

CONTACT US



e l l e c o r a z o n
176 Bernard Ouest
Montréal, Québec
H2T 2K2

1.877.733.0663

zonerouge@bloodsisters.org



be rad make a pad

a blood sisters reproduction

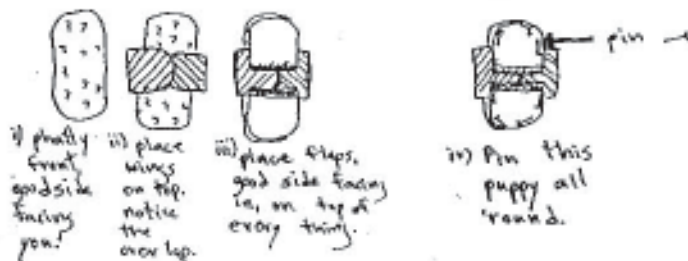
SEW UNDER

it's simple, just machine
stitch- zig zag style the ends of
both pieces



PINNING

- this step makes sewing a breeze!
- lay terry cloth with the good side facing up to you
- place wings on top with them overlapping a little bit
- place underbellies with good side facing in, on top of everything
- pin around the edge of the pad



Getting your period can actually be a cool thing. Making your own pads can even be a lot of fun! You can get together with your girl friends, hang out, listen to music and sew a pile of them in one afternoon. It is pretty rad to be able to choose your own fabric, your favourite colors & patterns or cut up old towels or your favourite pyjamas. It is best to make your pads out of things you like so you enjoy wearing them. It is something to make special and even fashionable. We like making our pads out of leopard print. Girls really like those ones. Getting your period can be that time of the month to take extra care of your self. Making and using your own pads can be a gift to your self, your friend, your sister or even maybe your mom! A gift for being a Girl!



SEW PAD



→ machine stitch the bundle you have pinned down so nicely. Use the straight stitch.

WOW

- WOW! you are pretty much done. all you need to do is turn the pad inside out
- then sew on snaps or velcro onto the wings so that the wings can hug your underwear and hold your pad in place
- fold the insert in three and slide into the back through the underbelly opening
- now you have made your first pad- you can now make more!!!



You Go Girl!



you will need

- ★ chalk
- ★ scissors
- ★ needles or sewing machine
- ★ thread
- ★ 1 metre of flannel
- ★ 1 metre of terry towel
- ★ snaps or velcro to attach to wings

CUT

- fold flannel fabric in half so you cut two layers at the same time
- draw out the pattern with chalk these are the parts you need to draw out for one pad onto the flannel piece:
 - two pairs of wings
 - one underbelly
 - one square for insert
- draw out and cut out one peanut shape out of terry cloth
- *** if you are a super bleeder you may want to cut another square of terry cloth for your insert for extra



protection!

SEW WINGS

Now it is sewing time. It's pretty easy especially if you can use a sewing machine, but a needle and thread can work just fine.

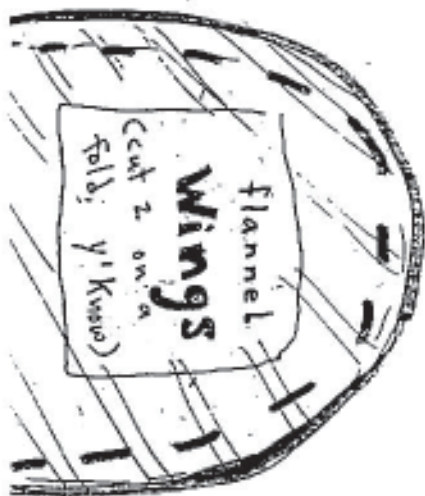
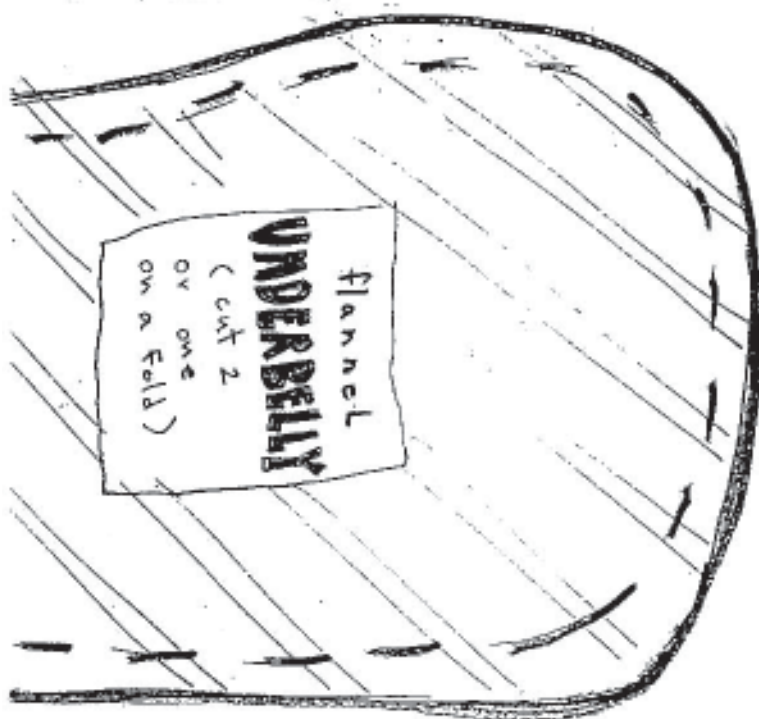
- stitch both wings around the edge. use straight stitch.
- turn 'em inside out so that the good side of the flannel is showing



SEW INSERT

- machine stitch zig-zag style around the edge
- *** Remember sew these so the good sides are already showing before sewing- you don't need to turn the insert inside out





cut one flannel
or one terry cloth square

INSERT

7" x 8"

