

Cut
ONE
of 100 of
PRE-WASHED
Cotton Print

Cut
ONE
of 100 of
leggs

Cut
4 of
100% Cotton
Flannel
(pre-washed)

Cut
one
of PUL
(waterproof
liner)

Creating Pouches for the Girls' Hygiene Kits

Fabrics needed: **Double-knit** is best as it has some weight/strength to it, and it is somewhat stretchy. It is also not easy to find, at least for purchase in stores; we find it most often from older ladies who have yardages of it in their sewing closets & cabinets.

Other fabrics which will work – some are stretchy, some are not, so there are suggestions below for each types: **polyester knits** [not t-shirt knits which are too light-weight & too stretchy], **fleeces** [lighter weights, NOT blanket fleece or heavier polar fleece]; **suede-cloth** [light to medium weight, not the leathery weight]; **felts** [must be washable, like polyester – NOT wool].

Whatever fabric you use should be a non-fraying type AND best choices are bright prints, or dark prints or solids. The pouches will take some wear and tear, and possibly pick up some staining from contents, so this is the reason for the darker prints & colors.

Cutting instructions:

Cut rectangles **8” wide and 15” long**

For stretchy fabrics the “stretch” should be the 8” width as that will provide the best stretch for filling of pads, etc..

This same size should work fine for non-stretch fabrics as well, but if you are not sure you can cut the fabric another inch wider/longer.

Sewing instructions: *For STRETCHY fabrics:*

Fold up one end of the fabric to within 1 & 3/4” from the other long end; then fold a flap of the remaining length over that “pocket” Stitch the side edges including the flap through all thicknesses. Secure the ends of the stitching where you began on each side, and also where the stitching ends. Reinforce the flap edge stitching also, as this will be the place “tugged” as the contents of the pouch are inserted and removed repeatedly.

For Non-STRETCH fabrics:

Fold up one end of the fabric to within 1 & 3/4” from the other long end: then fold a flap of the remaining length over that “pocket”. Without catching in the flap in the stitching, stitch down the side edges to form a pocket. The flap will just be tucked into the pouch. Do the same with reinforcing the stitching as instructed above.

These pouches are very simple but very service-able. :-) Thank you for helping to create the kits for the girls!

We are grateful - the Bookfriends team

Helpful tips when sewing pads :

- 1) Please try to keep the FINISHED SIZE of the pads within the following parameters:
 - The largest should be no bigger than 8 ¾" length and 3 ¾" width once buttoned
 - The smallest should be no smaller than 7 ¾" length and 3 ¼" width once buttoned

Pads come in different sizes based on your pattern – be sure if you are printing and using our template to print it at 100% (sometimes printers will adjust sizes). Also remember that if you use a cardboard or even fabric template to trace or cut around on your fabric that those template sizes will change thru use either by growing or shrinking after many cuttings, so change your templates periodically. Another reason for pad variances is the size of your seam allowance when stitching, you don't want them to be too wide which makes the finished size smaller or too narrow and not have the seams hold when flipped and topstitched.

- 2) When sewing the liners to the fleece, sew only one line of stitching thru the layer of inner fabrics, we suggest you use the longest/largest stitch possible so that you minimize the number of holes put thru the waterproof layer inside. The alternative is to stitch just a 1" section on each end of the liners, just enough to hold them in place until flipping right side out.
- 3) When sewing the outside perimeters and inner stitching, catch in the edges of the liners being careful to stay as close to the edges of the liners just to tack them down (you must do this by "feel") and do not stitch in further toward the center (by the original first line of stitching). Remember, the more holes stitched thru the centers of the waterproof liner, the less leak-proof the pad will be ☹
- 4) Choose buttons which are a minimum of 5/8" in size (up to 7/8" is fine, no larger), smaller buttons are more difficult for keeping the pads secured when in use.
- 5) When working the machine buttonholes the direction of these is important, that is, the buttonhole should be perpendicular to the wing tab on which it is placed; it should not be parallel to the edge of the wing tab, as it stretches out of shape and the buttons won't hold.

You'll find that after you've done a few of these constructions the process is actually quite simple. We need to be careful to make sure that our finished products are done in a consistent manner as we are working with several countries "Board of Standards" and they are requiring more consistent sizes for the items we are sending thru to their girls.

HYGIENE KIT ASSEMBLY

3 - PADS (USE 3 OF THE SAME COTTON PRINT FABRIC – the part that goes against the body)

1 - PAIR UNDIES

1 - QUART ZIPLOC BAGGIE

1 – BROCHURE

1 – POUCH

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Daily Herald

Suburban Chicago's Information Source



From left, Kay Forney, Chaillie Gleason, Carol Heisler and Marianne Gren Devenny assemble sanitary kits at Bookfriends in Wauconda. (Courtesy of Nancy Middleton)

Submitted by Nancy Middleton

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The American Association of University Women-Crystal Lake Branch and Bookfriends International formed a special relationship a little more than 5 years ago.

What started out as an AAUW Program by Paulie Kutschat from Bookfriends, gradually evolved into partnership with the AAUW Branch on a special project.

Bookfriends International, headquartered in Wauconda, began in 2005 and is committed to helping educate students in secondary schools in African countries by providing books and supporting educational materials and services.

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Bookfriends learned that the girls in the schools were sent home when they had their monthly cycle because there were no available sanitary supplies.

After the primary years of education, a girl may face additional challenges including cultural questions of the value of educating girls and missing a week of class time each month.

In October 2017, Barb Pagano and Carol Heisler, longtime AAUW members, organized the first sewing workshop with AAUW Branch members and friends.

First gathering in members' homes, the group eventually moved to Bethany Lutheran Church in Crystal Lake.

Through monthly in-person meetings and a dedicated group working from home, this team has produced over 9,000 reusable pads, made hundreds of pouches for the sanitary kits, and donated hundreds of pairs of underwear.

AAUW's mission is to advance gender equity for women and girls through research, education, and advocacy.

The Crystal Lake Branch, organized in 1957, holds monthly membership meetings from September through May, which include programs on topics such as women's issues, history, education, international relations, arts, and public policy. Membership includes women from throughout McHenry County.

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