



List of Wrapper, and Pad Instructions

This instructional packet will provide you with step by step instructions on the sewing of a Women To Be kit of reusable menstrual supplies. It is intended for use by sewists who are not beginners. Although some of the tasks can be easily accomplished by a beginner, sewing the Wrapper, in particular, needs a person who is comfortable with a machine. If this is not you, please feel free to ask us questions at, advocate@women2be.org

Wrapper and Pad, sewing instructions

This is a detailed account for sewing the Wrapper - the moisture resistant cotton PUL (polyurethane laminate) unit and the Pad - the absorbent flannel insert for the Wrapper.

Template outline, built with 2” squares

This is a pattern for the cutting template for the Wrapper. The Wrapper design is basically built off of 2” squares, for checking size. Print out pattern/template on letter size 8.5”x11” paper. Set scaling to “None,” “Actual Size,” “100%” or whichever your printer calls for to accurately print the pattern.

Also pay attention to the next page, (Template outline, with cutting detail) which shows how the template is to be rounded slightly at the closure wings, indicated by arrows.

Template outline, with cutting detail

This shows the slight curve the closure wings should take when cutting from pocket-ends to wings, as indicated by the arrows. It can be used as a guide to make the final cutting template.

EXTRA, please request:

Metric Version of Wrapper and Pad Instructions

These pages give wrapper and pad sewing in metric dimensions, if so desired.

Pad cleaning notes

This page is how to clean the pads after each use.



Wrapper Sewing Instructions

The Wrapper is the moisture resistant cotton PUL unit that holds the absorbent flannel Pad.

Materials/Details

Wrapper Template cut from flexible template plastic or thin cardboard (1)

8 1/2" x 10" pre washed cotton fabric for body of Wrapper (2), ideally one light and one dark to aid in organizing layers; or use any other similar choices that make it easy to see which side the shiny PUL faces

5" x 4" pre washed cotton fabric for pockets (2)

*8" x 10" PUL (1) polyurethane laminate fabric, shiny side is the moisture repellent side
polyester thread*

*snap set (1) - if using metal snaps, use nickel free, open top versions
sewing machine*

scant 1/4" seam allowance included in pattern template

Finished size 7 1/2" x 9 1/2"

1. Place template on cloth side of PUL rectangle and trace around. This will be your cut lines. Do not cut out.
2. Cut pre washed cotton fabric for Wrapper body, in 8 1/2" x 10" pieces. (1 light, 1 dark)
3. Cut pre washed cotton fabric for pockets (2) per Wrapper, 5" x 4", fold in half, longest edges together, WST*; press; top stitch near fold. You will now have 5" x 2" pockets.
4. Layer/Make a stack and clip together as follows
light fabric RSUp*
center pockets on each end, raw edges out
dark fabric WSUp*
PUL shiny side down
5. On PUL side, stitch scant 1/4" seams, from pocket-end to pocket-end (long edges), leaving short ends open for turning. Ensure all pocket edges are caught.
6. Trim fabric edges even with PUL cut lines.
7. Turn, ending with pockets to light fabric side (non-shiny side of PUL); press, stitch raw top edges closed - about 1/4" from edge with a fine stitch length - such as 2.5, ensure all top edges are securely caught; flip pockets over to dark side; press; top stitch around whole Wrapper as close to all edges as possible, backstitching for reinforcement across each folded pocket edge; ensure actual pocket opening is no less than 3 1/4" wide (this ensures that the pad will fit snugly, but not be crammed in)
8. Apply snaps at Xs, centered 3/8" from edge. Use manufacturer's directions to apply snaps.

*Notes: WST= Wrong Sides Together, RSUp= Right Side Up, WSUp= Wrong Side Up

Do not puncture PUL with pins in any other place beside seam allowance, clips can be used instead of pins.

Can tessellate template pattern pieces but it has been found to be easier to accurately stitch with the rectangles of PUL and cotton fabric. In general, backstitch at beginning and end of stitching lines.

Pressing all cotton fabrics before cutting helps with accuracy.

If sewing seams accurately is a problem, you may trim 1/4" off the side edges of the template. This creates a *sew* line, when then traced on the PUL. Adjust how you finish the item, accordingly - trim 1/4" from *sew* line.

Use colorful, happy cotton fabrics that help disguise stains, preferably patterns that are geometric, batik or botanical. Because of certain religious or cultural beliefs, stay away from fabric with faces, people, animals, camouflage, food, bugs, weapons, glittery motifs. Butterflies are all right.



Pad Sewing Instructions

The Pad is the absorbent flannel insert for the Wrapper.

Materials/Details

8 1/2" x 8 1/2" square pre washed flannel (2)

polyester thread

serger machine

Finished size ~ 8 1/2" x 8 1/2" or slightly smaller due to knife cutting while serging

1. Stack flannel pieces WST*.
2. Serge around stacked flannel with a 4 - thread overlock.

or

9" x 9" square pre washed flannel (2)

polyester thread

sewing machine

Finished size ~ 8 1/2" x 8 1/2"

1. Stack 9" flannel pieces RST*; start near the middle of one side and sew 1/4" seam around leaving 2 inch opening to turn, backstitch at the start and end of the sewing; turn; press; sew opening closed. Topstitch around entire outside edge of pad, staying as close to the edge as possible - about 1/8".

*Notes:

WST = Wrong Sides Together

RST = Right Sides Together.

Pressing fabric before cutting helps with accuracy.

Overlocking or zigzagging on a domestic machine does not provide a suitably finished edge.

Cutting 2 pieces together, WST or RST, depending on which sewing method you are using; then stitching without separating, can save time as you are not continually repositioning the edges to be aligned for sewing.

Can alternately use strip method to prepare flannel pieces.

Use colorful, happy cotton fabrics that help disguise stains, preferably patterns that are geometric, batik or botanical. Because of certain religious or cultural beliefs, stay away from fabric with faces, people, animals, camouflage, food, bugs, weapons. Butterflies are all right.