## **Pad Holder Instructions**

## Pad Holder Supplies:

- Cotton material
- PUL material or another material that can form a moisture barrier
- Thread
- Snaps or Velcro
  - Sewing machine

## Instructions!

The pad holder pattern is very similar to the pad. Cut out a 5" x 9" rectangle of the cotton material. You will need two pieces to form the holder.

Draw a pattern on paper that is the same shape as the finished pad. But this time draw a side "wing" on both sides. See the picture above to get the idea.

Cut out one 5" x 9" rectangle of PUL material or other moisture barrier material. It will go between the two cotton pieces to form the moisture barrier. Using the same pattern you created for the pad holder cover, cut the moisture barrier material.

With right sides together and the moisture barrier material between the cotton pieces, stitch a 1/4" seam around the piece leaving a small opening so you can turn the holder inside out.

Stitch the small hole close with needle and thread.

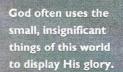
Create a second pattern to form the "sleeve". You want to create a sleeve that is the same shape as the end of your holder — either square or round. It needs to be large enough told the end of a pad firmly in place.

Cut two sleeve pieces for each pad. Sew them on each end of the pad with the right side of the material showing.

You can use snaps or velcro on the "wings" which will hold the pad in place when place around the crotch of an under garment.







"If you spend yourself
in behalf of the
hungry and satisfy the
needs of the
oppressed, then your
light will rise in the
darkness, and your
night will become like
the noonday. "
Isaiah 58:10, NIV

