

Reusable Menstrual Pads

Outer Pad with Wings

Cut 2 with flap extended & 1 on fold with flap closed

Inner Pad

Cut 2 of flannel and 1 or 2 of filling or more flannel

Printing Instructions: Set Margins to 0.25 or 1/4 inch each.

To make your own sanitary napkins you need the following supplies:

- A sewing machine with a zigzag stitch.
- Flannel: Old flannel shirts & baby blankets work beautifully but new flannel works fine too. Be sure to wash it in hot water before using to prevent shrinkage.
- Thread
- Snaps or Safety Pins
- Scissors

The Outer Pad

Begin by printing both of the patterns and cutting them out. The Inner Pad is a large oval. The Outer Pad is actually 2 patterns in 1. With the long straight

side extended, it is the topside. You will need to cut 2 of these. With the long straight side folded in, it is the bottom side. Place the straight edge on a fold of fabric and cut 1 of these. Look at the pictures for examples.



Make 1/2-inch hem down the long straight side of each of the 2 top pieces.

Straight stitch or zigzag stitch this hem, as you prefer. Now arrange the 2 upper layers of the outer pad over the lower layer. The front hems should overlap slightly, or by about 1/2-inch.

Zigzag stitch around the outside twice. If desired you may straight stitch down the dotted lines shown on the picture to the right. This allows the inner pad to fit more securely inside the outer pad and also makes folding the wings a bit handier.

Some women apply a snap or button to the wings at this time. Place them at

points "A" in the illustration. Velcro is not advisable because it has a tendency to chafe.



You can use snaps on the wings, or large diaper safety pins work beautifully for pinning the wings together. To the right you will see a picture of the pad pinned closed. The wings fit around your underwear just like disposable pads with wings. Some women wear the pad with the pocket seam facing down, next to their underwear. Other women prefer the pad placed with the seam-side next to their skin. Try it both ways to see which you prefer.

The Inner Pad

The inner pad is the absorbent part of the sanitary napkin. It slips inside the pocket of the pad. The beauty of this is that you can use as many inner pads as necessary for the rate of your flow. During heavy times, or overnight, use

3 or 4 Inner pads. For a lighter flow use only 1 Inner pad. For a panty liner, use the outer pad without an inner pad. The reason you use several layers instead of 1 very thick layer is because several thinner layers are easier to wash and have a shorter drying time. Additionally, the many exterior surfaces of the pad layers makes them more absorbent than a single thick pad would be.

For the inner pad you want to cut at least 3 layers, maybe 4, depending on the thickness of your fabric. Use the same pattern for all of the layers.

Use flannel for the 2 exterior layers of the inner pad. Use 1 or 2 layers of flannel or terry cloth, cotton quilt batting or another absorbent material for the interior layers of the inner pad.

After cutting out your layers for the inner pad stack them neatly. Zigzag stitch around the edges twice. Trim the edges if desired. I used dark thread in the picture so you could see it against the light flannel. Make 2 of these inner pads for each outer pad. They are very easy to cut and stitch, so you may want to make a few extras for heavy days.

After completing each part of the pad, slip the inner pad inside the pocket of

the outer pad. Pin it in place and see how it feels. You will be surprised at how comfortable it is.