

# Sewing Instructions for an Adapted Version of the Boxer Brief Trunk

Pattern #004 from "Sew it Like a Man"

<https://www.sewitlikeaman.com/collections/underwear/products/mens-boxer-brief-trunk-underwear-sewing-pattern>



## A. Adjust pattern pieces

1. The pattern uses 1.25" elastic for the waistband, which is attached over the trunk's body using a zig-zag stitch. I adapted the pattern so that it now uses 1.5" (38-40mm) elastic, which is attached with a serger using a standard overlock stitch. The Strap Crafts shop on Etsy (<https://www.etsy.com/shop/StrapCrafts>) sells several styles of suitable elastic.
2. Cut off 1.25" from the top of the two pattern pieces to take into account the wider 1.5" elastic and the use of the serger to attach the waistband.
3. Cut out the fabric pieces using the adjusted pattern pieces.

## B. Sew front pouch

**Note:** Throughout construction, stretch the fabric while sewing.

**Brother 1034D Serger Setup:** Use stretch needles (such as Schmetz Stretch 130/705 H-S, 90/14 or Schmetz Jersey 130/705 H SUK, 90/14) on the serger. **Set the stitch length to 1 or 2, the stitch width to 5, and the differential feed to 2.0.**

1. You will have two pairs of front pouch pieces. Each pair will have right sides of the fabric facing in. Stack the two pairs on top of each other. Pin (I use clips, which I find much easier than pins) the 4 layers together along the curved edge.
2. With all 4 layers of the front pouch together, insert under presser foot of serger. Push the fabric edge all the way to the needles, lower the presser foot and begin sewing. Remove the pins along the way.
3. After sewing center front pouch seam, turn out so right side of fabric shows on both sides of the pouch, which means either side can be the outside of the pouch.

## **C. Attach front pouch to body**

1. Match the notches of front pouch to notches of the trunk body, matching edges of fabric and pin with right sides together.
2. Sew front pouch (2 layers) to trunk body. Put all 3 layers of fabric under pressure foot. Push fabric all the way up to the needles. Lower pressure foot and begin sewing. Remove pins along the way. Repeat with the second side of the front.

## **D. Sew crotch**

1. Match the bottom of the center front pouch seam to the center back crotch. Match fabric edges at leg openings. Pin with right sides together.
2. Sew crotch seam, removing needles along the way.

## **E. Prepare leg openings**

1. After crotch seam is sewn, serge edge of both leg openings for a clean finish.

## **F. Prepare elastic for waistband**

1. Cut the elastic to the correct length. For size small, cut 28". Note: When the garment is washed the first time, the elastic will shrink, and so the trunk will fit differently before and after the first washing. For example, the 28" inches of elastic may shrink to 25.5" after washing.

**Regular Sewing Machine Setup:** Use a standard straight stitch (Janome Stitch #1), a left needle position (Janome 0.0) (to easily measure a ½" seam allowance) and stitch length 3.0.

2. Bring the cut ends of the elastic together. Stitch together with a ½" seam allowance.

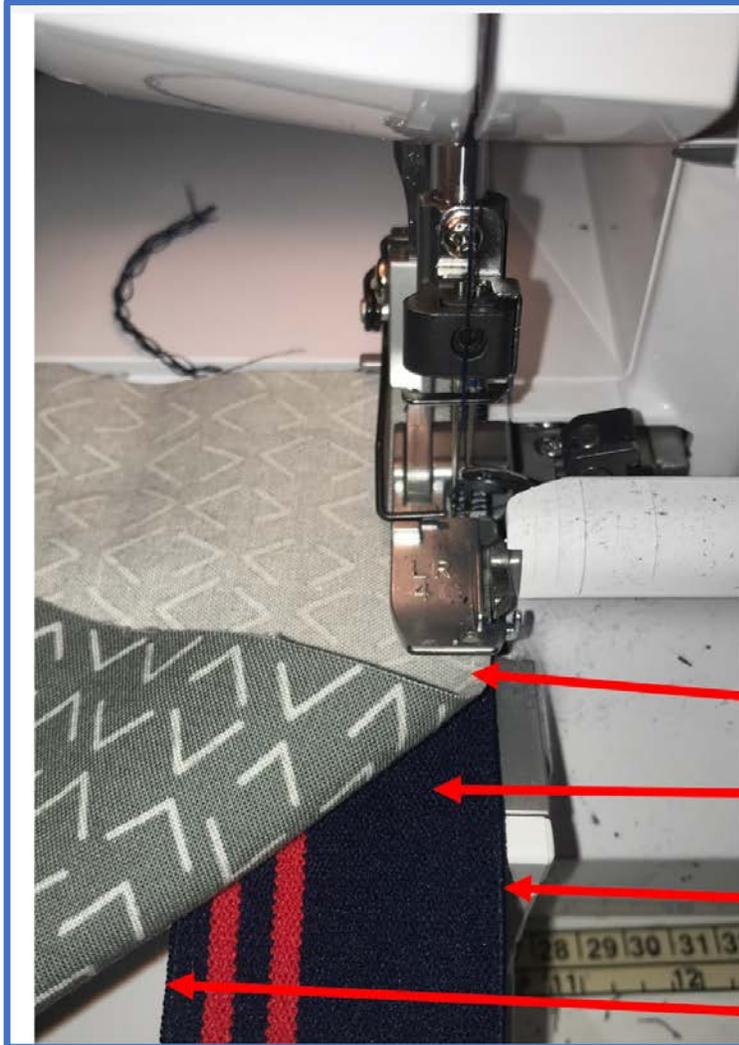
**Regular Sewing Machine Setup:** Use a zig-zag stitch (Janome Stitch #10), stitch width 5.0, and stitch length 2.0.

3. On the wrong of the waistband elastic, fold the seam allowances back and stitch them down with a zig-zag stitch. This will help to keep the elastic flat. To speed the process, rather than sewing first the left seam allowance and then the right seam allowance, handle them with a single line of stitching that is shaped like a "U" by zig-zag stitching along one seam allowance, pivot and straight stitch across (needle position 1.5), and then zig-zag stitching along the second seam allowance.
4. Use pins to mark the elastic into 4 equal parts. Fold at the center back seam and pin the opposite side, marking the center front. Match center front pin to center back seam. Pin on both the folded edges. These pins mark the center of the sides.
5. Use pins to mark the waist of the trunk body into 4 equal parts. Using the center front pouch seam, fold body in half and pin the enter back. Match center back pin to center front pouch seam. Pin both folded sides to mark the centers of the sides.

## G. Attach waistband

**Brother 1034D Serger Setup:** Settings remain the same as before: stitch length 2, stitch width 5, and differential feed to 2.0.

**VERY IMPORTANT: For this step, move the needles to their lowest position. Then disengage (or remove) the upper knife on your serger. This will ensure that the knives do not cut into the elastic.**



### Illustrating how the Elastic is Attached to the Trunk

Top edge of trunk body with wrong side facing up

Right side of elastic facing up

Bottom edge of elastic

Top edge of elastic

1. The front pouch has 4 pieces of fabric. You may wish to cut along the top of those pieces to even them out. Position the elastic band so the right side faces up, with the bottom edge towards the right. Place the trunk body wrong side up on top of the elastic, matching the top edge of trunk body with the bottom edge of the elastic.
2. Beginning at the center back, pin the elastic to the body at the waistline.
3. Before sewing, check that the right sides of the elastic and fabric are facing each other. Beginning at the center back, serge the seam, pulling the elastic as needed. Overlap the start and ending by 1 inch. Note: Until now I have clumsily finished my serged seams by “swerving” off the fabric at the end. It is messy looking. Now I use a pivot method I learned by watching a video by Margaret from Sewing Machine Warehouse Australia. Check it out at 8:40 in this video: <https://youtu.be/P32AaSIBXAw?t=520>

**VERY IMPORTANT: After attaching the elastic, with needles at their lowest position, remember to re-engage (or re-install) the upper knife on your serger.**

## **H. Finish leg openings**

**Regular Sewing Machine Setup:** Install a twin needle (such as Schmetz Stretch Twin Needle 130/705 H-S ZWI, 4.0/75). Use a standard straight stitch (Janome Stitch #1), a center needle position (Janome 3.5) and stitch length 3.0.

1. Turn leg openings  $\frac{1}{2}$ " to the wrong side of the fabric and pin the hems.
2. Add a second spool of thread to the top of the machine and thread both threads through the machine and then the twin needle. By using the twin needles, the sewing will form two lines of parallel straight stitches on the right side and a zig-zag stitch on the wrong side. Here is an illustration of the stitching:



3. Place the fabric with the right side facing up under the presser foot, so that the edge of the leg is aligned with the right edge of the presser foot. Stitch the leg openings, overlapping the start and end stitching by 1". **While sewing, be sure to stretch the fabric because otherwise you might have an issue with lack of stretch in the leg openings.**

