

Updated Sewing Instructions for “Sew it Like a Man” Boxer Brief, Pattern 004



1. Prepare pieces:

Due to updated waistband technique, remove the proper amount from the top of the pattern pieces: (A) For 1.25" elastic, remove 1.00" from pattern; or (B) For 1.5" elastic, remove 1.25" from pattern.

Cut out the fabric pieces using the pattern pieces.

2. Sew front pouch:

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

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 2 (2 clicks), the stitch width to 5 (2 clicks), and the differential feed to 2.0.**

Stack the two pairs of front pouch pieces on top of each other. Be sure the printed (right side) of the fabric faces itself in each pair. Pin the layers together along the curved edge.

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.

After sewing center front pouch seam, turn out so right side of fabric shows on both sides.

3. Attach front pouch to body:

Match cut slits of front pouch to cut slits of body fabric, matching edges of fabric and pin. Pin both sides before sewing.

Sew front pouch (2 layers) to body fabric. Put all 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. Sew both sides of pouch to both sides of body.

4. Sew crotch:

Match the bottom of the center front pouch seam to the center back crotch. Match fabric edges at leg openings. Pin together.

Slide fabric under pressure foot, pushing fabric all the way up to the needles. Sew crotch seam, removing needles along the way.

5. Prepare leg openings:

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

6. Prepare waistband:

Cut the elastic to the correct length. For size small, cut 28".

Regular Sewing Machine Setup: Install a stretch needle (such as Schmetz Stretch 130/705 H-S, 90/14 or Schmetz Jersey 130/705 H SUK, 90/14). Use a standard straight stitch (Janome Stitch #1), a center needle position (Janome 3.5) and stitch length 3.0.

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

Press the seam allowances back and stitch them down with a straight or zig-zag (**stitch #10, width 3.5, needle position 2.0**) stitch. This will help to keep the elastic flat.

Divide 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.

Divide the waist of the brief's 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.

7. Attach waistband:

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 2 (2 clicks), the stitch width to 5 (2 clicks), and the differential feed to 2.0.**

VERY IMPORTANT: For this step, disengage (or remove) the upper knife on your serger. This will ensure that the knives do not cut into the elastic.



Position the elastic band so the right side faces up, with the bottom edge towards the right. Place the fabric wrong side up on top of the elastic, matching the top edge of fabric with the

bottom edge of the elastic. By doing this, the right sides of the elastic and fabric will be facing each other.

Beginning at the center back, pin the elastic to the body at the waistline.

Place the fabric/elastic under the presser foot, aligning the edge of the elastic and fabric with the disengaged knife. Beginning at the center back, serge the seam, pulling the elastic with one hand at the back and the other hand at the front. Overlap the start and ending by at least 2 inches.

8. 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, can go as far right as 6.0) and stitch length 3.0.

Turn leg openings $\frac{1}{2}$ " to the wrong side of the fabric and pin the hems.

Add a second spool of thread to the top of the machine and thread both threads through the machine.

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 at least 1". By using the twin needles, the sewing will form two lines of parallel stitching on the right side and a zig-zag stitch on the wrong side.

