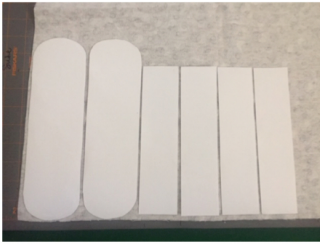
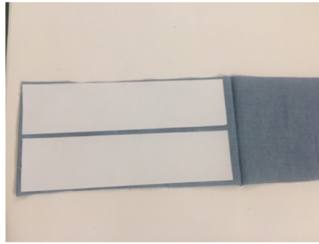


## HOW TO MAKE A REUSABLE FEMINE PAD WITH A SEWING MACHINE



Using paper patterns, cut 2 large ovals and 4 rectangles from 100% flannel cotton fabric.



Cut out 2 pieces of 100% cotton Muslin or similar 100% woven cotton fabric. These will become the "wings"



For each pad, you will need 2 flannel ovals, 4 flannel rectangles and 2 cotton rectangles.



To assemble, line up 1 oval, 2 rectangles the wings in the middle, then 2 rectangles, and 1 oval on top



First use a straight stitch around the pad. Use a tight zig zag stitch along the edge.



Use a zig zag stitch along the wings as well or turn fabric of wings inside out, stitch together with a straight stitch and leave a hole to turn, giving a more finished appearance.



Using any stitch, stitch both ends to keep the inner rectangles in place.



The wings fold around underwear and are held in place with a #20 plastic snap. This step is optional as we are happy to add the snaps.



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