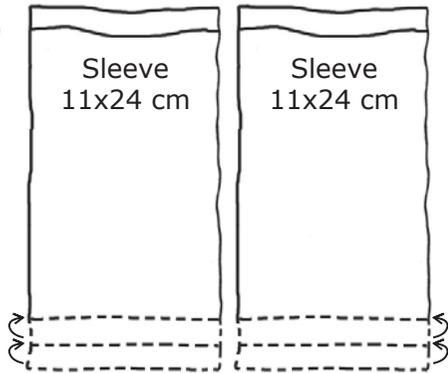


Small Doable Actions: Making Reusable Menstrual Pads

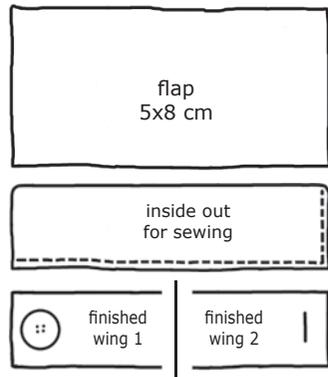
You'll need a sleeve of a heavy cotton fabric, and then several removable liners. Liners should be made of towel cloth or something absorbent. You can have liners of different thickness for different days.

1



Cut two pieces of heavy cloth, 11x24 cm. Hem all four sides of short ends by folding 1 cm, then over again and stitching.

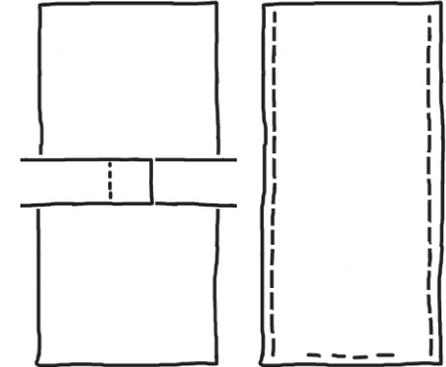
2



Cut two flaps, 8x5 cm, fold strips in half, sew on two long and one narrow side to make 'inside-out' wing. Turn right-side out, using a pencil or stick to help. Cut button hole in one side, and later sew button to other wing.

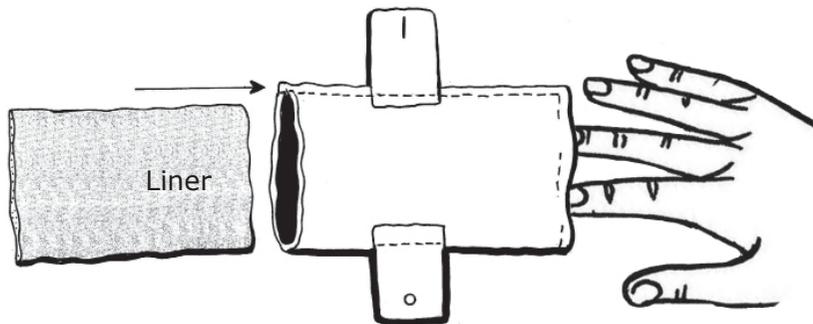
3

Place one piece of sleeve flat, then the two wings overlapping in the middle, then the second sleeve piece on top. Sew both long sides of sleeves, leave 1 cm seam making sure to keep the flaps perpendicular as shown. Turn right-side out.



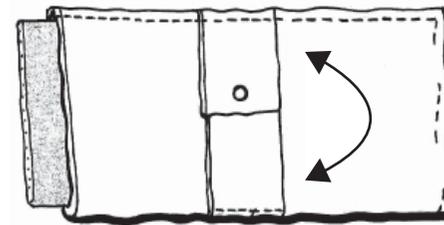
Sew about 3 cm at one of the short ends leaving enough room to insert a finger, then turn right-side out.

4

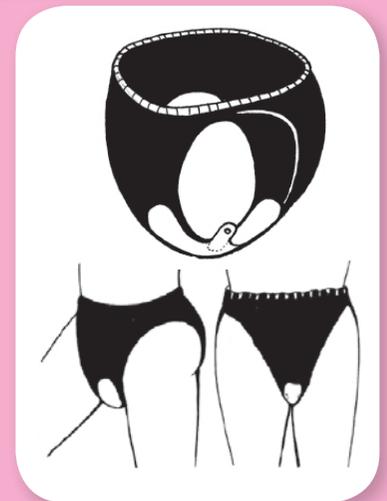


- Cut several liner pads of absorbent terry or other such material, 16 x 20 cm. Fold in half. Insert one liner inside, using the two finger hole gaps at far end to help guide and flatten the pad.
- Sew button on outside of wing with button facing out for easy fastening. Cut and finish button hole on other wing.

5



Affix to panty with wings and wear with confidence.



After use, separate, soak your pad in cold water and wash with soap, add JIK if available. Separate the pad from other materials. Hang it under the sun but don't hang under the bed, because it will get mouldy, which will cause itching.