

Pads for School Girls Projects

If available, use a cutting mat, rotary cutter & ruler. If you use scissors or cutter; cut rectangles slightly larger than pad pattern. Cut all fabrics. Trace pattern on PUL fabric (dull fabric side) **Do not put pins in PUL fabric!** Stack layers: PUL fabric glossy side up, a layer of terry cloth and flannel as follows:

Large – 4 flannel layers

Medium – 3 flannel layers

Mini – 1 flannel layers

Clothes pins can be used to secure layers

1. Set pressure foot to least pressure, baste on line you traced on dull side of PUL.
2. Trim edges close to stitching then
3. Serge or zig zag edges
4. Cut out diamond shapes then serge or zig zag edges of diamond or sew wrong sides together and **turn**.
5. Sew pad on diamond shape with rounded corners matched
6. Sew on Velcro as marked. Looped side on one corner and hooked side on other corner on under side.

Each kit should contain:

4 large pads

3 medium pads

3 mini pads

1 bag for clean

1 bag (water proof) for dirty

(approx. size 12" x 18" w/zipper and looped handle