

Pad Project Instructions

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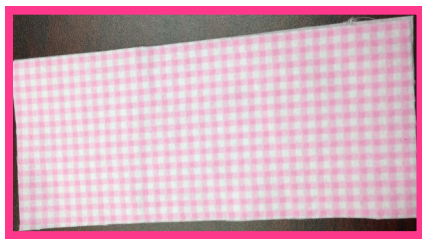
Pad Instructions

Pad Supplies:

- Flannel for one side of the pad
- PUL for the other side of the pad
- Batting inside the pads
- Scissors
- Thread
- Sewing machine
- Serger — if you have one

Instructions:

Cut the flannel and PUL into 4" x 8" rectangles. Flannel will be the top and PUL bottom of the pad.



Cut batting into 4" x 8" rectangles. You will put two pieces of batting between the flannel and PUL pieces. 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 to use the serger for the edges.



The serger stitches closed

the edges and finishes the edges nicely plus cutting off excess material.

You can do square or rounded corners because either will work. If you don't have a serger, use a zig zag stitch on the sewing machine for the edges of the pads.

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 our ministry partners. If your group would like to help with shipping expenses, please make a check payable to WMU of Texas and write, "Pad Project" in the memo line.

Mailing Address:

WMU of Texas
Pad Project
10325 Brockwood Rd.
Dallas, TX 75238

WMU of Texas

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

Circular Pad Holder Instructions

Pad Holder Supplies:

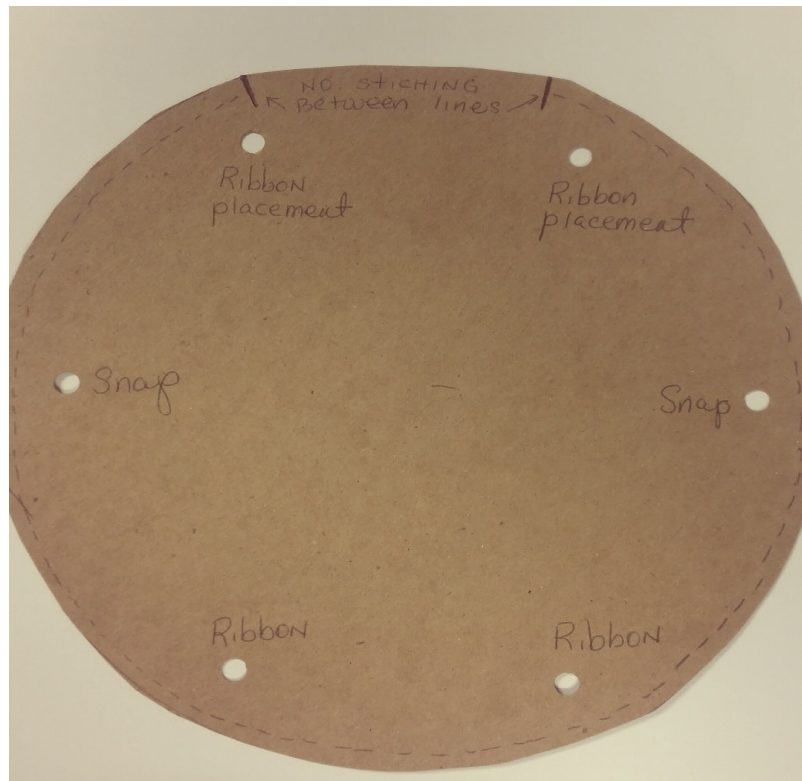
- Flannel
- PUL material or another material that can form a moisture barrier
- Thread
- Kam Snaps or Velcro
- Sewing machine

Instructions:

These instructions are for a layered, 8-inch diameter pad holder with a PUL/moisture barrier liner.

On heavy cardstock, draw an 8 inch circle and cut it out. Make the circle with two lines at the top. You will stop stitching between these lines allowing for the pad to be turned inside out.

Ribbon is used to hold the pad in place on the holder. Punch six small holes in the pattern for the ribbon and kam snap or Velcro placements. Once the holder is turned inside out, you will be able to mark where the ribbon and kam snaps or Velcro are to be attached.



What is PUL?

It is a laminated fabric whose full name is polyurethane laminate. It is water-proof which is perfect to create a moisture barrier for reusable menstrual pads and pad holders.

It can be quite expensive so shop around or use coupons.

Search out stores online who sell it in bulk and at a discount.

Another Option

Thin plastic is another option that can be used in place of PUL.

Circular Pad Holder Instructions

For the circular pad holder, you will cut:

- Two pieces of flat cotton flannel in 10 inch by 10 inch squares
- One piece of PUL or other moisture barrier material in a 10 inch by 10 inch square
- Two pieces of one inch ribbon in four inch lengths

How to put the holder together:

- Take two flannel pieces and place the right sides together.
- Place one piece of PUL material/moisture barrier material on top.
- Trace the circle shape on to one of the wrong sides of the flannel pieces. Mark the lines where the stitching will stop.
- Stitch 1/2 inch from the edge around the circle, leaving the opening so you can turn the pad inside out.
- Trim the extra flannel down to 1/4 inch **EXCEPT where you left the opening**. Turn the holder inside out and smooth out any wrinkles.
- Tuck the fabric where you left the opening and pin to hold it in place. Iron it down, if needed. At the very least, use a few sprays of water to smooth out the fabric. It will make the pad look nice.
- Top stitch 1/8 inch away from the edge all the way around the holder.



Circular Pad Holder Instructions

- Place the pattern over the pad and mark where the ribbon and kam snaps or Velcro are to be placed.
- Stitch the ends of the ribbon at the top and bottom of the pad. A pad will slip under the ribbons and hold the pad in place.
- Place the kam snaps or Velcro on each side of the pad holder. The sides wrap around the crotch of an undergarment and the kam snaps/Velcro keep the holder in place.
- Top stitch 1/8 inch away from the edge all the way around the holder.



It has been said, “If you can’t feed 100 people, feed one.”

Every pad made will bless a woman or girl who may have little or nothing to use each month. You will help her stay in school or go to work. You help her make life better for her family.

Every pad shared will be given in the name of Jesus who told us that whenever we serve the “least of these” we are serving Him.

So many women and girls do not know how loved and valued they are by their Creator. The Pad Project opens doors for the sharing of this good news.

Thank you for **serv**ing those who have little. Thank you for **praying** for those who will give the pads. Thank you for **loving** God with all that you are and loving your neighbor as yourself.

Kam snaps and kam snap pliers can be purchased at fabric stores or online. The snaps are less expensive if you purchase them in bulk. Snaps come in three pieces: a button, a male piece, and a female piece. Pay attention when putting them on so they snap correctly.

Kam snaps and pliers

