

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



God often uses the small, insignificant things of this world to display His glory.

“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

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 to hold 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 placed around the crotch of an under garment.

