

Sewing Sisters for Missions Supplies

100% cotton fabric (pre-washed - no fabric softener)

Flannel (pre-washed - no fabric softener)

*PUL fabric - white (waterproof - do not pre-wash)

*Plastic snaps (Babyville Boutique brand)

5/8 " grosgrain ribbon (2 yds per bag)

Washcloths

Hotel size bars of soap

Girls panties (briefs only) in sizes 10, 12 and 14

(use avoid fabrics guidelines below)

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Ziploc freezer bags - gallon size

* found at JoAnn Fabrics with the diaper making supplies

Fabric Guidelines

Avoid fabrics with:

people

animals

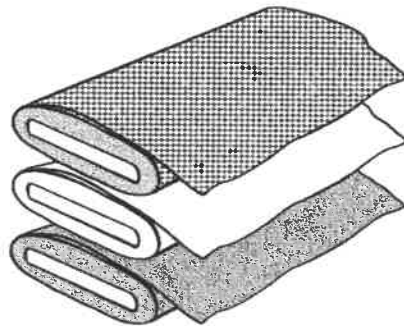
snakes/reptiles

bugs

dragons

war theme/camo

white/pastel colors



Fabrics should be:

new

100% cotton

brightly colored

medium to dark colors

florals

geometrics

busy patterns

Pocket placed here



Sewing Sisters for Missions

Holder Pattern

1
inch

When printed as actual size
this box will measure 1 inch

Pocket placed here

Created
2018

Holder Instructions

The following pieces are used to make a holder for the pads.

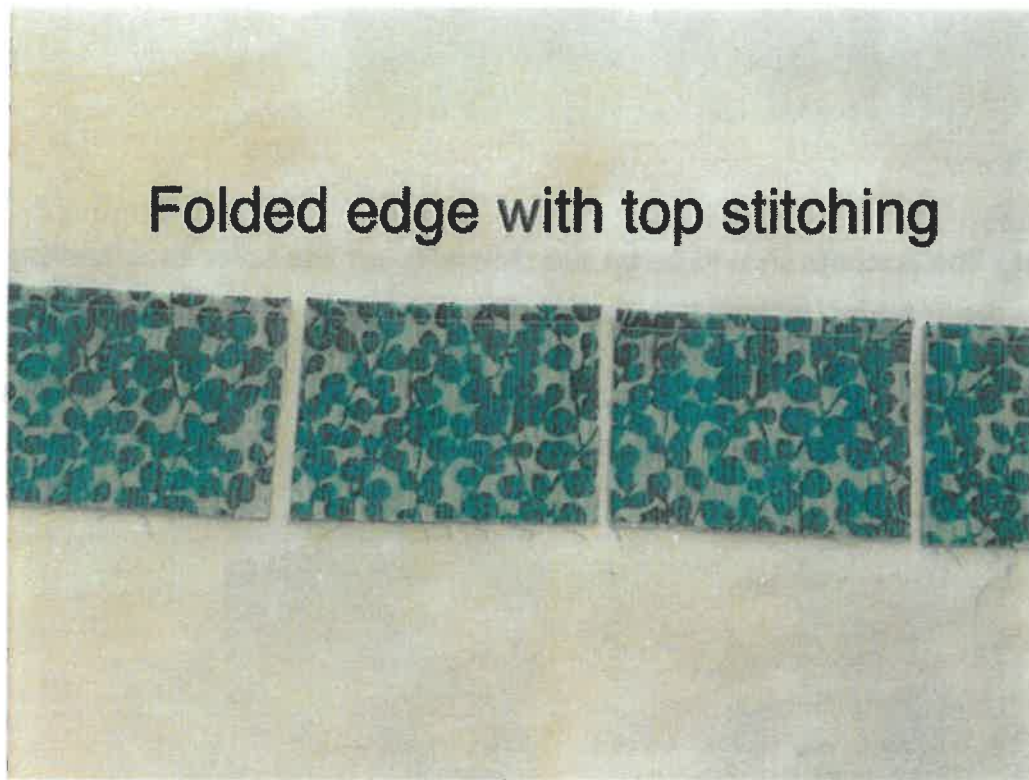
2 cotton pieces (using attached pattern)

1 PUL piece (using attached pattern)

2 cotton pockets

For the pockets:

Cut a strip of fabric 5 5/8" and fold it in half along the width and press. Top stitch along the long folded edge. Cut pieces from this strip that are 3 3/4" long. This will give you pockets for multiple holders.



On one of the cotton pieces cut from the holder pattern, make a tailor tack or baste a large X in the middle of the piece.

Clip the curves and corners.



Turn right side out. The pockets should be on the side without the tailor tack/basting stitch. Sew across the top and bottom (where the clips are in the picture below)



To assemble the holder:

Lay the PUL piece with the shiny side up.

Next place the cotton piece (with the tailor tack/basting stitch (marked by the X in the picture below) right side up.



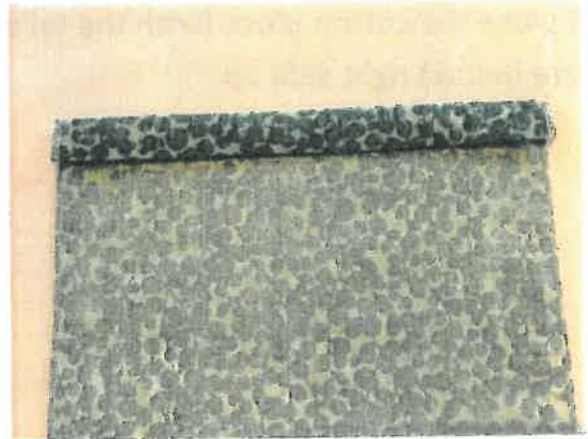
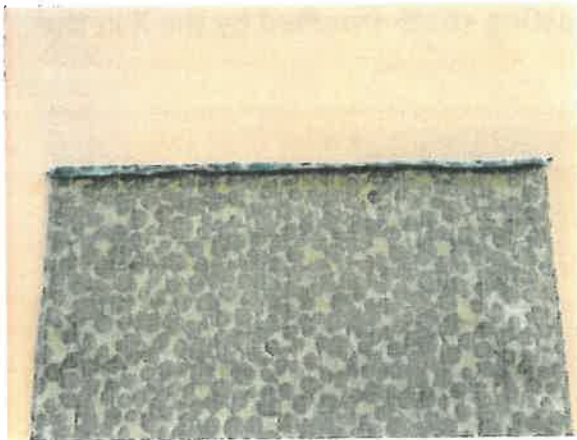
The top stitched pocket pieces are then placed on both ends with the folded edge toward the center of the holder.

The second cotton piece is placed on top with the right side down. Clip the pieces together on the top, bottom and both sides. Do not use pins as this will puncture the water proof PUL layer. Sew together using a $\frac{1}{4}$ " seam leaving the top and bottom unsewn.



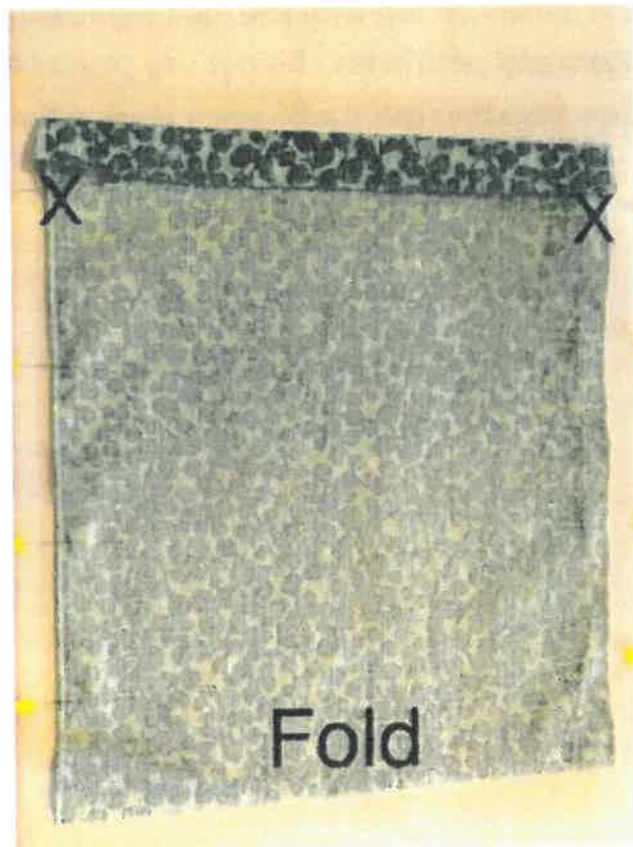
Drawstring Bag Instructions

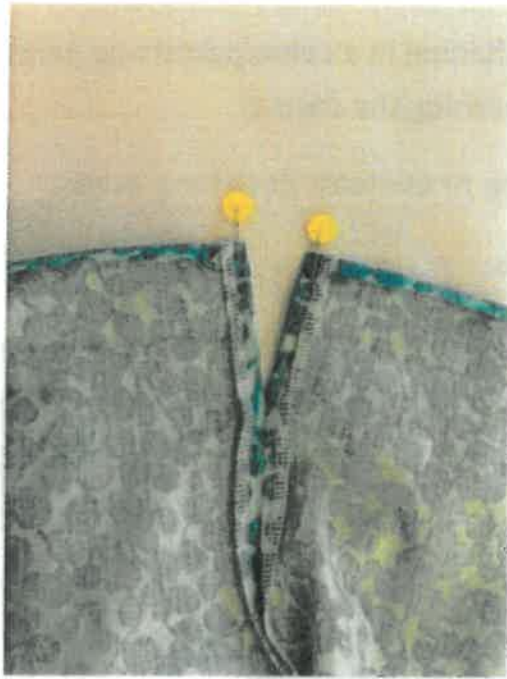
Cut pre-washed cotton fabric 11" x 28". Serge, zigzag or overcast both 28" edges.



On both 11" edges fold $\frac{1}{4}$ " to the wrong side and press. Fold under again 1" and press to form the casing. ***Do not stitch the casings yet***

Fold the fabric in half along the 28" edges (right sides together), aligning the casings at the top and pin. Your fabric should now measure 11" x 12 $\frac{3}{4}$ ". Stitch $\frac{1}{4}$ " side seams beginning below the bottom edge of the pressed casings (marked by the x in the picture below) and going to the bottom fold. Backstitch well at the beginning and end. Be careful not to catch the casings in this seam.





Open up the pressed casings (leaving the $\frac{1}{4}$ " folded down at the top) and fold in the $\frac{1}{4}$ " side seam allowance. Top stitch near the inner edge of the seam allowance beginning at the top of the bag and going down to just below where the side seam starts, across and back up the other side of the seam. (shown by the black line in the picture above) Do this on both sides.

Fold the casings back down and stitch them in place near the bottom folded edge.

Turn bag right side out and press.

Using two 36" lengths of $\frac{5}{8}$ " ribbon, thread them through the casing. One starts on the left side of the bag, going through both casings and back to the left side. Tie the ends in a knot. Start the second ribbon on the right side of the bag, going through both casings and back to the right side. Again tie the ends in a knot.



Pad Instructions

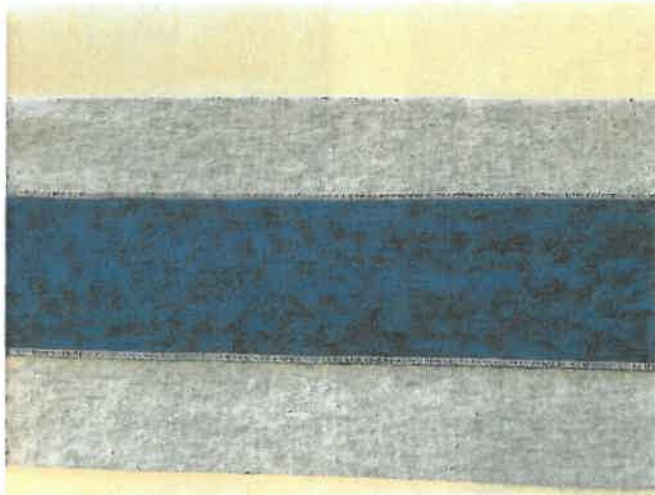
The pad is made from pre-washed cotton flannel in a color/pattern to help hide stains. Do not use fabric softener when washing the flannel.

Cut a strip of flannel 4" wide. Serge, zig zag or overcast both long edges.

Cut an additional strip of flannel 8 ½" wide.

Place the 4" strip down the center of the 8 ½" strip, wrong sides together.

Straight stitch the two pieces together along both long edges of the narrow strip.



Sub cut this strip into 7 ½" x 8 ½" rectangles and serge, zig zag or overcast all four outside edges.

