

Unity Menstrual Pads

Supplies

Flannel fabric

Cotton fabric

Terrycloth, or an old towel or washcloth

PUL* (Polyurethane Laminate) fabric

* PUL is usually found near the diaper-making supplies at craft/fabric stores.

* PUL substitutes: flannel-backed plastic tablecloths, shower curtain, waterproof mattress pads)

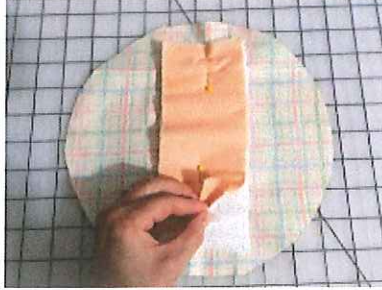
Instructions



Cut a circle 10" in diameter on a piece of paper to use as a pattern. Using this pattern, cut one circle of cotton for the outside of the pad, and one circle of flannel for the inside of the pad. (Fold pattern and fabric in half and cut on fold for quicker production.)

Cut two rectangles 9" by 3" out of terrycloth to use for the absorbent pad.

Cut a 9" by 3" rectangle of PUL or waterproof substitute.



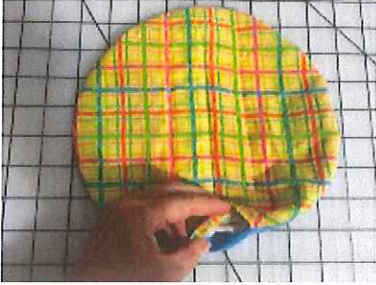
Stack the waterproof rectangle on top of the two absorbent layers. Lay the stack in the middle of the WRONG side of one flannel circle.



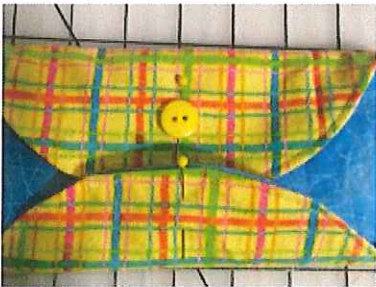
Using a wide stitch length (4-5 mm/5-6 spi, to minimize the number of holes in the waterproof pad), sew the soaker pad to the flannel in three long lines: one on each side of the rectangle, and one down the middle to create a 'canal' in the pad.



Next, place the flannel circle onto the cotton circle, right sides together. Sew these together with a normal stitch length (2-3 mm/9-13 spi), leaving a 2-3" opening for turning.



Turn the pad right side out through the opening, and then top stitch around the outside of the circle, catching the raw edges from the opening into the seam.



Finally, determine the correct position for the fasteners at the sides of the pad and mark with pins. Sew on a button and make a buttonhole, or apply snaps with a snap press.

