

## Cloth Pad Tutorial: Adjustable Absorbency and Liners



Hi again! In addition to our 'pads three ways' tutorials, I'm adding this adjustable absorbency pad and panty liner pattern. Like the other patterns, this pattern will be free.

I'll show you how to create an absorbent shell that can be used for light days or as a liner. We'll also be creating wingless liners to add to the shell to boost absorbency or wear on their own.

### **What You'll Need**

- This tutorial and the enclosed patterns.

Please print the patterns actual size and DO NOT scale them down or 'fit to page'.

- Fabric for the pad body top (shell): flannel, jersey, or any other cotton or absorbent material.
- Fabric for the pad body bottom (shell): 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 and liners. 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.

You may also want to add anti-pill or blizzard fleece as a bottom layer to some of the liners as this will help them to stay put in your underwear if you choose to wear them without the shell.

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 flow. You would want to add more for heavier absorbencies. For the shells pictured, I have sewn a three layer flannel core into the shell. Each of the liners pictured have three layers of flannel as well for buildable absorbency.

- 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 snap caps.

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.MabeWithLove.WordPress.com>. Happy sewing!



Cloth  
Pad  
Body  
Top

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

Cloth Pad  
Body - Slit  
Back

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

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Cloth Pad  
Body - Slit  
Back

*Cloth Pad*

*Core*

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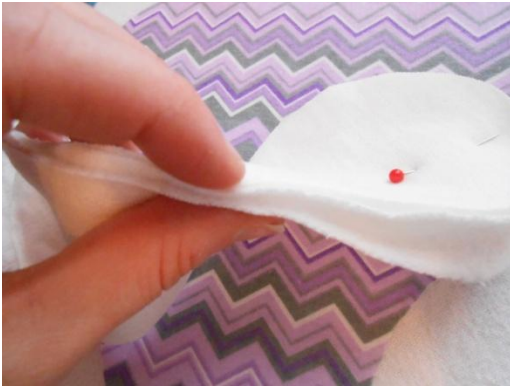
*Cloth Pad  
Liner*

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Start out by cutting your top body piece and your pad core pieces. You can go ahead and cut pieces for liners as well and set them aside.



Pin your pad core pieces together.



If your core is made up of stretchy fabric(s), use a walking foot. Follow your machine's instructions for installing it. If not, stick with your standard presser foot or a foot for overcast stitching.



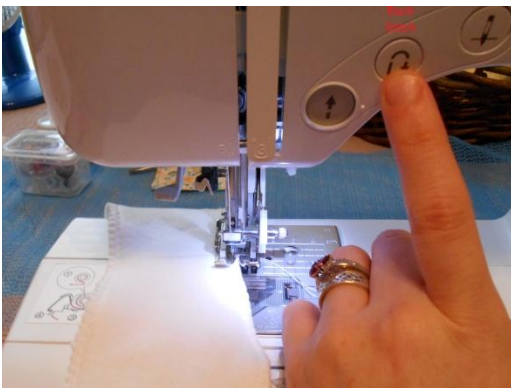
We're going to sew the pad core together first. You'll want to use an overcast stitch. On my machine, these are stitches 7 & 8. If you don't have an overcast stitch on your machine, a zig zag with a short length and wider width will work just fine.



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.

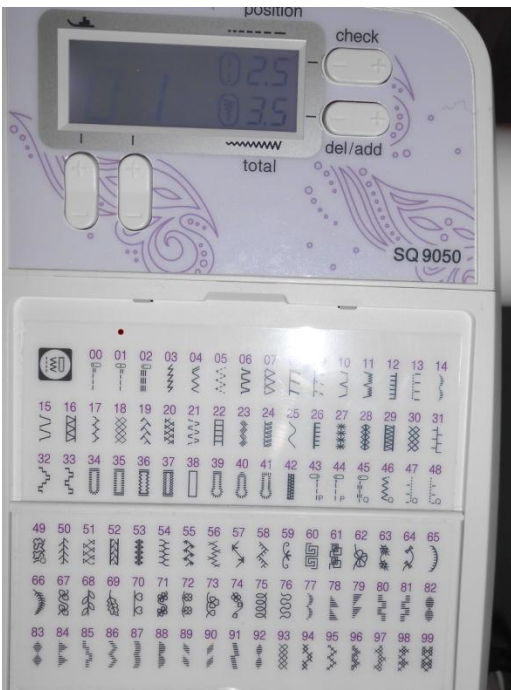
***You will sew all your liners using the same steps as above. For liners make sure you use the liner pattern instead of the core pattern as it is slightly smaller allowing it to fit more easily into your shell when you want to boost absorbency. If you want your liners contoured, sew a straight stitch down the middle of the liner once the layers have been sewn together.***



Now we're going to attach the pad core to the top pad body. 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.



Time 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.



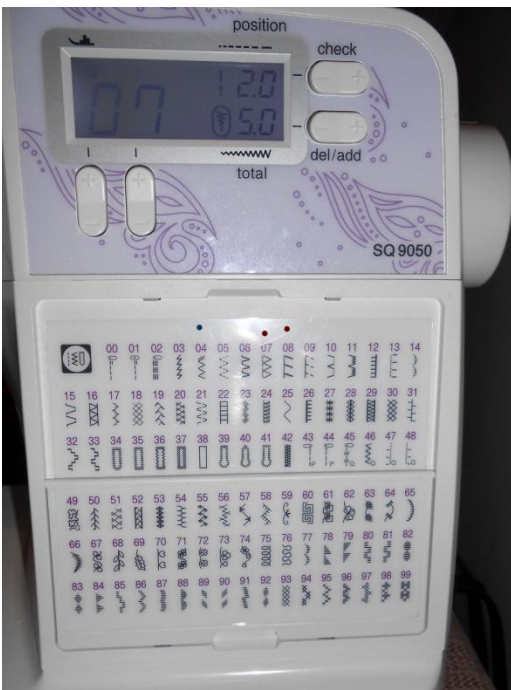
Now we're going to sew the contour line down the center of the pad core. I have used a straight stitch for a nice clean look. You can use whatever stitch you like, just pick your favorite. Don't forget to back stitch at the beginning and end. Clip your threads.



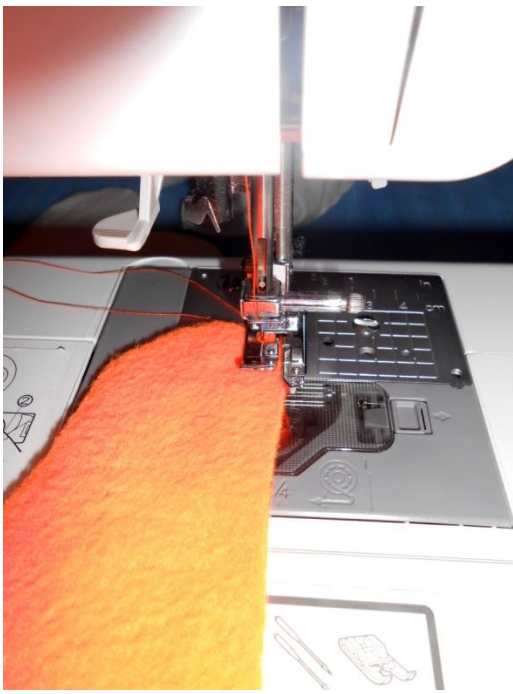
This is what the 'right' side of the pad top will look like once your contour line is sewn.



Cut out your two pad body slit back pieces using blizzard or anti-pill fleece. First, we are going to overcast stitch along each long edge of the pad back. An overcast foot like this (see the small bar) is helpful when doing an overcast stitch.



On my machine, over cast stitches are numbers 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 the long edge of one of your slit back pad back pieces under the presser foot and overcast stitch the edge. 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 straight edge.

This edge will remain open and exposed so we are reinforcing it with the overcast stitch.



Backstitch at the beginning....



Quick and easy to sew.

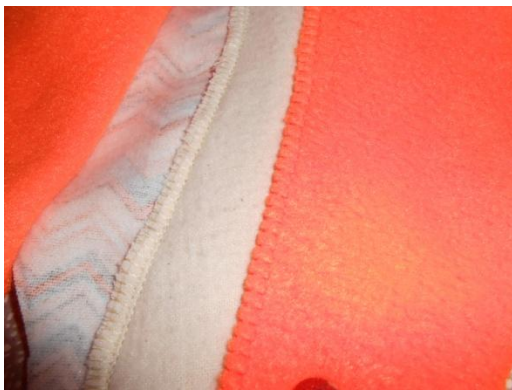




Backstitch again at the end.



Clip your threads and follow the same steps for the other pad body slit back piece.



This is what the long edge of the pad back will look like when you've finished overcast stitching them.



Now we are going to sew the two pieces of the slit pad back to the pad body top. Lay the pad body top face down. Place the thinner pad body back over the wrong side of the pad body top with the wrong sides of fabric touching.



You want the pad body back piece that is wider to lay over the shorter piece so that they overlap as pictured.





See how they overlap all the way down?



Another view of the slit back pad body pieces overlapping before they are sewn to the pad body top.

If you have some of the back piece hanging over like in the picture, it can easily be clipped off once you've got everything lined up.



I prefer to flip the pad over before I pin it so that I can make sure the back is properly positioned. Make sure to pin all the way around, being careful to ensure that the wider back piece stays positioned over the shorter, especially at the ends.



We're going to sew along the outer edge of the pad with the same overcast stitches (or zig zags) as before. Backstitch at the beginning and ends and remove the pins as you go. Be careful to make sure that the slit back pieces stay overlapped as you go around the curves. Clip your threads at the end.



This is what the back of the pad will look like when it's all sewn up.



See how you have a nice opening to add more absorbency as needed? This way you can use the same pads throughout your cycle and you don't have to worry about mixing up absorbencies. You can use the shell as a liner or use the liners to boost your absorbency within the shell. The liners can also be used on their own as a cup, tampon, or sponge backup. Or just for everyday use.



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.

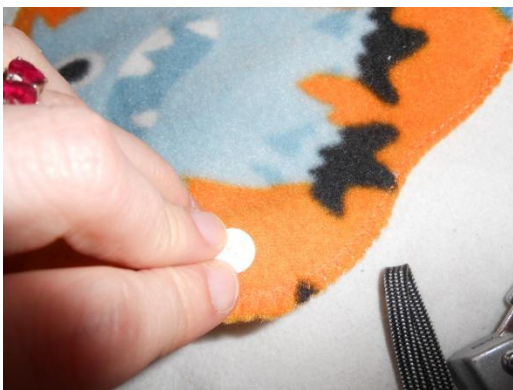




Mark the spot where you feel the stud...



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! You can go back and make more liners to add to your pad or to wear alone.





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!