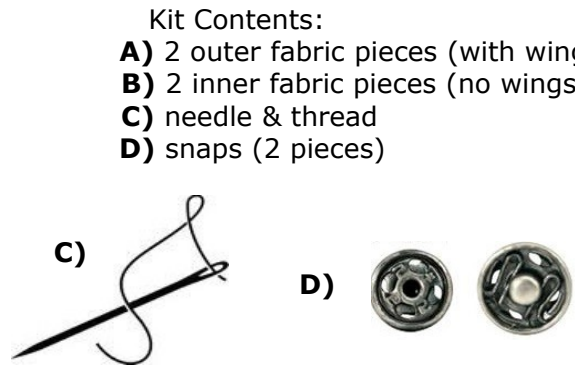
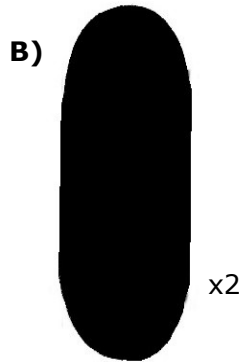
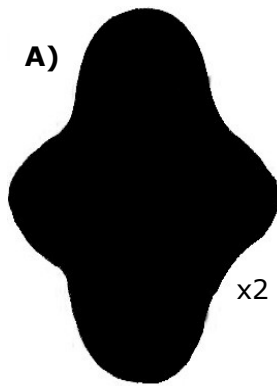


SEW YOUR OWN REUSABLE MENSTRUAL PAD

Reuse your old flannel sheets/pyjamas, and avoid toxic dioxins, bleach and other chemicals found in disposable menstrual pads.

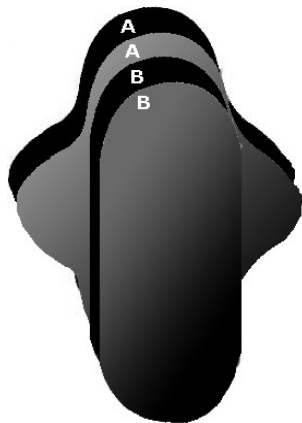
You should have the following supplies in your DIY kit:



Instructions:

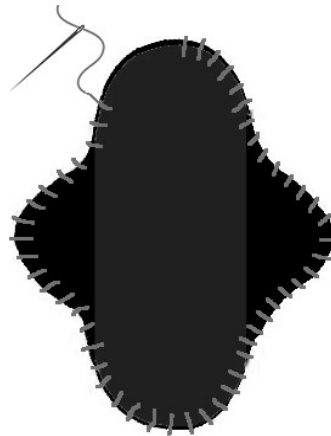
Step 1

- With both A, place right sides together (ie: inside out)
- Using both B together, align top and bottom edges with those of A



Step 2

- With needle and thread (C) sew along outer edge of fabric, making sure to catch all 4 layers at top and bottom of pad.
- Leave space about 1" wide unsewn



Step 3

- Reach in through unsewn gap and flip pad inside out so that both A (winged) layers are on the outside.
- Sew gap closed.

Step 4

- Sew one snap (D) near the edge of one wing.
- Flip pad and sew second snap near the edge of the other wing (make sure that only one snap can be viewed on each side.)

