

Cloth Sanitary Napkins

1. Cut two 8 inch diameter circles out of cotton material. Cut one 8 inch diameter circle out of waterproof material (PUL).



2. Place cotton circles right sides together. Then lay the waterproof (PUL) circle on top of the two cotton circles.



3. Sew the 3 circles together around the edge with a $\frac{1}{4}$ inch seam allowance. Leave a 2 inch opening for turning the circles right side out.



4. Turn circles right side out. The waterproof (PUL) layer should now be hidden between the cotton layers. Fold the 2 inch opening inward and pin it shut. Topstitch around the circle with a $\frac{1}{4}$ inch seam allowance.



5. Cut two cotton rectangles 3 ½ inches by 2 inches. Fold it in half twice. Sew along the open edge. These will be the two bands that hold the flannel soaker in place.



6. Sew the bands to the circle pad holder using the placement shown on the pattern.

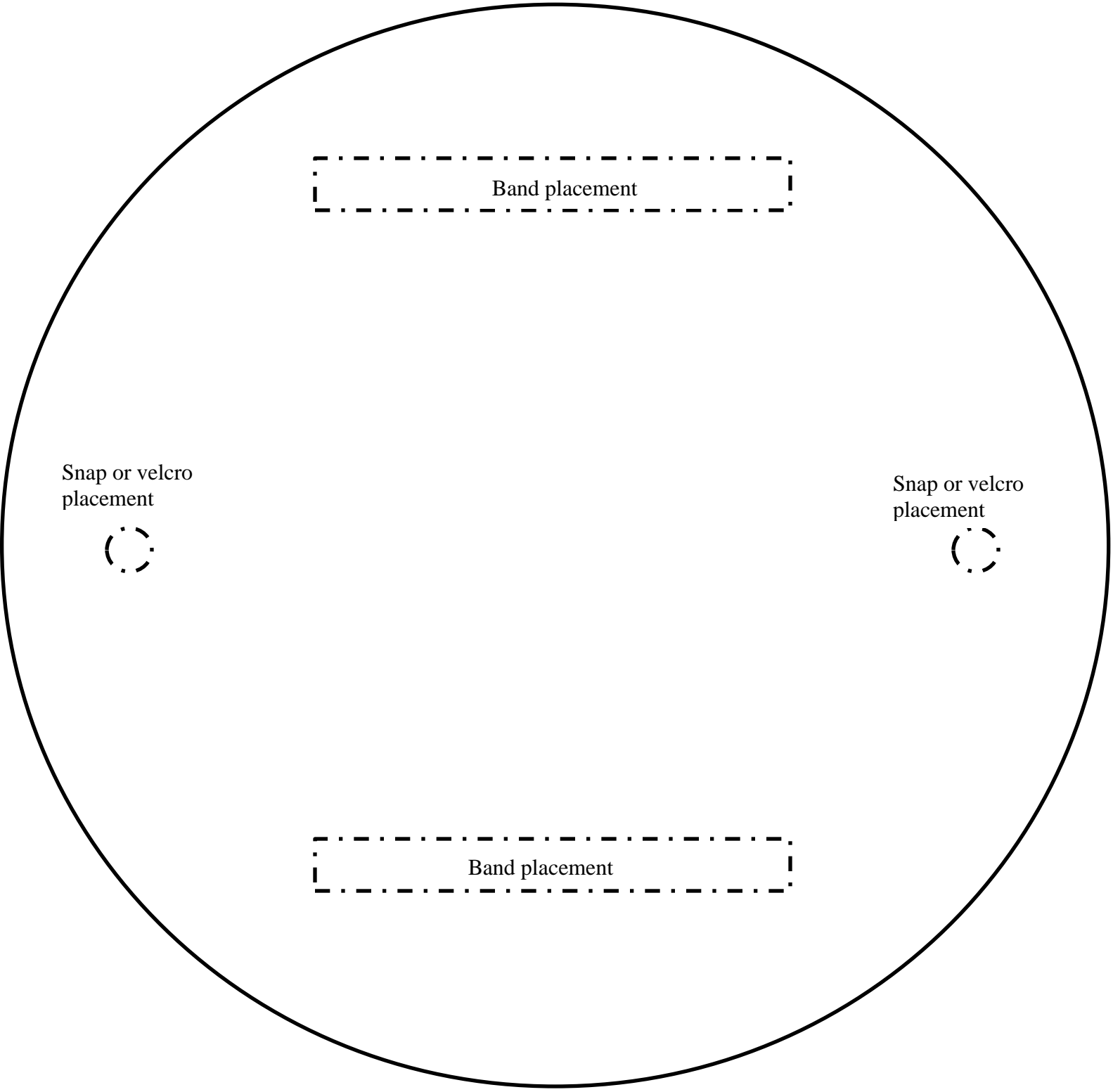


7. Cut a flannel rectangle 6 ½ inches by 21 inches. Zig zag stitch around the edge.



8. Place snaps or velcro on circle pad holder using placement shown on the pattern. You can use snaps (plastic or metal) or velcro. The circle pad holder folds around the underwear so you will need to put one snap (or velcro) on the top side of the circle pad holder and one snap (or velcro) on the opposite bottom side of the circle pad holder.





Snap or velcro placement



Snap or velcro placement



Band placement

Band placement

Cotton band pattern 3 ½ inches by 2 inches