



Wrapper Sewing Instructions

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

Materials/Details

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

8 1/2" x 10" pre washed, high quality, 100% cotton fabric (such as quilter's cotton) 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 which is the most water resistant side

5" x 4 1/2" pre washed, high quality, 100% cotton fabric (such as quilter's cotton) for pockets (2)

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

polyester thread

snap set or 1/2" velcro pairs (2) we use KamSnaps but if using metal snaps, use nickel free, open top versions sewing machine, size 14 needle to sew through multiple layers sewing clips, 4 per Wrapper

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. These will be your cut lines. Do not cut yet.
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 1/2", fold in half, longest edges together, WST*; press; top stitch near fold. You will now have 5" x 2 1/4" 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, drawn side up
5. On PUL side, stitch scant seams, 1/4" inside of drawn template lines, from pocket-end to pocket-end (long edges), leaving short ends open for turning. Ensure all pocket edges are fully caught on those sides.
6. Trim all fabric edges a scant 1/4" from PUL sewn lines.
7. Turn, ending with pockets to light fabric side (non-shiny side of PUL, which is in the inside) ; press, stitch raw top edges closed 1/4" from edge with a fine stitch length - such as 2.5, ensure all top edges are securely caught, trim; flip pockets over to dark side; press; use a longer stitch length, to edgestitch around whole Wrapper as close to all edges as possible, taking a few backstitches 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 on wing, 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 on PUL but it has been found to be easier to accurately stitch with the full rectangles of cotton fabric.

In general, backstitch a few stitches at beginning and end of stitching lines. Use a small piece of scrap fabric as a leader/ender to begin and end sewing. This eliminates thread nests and aids in accurate seam allowances.

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 by trimming 1/4" from this *sewn* line

Use colorful, cotton fabrics that help disguise stains, like busy dark patterns that are geometric, batik or botanical.

EXTRA fiddly Sewing Tips which I wrote up as we sewed Wrappers.

We are grateful to be able to use our sewing talents in such a useful way. Many volunteers work with each step of the process. Therefore, because this is a made with love item, there may be slight differences in how each Wrapper turns out. But all should hold to the same high standard of quality. If you are sewing for the first time, please let me know right away if there are any questions you still may have. I would hate for you to put in the hours of sewing after misreading the directions. We can even video chat over the first Wrapper you turn out.

STEP/S.

2. and 3. Make sure all edges are cleanly cut. Fuzzy edges reduce the seam allowance to $\frac{1}{8}$ ". This makes it a problem to sew the fabric stack in later steps
4. On PUL, trim one top corner "true" - both edges being flush. Then clip that side of the stack together first. Don't "equalize" both ends and sides. Use two clips per top edge so that pockets do not shift. Do not use pins, as holes made in the PUL leave tiny openings for fluid to leak through. This seems fussy but it makes the whole sewing process go more smoothly.
5. If you see no ink pen line traced on the PUL, consider the cut edge that "line". Only use a few stitches to back stitch at the beginning and ending of sewing. Later on, those corner areas can become quite bulky due, in part, to excessive backstitching
6. Trim all fabric and save non PUL corner pieces. Do not trim too closely or the fabric will pop out after turning and will need to be turned back and re sewn. It doesn't work to zigzag over these blown stitches, either. (The saved pieces may be sewn together to form a strip which will then be sewn to all of the other saved pieces and turned into a quilt top for a future Women to Be fund raising purpose! You may sew now as it only takes a little time. The next person in the quilt top process will thank you, too. The pieces line up best if you just keep them together. And, no need to press.)
7. Turn by inserting your hand in between the light fabric and the rest of the layers. Push out the wing corners, even if they have been slightly rounded in the sewing process. Smooth top edges and then press all around.
At this point, in the following steps, your machine may not like sewing all of these layers. That is why we suggest just sewing with a size 14 needle. Size 16 might be useful later on, but my machine can get it all done with a size 14 needle. If at any point, you cannot sew any further, please stop and move on to a new Wrapper. You may hand in what you are able to achieve and someone else will finish off your work. Everyone's contribution is important! We are a team.
When stitching raw top edges closed, the one side will have raw edges line up nicely. The opposite end may have some uneven edges, no matter how carefully the individual pieces were prepped. On that particular end, if you look for the shortest of the PUL/pocket/light/dark fabric layers and sew $\frac{1}{4}$ " from that edge you will securely catch all edges. And not have to go back and redo on a later step. Here, also use only a few backstitches. You will thank me later. Trim down any excess to a scant $\frac{1}{4}$ " from stitching line.

Flip pockets over to dark side and prod corners as square as you can. It is not essential to have perfect corners here. If you work too hard at it, you risk poking through the fabric and having to go back and repair it on the sewn side. Repairing on the finished side is not advisable, please.

Edgestitch around whole Wrapper. Start and end at a lower, outer edge of a wing. This will confine the beginning and ending threads to an area that is out of the way. It is essential to edgestitch as close to the edge as you can so that the inside span of the pocket is at least 3 1/4" wide. When you are done, please check the underside for wonky stitching. Even the best machines throw screwy or loose stitching at us without warning.

8. YOU ARE DONE! (We will apply snaps.) Congratulations on sewing a beautiful product that will change a young lady's life! And Thank You from your fellow sewists. It takes all of us to make it happen!