



MIDWEST MISSION
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Feminine Hygiene Kit

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Please use **NEW WASHED** flannel or terry cloth that is **100% cotton**.

Please do **NOT** use fabric with the following designs:

Camouflage, hand prints, foot prints, or paw prints.

- **1 One-Handled Bag** (Can be made out of quilter's cotton, using MMDC one-handed bag pattern)
- **2 1-gallon Resealable Plastic Bags**
- **1 Washcloth**
- **1 Bar of soap** (3-4 oz)
- **3 Pairs underwear** – sizes: child - 10, 12, 14 / women's - 5 to 8
- **6 Day Pads and 3 Night** (thicker and larger) **Pads**

Unlike other MMDC kits, all flannel or terry cloth should be **100% cotton** that has been washed, dried, and pressed. Unwashed and synthetic fabrics have caused infections for the girls. Pressing fabrics helps reduce creeping of fabric while sewing. PUL fabric and cotton quilt batting do not need to be prewashed.

Flannel is used for one side of pad (and padding). PUL is used for other side. **

For the padding, you may use new premium 100% cotton flannel or 100% cotton premium terry cloth* - washed, dried, and pressed OR unwashed 100% cotton quilt batting ("Toasty Cotton" batting is included in starter kit).

Use polyester thread to avoid wicking. Use universal, knits, or ballpoint needle, not sharps. Optional but very helpful: sewing clips or binder clips. Also called Wonder Clips, they can be found at JoAnn's Fabrics and online. Straight pins should be avoided because any time you poke a hole in your PUL fabric, you are poking a hole in the protective barrier.

Sewing Instructions:

For each pad, cut one layer of PUL fabric and one layer of flannel for outside. *** For padding (flannel or quilt batting), cut 3 layers for day pad (smaller) or 4 layers for night pad (larger). *

Align the padding on the wrong side of the flannel, down the center. Rounded ends of padding should be trimmed back to 1/2 inch from edge of fabric to avoid too much thickness after turning. Zigzag around edges of padding, backstitching at the beginning/end.

Lay flannel with padding down (right side up), place PUL with right side down (laminated side up). Pieces may be clipped together. Trim around. With PUL fabric on top, start straight stitching about 1 inch above a side wing, 1/4 inch from edge, around to about 1 inch after the top point, to leave an opening for turning. Check that all layers have been stitched before turning. Trim a bit if needed. After turning, top stitch within 1/8 inch of edge, closing the remaining opening and overlapping beginning and ending stitching.

Attach Size #20 plastic snaps on side wings (or return to MMDC where they will be added). One side wing will lay over the other wing, to fold around the crotch of undies and be snapped together. Fold the pad in half, with straight ends together. Place the punch tool tip on the inside of the fold, **1/2 inch from the edge**. Poke hole through all layers. Place the snap pin side through the hole, add remaining snap part over pin, and crimp together. For remaining wing, start with button/pin side on opposite side of pad. Metal snaps should not be used due to rusting in humid countries.

* If using premium terry cloth for padding, cut 2 layers for small and 3 layers for large. Must be new washed fabric.

** PUL (Polyurethane laminate) is used for diapers and waterproof bags. It is available at JoAnn Fabric (Babyville line), Hobby Lobby (only white), and online.

*** A layer of prewashed quilting cotton may be added to cover up the PUL fabric, particularly if using white PUL. (We know how you quilters/sewers are!) Lay flannel with right side up (padding down), lay cotton right side down, then PUL right side down. Stitch together and finish as before.

Copy your patterns onto another fresh cardboard, so you always maintain the original size and you can refresh patterns as needed. (They will change in size a bit after continued use). These were intentionally designed with “straight across” ends for ease in aligning while cutting and while sewing together.

For the pattern or questions regarding these directions, please call 217-483-7911 or email office@midwestmission.org.