

Cloth Pads

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<http://www.burdastyle.com/projects/cloth-pads>



Description goes here!

Step 1



Google and download a pattern or make your own. Pin to your fabric, i used flannel and folded it into four to make it easier to cut out more at once.

Step 2



Cut out your pieces.

Step 3



Take each of the bottom pieces and fold the opening edge over 1/4 inch, press then fold over again, press and sew in place.

Step 4



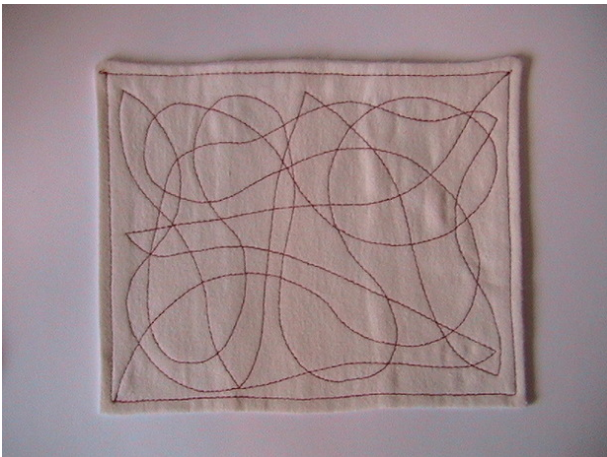
Pin the pieces together and sew around the edge, clip the curves and turn right side out.

Step 5



Press. Top stitch around the edge and sew down each side to form the wings. Add pressers or velcro to the wings.

Step 6



Make a pad to fit inside, i have recycled a flannel bed sheet. I sewed 2 pieces together, turned right sides out and top stitched all the way around. I made it large enough to be folded into 4 layers and quilted it randomly to keep it in shape.

Step 7



Underside with pad.

Step 8



The finished pad.

These could also be made on an overlocker/serger but you would need to adjust the seam allowance or they will turn out bigger. You could also adjust the pattern to make larger or smaller pads with thicker or thinner inserts for heavier or lighter days. I've seen these made with a nylon backing to make them waterproof but i prefer not to.