

# Luna Wolf Cloth Menstrual Pad Tutorial

Thanks for downloading this pattern/tutorial set from Luna Wolf! I hope you'll enjoy creating your own custom-made menstrual pads. You are welcome to sell pads made from these patterns.

This tutorial is suitable for both machine and hand sewing, and instructions will be given for both.

## You will need:

- Pad template, printed on card stock and cut out. (Patterns start on page 8.)
- Topping fabric. This is the fabric that goes directly against your skin.  
Suggestions: flat cotton, quilter's cotton, cotton flannel, cotton fleece, cotton jersey (t-shirt material), bamboo fleece or jersey, hemp fleece or jersey.
- Core fabric. This is the "soaker" part of the pad. Suggestions: flannel, terry, or natural (not synthetic) fleece. **Batting is not recommended.**
- Backing fabric. This is the fabric that goes against your underwear. You may want this layer to be water resistant or waterproof for extra leak protection.  
Suggestions: Polyester fleece, PUL, waterproof nylon. If you don't want/need waterproofing, you can use your topping fabric for the backing.
- Iron.
- Closures - you could use sew-on snaps, metal snaps applied with snap pliers or a hammer, Velcro or buttons.
- Scissors, thread, sewing machine (or hand needle), straight pins. A washable pen/pencil is great for marking, but if you don't have one, a normal ballpoint pen will suffice.

## Before you start:

Wash your fabrics at the same temperature as you will wash your finished pads. Please don't skip this step - if your fabrics are not pre-washed, your pads may shrink and become distorted.

## Step 1: Make your Core

Obviously your mileage will vary, but here's an approximate guide to different absorbencies:

**Light flow/pantiliner:** two or three layers of flannel or jersey, OR 1 layer of natural fleece and 1 layer of flannel (the flannel helps to stop the fleece from stretching when sewn).

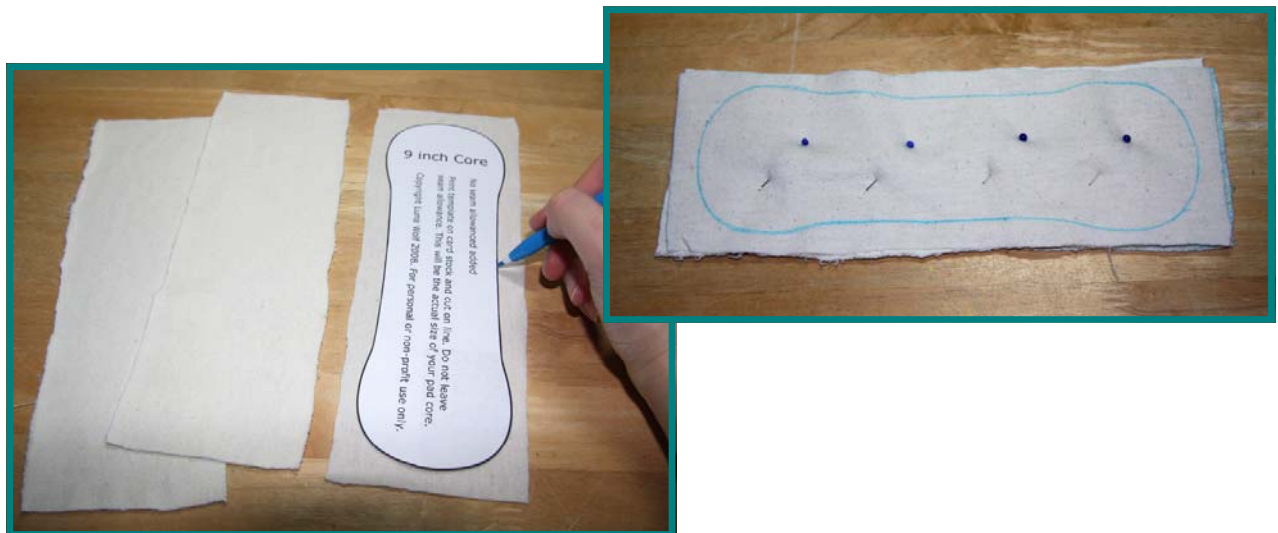
**Medium flow:** 4 - 6 layers of flannel/jersey, OR two layers of natural fleece and one or two layers of flannel, OR two layers of facecloth thickness terry and one or two layers of flannel, OR one layer of bath towel thickness terry and one or two layers of flannel.

**Heavy flow:** 6 - 8 layers of flannel/jersey, OR three layers of natural fleece and one or two layers of flannel, OR three layers of facecloth thickness terry and one or two layers of flannel, OR two layers of bath towel thickness terry and one or two layers of flannel.

Fabrics vary from manufacturer to manufacturer, so use your judgement!

## Instructions

Cut out rectangles of fabric, slightly larger than your core template. Stack in desired order, and trace your template on the top piece of fabric. Pin a couple of times to keep in place.

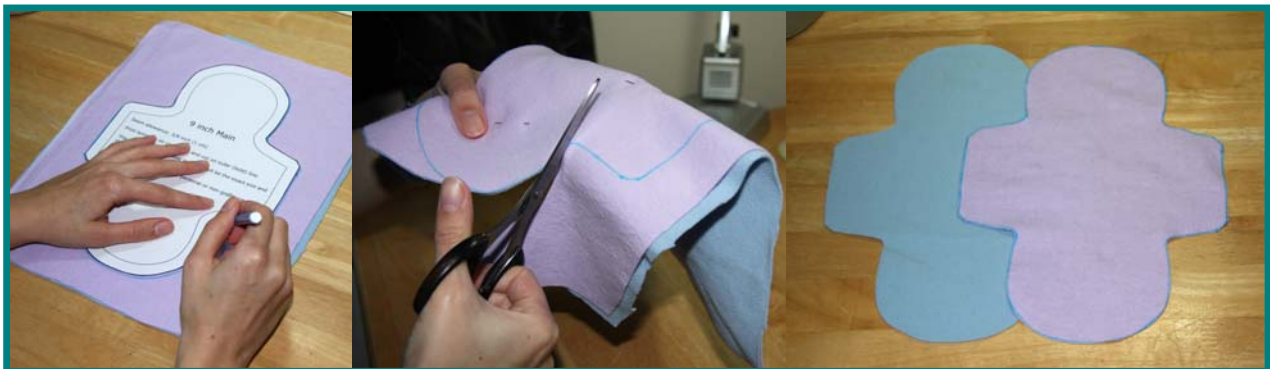


Set your sewing machine to a wide zigzag stitch, and stitch just inside the line. If you are hand sewing, do a running or backstitch about ¼ inches (0.5cm) inside the line. Cut the core out along the line, taking care not to nick any of your stitches.



Voila! You have a pad core. Don't worry if it isn't perfect, it's going to be hidden inside the pad anyway.

## Step 2: Cut out your topping and backing fabrics



Lay your topping fabric on top of your backing fabric. Trace your outer template onto your topping fabric. Pin a few times inside the shape to keep the fabrics in place.

Cut out along the line. Remove pins and set backing fabric aside for later.

### Step 3: Attach the core to your topping fabric



Lay the topping piece that you just cut out **right side down**. Lay your pad core in the centre of it. Pin a couple of times in the centre to secure in place.

Set your machine to a straight stitch. The shorter you set the stitch, the easier it will be to sew around the curves. Somewhere between 1.5 and 2 should be ideal.

Sew about  $\frac{1}{4}$  inch/0.5cm in from the edge of the core all the way around, attaching it to your topping fabric. (If you're hand sewing, use running stitch or backstitch.)

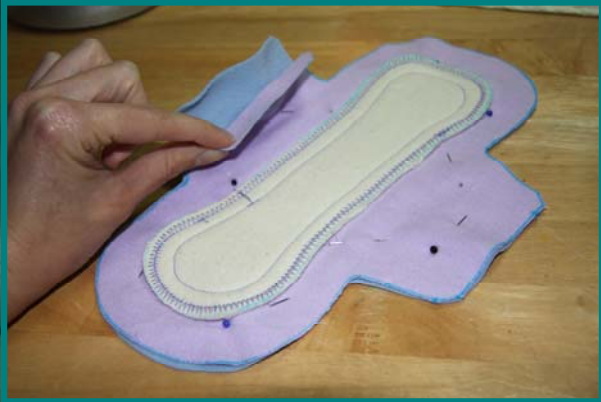
To add channel stitching, sew around the core again, about  $\frac{1}{2}$  inch/1cm inside your original stitching.

### Step 4: Sew your pad together

Place your topping and backing fabrics right sides together, and pin in place. The core should be on top.



Leaving 3/8 inch (1 cm) seam allowance, sew around the pad, leaving a gap of approximately 1.5 in (4 cm) on one of the wings. Take a couple of backstitches and clip thread.



If you are hand sewing, I recommend using a backstitch all the way around for strength.

Trim your seam allowance to approximately 1/4 inch/5mm, leaving it longer where your gap is.

### Step 5: Turn your pad



Turn your pad out through the gap that you left in your stitching. Take a knitting needle, pencil, chopstick or similar. Poke it into the pad, and tease the edges out, paying extra attention to the corners.

Fold the excess fabric at your gap inwards, so that it is concealed within the pad. Pin in place.



Take your iron and press, press, press! Smooth over any lumps and bumps (you'll probably have a few where the wings join), and get your pad nice and flat.

### Step 6: Topstitching

You're now going to be stitching through the whole pad. Starting at the beginning of your gap, about 1/8 inch from the edge of the pad, sew all the way around. Your gap will now be securely closed. If hand sewing, use running or backstitch and reinforce the gap closure. Take a couple of backstitches and clip thread.



That's the sewing part done!

### Step 7: Closures

Before applying a closure, figure out how wide you want your pad to be. Use a pin to help you work out where each part of the closure should attach. Before sewing on snaps or using snap pliers, make sure your snaps are facing the right way. Trust

me, few things are more annoying than having to redo a snap because you put it on backwards.

Congratulations! You're done with your pad!



#### Variations: Adding a concealed layer of PUL to your pad

Cut out your PUL at the same time as your topping and backing fabrics, and set aside.

When you reach Step 4 (Sew Your Pad Together), place your topping and backing fabrics right sides together. Now place this onto the matt side of your PUL. Your layers should be as follows:

- Core on top, attached to topping fabric
- Topping fabric, right side downwards
- Backing fabric, right side upwards
- PUL, matt side upwards

Pin in place, then follow the remainder of the instructions. When you come to turn your pad the right way out, make sure you turn between the topping and backing fabric so that the PUL is hidden inside.



## Pantiliner Main

Seam allowance: 3/8 inch (1 cm)

Print template on card stock and cut on outer (bold) line.

The inner line is the sewing line, and will be the exact size and shape of your pad.

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## 8.5 inch Main

Seam allowance:  $\frac{3}{8}$  inch (1 cm)

Print template on card stock and cut on outer (bold) line.

The inner line is the sewing line, and will be the exact size and shape of your pad.

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## 8.5 inch Core

No seam allowance added

Print template on card stock and cut on line. Do not leave seam allowance. This will be the actual size of your pad core.

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## Pantiliner Core

No seam allowance added

Print template on card stock and cut on line. Do not leave seam allowance. This will be the actual size of your pad core.

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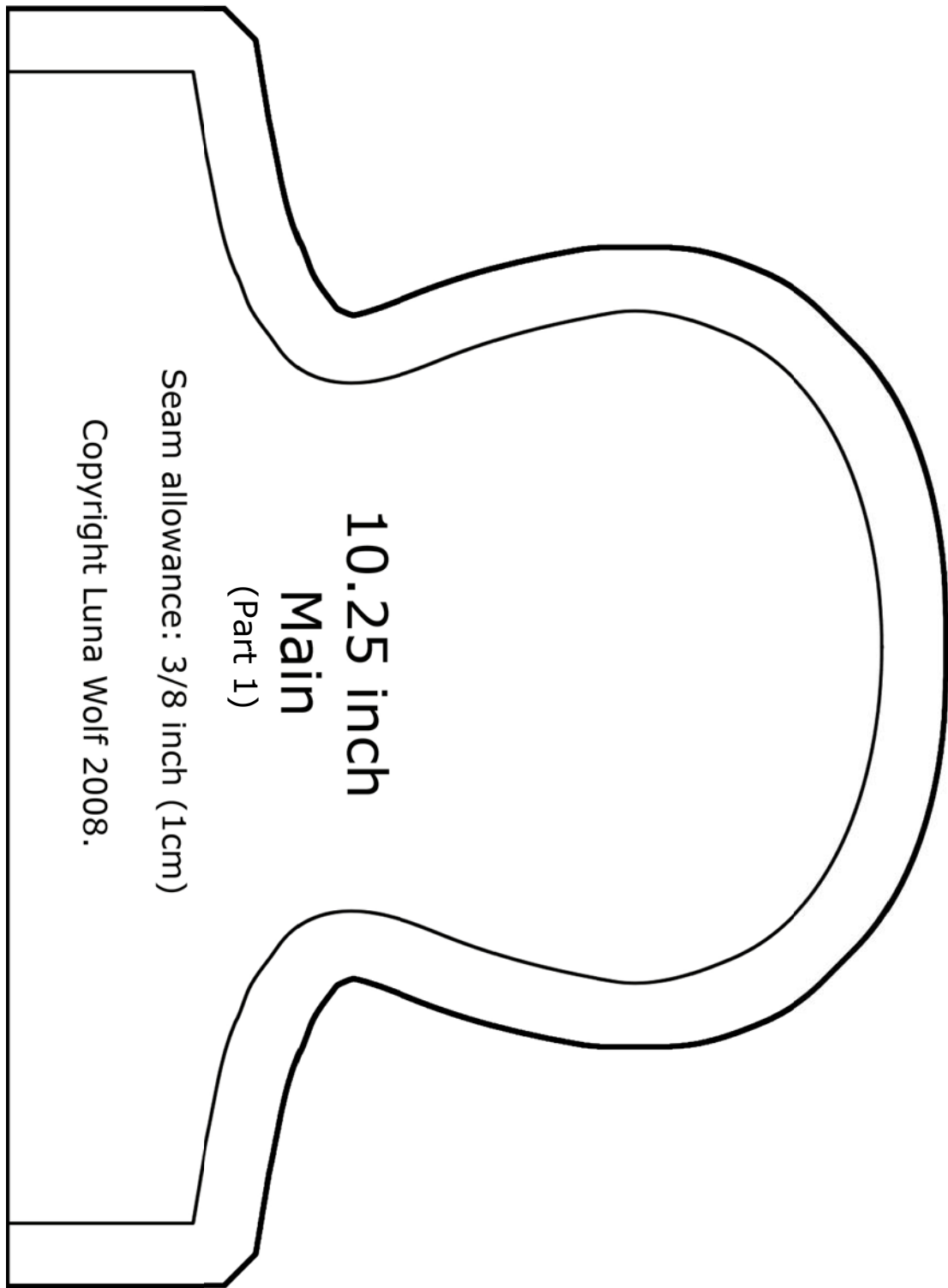
## 9 inch Main

Seam allowance: 3/8 inch (1 cm)

Print template on card stock and cut on outer (bold) line.

The inner line is the sewing line, and will be the exact size and shape of your pad.

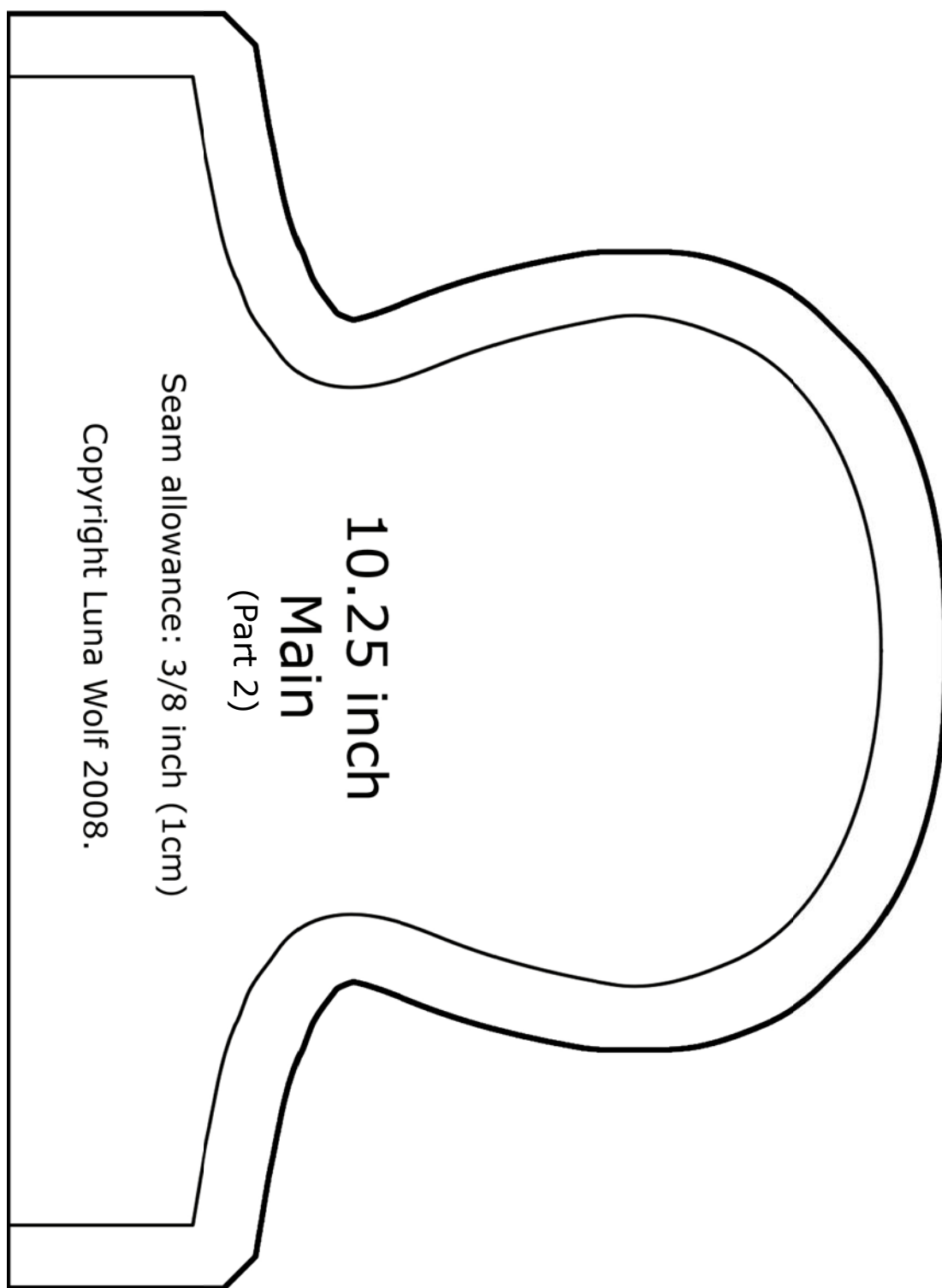
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Print on card stock and cut on outer (bold) line. Tape parts 1 and 2 together along straight edge to make pad shape.

The inner line is the sewing line, and will be the exact size and shape of your pad.





Print on card stock and cut on outer (bold) line. Tape parts 1 and 2 together along straight edge to make pad shape.

The inner line is the sewing line, and will be the exact size and shape of your pad.

## 10.25 inch Core

No seam allowed added

Print template on card stock and cut on line. Do not leave seam allowance. This will be the actual size of your pad core.

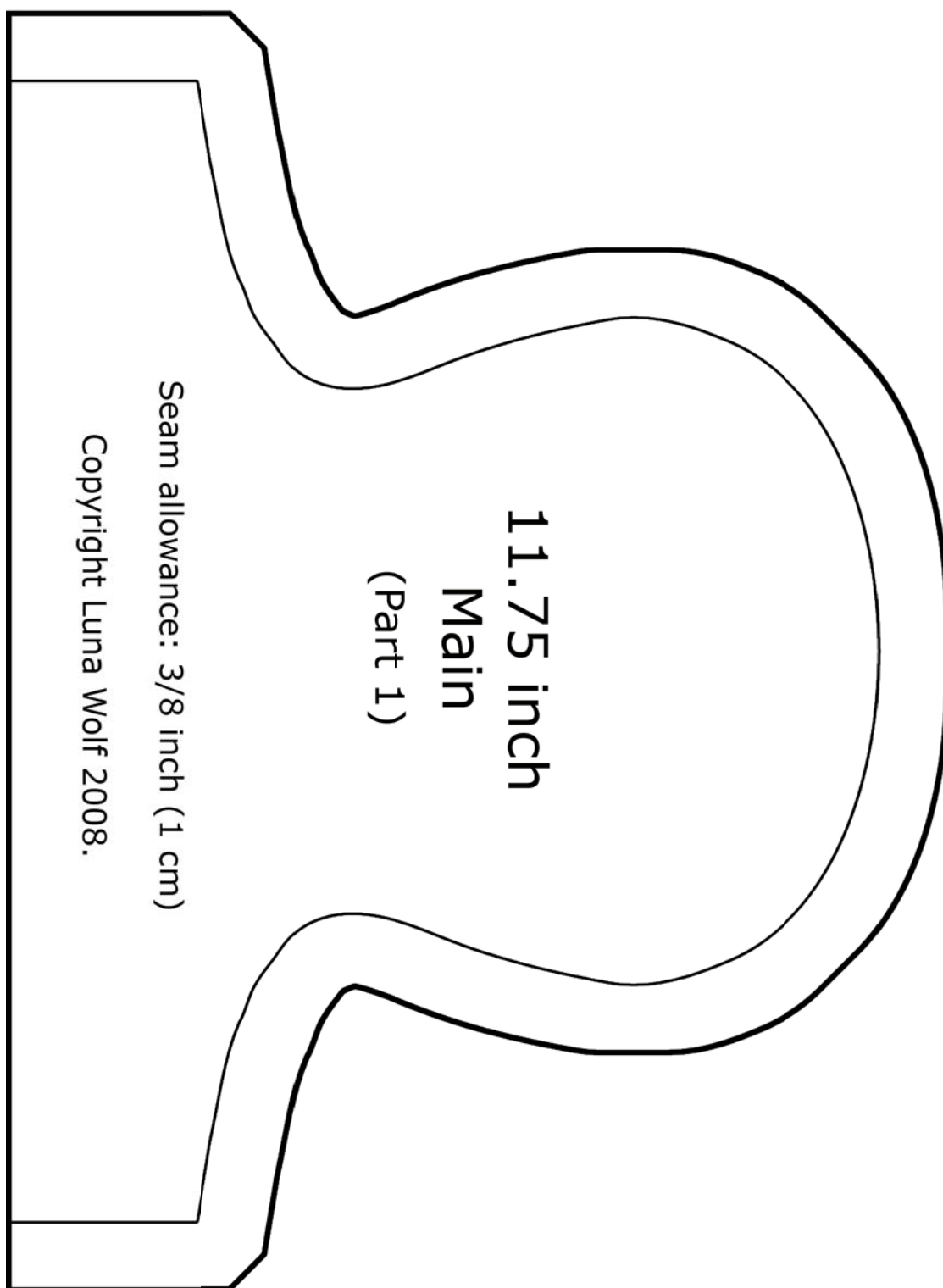
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## 9 inch Core

No seam allowed added

Print template on card stock and cut on line. Do not leave seam allowance. This will be the actual size of your pad core.

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Print on card stock and cut on outer (bold) line. Tape parts 1 and 2 together along straight edge to make pad shape.

The inner line is the sewing line, and will be the exact size and shape of your pad.

Seam allowance: 3/8 inch (1 cm)

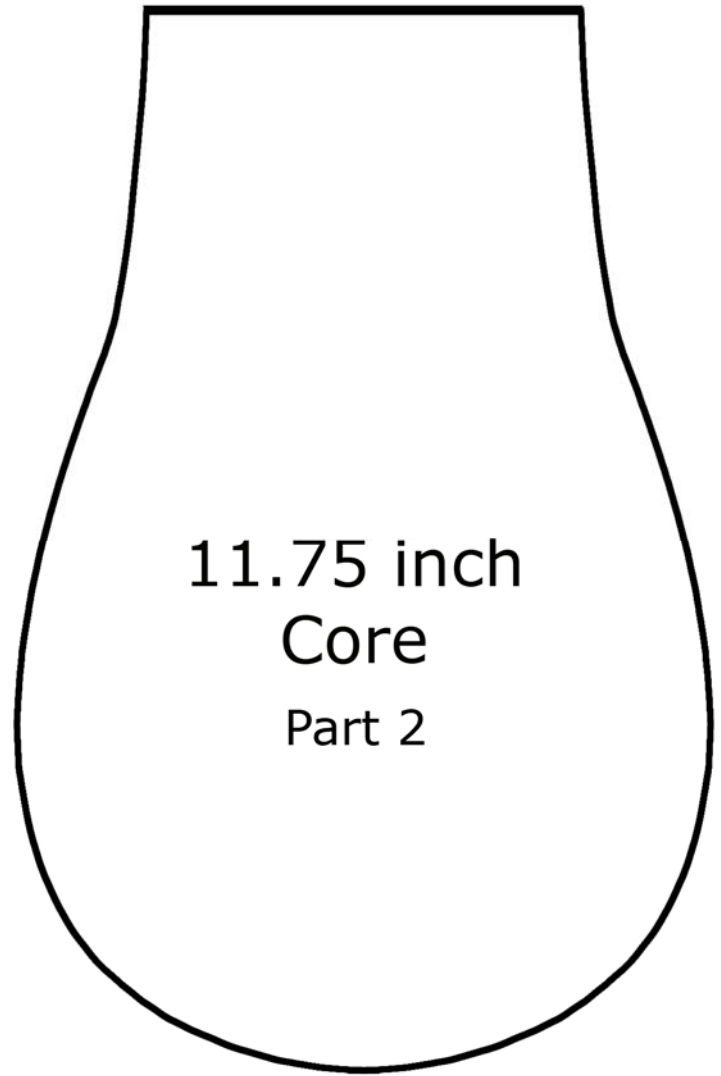
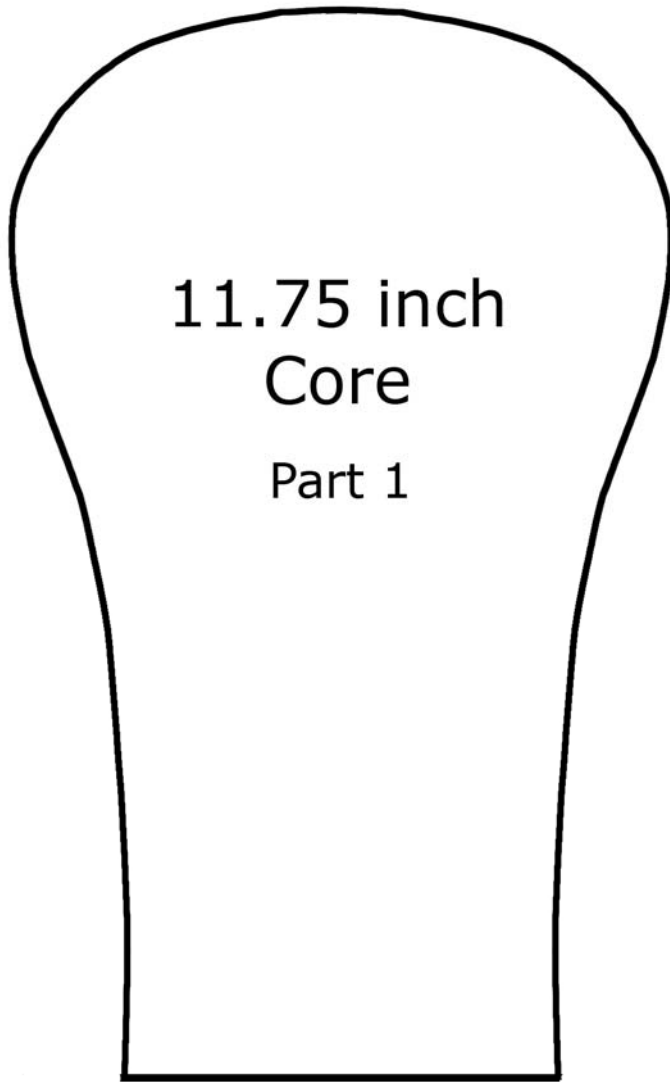
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**11.75 inch**  
**Main**  
(part 2)

Print on card stock and cut on outer (bold) line. Tape parts 1 and 2 together along straight edge to make pad shape.

The inner line is the sewing line, and will be the exact size and shape of your pad.





No Seam allowance added.

Print on card stock and cut on line. Do not leave seam allowance. Tape pieces together along straight edge to make core shape.