

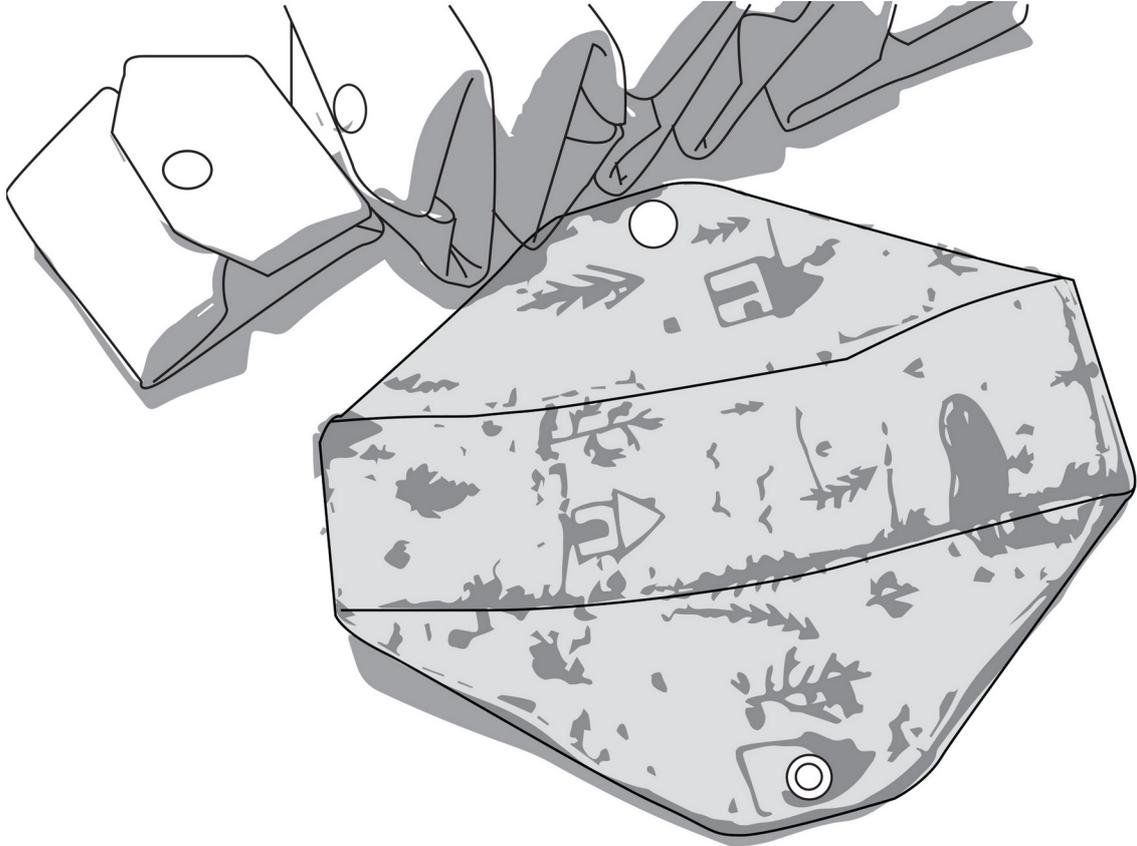


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ZERO TO LOW WASTE FABRIC PANTYLINER PATTERN - UNIVERSAL



WHAT ARE THEY FOR: Reusable fabric pantyliner are designed for everyday use as a sustainable alternative to disposable ones. The pattern can also be adapted to create heavy duty period pantyliner. They are made from 100% cotton flannelette which is breathable, has very soft and natural feeling and is woven in a way that will let liquid through easily. They are good for capturing cervical mucus, spotting, or minor incontinence during every day and can help keep you feeling fresh and clean much better than disposable ones.

PLEASE NOTE: These pantyliner are not designed to wear with thongs, you will need to modify the pattern to make it compatible with thongs shape. For your period times see pattern instructions. You can also use period proof underwear or menstrual cup as sustainable options to disposables.

WHY ARE THEY BETTER THAN DISPOSABLE PANTYLINER?

- Better for the Earth – fabric pantyliner are washable and reusable, no waste going into the landfill
- Save Money – after making up the small upfront cost, pantyliner are free
- Safer – no chemicals are used to make them (big companies keep their ingredients secret we can't know for sure what risks they may pose, but we know that



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commercial products contain substances such as dioxin which can collect in the body over-time posing health risk)

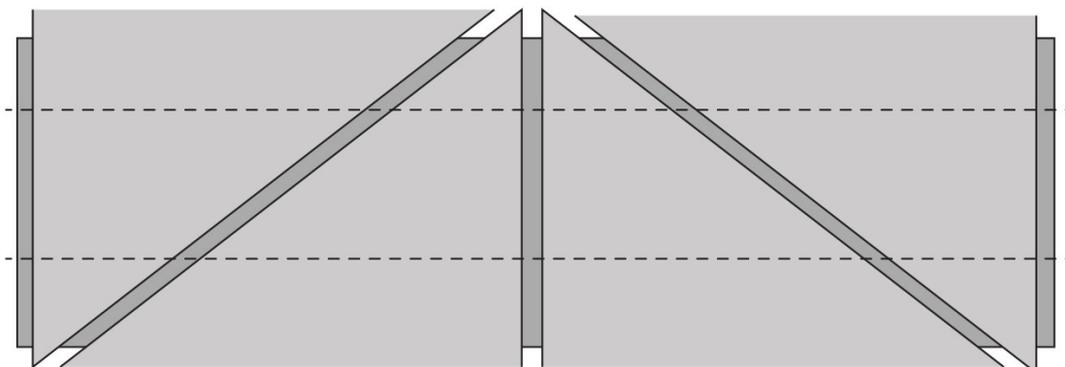
- Pretty – can be made with cute fabrics that make you smile
- No adhesive that sometimes can catch a stray hair. Ouch!
- Washable with your regular laundry – no need to do a special load

MATERIALS:

1. 100% cotton flannelette fabric. 1 metre wide fabric will fit 5 pantyliner parts in width. Get your fabric in the pantyliners length. For example, pattern length is 22cm (this includes seam allowance), so 44cm of fabric will make you 5 pantyliners (as you need double layer of flannelette for each);
2. PUL fabric (for heavy duty pantyliners or leak proof option of the everyday ones). If you are using PUL for the outer layer, adjust the amount of flannelette needed;
3. 100% cotton batting for inner layers;
4. 100% cotton or polyester all purpose sewing thread;
5. Snaps (plastic or metal) and the tool to insert them;

SEWING INSTRUCTIONS.

1. Cut pattern pieces out. Cut them in rectangles first – your rectangles should be 20x22cm. Cut corner triangles away, but don't throw them! We will use them for the inner absorbent insert. If you are using PUL for the outer layer though, the corners from that layer unfortunately could not be used to add into the inner insert and will go into waste.
2. For each everyday pantyliner cut 1 rectangle in 100% cotton batting 20x6cm. For each heavy duty pantyliner cut 2 rectangles of 100% cotton batting 20x12cm (they will be folded in half for stitching).
3. Arrange your corner triangles on the cotton batting piece the following way (see picture below) and stitch them in place with two parallel lines of machine stitching. The corners will stick out a bit – this is ok. You will have 8 rectangles here arranged in two layers one on top of the other.





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4. Place cotton batting with triangles stitched on on the wrong side of one of the flannelette pantyliner halves.



5. Top stitch the cotton batting layer in place. If you don't like the corners of the triangles sticking out tuck them under the cotton batting.





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6. Place two layers of flannelette pantyliner parts together right side of the fabric in and stitch 0.5-1 cm from the edge. Stitch outside of the cotton batting layer. Leave 3-4cm gap to turn the pantyliner inside out.
7. Turn inside out, pin the gap ends carefully inside and top stitch all around about 2mm from the edge. Top stitch along the inner insert lines.



8. If you are making **heavy duty** pantyliners do the inner insert first. Place two rectangles of cotton batting one on top of the other, arrange the inner triangles from the flannelette layer over the cotton batting the following way.





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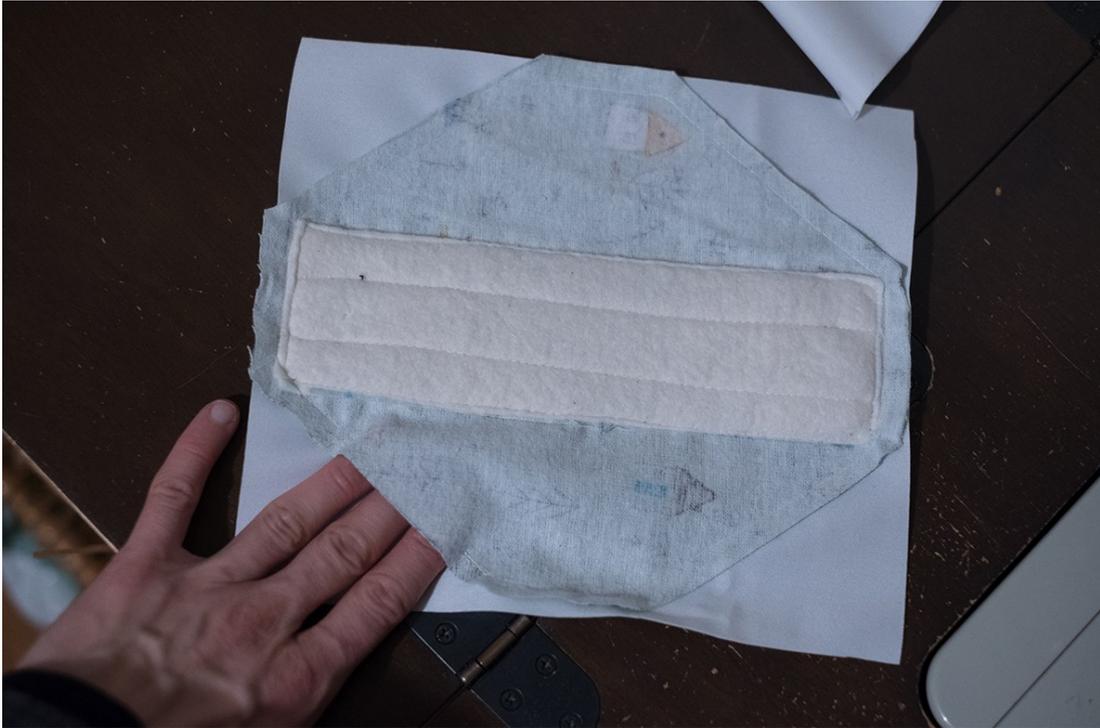
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9. Once the triangles are arranged, fold the cotton batting in half and stitch all layers in place with two parallel lines of top stitching.



10. Attach the inner cotton batting layer to the wrong side of the flannelette layer and stitch in place 1mm from the edge.
11. Your outside layer will be made of PUL fabric. The corners from that layer unfortunately could not be used to add into the inner insert and will go into waste. Place flannelette layer with stitched insert on on the PUL layer right sides of fabric inside and stitch 0.5-1cm from the edge leaving 3-4cm gap.



12. Cut away the PUL layer triangles of you haven't cut them yet. Turn inside out and top stitch 2mm from the edge. Also top stitch along the inner insert lines.





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13. Press your nearly ready pantyliner.

14. Insert two snap parts on the sides, male part facing down, female part facing up.
You can get a simple snap pliers together with a set of snaps on E-bay.

15. Congratulations! You have made your very own reusable fabric pantyliner! If you are going to share your creation on social media please tag me! I would love to see your results!

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2x2cm
test
square

