

How to make the Days for Girls T&T Liners

This document provides an explanation of the liner, its purpose and how to make it.

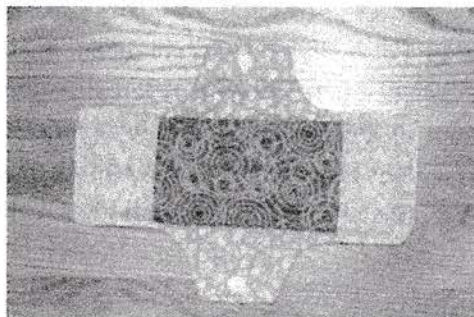
Introduction:

Days for Girls offers **two distinct styles of liner**; each has its own sewing procedure:

- If you have a serger, the **Serger** method is most efficient and the preferred way to make the **liner**. (A serger is a special machine used to overcast raw edges.) To make the serged liner you will need BOTH a serger and a normal sewing machine. To use this method, see the detailed instructions under "Liner Instructions" on the website.
- If you do not have a serger, you can make the **Turn and Topstitch (T&T)** style of liner which can be done using just a normal sewing machine.

What is a liner? What is the purpose of the liner in the Days for Girls washable menstruation kit?

- a. The liner is the washable 'pad' and it is held in place by the shield. The shield snaps around the bottom of the pantie. The shield has pockets at the ends. The liner is tri-folded and tucked into the pockets which hold the liner in place.

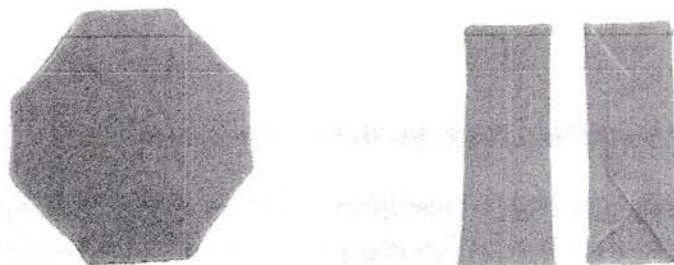


The shield is sized to allow for 1 or 2 or even 3 tri-folded liners to be inserted to provide the desired level of absorbency.

- b. Days for Girls uses a tri-fold style of liner which allows for effective washing and quick drying. The tri-fold liner is made in a shape which is not offensive to hang out in the sunshine (sunshine kills bacteria) – the shape looks like a washcloth rather than a 'pad'.
- c. Liners are made with 100% cotton flannel. Two pieces of flannel are needed for each liner.
- d. Use only 100% polyester thread. Please use medium to dark shades, bright colors are encouraged. Please don't use white or light thread as it will show stains.
- e. It is best to use colorful fabrics for the liners; use medium to dark shades to disguise stains. If you have white, pale, and light-shades of flannel, it is best to dye them to a darker color before making the liners. Be cautious when selecting fabric. **Follow the guidelines as detailed in Section "Considerations for Selecting Appropriate Patterns and Colors of Fabric".**
- f. The Days for Girls kit is designed to last three full years with proper care. Use appropriate materials and sew the liners carefully to ensure quality.

Explanation and Sewing instructions for the Turn & Topstitch Liner (T&T). Other nicknames for the T&T liner are: 'stop sign liner' and 'octagon liner'.

Shown below: Unfolded T&T liner on left. Tri-folded T&T liner on right, showing the top side and the back side. The back side has the folds.



The T&T liner is made with two pieces of flannel. The liner is reversible. For photo purposes we are using a solid color. It is **much better to use bright colorful prints** as these hide the stains better than even a very dark solid color. If you do use a solid color, only use it on one side of the liner (so that one side has a pattern and the other side a solid). Using colors/prints in medium to dark shades on both sides of the liner disguises stains which is very important when hanging out to dry.

How much fabric is required to make a T&T style liner?

The smallest piece of flannel to make a T&T liner is 8.25 x 9 inches (21x23 cm); a liner requires two pieces of this size. For efficiency, if you plan to make a lot of liners, we recommend beginning with larger pieces of yardage. A 2.5 yard length works well (2.3 meters). With experience, you may find a different length works well for you; use what works for you. In Section Four of this document there is more info on this. If you have smaller pieces of flannel that are not big enough for the strip method, that's okay; just cut out the liner pieces individually using the pattern template. The instructions given below include the steps to make the strips.

What is the easiest way to cut long strips of flannel?

When cutting the flannel strips for the T&T liners, it is easiest to use a rotary cutter. The rotary cutter creates a clean-cut edge which is advantageous when sewing the narrow seams required in this process. An alternate method for making the flannel strips is by tearing. A concern with tearing is, it stretches and weakens the edge of the flannel. Thus, it will be necessary to use wider strips to accommodate a wider seam allowance to avoid sewing in the weakened area, which will then require trimming off the excess in the seam allowance. Use whichever way works best for you, and ensure the finished size of the liner is correct. The finished liner should be 8.5 inches tall (21.6 cm); the width should be very close to 8 inches (20.3 cm). When tri-folded, the liner generally measures 8.5 x 3 inches (21.6 x 7.6 cm).

What does the pattern look like and where can I get it?

The pattern for the T&T liner can be downloaded from the website www.daysforgirls.org. When printing the pattern, be sure to set the printer settings to print at full size (some software labels this "100%", or it might be "actual size" or "no scaling" etc.) Often there is a check box for "fit to page" which is automatically selected – be sure to uncheck this box. It will print as two halves which you must cut out and tape together. Cut precisely on the lines; follow the instructions to make the pattern. After printing, take a ruler and measure the pattern to verify it is the size specified on the pattern. There is also a 'one inch' square which you can measure to further verify size (one inch = 2.54cm).



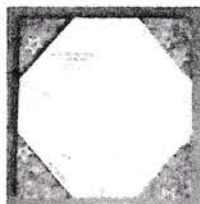
Does this method use zig zag or pinking shears?

No. You may be thinking of an obsolete design that Days for Girls has used in the past. However, after several years we have found there is too much fraying on liners made with zigzag and/or pinking shears. The Days for Girls Kit is designed to last three full years; we had to improve the liner to make it last.

This T&T style of liner was developed to provide a method for everyone to make liners, including someone who does not own a serger.

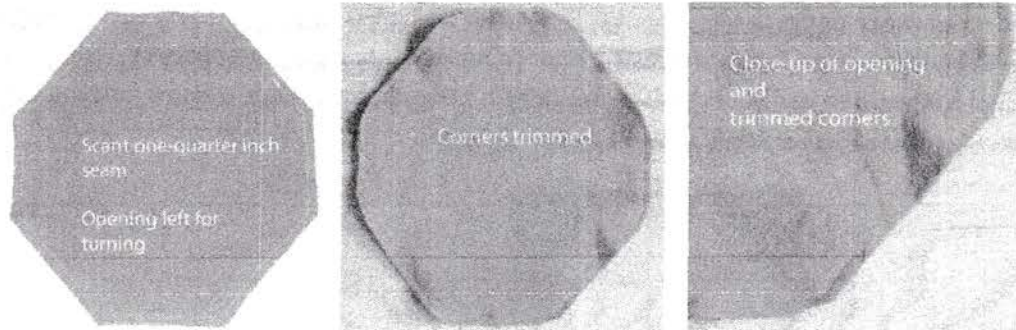
Step-by-step instructions to make liners using T&T method:

1. Wash and dry the fabric; press lightly if badly wrinkled
2. Cut long strips of flannel 8.25 inches wide (21cm)
3. Lay out one strip of flannel with pretty side up. Place a second strip of flannel on top of it for the length of the strip; second strip is to be positioned "pretty side down". In sewing terms, this is "right sides facing".
4. Cut strip into 9" pieces; each cut will yield a double layer of 8.25 x 9 inch pieces (21x23cm), enough for one liner. Each liner requires two pieces of flannel.
5. Place the pattern template on top of the two pieces of flannel (ensure the flannel pieces are "right-sides-facing" as noted above). Cut away the triangle corners of the flannel pieces.

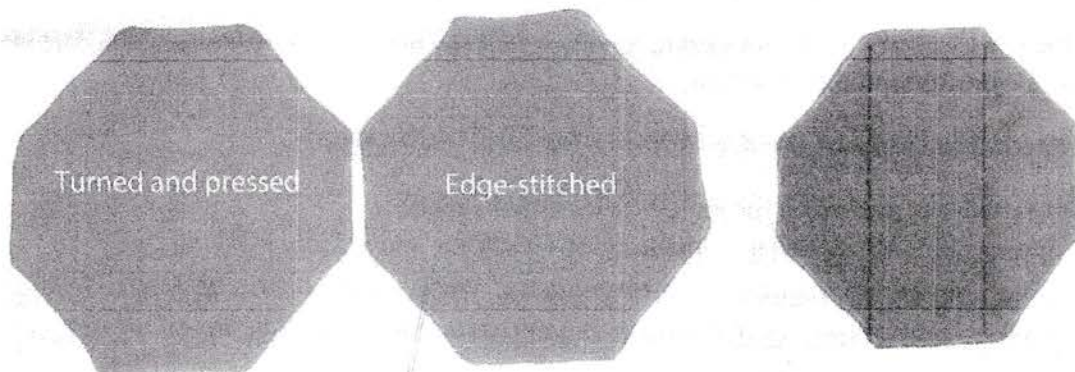


Tip: to save time, you may want to stack additional layers of flannel and cut the corners from four layers at one time. Just be sure the cuts are accurate on all layers.

6. Using a scant one-quarter inch seam, sew around the liner; leave a 2 inch opening for turning. Trim a bit at corners to remove bulk. (Or, alternate method for experienced sewers: sew using a 1/8 inch seam allowance; check that the seam catches both layers.)

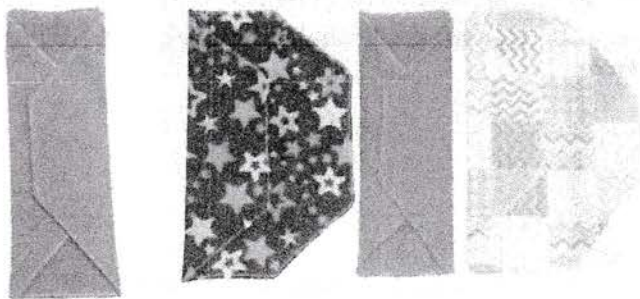


7. Turn right-side out. Be sure to gently push out the corners.
8. (optional) Press lightly. Pressing is recommended for three reasons: it will be easier to do the next step (edge-stitching), you can ensure the corners are fully pushed out prior to edge-stitching, and the finished piece will look nicer.
9. Sew an edge-stitch all around approximately 1/8 inch from the edge. Be sure to securely stitch the edge at the two-inch opening. Examine edge to verify a good seam all around. **Sew a straight stitch down the length of the liner along each of the fold lines.**



All done! To continue making more liners, return to step 4 and repeat.

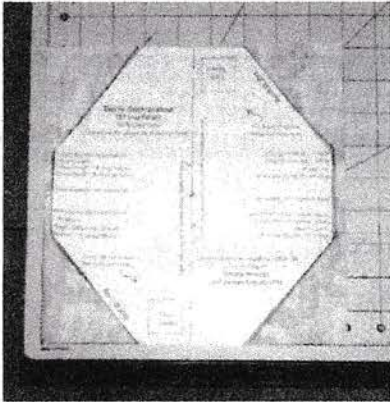
Finished liners, shown partly folded and tri-folded (showing back side):



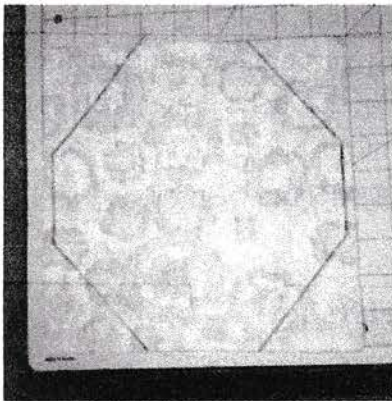
Alternate method for sewing the T&T liner:

Some people find this method easier to sew. The liner is traced, then sewn, and trimmed after sewing.

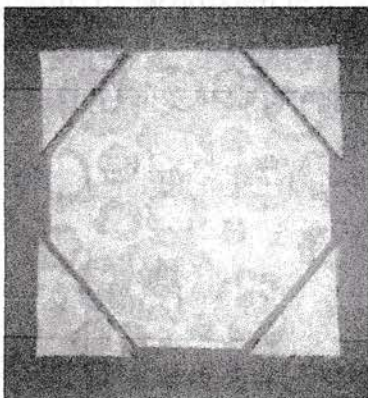
1. Wash and dry the fabric; press lightly if badly wrinkled
2. Cut flannel into 9x9 squares (23cm x 23 cm)
3. Place two pieces of flannel 'right sides facing'.
4. Trace the liner as shown below.



5. Sew the seam $\frac{1}{4}$ " INSIDE the traced line. Leave a 2" section open for turning.



6. Trim the seams to $\frac{1}{8}$ inch.



7. Finish the liner following steps 7 – 9 on the previous page.

Section Three. Making the Postpartum liner.

At this time, the T&T style has not been adapted for the postpartum liner. Stay tuned!

Section Four. Tips, Techniques and Things to Know when making liners.

Considerations for selecting appropriate patterns and colors of fabric:

- a. Fabric used for liners must be 100% cotton flannel
- b. Medium to dark colors are best to disguise stains
- c. Pretty, brightly colored prints are best
- d. Avoid white and light colors (dye them if donated)
- e. Do not use prints with people, animals, snakes, reptiles, dragons, war-theme, camouflage, glam, and other culture-specific topics. The best prints are floral and geometrics.
- f. Buy the best quality you can afford; a tightly woven flannel is better than a loose weave.
- g. Liners can be made with both sides matching, a mix of solids and prints, or contrasting patterns. It's up to you! Remember: medium to dark colors are best.

Reasons for using 2 ½ yard lengths of flannel (2.3 meters):

- a. anything longer gets increasingly difficult to manage when sewing
- b. anything longer may get too wrinkled in the washing machine and dryer
- c. shorter lengths might result in more waste at the end of the strip when cutting down to 9" pieces (that is, each strip will have a bit of waste, thus, more strips = more waste)
- d. A 2 ½ yard length is a compromise between maximum efficiency in sewing and minimizing fabric waste
- e. Be aware that flannel shrinks when washing, and not all flannel shrinks at the same rate.
- f. Use whatever length of strip that works the best for you.

Number of liners included in each kit:

Current as of October 2013, Days for Girls includes 8 liners in each standard kit, and 10 liners in each postpartum kit.

THANK YOU for sewing liners for Days for Girls. Every liner you make helps to give a girl her days back. **Health. Education. Dignity.**

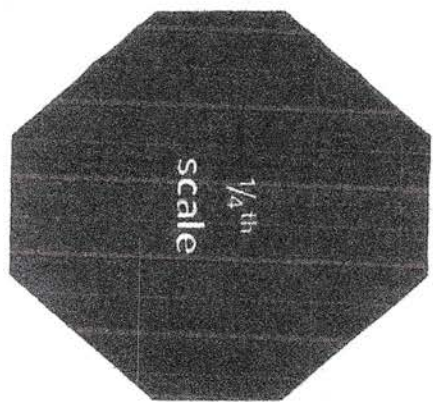


Pattern is continued from previous page.
Tape pieces together, aligning dots
to complete pattern.

Days for Girls International T&T Standard Liner Pattern (continued)

Fold finished liner in towards center at this line to trifold.

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