

★
ALL-IN-ONE
CLOTH
MENSTRUAL
PAD
★

CUT 2
WITH
WINGS
(FOR TOP +
BOTTOM OF
PAD)
OF FLANNEL

USE 1-4 INNER ABSORBENT LAYERS
OF TOWELING OR COTTON BATTING

CUT HERE
FOR OUTER
LAYER PATTERN

CUT HERE
FOR INNER
LAYER PATTERN

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1/4 INCH SEAM ALLOWANCE

