To Make 500 Pads:

**Supplies:**
- Flannel - 45 Yards (2,500 pieces)
- Terry Cloth - 8.5 Yards (500 pieces)
- PUL - 6 Yards (500 pieces)
- .5” Ribbon - 35 yards (500 2.5” pieces)
- Rotary Cutters/Scissors
- Cutting Boards
- Yard Sticks/Rulers
- LOTS of Pins
- Bobbins & Spools
- Size 16 Needles
- Serger Thread
- Sewing Machines or Serger

**Assembly Steps:**

**Cut Material & Ribbon** - Use diagrams to the left. Ribbon pieces should be 2.5”

**Note on Terry Cloth:** “You’ll be left with 12 8”x3” pieces per yard. You can still use those, just trim the rest of the layers of those pads once assembled.

**Layer & Pin** - Each pad has seven fabric layers and one ribbon (folded in half to create a tab for a safety pin to slide through). Pin at both ends.

**Stitch** - Use a tight zig-zag stitch around the edges of each pad and remove the pins.

**Trim** - Cut off any excess material or uneven edges all the way around the pad.