

# Rose's Washable Sanitary Pads

Our Washable Sanitary Pads are made in two pieces: a cover and a towel or fleece liner insert. We designed the pads to be easy to make and launder. The removable insert dries faster than if the pad is assembled together.

The sample shown was made with soft flannel, toweling and Velcro for closing.

## Materials (to make one pad):

- Pattern (you should have 3 pattern pieces: 1 cover and 2 cover flaps)
- 10 1/2" x 17 1/4" (27cm x 44cm) soft flannel
- 6 1/2" x 7" (16.5cm x 17.8cm) fleece or toweling fabric (put aside)
- Scissors
- Needles
- Straight pins
- Thread



**Step 1:** Lay the pattern pieces on the fabric as shown in the photo above. Pin the pattern pieces to the flannel and cut out.



**Step 2:** Cut out pieces close to the pattern marked edges.



**Step 3:** Fold a 3/8" seam on the straight edge of the cover flaps. Be sure to fold the fabric over to the wrong side. Stitch down the side. Do this for both pieces.



**Step 4:** Take the two cover flaps and place on the front cover piece with the wrong sides facing in. The flaps should be overlapping. Pin pieces in place.



**Step 5:** Stitch around the edges to make sure it is securely bound.



**Step 6:** Attach a piece of Velcro to each flap as shown in the photo.

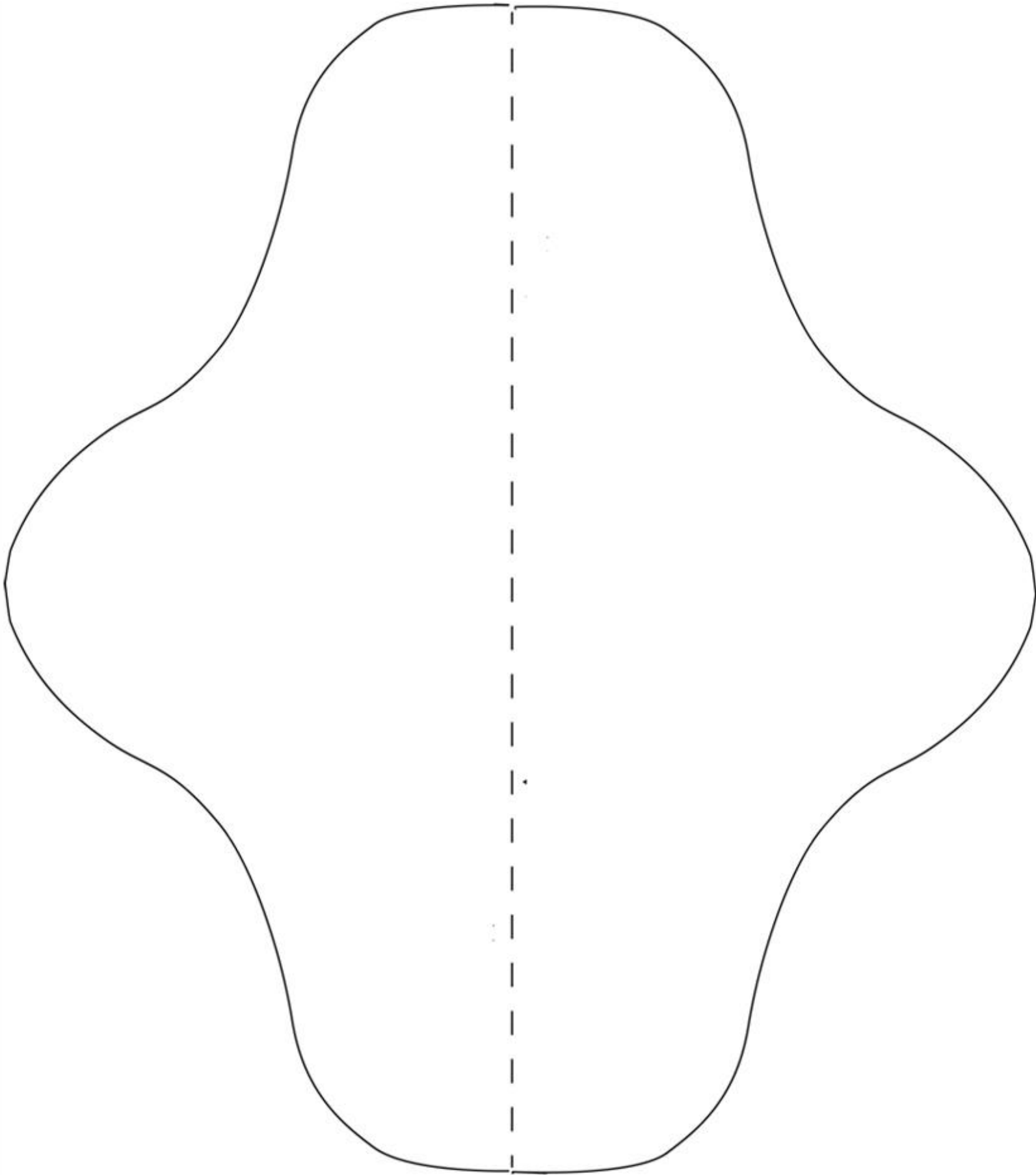


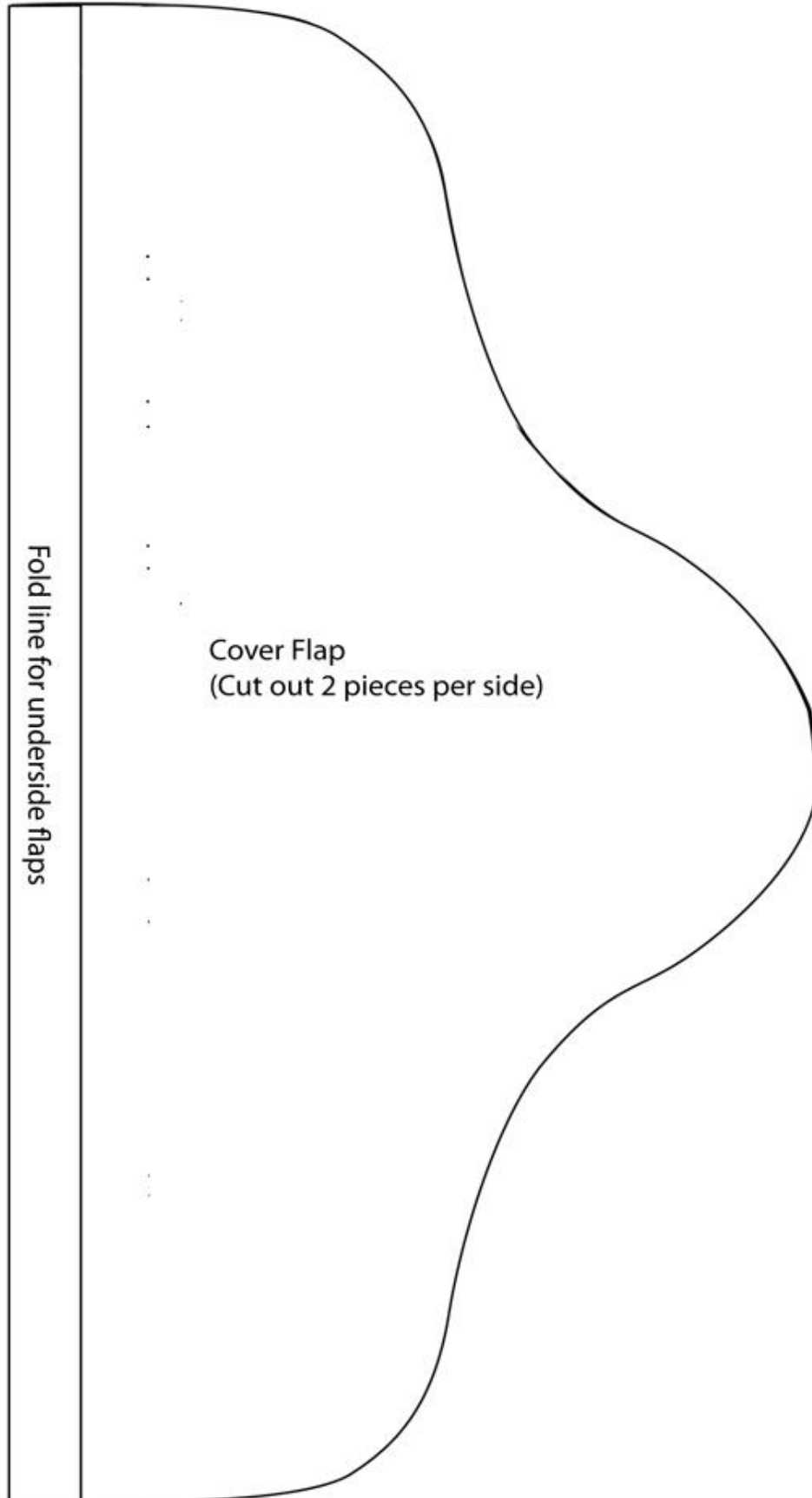
Step 7: Insert the liner into the pocket of the cover.



Finished pad is ready for use.

## Washable Sanitary Pad- Cover and Liner





Cut a piece of toweling 6 ½" X 7"; zig zag around the edges to keep the towel from raveling; if using fleece, this step is not necessary.