The girls get up when their alarm sounds. They remove their diapers and put the cloth portion in the DyDee diaper pail and the vinyl panties in another smaller pail.

Both girls are allowed to take baths without help or supervision. They may shampoo their own hair, yet both prefer to have that done for them.

On the morning of Saturday 24 May 2014, after the girls dried off from their baths, they put on the now dry Tru-Fit undies with liners. They knew they only had three left to start the day so they had to be careful about using toilets when they felt the urge. They also knew additional Tru-Fit undies and liner packs were due that day via Over-Night FedEx.

Besides, if more Tru-Fit were delayed, they could always go back to wearing ordinary disposable GoodNites or cotton trainers with separate Babykins vinyl panties.

After breakfast Lois needed to devote a couple of hours to doing her homework. To give Linda and Danielle needed time off-duty, on the weekends the girls shared a single nanny. Although with respect to Lois, Danielle was called 'Governess', she willingly performed typical nanny duties, such as diapering Tracie. When Danielle was on duty Saturday mornings she helped Lois and Tracie study.

Neither girl was permitted to use the Internet without adult supervision. Their computers were in the library, not in their rooms. Their personal passwords allowed them to access programs and files on their computers. An adult supervising needed to enter a different password before a computer could reach a browser.

Mona and Emily had an absolute terror of Tracie and/or Lois being injured in an auto accident. They had a rule that the first time either girl would ride in the front seat would be the day they took their first driving lesson!

Although Tracie was slightly large for her age, she still was required to ride in a safety seat. Emily felt that although legally Lois was old enough she still must ride in a safety seat. As Tracie grew her pre-2011 seat was replaced in 2012 with a larger and more advance model. Because both Linda and Danielle drove the girls, Mona had one of Tracie's and one of Lois' safety seats installed in each of the 'Nanny' Escalades.

In June of 2011 the Bentley Mona owned was nearly two years old. It was replaced by a new one that October, which in turn was replaced in October 2013.

Mona felt the Escalades could last three years, so the 2009 model Linda had driven, which was turned over to Danielle, was replaced in 2012. The Escalade new in 2011 was replaced in June 2014. The driver from Symes Cadillac would stop at Just-for-Tots with the old Escalade so the car seats could be removed. The driver delivering the new Escalade would stop there so the safety seats could be installed.

Of course what Mona deliberately forgot (and Emily never knew) was that for years when Lois went on her Saturday afternoon adventures with her grandmother, she had always ridden in the front passenger seat. The last time that happened was the Saturday in 2011 when Lois first wet herself and her bed when napping.

On Saturday 24 May 2014 it was Linda's turn to be the shared nanny, meaning she had been off-duty since Tracie returned home from school on Friday. That period in June 2011 when Linda asked Mona to provide deportment maintenance with a Mason & Pearson hairbrush on her delicate derriere had paid off.

By 2014 Linda only needed a maintenance spanking every fourth week or so. During her off-duty time Linda dated a succession of attractive and successful men. She enjoyed passionate sexual activities. What deportment maintenance had taught her was to take the time to double check that her clothing, hair and makeup were all ship-shape before reporting for inspection prior to going back on duty. While the girls were studying that Saturday morning Linda and a nice older man were having a swell time in his condo on South Orange Grove Boulevard.

Tracie had turned four on 24 March 2011. When Emily was that age Mona did not feel the child was responsible for knowing right from wrong.

The only time Mona slapped Emily's hand was to stop her from doing something dangerous. Well, actually Mona instructed Emily's nanny to administer the hand slaps. In those days Mona was heavily involved in charity functions and was not a full-time mother.

Emily had seldom slapped the hands of Lois until she was four and a half; nor had any of Lois' nannies. That tradition continued with Tracie.

The fact is that despite her delayed toilet learning, Tracie was a super mellow, well-behaved kid during her early years. She was not so adventurous as to do dangerous things. It is also entirely possible that Emily and Mona felt so sorry because of Tracie's wetting that they let her get away with murder.

Linda Dittberner never bought into the theory that kids younger than a certain age did not know wrong doing from doing right. Linda did not remember a time when she was not punished for misbehavior. Later her mother admitted putting Linda over her lap and spanking her when she was only two years old.

All of Linda's early discussions with Emily about discipline and punishment for Tracie ended with the vague instruction that Linda could slap Tracie's hands or give her a couple of smacks below her diaper to prevent her doing something dangerous.

What concerned Linda was that when Tracie was around Lois, Tracie would later imitate Lois' smart mouth. Probably Tracie was not aware that Lois was spanked for using her smart mouth. Lois was always spanked in private by either Mona or Emily.

Discreetly Linda started to express her concerns about Tracie's language to both Emily and Mona. They did not think the smart mouth required smacks but they agreed to monitor the issue.

A week after Lois started wetting and a few days after Tracie started wearing GoodNites during the day when away from the mansion, Linda took her on an ordinary shopping trip. In the Pavilions Supermarket at California Boulevard and South Pasadena Avenue, as always, Linda led Tracie by the hand into the store.

For reasons never explained, instead of waiting patiently while Linda selected a shopping cart, Tracie ran off. Linda dashed after her in hot pursuit.

The ‘Miscreant’ and the Nanny reunited three aisles away. Immediately after seizing Tracie’s hand, Linda flipped up the skirt of her summer dress and delivered two firm smacks to both of the naughty girl’s thighs below her GoodNites.

In shock, Tracie began to cry overly loudly, but quieted down as soon as she saw Linda’s angry glare. From then on Tracie behaved nicely for the rest of the shopping.

As soon as they returned to the house, Tracie went looking for Mona, who was about to take Lois on an adventure using Danielle’s Escalade.

Indignantly Tracie loudly complained: “Granny, Nanny spanked me in the store!”

Mona had expected such a complaint for months. She smiled at Linda, gave a weary sigh and asked, “Precious Tracie, do tell me what happened exactly?”

“Granny, Nanny lifted my dress and hit me very hard!” Tracie testified.

“Tracie, please tell me what was happening just before Nanny Dittberner spanked, hit or smacked you?” Mona responded.

“Granny, I did nothing bad,” Tracie claimed, without conviction, “I just went ahead a little.”

“Miss Dittberner, is any of this true?” Mona asked sweetly.

“Yes, Mrs. Holloway, I did need to give Tracie two smacks on the back of each thigh with her skirt up slightly,” Linda testified. “Tracie ran away as I was getting a shopping cart. Fortunately we were inside Pavilions. I caught her three aisles away. Instinctively as I scolded her I gave her those smacks.”

“Thank you so much, Nanny Dittberner, you did your duty in an outstanding way,” Mona said as she smiled at Linda. Then she turned to frown down at Tracie, “Young Lady, I agree with your Nanny, for running away you deserved a spanking.

“To me Nanny Dittberner did the right thing to punish you so you will never again run away like that. However, in my opinion she was overly lenient with you.

“What Nanny did was to mildly smack you to get your attention. That was hardly a spanking! Right now I am going to show you a spanking.”

Mona sat down on an armless chair, holding Tracie in front of her. Noticing Lois appear, Mona asked her, “Lois Sweetie, would you mind fetching your old hairbrush from the drawer in your bedroom?”

Tracie’s dress had its skirt lifted in back. Her GoodNites were lowered to her ankles. The little girl was scared and started to pee.

Linda spoke up, “I know what you need Mrs. Holloway, an underpad!”

Linda returned with an underpad from Tracie’s room seconds before Lois appeared with her old Hair Doc Model 899 wooden oval hairbrush.

Mona easily pulled Tracie until she assumed the position. The scolding started, explaining why children must never run away from the person supervising them. Soon Mona began to mildly spank Tracie’s delicate white *derrière* with her right palm.

As Tracie started to yelp, wriggle and cry, Mona increased the sting of the spanks. After a few seconds, maybe 15 spanks, Mona stopped. She let Tracie cry it out.

“Young Lady, that was not even a real spanking. I’d call that a ‘half paddy-whacking’. The next time you misbehave your mother, your Nanny or me will give you a real spanking!” Mona promised.

“And if you repeat the same misbehavior, a hairbrush will be used upon you, like the one your sister is holding. Lois, would you please hand me that hairbrush so I can give Tracie a sample of it?”

When Mona barely tapped Tracie with the hairbrush, the little girl screamed as if she was being killed.

“Obviously, Young Lady, you did not enjoy being spanked with a hairbrush. My suggestion is to avoid being spanked you clean up your act, starting now by apologizing to Nanny Dittberner,” Mona ordered.

As soon as Tracie calmed down following the hairbrush spank, she did hug Linda and apologized for being naughty.

“Nanny Dittberner, you did an outstanding job. Now please take this naughty child to her room. Diaper her and put her down for a nap in her crib with the side raised. Before I take Lois on an adventure I will bring you a spare Hair Doc brush to be kept in the outside pocket of Tracie’s diaper bag.

“Lois, thank you for fetching your hairbrush; now would you return it to its drawer? Then we will leave on our adventure!”

Before 2011 ended Emily, Mona and Linda all had spanked Tracie with the hair Doc brush.

In 1986 California outlawed corporal punishment in all schools receiving public funding of any sort. Those same regulations made it difficult, but not impossible, for independent private schools to continue paddling and spanking. However, liability insurance companies did not care to assume the risk. For practical purposes school corporal punishment ended then in California.

That elite Pasadena private school had always used corporal punishment sparingly. Before eliminating paddling, several meetings with parents were conducted. Nearly all of those parents believed strongly in spanking, even for older teen girls. Several of those pro-spanking parents were prominent attorneys. Another was a leading expert in liability insurance.

That parent subcommittee offered a proposal which took advantage of a loophole in the California education code: Nothing prohibited parents applying corporal punishment to their children on school property.

So even before the 1986 ban went into effect, the policy of all three campuses (Pre-Kindergarten to First Grade on West California Boulevard; Second to Eighth Grade on California at Pasadena Avenue; Ninth to Twelfth Grade on East California) was that administrators and teachers could require parents to corporally punish naughty students.

Realizing that ‘punishment delayed’ is ineffective parents would be notified by phone that their child had been sent to the office with a corporal punishment referral. The parents were encouraged to immediately drive to the campus to apply the needed spanking.

Because of Emily's hectic work schedule, as Lois grew up at that school Mona was designated to receive the disciplinary calls and to administer spankings on campus.

A few of the kids Linda nannied had older siblings attending that elite school, but all of her charges were too young for regular school. She never was designated to administer spankings at school.

On the other hand prior to being hired as nanny to Lois in June 2011, most of Danielle's charges were First Grade or older and attended that school. Therefore Danielle was designated to administer spankings there. The principals of the Second to Eighth Grade and the Ninth to Twelfth campuses knew and trusted her.

Shortly before Lois started Seventh Grade in September 2011 Mona accompanied Danielle and Lois to introduce them to the then new principal. Clearly it was old friends' day in the office as staff members greeted Danielle. A secretary asked, "Miss Kingsbury, are you still using the same old hairbrush?"

With a smile and a friendly smack to the seat of Lois' uniform skirt she replied, "Actually, now I use a Mason & Pearson hairbrush which impresses Lois. My cell number has changed since I began working for Mrs. Sterling taking care of Lois." She made sure everyone made note of that cell number.

The following day Mona accompanied Linda and Tracie to her campus. Mona made it a point to add Linda as a designated disciplinarian.

That school year Tracie did not get in trouble at school. However, three times Danielle had to respond to spank Lois, once for passing a note and twice for talking back to a teacher. For the 2012 school year Danielle also was summoned three times to spank Lois, in all cases for her smart mouth. For the 2013 school year up to May Danielle needed to spank Lois on campus four times. The last time Danielle escalated the punishment by using a Lexan perforated paddle.

Back at Mona's mansion just as lunch was being served on 24 May 2014, the Overnight FedEx delivery arrived. By then although free of urine, the GoodNites Tru-Fit being worn by Tracie and Lois were getting sweaty after nearly six hours. They were excused from the table to change into fresh Tru-Fit undies.

The previous Friday, when the girls received their first trial Tru-Fit Starter Pack, by chance Tracie wore the undies with the colorful stripes.

Lois was happy because she felt the solid purple panties looked more grown up.

When they opened a new starter pack on Saturday, the girls decided that to keep things simple, Lois would only wear the purple undies and Tracie would only wear the striped ones.

Emily got home in time to have dinner with Mona and the girls. She was delighted to learn everyone was pleased with the fit, effectiveness and comfort of the Tru-Fit undies. Now that they had a large supply of the absorbent liners, it was decided both girls would deliberately ignore an urge to rush to a toilet.

Neither found sitting in a wet Tru-Fit to be uncomfortable; within a half hour of wetting to them the undies felt dry. However, so as to not lose more bladder control, the next time each needed to pee, they used the toilet.

For bed Tracie really wanted to sleep in her Tru-Fit, mostly because she could put those on without help. Lois could pin on her own diapers, but was willing to experiment in the interest of a full review of the Tru-Fit. Since both Lois' crib and bed had waterproof protectors, as did Tracie's bed, they decided to sleep as big girls.

Sunday morning, 25 May 2014, when Tracie and Lois awoke, both had wet during the night, but all was contained in their Tru-Fit. Lois always primarily slept on her tummy, which worked out considering all the nights she had to go to bed with a freshly spanked *derrière*. Tracie started out as a primarily back sleeper, but had learned to sleep on her tummy when her *derrière* had been spanked.

Probably what prevented the Tru-Fit leaking in bed was that neither girl was a side-sleeper.

After the girls took their Sunday morning baths, they decided to wear their Tru-Fit to church. Of course Tracie was still attending Sunday school. At almost fifteen Lois served as a teaching assistant at Sunday school. She was proud that she was allowed to wear a dignified dress that was age appropriate, discreet pink lipstick and two inch stiletto 'Kitten Heel' pumps.

By then Lois had a clutch which coordinated with her ginormous diaper bag. It was more than adequate to carry four spare Tru-Fit liners. As it happened both girls were able to successfully use the toilet while at

church and afterward at lunch at the Sizzler Restaurant on South Arroyo Parkway.

Sunday night Lois was allowed to wear Tru-Fit to bed. However, Lois decided to wear pinned DyDee diapers and Babykins vinyl panties. All day after getting up on Tuesday, 26 May, which was Memorial Day, Trudie and Lois wore Tru-Fit. At different times each deliberately wet, but there were on leaks. They changed after five hours because of sweat. To get ready for school on Monday night Lois wore DyDee diapers to bed.

Tuesday for school she would have to wear Attends Breathable diapers, since she still often wet those during the day. The GoodNites Tru-Fit were not yet on the market. Nurse Eve Gordon would require more evidence that Tru-Fit were effective before approving them for use by Lois. During Tuesday Lois did manage to tell Nurse Gordon about the success of the Tru-Fit evaluation.

The moment Lois returned home on Tuesday afternoon she changed into Tru-Fit and slept in them all that week. It was no problem for her to return to the much more bulky Attends Breathable for school. Lois' uniform skirts were tailored to hide her Attends, so Tru-Fit would be even more discreet.

On Friday 30 May Lois turned fifteen. Emily and Mona threw her a grand birthday party on Saturday 31 May. In that excitement Lois missed her bladder's signals once and wet her Tru-Fit slightly. No harm because it did not leak. None of the guests or their parents noticed that Tracie and Lois were wearing Tru-Fit. At that time GoodNites had not publicized Tru-Fit, but neither Trudie nor Lois used a toilet at the same time as anyone else during the party.

Nurse Gordon visited Lois at Sunday school on 8 June. By then she had talked to doctors Arnold and Reid about Tru-Fit. She had also done some research on-line. At Sunday School Nurse Gordon asked Lois to deliberately wet her Tru-Fit. After watching Lois for three hours Nurse Gordon agreed that on Monday Lois could wear Tru-Fit to school.

First thing on Monday 9 June Lois handed Nurse Gordon a Tru-Fit starter pack as well as a bag of the L/XL liners, just in case. All that final week of school Lois wore her Tru-Fit to school with absolutely no problems.

Even in PE class none of the other girls noticed. On the last morning of school, Friday 13 June, Nurse Gordon assured Lois that she could start

the school year wearing GoodNites Tru-Fit underwear. Lois was so delighted she spontaneously gave Eve Gordon a hug and a kiss.