

## PROJECT PREPARATION FOR FEMININE HYGIENE KITS

- **Feedback/Recent Updates to the instructions below –**
  1. **We have been told that Ziploc bags rather than the fabric drawstring bags can be used.**
  2. **We have learned that safety pins rust & are not easily replaced. Hands of Honor requests snaps or Velcro be sewn on the tabs of each pad.**
  3. **Since the video was made of our first shipment of kits, the Hands of Honor requested that we NOT put the ibuprofen in the bags due to the potential for overdose.**
  4. **Hands of Honor requested that we use sizes 12-14, 5-8 underwear.**

The pattern and instructions were downloaded from [sewinpeace.blogspot.com](http://sewinpeace.blogspot.com) under “Tutorials,” then “Cloth Feminine Pad Tutorial.” Be sure you make paper copies of the pattern, cut them out, and then use rubber cement to adhere them to old file folders. Then you get to cut again!

With the amount of supplies we needed, it took 3 big tubs from Walmart to put everything. One was flannel pieces, samples, and supplies. One was liner parts. One was completed pads. Since we made ours over four different meeting locations and each church was supposed to bring panties, soaps, and ibuprofen, the tubs became collection vessels for those items.

We made 50 kits, which comes to 500 pads. Joann’s is a great place to get the flannel, but you have to be careful of what is on them. No animals, camo, or weapons. We were able to find a number of colorful flannels (avoid pastels and lights!) that worked for us, all on sale. It takes a yard to make 10-12 pads and most of ours made 11. We bought 48 yards of flannel in 11 different patterns. I cut them into 1-yard pieces to work with. **A ROTARY CUTTING MAT, RULER, AND CUTTING BLADE ARE VERY HELPFUL FOR ALL CUTTING OF LENGTHS, WHETHER IT IS FLANNEL, LINER, OR BAGS!** Iron the (folded in half) flannel to make it smooth before you start tracing. A ballpoint pen is the best marker for this and won’t show. Some flannel is a little wider than others, so you’ll get 12 on the piece.

When you cut the flannel, pin one and cut it. Then pin the next one and cut it, and so on. That will ensure even pieces that will match up in the end. I found it easiest to cut in rows across, starting at the selvedge edge. Stack them crisscross for ease in picking up later.

The lining was also purchased from Joann’s online. We used the “Toasty Cotton Batting” that was 72”x90” and in a 2-pack. They were half price when I got them, so watch for sales. Also had \$3 shipping. We had three of these 2-packs to make our 500, which was 6 rolls. (We needed twice that much and I had to get 5 more.) I opened the batting and folded it the long way (they come folded so that they are 72”x45”, so open them all the way up and refold to 18”x90”), then (with a rotary cutter) cut 9” strips. These were left folded in half (9”x36”) to make two per tracing. The batting is hard to mark, so use something like a felt-tip or good ballpoint pen.

The liners need to be stacked two together as they are cut, then crisscross. This will save time and no counting of liners is necessary as they are assembled. Accurate cutting is extremely helpful in the next step. After I did a number of these, I felt more comfortable skipping the taping step and did two straight lines where the tape would be. This eliminated time and the tape pulls off a bit of the padding. Sew about 1” apart, about 5” long down the center (either side of a center line) and it works.

If you have the sewers NOT cut threads and give that to someone else to do, it gives non-sewers something to do and speeds up the sewing process. Big time saver!

Follow the directions for assembling. We had samples of pads at different stages to show what we were needing them to do—we did not provide the instructions from [sewinpeace.blogspot.com](http://sewinpeace.blogspot.com) for them. The position markers (attached) help with the instructions.

The cording was from Walmart, in the hardware rope section. It's a little bigger than I wanted, but the best I could find. It is called "Hyper Tough 550 Paracord" and is 5/32"x50 feet, \$3.94 each. We used 3 packs, as one pack will do about 20-28" cords. These were cut and one end tied in a knot, then both ends were burned to keep them from unraveling. Don't tie both ends because one end still has to go through the bag. Put a big safety pin in the untied end and pull it through the channel of the bag, then tie a knot. Grosgrain ribbon could also be used, but I wasn't sure of the endurance.

Safety pins were from Walmart, 50 in a pack for \$1.97. It took 5 packs. To make things easier, we put 5 together on one pin (4 hanging) and pinned it to the top completed pad.

Fabric for the bags is cotton, we used red. They were cut at 15"x22" (half of the width of the 44" yard). It took 11 yards to get our 50 bags cut. Since the cord is black, we used black thread.

Please do not be intimidated by the long list of things I have put here. This is to make it simple so you don't have to hunt it down. You may email me if you have any questions!

Debbie Zink

Completed kits should be mailed to: Christ Community Church/Craig Walter  
McCabe/HOH  
404 S. 108<sup>th</sup> Avenue  
Omaha, NE 68154-2662

**PROJECT ORGANIZATION**  
**Alliance Women**  
**The Alliance South District**

This project will be best done as an assembly line to make the best use of the people and tools. You should have long tables along the side with close proximity to electrical outlets, but not against the wall. Place Tub #1 and #2 at the end of the table with the pinners. To make the project completion work seamlessly (haha!), it will be easiest if we follow the order below:

**CUTTERS**—those with sharp scissors will be at their tables, cutting the liners in their folded manner (cuts two at once). Liners should be stacked in a crisscross fashion for ease in picking them up.

**PINNERS** will pin the liners onto the inside of the flannel outer pads, two per side. ***BE SURE TO KEEP BOTH SIDES OF THE PAD GOING THROUGH THE SYSTEM TOGETHER SO THAT THEY AREN'T MIXED UP.*** This will ensure that they match up correctly at the end. Pass to SEAMSTRESS #1.

**SEAMSTRESS #1**—white thread—sew the two liners on simultaneously with a 1/8" seam allowance, smallest possible. Remove pins, return to PINNERS. Pass on to TAPER.

**TAPER** will apply a 5" piece of tape down the center of the pad on the liner side. Pass to SEAMSTRESS #2.

**SEAMSTRESS #2**—white thread--will sew on either side of the tape, but not the ends. **Backstitch all ends.**

**PINNER** will remove tape, match the two sides together (wrong sides together) and pin all the way around. Pass to SEAMSTRESS #3.

**SEAMSTRESS #3**—black thread—zigzag all the way around and **backstitch or overstitch**. Remove pins, return to PINNER.

**IRONER**—smooth out the edges, press flaps on top of pad.

**STACKER**—will stack the pads in the bin after they are completed.

You will need to place people as they come in—the last PINNERS and SEAMSTRESS #3 take the longest, so put additional people on those tasks. If you can put two ladies facing each other on both tasks, that will be helpful.

Additional workers with machines will enable you to have more assembly lines going at the same time!



### Materials List

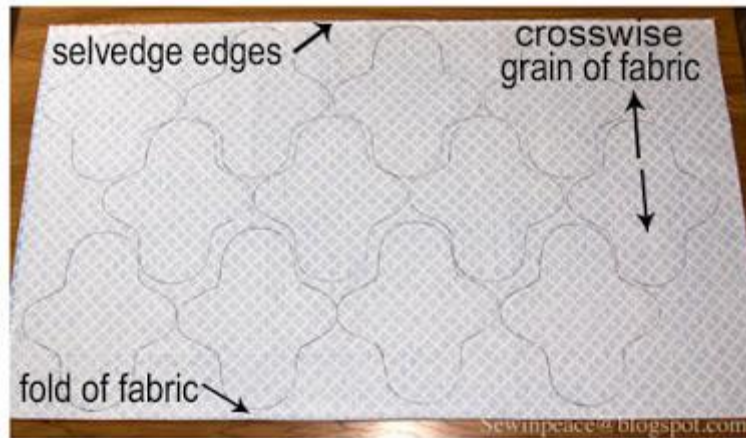
1 yard lightweight flannel fabric (will make approx. 10-12 pads)  
1/2 yard low loft 100% cotton quilt batting (ex: "Warm & Natural")  
Size 14 (Denim) needle

Each pad consists of 2 outer layers of flannel and 4 pieces of lining made from cotton quilt batting.

Pattern measures approximately 7 1/2" from side to side and 8 1/2" from top to bottom.  
Measurements may vary depending on the printer. This is ok since we are going for utility and not perfection:)



Step 1: Download pad pattern and transfer to lightweight cardboard. Templates can be made from card stock, cereal boxes, file folders or whatever lightweight cardboard you have on hand. Select some pretty flannel fabric...because we all like pretty don't we?



Step 2: Iron the fabric. This will help fabric lay flat making it easier to trace around the template. For each cloth feminine pad you will need two layers of flannel fabric.

Fold fabric in half, printed sides together, matching selvedge edges. Trace pad pattern onto fabric using an ink pen, being careful to follow the crosswise grain of the fabric. Careful placement of the pattern will maximize use of the fabric.



Step 3: Using a sharp scissors, carefully cut fabric. Set fabric aside keeping layers together.



Step 4: Lay out cotton batting. If possible fold batting in half so two layers can be cut at a time. Using an ink pen, trace lining pattern onto batting. Cut 4 pieces for each cloth feminine pad.



Step 5: Iron flannel fabric pieces and lay printed side down. Center two layers of cotton batting on each piece of flannel and pin in place.



Step 6: Straight stitch around edge of cotton batting using a size 14 (Denim) needle. **Backstitch to secure seam.** Repeat stitching on second flannel piece. (Tip: The size 14 needle will make it easier to sew through the layers.)





Step 7: On each piece of flannel stitch two lines down the center. **Backstitch to secure stitching.** You may find it helpful to use a walking foot, and to decrease the tension setting on your machine. Painter's tape is used in the photo to show a stitching guideline.



Step 8: If needed, trim so edges are uniform. Pin together the two flannel layers printed sides out, carefully matching edges.





Step 9: Use a zigzag or overlock stitch to finish edge of fabric. (Choose one method)

Zig Zag Stitch - As shown in the photo above, with the "zig" the needle will move to the left piercing into the fabric. With the "zag" the needle will move to the right dropping off the fabric creating an overlock stitch. Suggested stitch length is 1.5 and width 5. **Backstitch to secure seam.**



Overlock Stitch - Some sewing machines come with additional feet. As shown in the photo above, the overlock foot allows greater visibility when stitching along the edge of fabric. As you sew the pin on the foot will also help to keep the fabric flat. **Backstitch to secure seam.**



Place a snap or velcro fastener on tabs. (We do not recommend safety pins, as shown in the photo above, as they rust and cannot be easily replaced.)

You are finished! How pretty!

Below: Project Station Signs

# PINNERS

Two layers of liner to inside of Flannel  
KEEP TWO PARTS OF FLANNEL  
TOGETHER

# SEAMSTRESS #1

Two layers of liner, sew perimeter and two  
stripes down the center—DON'T CUT  
THREADS OR REMOVE PINS

# THREAD/PINS REMOVER #1

Remove pins, cut threads

# PINNERS #2

Pin 2 parts together, matching flaps

# SEAMSTRESS #2

Zigzag in Black

## THREAD/PINS

## REMOVER #2

Remove pins, cut threads

# IRONER

Press with steam, turning flaps in

# STACKER

Stack pads in bin



**STEP 1: 10 PADS**

**PLEASE KEEP FLAT**

**STEP 2: BAG**

**STEP 3: PANTIES**  
**MARK SIZE ON OUTSIDE**  
**OF BAG WITH BLACK**  
**MARKER**

**STEP 4: SOAPS**