

SOW FOR LOVE

FEMININE PAD PATTERN

Materials needed

Lightweight flannel fabric (solid color)

100% cotton fabric (pretty dark patterns)

Pul (polyurethane laminate fabric) find in the baby section for making diapers

Terry Cloth fabric (choose from white, light blue, or light pink)

Size 14 (Denim) needle

Walking foot if you have one

*Snaps (optional)

Before getting started you need to wash the Flannel and cotton fabric. **Do not** use fabric softener. **Do not wash the PUL fabric or dry it in the dryer.**

Instructions

Step 1: Transfer pattern to a lightweight cardboard (ex. Cereal boxes, file folders)

Step 2: Iron Fabrics. Fold fabrics in half inside out, matching selvedge edges. Trace pattern template onto fabric using a pen, chalk, or pencil. Be careful to not include the selvedge edge.

Step 3: Using fabric scissors, carefully cut fabrics. Set aside.

Step 4: Trace the PUL pattern template onto the PUL fabric. Do Not Iron.

Step 5: Carefully cut fabric. Set aside.

Step 6: On the solid fabric you will need to lay down the PUL fabric first making sure the plastic side is on the bottom and shining side is facing up. Sew a ½" seam all the way around the PUL fabric. Set aside.

Step 7: Attach the core (liner) pieces together by sewing a ½" seam all the way around the core layers.

Step 8: Attach your core to the topper (pretty pattern) by centering the core carefully and pinning to the topper fabric. Then sew around the core, using a ¼" seam.

Step 9: Attach the Solid fabric to the core/topper (pretty pattern) piece by laying the solid fabric and topper fabric (pretty) or finished sides together. Pin carefully around the edges, lining up all curves and corners. Leave a 2" turn space at any place of your choosing on the pattern. I use the top edge of the left wing. Whichever turn space you choose, make it on a straight part of the pattern. Do not leave your turn space on the ends or on the curves.

Step 10: Use a ¼" seam to sew the topper to the backer (solid fabric).

Step 11: Clip your corners and curves. Be careful not to clip into the stitch.

Step 12: Turn the pad right side out, and run a tool (chop stick, knitting needle, etc.) along the inside edge to make sure that all corners and curves are neat and fully pushed out.

Step 13: Pin the turn space closed.

Step 14: Topstitch all the way around the edge of the pad, making sure to close the turn space. I use a full ¼" topstitch, but you can use whatever width you find attractive and comfortable. **Backstitch to secure seam.**

*Don't worry about putting snaps on the wings. I have a snap presser.

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