

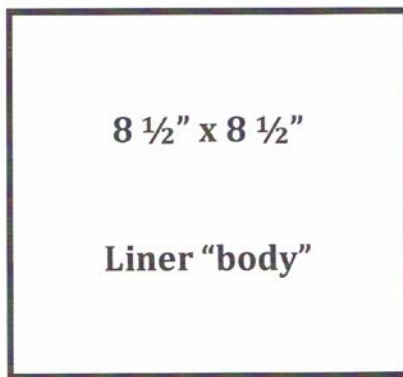
Tri-Fold Liners

(Traditional Method)

The tri-fold liner was created to use as little water as possible to wash, to dry quickly and to be stacked for maximum absorbency. The liner was deliberately designed to look more like a washcloth than a traditional pad for modesty when hung to dry. It includes a “hot zone” across the center of the liner. When the liner is folded, the center has six layers while the less bulky ends go into the shield pocket.

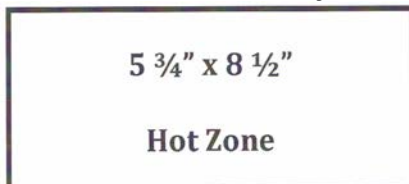
Step One:

Cut an 8 ½ “ x 8 ½” square of flannel.
This is the “body” of your liner.



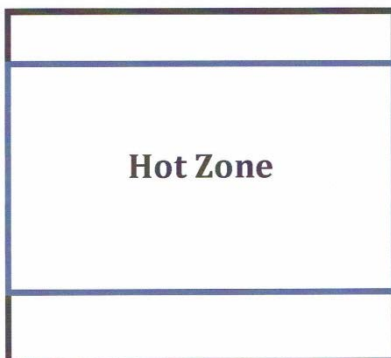
Step Two:

Cut a 5 ¾ “ x 8 ½” rectangle of flannel.
This is the “hot zone” of your liner.



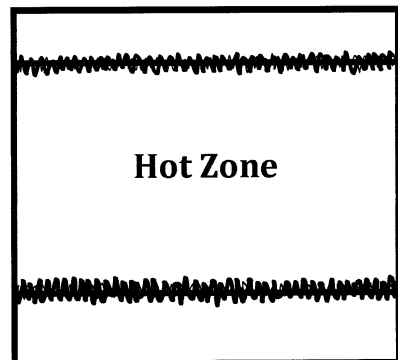
Step Three:

With the liner body face up, place the hot zone across it, also face up.



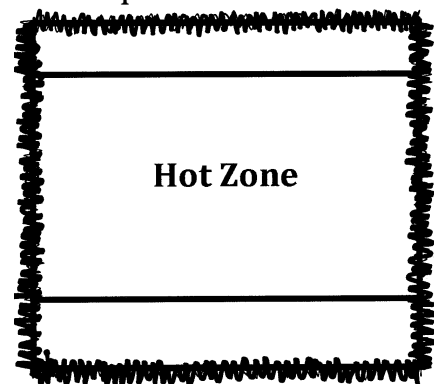
Step Four:

Zig-zag the hot zone down on both long edges—if you have a serger, you should serge the raw edges of the hot zone before you attach it.



Step Five:

Serge or zig-zag all four raw edges on the body, catching the hot zone.
Repeat the process as each kit requires 10 liners!

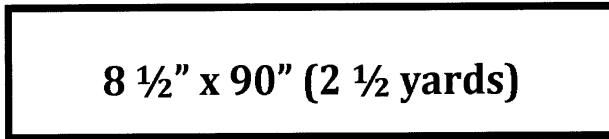


Tri-Fold Liners

(Speed Piecing Method)

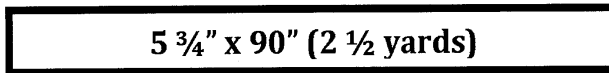
Step One:

Cut or carefully tear a strip of flannel 8 ½" x 90" (2 ½ yards)



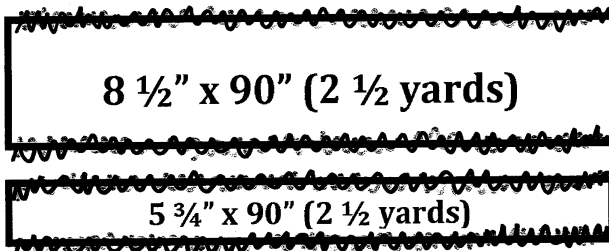
Step Two:

Cut or carefully tear strips of flannel 5 ¾" x 90" (2 ½ yards)



Step Three:

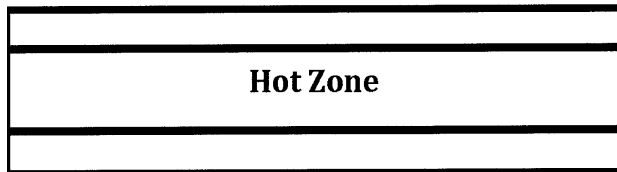
Serge both long sides on all of your strips



Step Four:

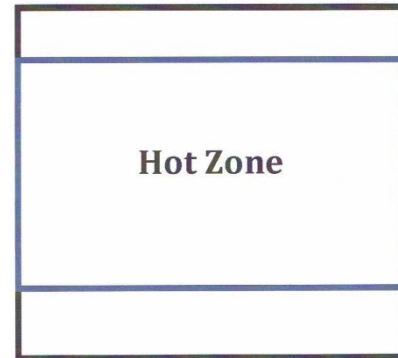
Place the narrow strip of flannel (the hot zone) down the center of the wider strip and stitch down.

Both strips should be face up.



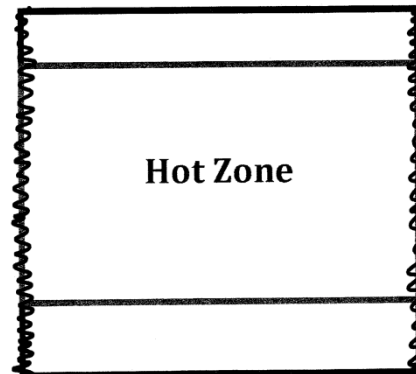
Step Five:

Cut the strips into 8 ½ squares (you should get 10)



Step Six

Serge all of the raw edges the 8 ½" squares and trim thread.



NOTE: If you cut your strips carefully, you will get 3 wide and 3 narrow strips out of a 2 ½ yard piece of flannel—enough for 30 finished liners.