

WASHABLE PAD PATTERN



1. Trace this pattern and place on double thickness of fabric with good sides of fabric facing inwards

3. Cut a piece of towel in the shape of the central blue shape - this is your inner towel

2. Cut around the edge, leaving seam allowance (outside dots) - these are your 2 x outside pieces

4. Pin the towel piece on top of your 2 outside pieces and loosely stitch (tack) together down the middle

5. Sew all around the edge of the 2 outside pieces leaving one end open. Make sure to catch the towel in the sewing at the bottom of the pad.
Trim and turn inside

6. Sew up the open end

7. Fold over wings so they overlap and sew on a pair of poppers

Thanks to the most excellent Womens Environmental Network for the pattern

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