

Welcome to the EveryGirl./Ultimate Mission Family!

Promotional Video to share with your Women's Ministry or Church:

<https://youtu.be/mDzPZLanfBg>

Inside this folder, you will find all the patterns and instructions necessary to create the EveryGirl. menstrual pad system.

Should you have any questions or have finished kits or materials to donate, do not hesitate to reach out to Rochelle at (503) 908-3473 or Rochelle@ultimatemission.org.



If you are interested in purchasing items for donation or for your own kits, you can use the QR Code to visit our Amazon Wishlist for easy ordering.



EveryGirl. Fabric Guidelines

Fabric Choice Matters... for the Girls

These guidelines are to ensure EveryGirl. Kits are **culturally appropriate, functional, and durable**.

♥ General Fabric Requirements

- **NEW fabric only** — *no bedsheets or used material* (not durable)
- **Stain-hiding patterns** — *bright, colorful, busy prints* are ideal
- **Culturally neutral designs** — botanical, geometric, and batik are widely accepted
- **"Yard Test"** — Ask yourself: *Would I hang this fabric outside after washing, even with light staining?*
- **Solid colors are acceptable only if no other options are available** — try to use only for the outer layer of the shield and pair with patterned fabrics for the inner layer. Keep in mind that dark solids can reverse stain.



♥ Material Specifications

- **Shields:** Durable, quality 100% cotton (often called *quilter's cotton*) & PUL fabric for the middle layer (same fabric as used to make crib sheets)
- **Linens:** 100% cotton, double-brushed flannel (no flannel shirting — it's not absorbent)
- **Bags:** Durable 100% cotton or a cotton/poly blend

✓ **Acceptable Designs**

- Butterflies and ladybugs (*without faces or eyes*)
- Positive words like: *love, beautiful, friendship*



⚠ **Use With Caution (Area-Specific or Limited Use)**

These may be used only on the **underside of shields** or **bags**:

- Fabrics that don't hide stains well

Cultural considerations:

Muslim Communities: Avoid all images of living beings (faces, animals, skulls, stick figures, clouds, etc.)

Thailand: Avoid depictions of food, dishes, utensils, and the color **yellow** (sacred to the King)

✗ **Prohibited Fabrics for EG. Kits**

- Very light or white fabrics (stain-revealing)
- Camouflage (military or hunting styles)
- Weapons (guns, knives, arrows resembling weapons)
- National flags or cultural icons (city/country names, symbols)
- Religious or spiritual symbols (crosses, stars of David, dreamcatchers, peace signs)
- Solid saffron/yellow (sacred in some cultures and doesn't hide stains)
- Suggestive or glam imagery or words (can be offensive in some regions)
- Insects and snakes (may have negative cultural associations)
- Cartoon, TV, Pop Culture, or Holiday themes
- Food-related images

Regular Pad Pattern

9-1/2" Long

8-1/2" Wide

Use 1/4" seam allowance

Finished

8-3/4" Long

8" Wide



Regular Shield Pattern

10" Long
8-1/2" Wide at Wings
4" Wide at Ends

Use 1/4" seam allowance

Finished

9-1/2" Long
8" Wide at Wings
3-1/2" Wide at Ends

EveryGirl.
 Ultimate Mission

Pocket Pattern

3" x 3"



How to Make the EveryGirl. Panty Shield & Pads

Fabric Selection and Preparation

- **Shield Layers & Pockets:** Use 100% woven cotton (quilter's cotton).
- **Waterproof Layer:** Use PUL (polyurethane laminate) — breathable, non-toxic, and waterproof. *This is the only approved material for waterproofing.*
- **Pads:** Use 100% cotton double-brushed flannel (*not* shirting flannel, as it's not absorbent).
- **Pre-wash all cotton fabrics before cutting.**

Design Tips:

- Mix colorful prints for a cheerful look that helps hide stains. (More fabric instructions at end)
- Avoid making matching kits — variety ensures each girl receives a unique, fun set.
- Thread may match or contrast for a decorative effect.

Tools Needed

- Sewing machine (straight stitch)
- Scissors and/or rotary cutter with cutting mat
- Marking tools

Making the Pocket Triangles

1. Cut 3" x 3" cotton squares.
2. Fold each square diagonally to form a triangle.
3. Topstitch the folded edge.
4. You'll need **4 triangles per shield**.



Sew topstitch along folded edge



Step 1: Prepare Layers

- Cut the outer liner (cotton) and waterproof layer (PUL) according to pattern. Cut the inner liner fabric into a rectangle. (Dimensions will be determined by if you are using the regular sized shield or the long shield)
- Attach two triangles to each end of the outer liner using a basting stitch along the top — these will form the pockets. The triangles should overlap each other at the top.



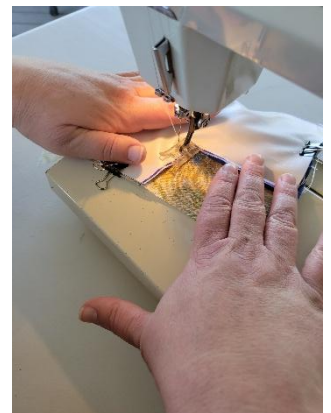
Step 2: Make the Shield “Sandwich”

1. Layer as follows:
 - a. Place PUL (shiny side up) on the *wrong* side of the outer liner.
 - b. Place this combo *right sides together* with the inner liner.
2. Clip layers together — *do not pin*, as it may damage the PUL.



Step 3: Stitch

- Sew around the shield using a $\frac{1}{4}$ " seam.
- Leave one end open.
- Use rounded corners for better shaping.



Step 4: Trim

- Trim the seam (not the open end) and clip into corners for easier turning.



Step 5: Turn and Finish

1. Turn the shield right-side-out, push out corners and wings gently. (pockets should be on the outside fabric at this stage)
2. Sew along the raw edge of the open end, then flip the pockets over the end so that they end up on the inside fabric and hide the closure on the one end.
3. Topstitch all the way around the pad (1/8" from edge), keeping pocket openings wide enough for inserting pads.



Step 6: Attach Snaps

- Mark a point $\frac{1}{2}$ " from the edge of each wing for snap placement.
- Attach snaps using snap tool:
 - One snap should be placed on the *outside* of one wing, the other on the *inside* of the opposite wing — this allows proper closure around underwear.



***KAM Snap fastener starter kits can be found on Amazon and are a good choice of snap tool.**

Making the Pads

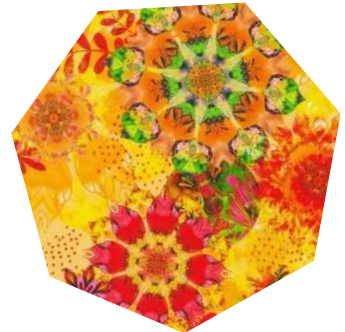
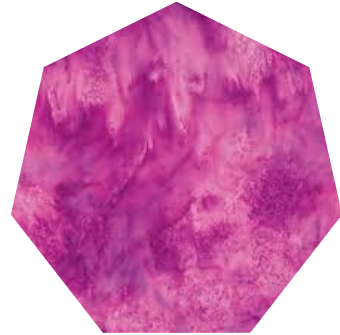
1. Cut two rectangles from flannel (size depends on desired pad length).
2. Sew right sides together using a $\frac{1}{4}$ " seam, leaving a 2-3" opening for turning.
3. Turn right-side-out, tuck in raw edge and topstitch $\frac{1}{8}$ " from the edge.
4. Fold pad lengthwise into thirds and insert under the pocket flaps on the shield.
 - Each shield can hold up to three pads, depending on need.



Fabric Guidelines

- Use **new**, 100% woven cotton (like quilter's cotton).
- Choose **medium to dark** colors to conceal stains.
- Stick to **botanical, geometric, or batik prints**.
- **Avoid:**
 - Solid colors (except for shield exteriors or kit bag)
 - Camouflage or culturally sensitive prints
 - Insect-themed prints, unless small bees, butterflies, or ladybugs

Some prints are offensive or illegal in some cultures, including camouflage. PLEASE use only the above prints so that any kit that is given away does not leave any girl or woman feeling uncomfortable.



How to Make a Drawstring Bag

Finished Size: 10" wide x 12.5" tall (minimum)

Recommended Fabric: Bright, colorful, and washable (details below)



Materials Needed:

- 1 piece of lightweight, pre-washed cotton or poly-cotton fabric
- Two 36" (92 cm) pieces of ½" or ⅝" twill tape or similar drawstring material
- Sewing machine
- Iron
- Thread
- Safety pin or drawstring threader
- Optional: EveryGirl. iron-on label

Instructions:

1. Prepare the Fabric

- Cut the fabric into a 11" x 28" (28 x 71 cm) rectangle.
- Serge, zigzag, or overcast both long edges (28" sides) to prevent fraying.

2. Make the Drawstring Casings

- On each 11" end, fold ¼" toward the wrong side of the fabric and press.
- Then fold over another 1¼" and press again.
Do not sew the casing yet.

3. Sew the Side Seams

- Fold the fabric in half, right sides together, aligning the casing folds.
- Starting just below the casing, backstitch and sew down the side using a ⅜" seam. Backstitch again at the bottom.
- Repeat on the other side.

4. Secure the Casing Ends

- Unfold the casing edges slightly. Tuck in the raw edge about ¼".

- Sew a V-shaped seam starting at the top edge, tapering to the side seam, pivot, and sew back up the other side.
- Repeat for the other casing end.

5. Stitch the Casing Hem

- Re-fold the casing along the pressed lines.
- Stitch close to the inner edge of the fold, making sure the casing stays open and other fabric is out of the way.
- Repeat on the other side.

6. Finish the Bag

- Turn the bag right side out and press.
- Double-check and reinforce the seam just below the casing if needed (especially if you forgot to backstitch earlier).
- Iron the EveryGirl. label onto the bag, positioning it about one-third to halfway down from the top edge. Follow the manufacturer's instructions for proper application.

8. Insert the Drawstrings

- Cut two 36" drawstrings.
- Thread the first string from left to right through both casings and knot the ends together on one side.
- Thread the second string from right to left and knot on the opposite side.
- Use a drawstring threader or a safety pin to help guide the strings.

Fabric & Drawstring Guidelines:

- **Fabric:** Use high-quality, washable, bright prints. Avoid animals, reptiles, bugs, glam, camouflage, weapons, or anything culturally sensitive. Floral and geometric prints are best. Fabric must withstand daily use for at least 3 years.
- **Drawstrings:** Use soft but durable materials like ½" or ⅝" twill tape or ribbon. Avoid thin cords or string that can dig into the skin.