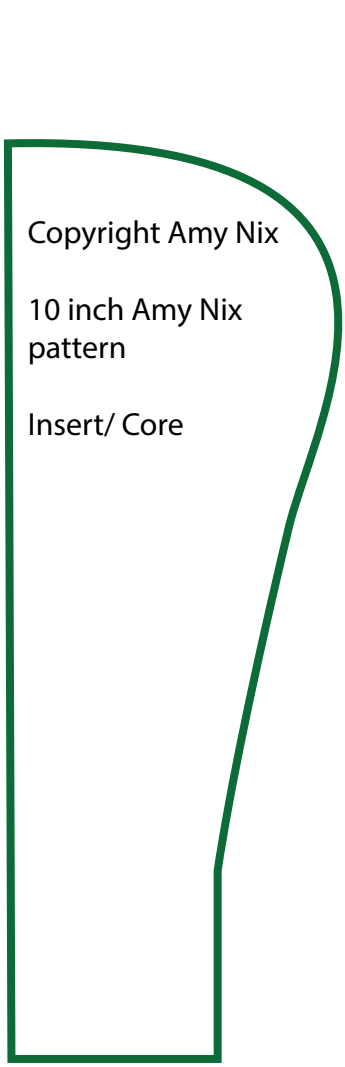
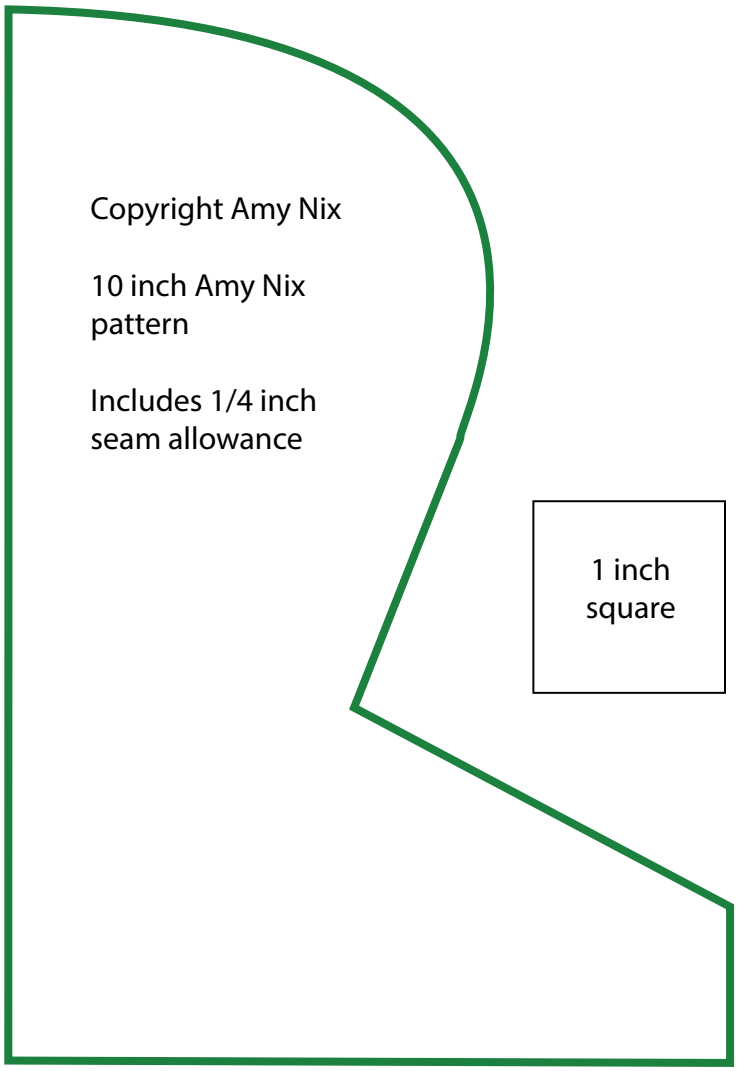
Amy Nix 10 Inch Pattern

Print.
Fold fabric in quarters.
Trace.
Cut out and sew.
NOTE: Whole patterns can be found on the following pages.



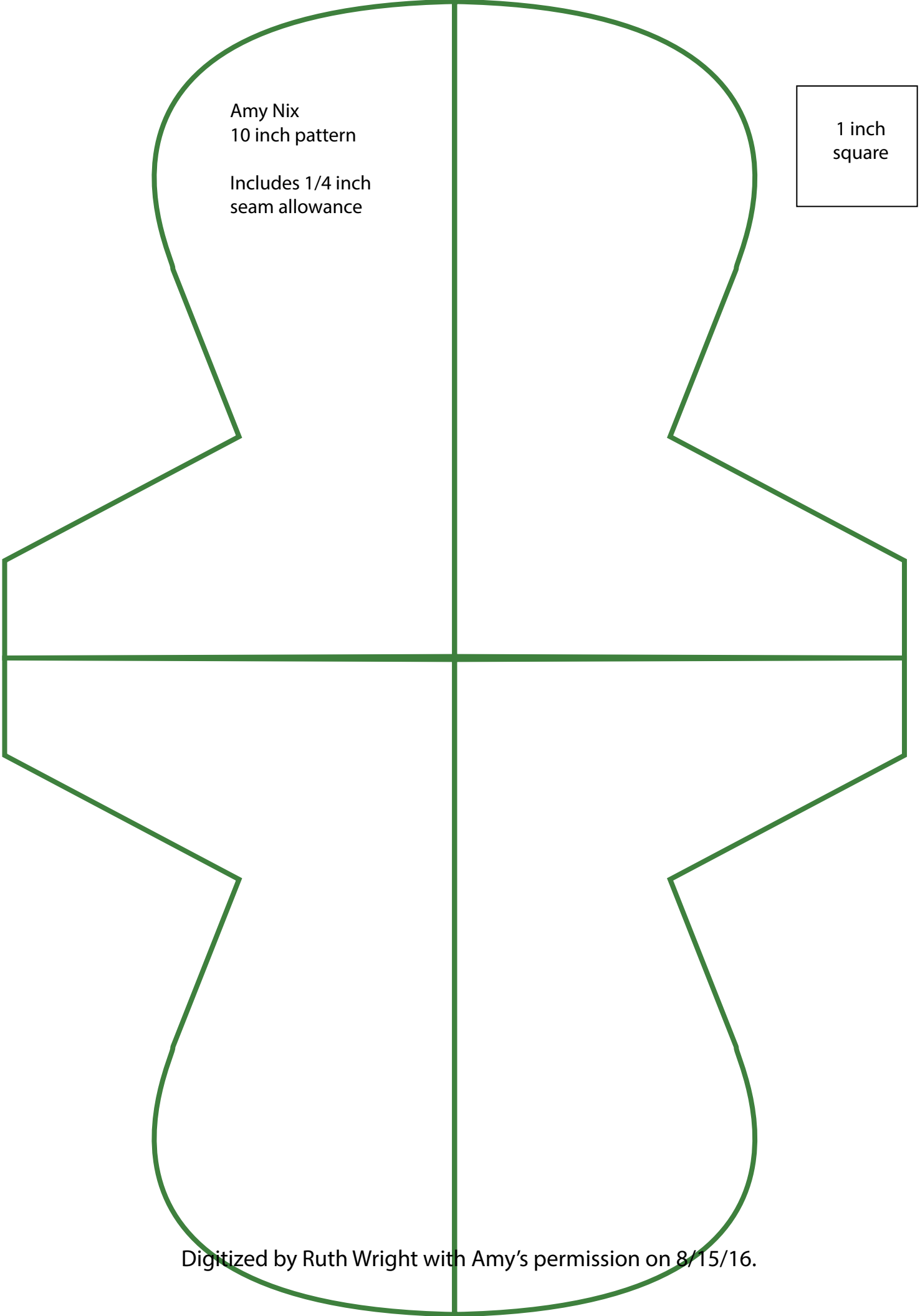


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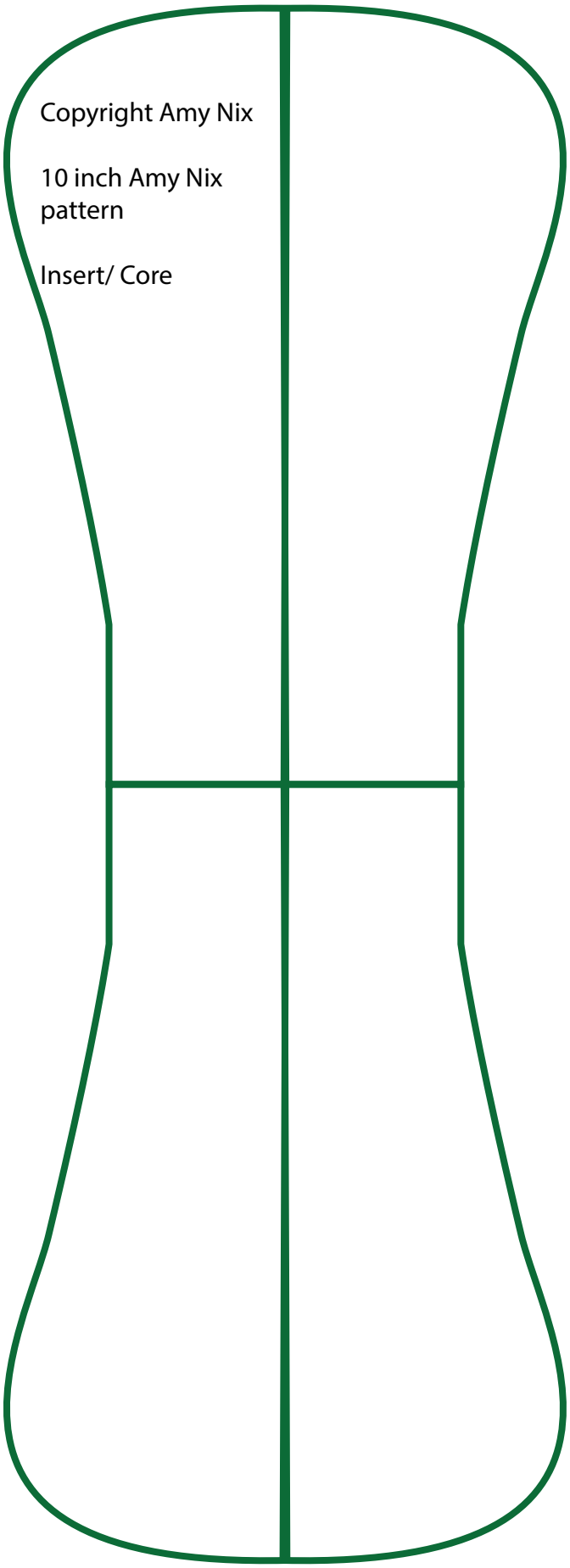
Amy Nix
10 inch pattern

Includes 1/4 inch
seam allowance

1 inch
square



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1 inch square

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Amy Nix 10" Cloth Pad Pattern Instructions

Okay, so the pattern here will produce a 10" finished pad. Depending on the quality of your printout or the size of your paper (in the UK, the standard is A4, while in the Americas, the standard is "letter" which is shorter), you may find it more usefulto use the 1/4 fold shapes provided to trace onto folded paper. This is why they are included, and instructions for how to use that shape to make a 1/4 fold pattern are seen in my video about making a simple symmetrical pattern.

Once you have the full pattern shapes printed out, I encourage you to copy them onto card stock of some kind (cereal box, poster board, or corrugated cardboard).

1. Trace the pattern onto your fabric.

2. Cut out your fabric pieces for both the topper and backer, as well as the absorbant core.

3. Attach the core pieces together by sewing a 1/2 inch seam all around the core layers.

4. Attach your core to the topper by centering the core carefully and pinning to the topper fabric. Then sew around the core, using a 1/4 inch seam.

5. Attach your backer to the core/topper piece by laying the backer fabric and topper fabric (pretty) or finished sides together. Pin carefully around the edges, lining up all curvesand corners. Leave a 2 inch turn space at any place in the pattern. I use the top edge of the left wing. Whichever turn space you choose, make it on a straight part of the pattern. Don not leave your turn space on the ends or on the curves.

Use a 1/4 inch seam to sew the topper to the backer. FOr putting in a waterproof layer/PUL layer, please watch my video on How to Insert a PUL Layer.

6. Clip your corners and curves.

7. Turn the pad right side out, and run a tool along the insde edge to make sure all corners and curves are neat and fully pushed out.

8. Pin the turn space closed.

9. Topstitch all the way around the edge of the pad, making sure to close the turn space. I use a full 1/4 inch topstitch, but you can use whatever width you find attractive and comfortable.

10. Add a closure of your choosing.

For a video tutorial of this entire proces, please see my video entitled, "Sewing Cloth Pads 101 - How to Sew a Cloth Pad"

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