

FEMININE PAD PATTERN

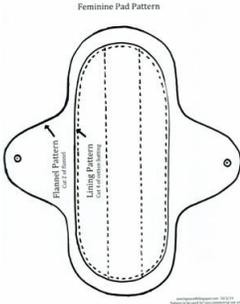
Materials List

1 yard lightweight flannel fabric (will make approx. 10-12 pads)

1/2 yard low loft cotton quilt batting (ex: "Warm & Natural")

Size 14 (Denim) needle

FEMININE PAD - CUTTING INSTRUCTIONS



Step 1:

Download "pad pattern" from sewinpeace@blogspot.com

and transfer to lightweight cardboard. (File folders work great!)

Pattern measures approximately 7 1/2" from side to side

and 8 1/2" in length. Measurements may vary depending on the printer.



Step 2:

Iron fabric. Fold fabric in half, right sides together, matching selvedge edges. Trace pattern template onto fabric using a pen or Sharpie being careful to not include the selvedge edge.



Step 3:

Using a sharp scissors, carefully cut fabric. Set aside.



Step 4:

Fold batting in half. Trace "lining pattern" onto batting. Cut 4 pieces for each feminine pad.

FEMININE PAD - SEWING INSTRUCTIONS



Step 5:

Iron flannel and lay fabric right side down. Center two layers of cotton batting on wrong side 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.



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 create a stitching guideline.



Step 8:

If needed, trim so edges are uniform. Pin together flannel layers right sides out, carefully matching edges.



The most important step!

A balanced overcast stitch to finish the edge

Step 9:

Use an overcast or zigzag stitch to finish edge of fabric. 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 overcast stitch.

Suggested stitch length 1.5 x width 5.0

Backstitch to secure seam.



Optional: Place a snap or Velcro fastener on each tab. You are finished! How pretty! Safety pins also work great!