

# Cloth Pad Tutorial: Hidden Contoured Core, Overcast Edge



Welcome back again! This is the third and final tutorial in a series of three showing you how to sew cloth pads with overcast edges three ways: exposed core, exposed contoured core, hidden contoured core.

Today we will sew the hidden contoured core pad, the third pad pictured on the left hand side of the screen.

## What You'll Need

- The [ClothPadBodypdf](#) (print actual size, not fit to page) Approx. 7.25" wide and 9.75" long. You can always adjust them to your personal needs. Just don't sell the pattern.
- The [ClothPadCorepdf](#) (print actual size, not fit to page) Approx 2.8" wide and 9" long. You can always adjust them to your personal needs. Just don't sell the pattern.

- Fabric for the pad body top: flannel, jersey, or any other cotton or absorbent material.
- Fabric for the pad body bottom: anti-pill or blizzard fleece. These thicker fleece types naturally repel liquids and make a good water-resistant bottom while providing a non-slip surface against your underwear.
- Fabric for the pad core. You want absorbent fabrics for your core. These could include cotton flannel, cotton birdseye, cotton terry cloth, bamboo, hemp, etc. Basically any thirsty fabric will work. Just remember that if you use microfiber or zorb, be sure to sandwich them between fabrics that are safe to be against the skin. For the pads shown, I have used three layers of bamboo fleece. Bamboo and hemp are good choices if you want a thinner pad as they are thin, but absorbent. 2-3 layers of bamboo or hemp will give you medium flow absorbency; use more for heavy, postpartum, or overnight. If you use flannel, 6 layers would be a good medium/heavy flow. You would want to add more for heavier absorbencies.
- Sewing machine and notions (thread, needles, scissors, presser feet, etc)
- Snaps – metal or plastic. Plastic will be more durable, but metal may be easier to get. I have used [KAM snaps](#) here. They are really fantastic quality and the pliers are easy to use. I use a size 20 socket and stud, with size 16 snaps. Plastic snap pliers can all be found at JoAnn Fabric. I have seen metal snap pliers at Wal-Mart. If you can't find snaps, dry cleaners or alteration shops can often apply them. Or you can use velcro or a diaper pin if you have to.

If you have a serger, obviously you can do all this on the serger as well. Learn more about cloth pads at our blog: <https://www.MadeWithLove.WordPress.com>. Happy sewing!

# Cloth Pad Body

[MabeWithLove.WordPress.com](http://MabeWithLove.WordPress.com)

*Cloth Pad*

*Core*

**MabeWithLove.WordPress.com**



Start out by cutting your top body piece and your pad core pieces.



Pin your pad core pieces together. See how trim bamboo is?



If your core is made up of stretchy fabric(s), use a walking foot. Follow your machine's instructions for installing it.



We're going to sew the pad core together first. You'll want to use an overcast stitch. On my machine, these are stitches 7 & 8. If you don't have an overcast stitch on your machine, a zig zag with a short length and wider width will work just fine.

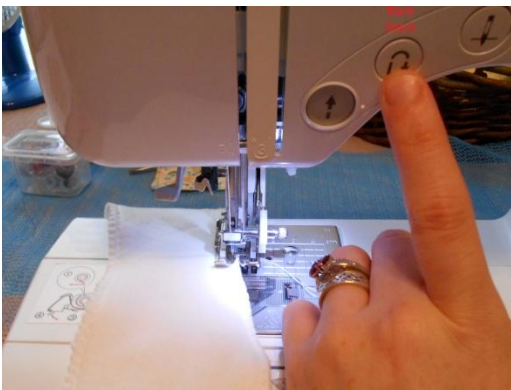




Place your pinned pad core pieces under the presser foot. You want your fabric right up to the edge so that the left hand stitch catches the fabric and the right hand stitch drops just over the fabric. Back-stitch (or reinforce) and then sew all along the edge.



Fabric butted right up to the edge so the stitch drops just over.



Cruising along. Slow down around the curves. Back stitch again when you get back to the beginning.



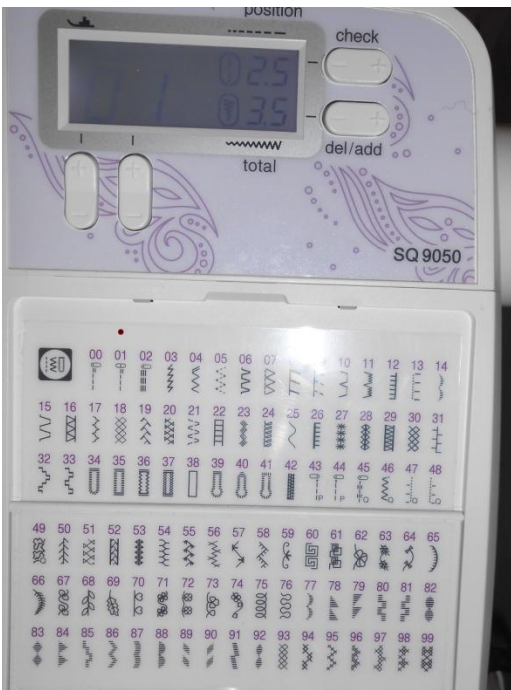
Clip your threads.



Find the center of your top pad body piece. You can press a center crease with an iron or your finger. As long as you can see it, you're good.



Place your pad core pieces on the top of the WRONG side of the top pad body. Line up the center of the core with your center crease and pin.



Now we're going to sew the pad core to the pad body top. I have used a straight stitch for a nice clean look. You can use whatever stitch you like, just pick your favorite.



Place your pinned core and body under the presser foot. We want the stitch to fall close to the core's edge, but not over. Back stitch at the beginning and end. Clip your threads.



Pad core sewn to the wrong side of the top pad body.



What the pad looks like from the 'right' side after sewing down the core.



Now we're going to sew the contour line down the center of the pad core. I have used a straight stitch for a nice clean look. You can use whatever stitch you like, just pick your favorite. Don't forget to back stitch at the beginning and end. Clip your threads.





This is what the 'right' side of the pad top will look like once your contour line is sewn.



For this type of pad, I like to wait and cut my back pad body piece out until I'm ready to attach it. You can cut it out beforehand, but doing it now, you'll have it perfectly lined up and pinned. Just pick your fabric, pin it down with the wrong sides together, and cut.



All pinned and ready to sew!





Now we'll be sewing the pad body top to the pad body bottom. You'll want to use an overcast stitch. On my machine, these are stitches 7 & 8. If you don't have an overcast stitch on your machine, a zig zag with a short length and wider width will work just fine.



We'll be sewing around the outer edge of the pad body to attach the body top and bottom. You want to place the pad under the presser foot so that the left hand stitch is catching your fabric, right hand dropping just over the edge. Back stitch at the beginning.



Go slow around the curves. Don't forget to take your pins out as you go so you don't sew over them. Back stitch again at the end and clip your threads.



Ta da! Pad is almost done.



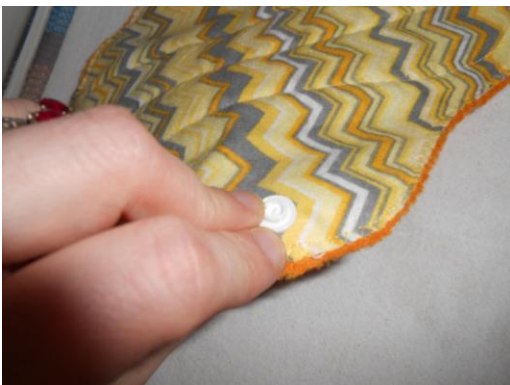
Now you're ready to attach your snaps. You'll need two caps, one socket, and one stud.



First we're going to attach the stud. I like the stud to face away from my body so I put it on the top body wing. Pierce the center of the wing in the center. Here I am piercing the fabric with a sharp awl.



Put one cap through the hole, going through the bottom of the pad.



Place your stud through the prong on top of the cap.



Press with your snap pliers or press using the manufacturer's specifications for attaching a snap.



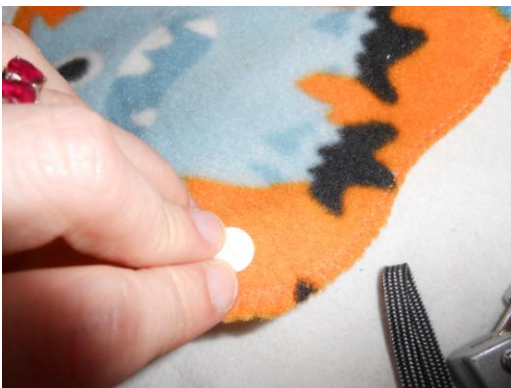
Lay the pad face down on your sewing table. Fold the wings over as they would be when snapped onto your underwear with the stud on the bottom. Place the non-snapped wing over the stud so you can make your hole for the new snap in the spot where you feel the stud.



Mark the spot where you feel the stud...



Then pull the wing away from the pad and pierce the hole.



Put your cap through the top of the pad, and then place your socket on the bottom side of the pad over the cap prong.



Attach the snap with your pliers or press according to manufacturer specifications.





Snaps attached! Pad finished, good job!



Isn't the back of this pad just awesome? If you can't poke a bit of fun at your period, well then, what can you?



The finished pad snapped.







These handy little pads will fold up nicely to fit in your purse or wet bag. Lay the pad flat, top up. Fold up one end.



Fold down the other end.



Fold in the socket side.



Snap the stud into the socket and you're done!



Hidden contoured core, overcast edge pad.