



Period.

an outreach of  
GROWTH Ministries  
[www.growth-ministries.org](http://www.growth-ministries.org)

[www.its-our-mission-period.org](http://www.its-our-mission-period.org)

This project grew out of necessity and compassion for young women in undeveloped nations. After hearing of the need, we determined to make it our mission to help them – Together, we can bring change to her world.



Each student at the girls school received her own supply which includes:

- One carry-wet bag – used to hold/transport the soiled liners until they can be washed.
- Three pair washable, mesh underwear easily washed/dried and replaced as needed.
- Three shields with snap closures for use with the mesh briefs.
- Ten tri-fold liners.

These quantities will insure the girls have a sufficient supply to wear, launder, and dry in the sun.

### **The Standard Pad (consisting of a shield and a tri-fold liner)**

The standard pad sewn for distribution by GROWTH Ministries consists of a cotton-covered waterproof shield and a tri-fold liner. Our liner is the 8x8 Block Tri-fold liner. The tri-fold liner is made of three absorbent layers of fabric (flannel.) During use, liners are folded in thirds and may be layered in the shield as needed to provide varying degrees of absorbency. With this style of liner, it can be opened flat for washing and drying, making it suitable for primitive conditions and humid climates. The shields that use this liner measure approximately 9” in length and are made to provide protection for women during their regular menstrual cycle.

GROWTH Ministries  
[www.growth-ministries.org](http://www.growth-ministries.org)  
[www.its-our-mission-period.org](http://www.its-our-mission-period.org)

Yield from 1 yard:

If using 42" wide = 20 pieces @ 8" X 8"

If using 60" wide = 28 pieces @ 8" X 8"

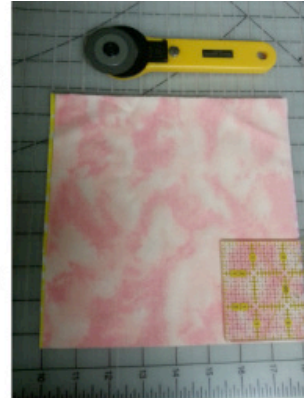
### **Instructions for 8 X 8 BLOCK tri-fold liner:**

Place 3 pieces  
of 8x8 flannel;  
bottom piece -  
face down;  
other pieces -  
face up.

THEN ...



Straight stitch  
seam approximately  
one-third in from  
left & right edge  
from top to bottom.  
THEN ...



Complete by  
zigzagging/serging  
entire perimeter of  
flannel square.

Trim threads; Pack flat; Please do not tri-fold when shipping.

Liners can be accumulated and kept until an arrangement for drop-off is made. At this time, we transport bulk cartons via container to Africa. Please pack your liners in Ziploc bags in increments of ten, and label the Ziploc with the number enclosed – as we issue ten per student and this assists us in counting and packaging for the cartons.

\*\*Pattern available at the website: [www.its-our-mission-period.org](http://www.its-our-mission-period.org)