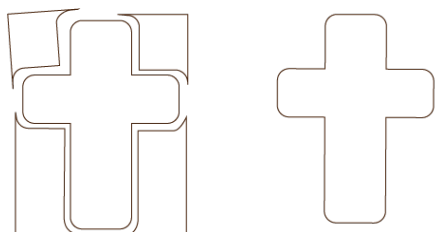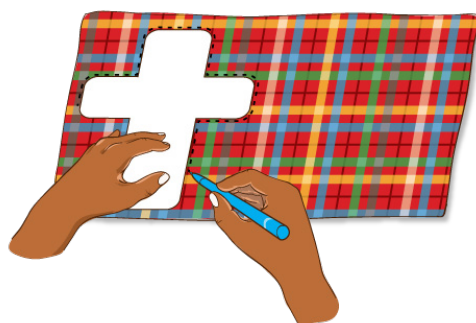# How to Make your Own Reusable Sanitary Napkin (Pad)
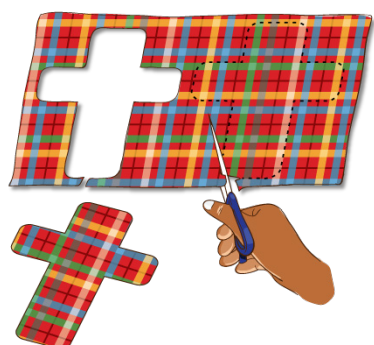
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1) Print out the template (QR code below) and cut paper along the dotted line, or cut something similar to a cross shape.
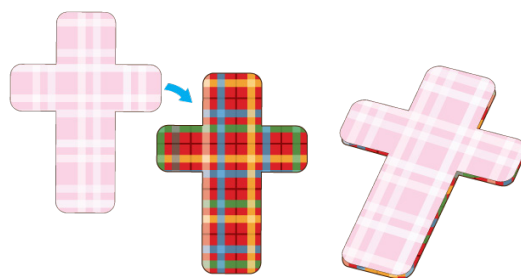

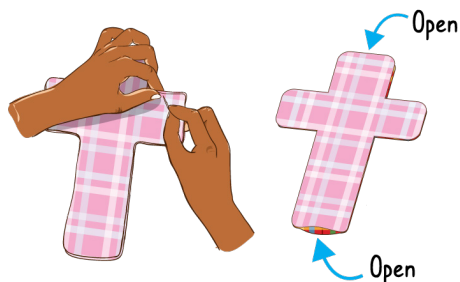**2)** Reverse the material and trace the template over it using a marker.

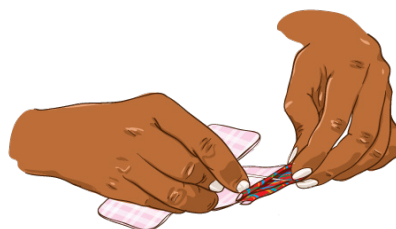**3)** Using sharp scissors, cut out the two cotton pieces.

4) Place one piece on top of the other, with the patterned sides facing each other.

5) Sew the sides of the two pieces of fabric together, leaving the top and bottom bits open.

Open

Open

6) Turn down the edges of the top and bottom bits and stitch along them, creating a hem.

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7) Turn the fabric inside out, revealing the pattern and concealing the seams on the inside. Sew up the sides/wings.
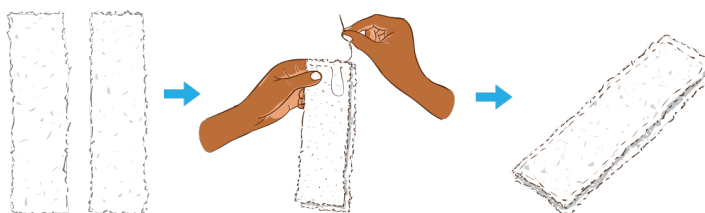
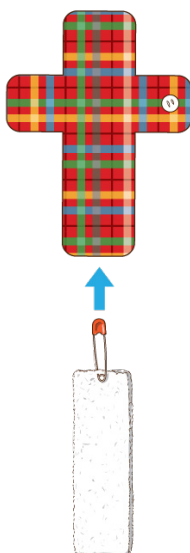**8)** Sew a button in the centre of the right wing.

9) Mark on the left wing where you will need a button hole. Cut the hole and sew around the edges of the hole to prevent fraying.

10) Use a ruler to cut two 20cm long x 6cm wide rectangles from a towel. Lay the pieces on top of each other and sew them together along the top and bottom.

11) Attach a large safety pin to the top of the lining.

12) Then insert the lining into the casing, using the safety pin to pull it up to the top. Finally, remove the pin.

To use: Place the napkin in position on the panties, fold the wings over and button it up. Once you feel the napkin is fully soaked, change it. Be sure to wash and fully dry both pieces after each use.

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