Pattern for Sanitary napkins

Start with a long thread appr. 150 cm.
Cast on 4 stitches.
Slip the first stitch in every row, make a new stitch. Knit to end of row.

Crochet a 6 cm chain. Fasten the end to make a loop. Work double crochet around the chain stitches. Fasten the end thoroughly. Cut yarn.

Knit until the triangle is appr. 9 cm wide. The napkin will then be appr. 7 cm wide

Continue in ribbing, knit one, purl one.

Repeat ribbing until the ribbing measures 16 cm.

Put he stitches on a piece of scrap yarn.
Pick up the same amount of stitches from the other side of the garter stitch triangle.

Work ribbing for 16 cm as described above.

You have now the same number of stitches on the needle and on the scrap thread.

Pick up one stitch from the scrap thread and one stitch from the knitting needle every other time. You will then have twice the number of stitches on your needle. Knit one stitch from each part of the two ribbings together. You will then have the same amount of stitches on your needle as in the ribbing.

Continue in garter stitch to make a similar triangle at the other end of the napkin: Slip the first stitch, knit 2 stitches together. Knit to the end of row. Turn work. Repeat this until you have 4 stitches.
Bind off. Crochet a loop similar to the loop in the other end.

The sanitary napkin is finished.

Pull a band or an elastic band to be used as a belt around your waist.
The napkin is ready for use.

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