

# Orphan Grain Train

## *Feminine Hygiene Kits*

### *What's in a Feminine Kit?*

- *1 Drawstring Bag*
- *2 one gallon Ziplock Freezer bags*
- *2 pairs of panties (girls size 10-14)*
- *2 Panty Shields*
- *8 Tri Fold panty liners*
- *1 travel size bar of soap*
- *1 washcloth*

**See [SewingFeminineKit.pdf](#) for instructions on how to make the items included in this kit.**

Orphan Grain Train Inc.

601 W. Phillip Avenue, P.O. Box 1466, Norfolk, NE 68702

Phone: (402) 371-7393 Fax: (402) 371-7350 Web: [www.ogt.org](http://www.ogt.org)

*Relief for Human Need Worldwide*



## Feminine Kit

Overview/Supplies Required

This tutorial provides instructions for three different items:

1. The waterproof "Panty Wrap."

1/2 yard of 42" wide **100% cotton** (plus six 4" scraps of another fabric) will yield 4 completed wraps.

1/4 yard of 62" wide **waterproof PUL** to complete 4 wraps  
(leftovers will yield another 2 pieces)

1 set of **snaps** per Panty Wrap, size 16 or 0.43"

2. The "Removable Insert."

1/2 yard of 42" wide **100% cotton flannel** fabric makes 5 completed (two-layer) Removable Inserts.

*(thus a 1 yard minimum is required for the 8 completed Inserts in each kit)*

3. The "Drawstring Bag."

Light weight fabric, either **Quilters cotton or poly-cotton**:

1/3 yard of 42" wide fabric is the minimum required to sew 1 drawstring bag.

2/3 yard of 42" wide fabric will yield 3 drawstring bags (with 1 bag cut lengthwise)

1 yard of 42" wide fabric will yield 4 drawstring bags

1 yard of **twill tape** 1/2" to 5/8" (or shoe laces) required per bag

<http://www.joann.com/babyville-pul-fabric-white-pul-solid/11117264.html>

<http://www.diapersewingsupplies.com/white-pul-fabric/>

<http://www.joann.com/bv-white-snaps-sz-16-200-sets/12850194.html>

Each kit will contain the following:

- |                      |                                 |                          |
|----------------------|---------------------------------|--------------------------|
| (1) Drawstring Bag   | (2-3) Panties                   | (2) ZipLock Freezer Bags |
| (2) PantyWraps       | (1) Bar Soap                    | (1) wash cloth           |
| (8) Removable Liners | (1) Picture Instruction cut-out |                          |

Each kit is designed to last three years with proper care. Using quality materials and sewing each item carefully will ensure that the products will last. With this in mind, it is critical that the removable inserts be finished with a serged edge. Pinked or zig-zagged edges will not hold up to repeated washing.

**\*\*This tutorial is a compilation of the many free tutorials found online, which have been modified for our purposes.\*\***

## Choosing Fabrics and Preparing to Sew

- **Use only 100% woven cotton** (quilter's cotton) in **colorful, stain-disguising patterns**
- The kits are designed to last for three years if cared for properly; please be sure to use high-quality products.
- Surge or zig-zag any raw edges prior to washing fabric.
- Before cutting, **wash fabric** in unscented detergent--do not use fabric softener sheets.
- Pressing before sewing is recommended, to make fabric easier to work with.
- The **waterproof layer** inside each wrap must be polyurethane laminate fabric (PUL). (available at JoAnn's Fabric)

### Tools Needed for Sewing:

- sewing machine with straight stitch
- sharp new needle
- 100% polyester thread
- sewing scissors or rotary cutter
- steam iron
- seamstress 'chalk pencil' for marking flannel
- fine tip permanent marker on PUL

### Fabric Pieces for Panty Wrap:

- one PUL wrap piece
- two cotton wrap pieces
- two cotton pocket pieces

### Master Templates:

- Once you have your template made – SAVE IT as you Master
- Never Use a Copy to make another Copy
- **Use Heavy Tag Board for templates (something sturdy)**

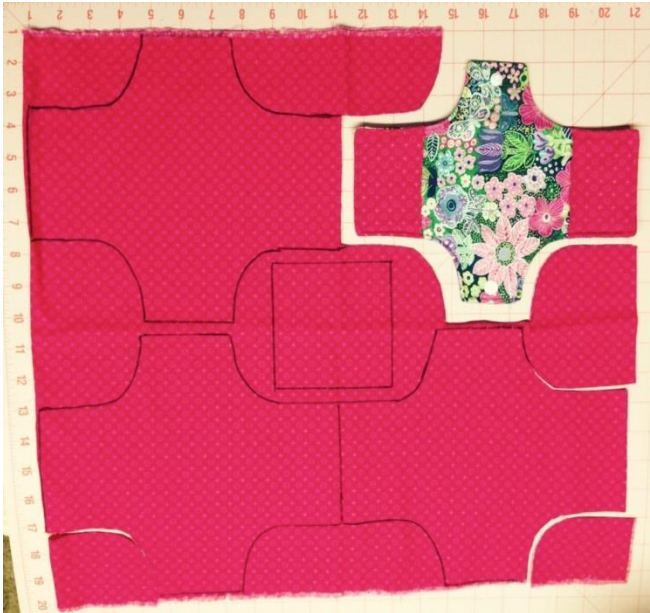
## **Fabric Guidelines**

- Use the Print-On-Print rule: mix & match printed designs on pockets and panty wrap for a cheerful product that disguises stains.
- Fabric should be colorful (medium to dark) and patterned (geometrics, batiks, etc.).
- If using lighter shades of flannel for the inserts, please dye them to a darker color first.
- Use brightly colored thread for sewing (pink works well with almost any pattern).  
◆ Please keep in mind that these products are being sent to other countries. \*
- **NO** patterns with animals, people, figures, or camouflage.
- **Avoid patterns** with bugs, reptiles, guns, knives, or culture-specific themes.
- Please avoid sewing any kit with all matching pieces, to keep things equal for every girl who receives one.

# Sewing the Waterproof Panty Wrap

## Cutting Out the Fabric:

- 22" of fabric folded in half (approx. 2/3 yard) can yield 4 wraps (8 pieces) and 1 pocket (in the center)
- remaining pockets can be cut from 4" coordinating scraps or additional fabric
- Cut selvage edges off of fabric before cutting.



- Use card-stock or thin cardboard paper to make the pattern.
- Washable kids markers or highlighters works well for tracing patterns (no pins required).
- Tracing the pattern on the wrong side generally makes it easier to see.
- Cut the pieces on the line: the pattern will stay more uniform.

## Cutting Out the PUL

1. Fold PUL with the textured sides together.
2. Trace pattern with permanent marker (washable markers will smudge), on shiny side.
3. Weigh down the PUL and hold, to keep it from slipping while cutting.
4. I pin my PUL, to keep the same fold in the remaining (uncut) PUL. It will be easier to work with when you return to cut more.

***\*\*Pin along folded/selvage edges only--  
accidental pin holes in your cut pattern pieces  
will make the wrap less waterproof  
when you are finished.\*\****

5. Trim all corners, for ease of turning later, being careful not to cut beyond the seam allowance.



## Sewing the wrap:

1. Start with (2) pocket pieces and (2) wrap pieces.
  - A) Use MEDIUM/SMALLER stitches
  - B) Fold the pocket piece in half (with right sides out) and edge-stitch the folded edge.
  - C) Use a chalk pencil or a few basting stitches to mark **both sides** of one wrap piece with an "X"; this will be the bottom piece of the wrap. You will understand the importance of this marking as you go along.



- D) Place the two wrap pieces together, with right sides facing each other.



2. d) Insert a folded pocket between the two wrap pieces, one at each end of the wrap, with the raw edges of the pocket piece aligned with the raw edges of the wrap pieces. The edge-stitched end of the pocket should be towards the inside of the wrap piece.



- e) Pin these three layers together about 1 inch in from the ends (I tried to avoid any extra basting stitches to make for less bulk/stiffness).
3. Attaching the PUL (pinning step only)
- a) Clip all 8 corners of the PUL decreases the fabric bulk at the corners.
  - b) Start with the 3-layered wrap from step 1, & one PUL wrap piece.
  - c) Place the PUL with the shiny side up and then the layered wrap on top ("X" marking on top)

*\*\*\* If the PUL is punctured or inserted incorrectly, it will not be as effective. \*\*\**

- d) Pin the layers together within the seam allowance only, not in the center of the wrap.



4. Sew the wrap Seams

- a) Sew 1/4" seams on the long side of the wrap, leaving both ends open.  
Backstitch at the beginning and end to keep from opening up when turning  
(with needle centered, pressure foot should align with the raw edge of fabric)



5. Trim the Seam you have just sewn

- a) I found it easier to trim when weighed down in center, i.e. I used my magnetic pin holder to stabilize it as I trimmed

6. Turn Right-Side-Out & Press Wrap

- a) As you turn it right side out, turn the pockets so that they are on the same side of the wrap that is marked with an "X" (you will flip the pockets over in the final step)
- b) Use your finger or a turning tool to make sure the wrap/wings turn out completely



7. Stitch & Trim End Seams

- a) Stitch across both ends of the wrap.
- b) Trim corners and remove some of the bulk from the seam allowance, without cutting into the seam itself.



8. Turn, Press, & Edge Stitch

- a) Turn the pockets to the side of the wrap that is unmarked.



- b) Press.

c) Edge-stitch 1/8" of a bit less around, with a coordinating or contrasting thread, bright colors preferred, being careful to keep the opening of the pockets as wide as possible.

- d) Back stitch at the fold edge of each pocket to strengthen.

9. Attach the Snaps

- a) Center a snap 1/2 inch from the finished edge of each wing. Make sure to use both a "female" and a "male" snap on the two wings, so that the snap will close correctly. There will be instructions provided with the snap kits.





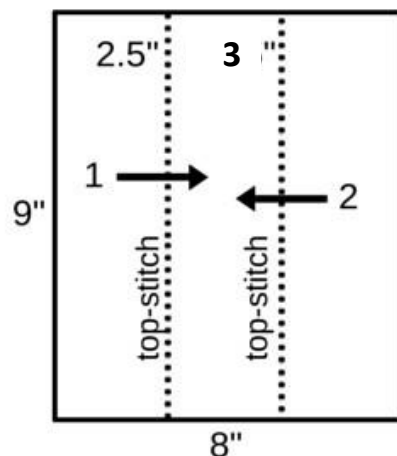
# Sewing the Liner

## Before You Start:

- The liner requires a serger (also known as an overlocker) & a regular sewing machine. (cannot be made with a zigzag stitch or the overcast stitch of regular sewing machine)
- Liners must be made from **100% cotton flannel** (two pieces for each) and sewn with 100% polyester thread.
- Colorful, dark flannels disguise stains; lighter shades must be dyed first.
- Sew the liner so that both sides are colorful & disguise stains.

## Cutting & Sewing:

- The liner is made of two 9" by 8" pieces of flannel.
- You can get four pieces cut from a 40" width of fabric (if you fold it to 20" before cutting, it will speed up the process).
- Serge all four sides with the dark sides facing out.
- Top-stitch at 2 1/2 in. and again at 5 1/4 in.
- The liner can now be folded into three and inserted into the wrap, folded side facing down.
- The preferred finished size is 9"x8" serged and should not be smaller than 8-1/4" x 8-1/4".
- The liner is the washable 'pad' and is tri-folded & tucked into the pockets on either end of the wrap.
- The pocket of the wrap is large enough to accommodate three of the liners, when each is tri-folded.
- Folding the liner makes it appear like a washcloth when washing/drying. This means the women can hang them to dry outside without fear of offense, allowing the sun exposure which is helpful to kill any bacteria. The two-layer, tri-fold design also results in shorter drying time.



# Sewing the Drawstring Bag

## Before You Start:

- Please use a pretty, colorful fabric that young girls will like (guidelines on first page).
- Use 1/2" or 5/8" twill tape (or shoe laces work well) for the drawstrings (36" each).
- The drawstring needs to be washable, wide enough to be comfortable to carry, and durable.
- A Drawstring Threader can be purchased at most sewing stores but is not necessary.

## Sewing the Bag:

1. Cut an 11" x 28" piece of fabric and serge/zigzag both long edges.
2. To prepare for the drawstring casing, fold 1/4" of the 11" side down to the wrong side and press. Fold over another 1-1/4" (1.25") and press again. Repeat for the other half of the bag. Do not stitch the casing at this point, merely press.
3. Leaving the casings folded/pressed into place, match right sides together. Make sure the drawstring casings are aligned at the top and sew from just below the casing to the bottom corner (using 3/8 inch seam allowance). ***This means your seam will start 2-3/4" from the top of the bag (if casings were unfolded).***  
Be sure to back tack well at the start and end of each side seam.
4. Now it's time to finish the raw edges of the casing ends/openings. Unfold the casing, turn in the raw edges of the casing ends 1/4." Edge-stitch until you reach the beginning of your side seam, tapering to a V as you reach the side seam. Leaving the needle in a down position, turn the piece and sew back up the other side of the casing end. This is to prevent the casing openings from fraying, with the repeated opening/closing of the drawstrings.
5. Re-fold the casing and stitch the hem close to the lower edge of the casing (keep the other side out of the way while stitching). Repeat on the other side and keep casing ends open, along the side seams.
6. Flip bag inside-out and press. Check the bag measurements and make adjustments to your seam allowance, as necessary, as you continue to make other bags.

## Inserting the Drawstrings:

1. Cut two 36" drawstrings for each bag and insert each string in opposite directions.
2. Knot the two ends of each drawstring after they are pulled through.

2 ½"

3

2 ½"

Fold Lines

Top stitch x's 2

**LINER**

8" X 9"

Snap placement

**WRAP**

**Cut 2 Tape Together**

# **POCKET**

FOLD THEN TOP STITCH

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CUT 2

4 " SQUARE