

12 Steps TO MAKE REUSABLE SANITARY PADS

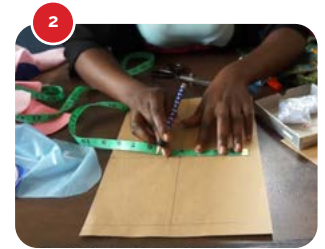
INGREDIENTS

Makes 30 reusable sanitary pads

Fleece cloth or baby blanket material.....	4m
Polyester viscose (PV) fabric or uniform material.....	2m
Baby mat or clinical polythene	2m
Needle	1
Thread	1 roll
Scissors	1 pair
Buttons	1 packet
Tape measure or ruler.....	1
Paper (A4 size).....	1
Pencil.....	1
Pins (used for holding the pieces).....	1 packet



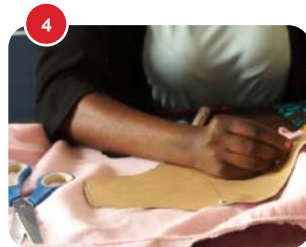
Using a tape measure, measure a height of 11 inches on a piece of paper and draw a perpendicular line through the measurement (using a ruler and pencil). Then draw a horizontal line in the middle of 5.5 inches.



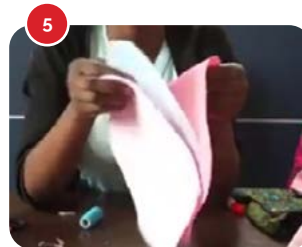
To draw the shape of the pad, measure and mark 4 inches from the centre of the horizontal line on each side. At each of these points draw a 2 inch perpendicular line. Next, draw a 2 inch line at the top and bottom of the 11 inch perpendicular line (drawn in Step 1).



Draw a sketch to run through the tips marked out from the measurements. This sketch has to be similar to the shape of a normal sanitary pad. Cut out the shape using a pair of scissors following the edges of the sketch.



After cutting out the shape, put it on the fleece cloth and use pins to hold it in place. Cut off the shape.



After the fleece cloth has been cut, remove the paper. Use the same paper and cut out the same shape on the PV fabric and baby mat material.



To get the liner for the pad, measure 9 inches high and 3 inches wide and cut out from the fleece material. This is placed in the middle of the three fabrics.



Place the liner in the middle of fleece material cut out. Sew them together.



After sewing the middle liner, turn it on the other side and put the PV fabric followed by the baby mat material cut-outs.



Pin the three materials and sew the edges of the pad. While sewing, leave 2 to 3 inches at the top to enable the reusable sanitary pad to turn inside out.



Unfold the pad inside out and sew the open part. When unfolding, the baby mats should be in between the fleece cloth and PV fabric.



Get a button and sew it on one end of the pad. On the other end, measure the hole for the button, cut and stitch it well.



Your pad is finished.

TIPS

1. Put your pads in a package (polythene/paper bags) and have it ready for sale.
2. How to wear: Place the pad in the middle of the underwear, with the polythene side facing down.
3. To wash: Put powder soap in a basin of water and soak the pad for some time. Wash it by hand, but not very hard because the polythene will get torn. Dry the washed pad in the shade.