

Women Helping Women

Pad Project Instructions

WMU OF TEXAS

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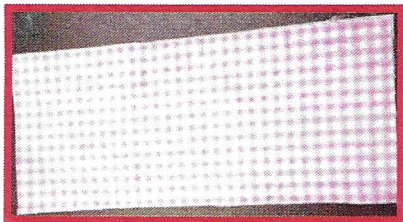
Pad Instructions

Pad Supplies:

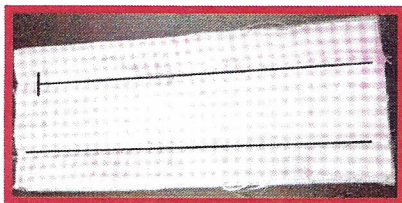
- Flannel for the cover of the pads
- Batting inside the pads
- Scissors
- Thread
- Sewing machine
- Serger if you have one

Instructions:

Cut the flannel into 4" x 8" rectangles. You will need two pieces to form the top and bottom of the pad.

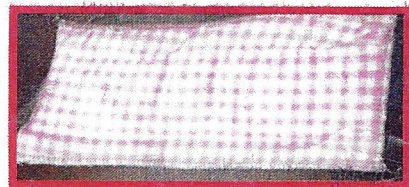


Cut batting into 4" x 8" rectangles. You will put two pieces of batting between the two pieces of flannel. Using the sewing machine, sew two straight lines about 1" from the edge of the flannel. This will secure the batting and



make it easier use the serge for the edges.

Using a serger, serge the edges of the pad. You can do square corners or rounded ends on the pad. Either will work.



The serger finishes the edges nicely and also cuts off excess material.

Shorter pads can also be used for teen girls or women of small stature.

Where to send them:

WMU of Texas will ship completed pads to South Asia at our cost. If your group would like to help with shipping expenses, please make a check payable to WMU of Texas and write "Women Helping Women Pad Project" in the memo line.

Mailing address:

WMU of Texas
Women Helping Women Project
333 N. Washington Ave.
Dallas, TX 75246.

