

Sewingmel's Adult Boxers

Pattern from an Existing Pair

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This pattern was created using a method called reverse engineering. I noted how the boxers were put together as I took them apart. I constructed this pair just as the original pair was constructed.



Step 1: Pull an old pair of boxers out of the drawer. These were headed for the trash, but I saved them to create a pattern. We will cut these up to create the pattern so you need a pair that has seen better days.



Step 2: Measure the waist and leg bands for length and original width. Remember that the leg bands were folded. Assume a $\frac{1}{4}$ " seam allowance for everything.



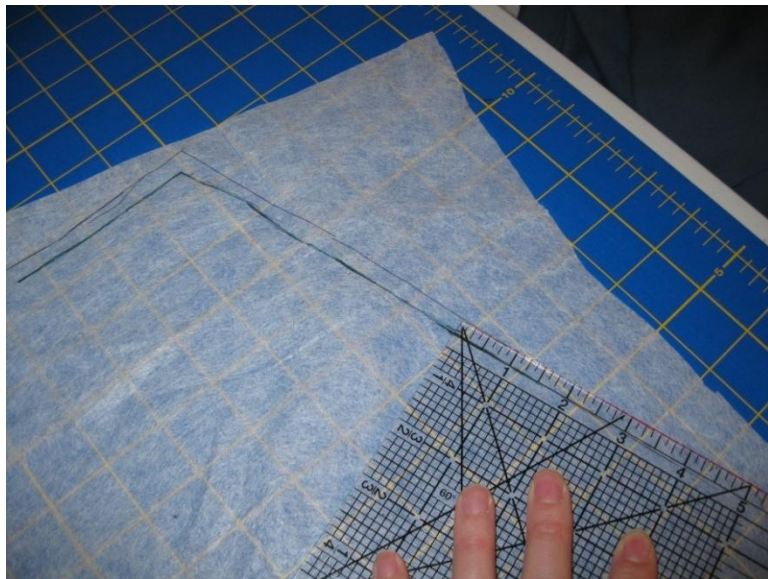
Step 3: Cut off waistband close to stitching



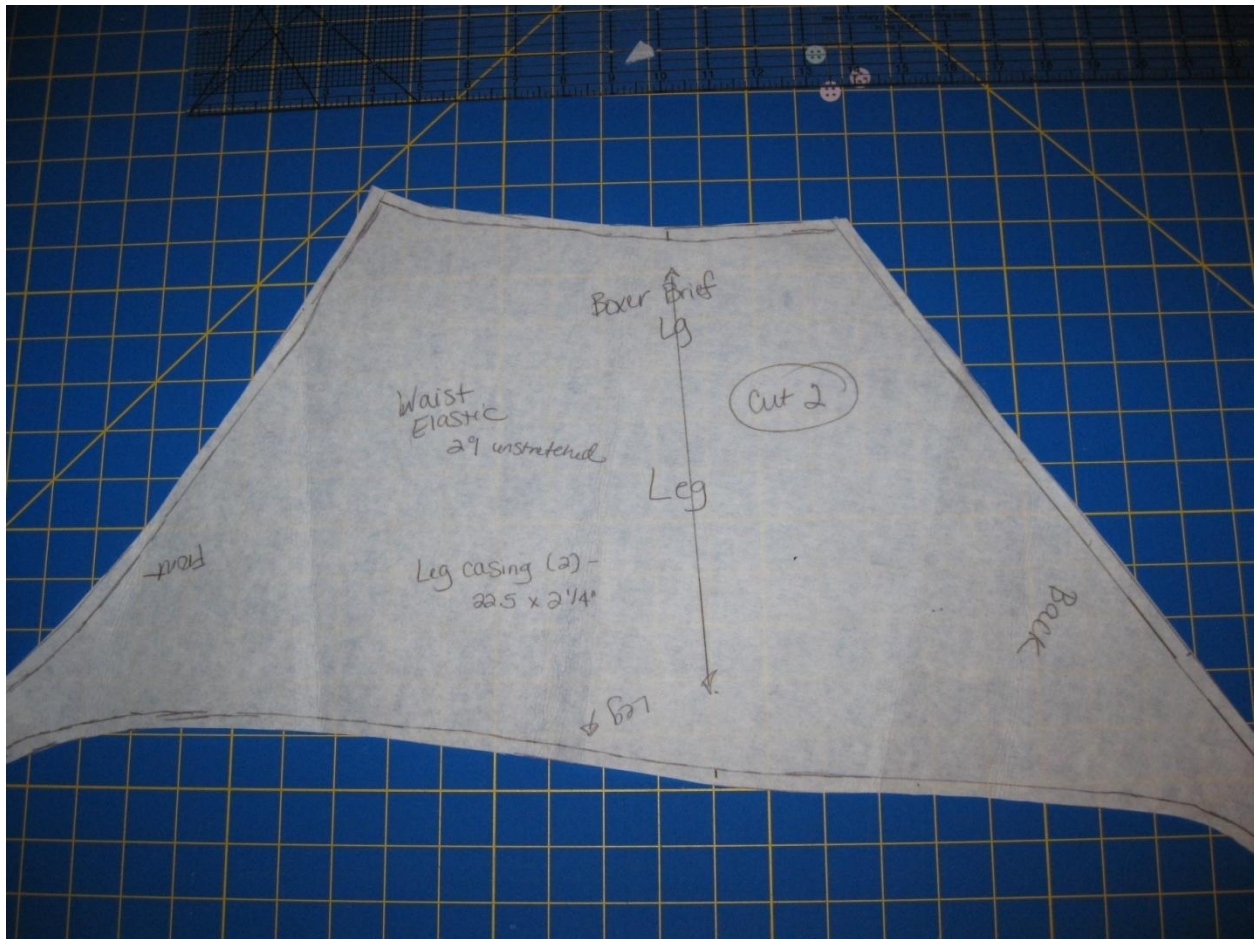
Step 4: Cut down the middle of the stitching on all pieces. Mark the back of the leg pieces with chalk, washable marker, or sewing pins. I use 2 sewing pins.



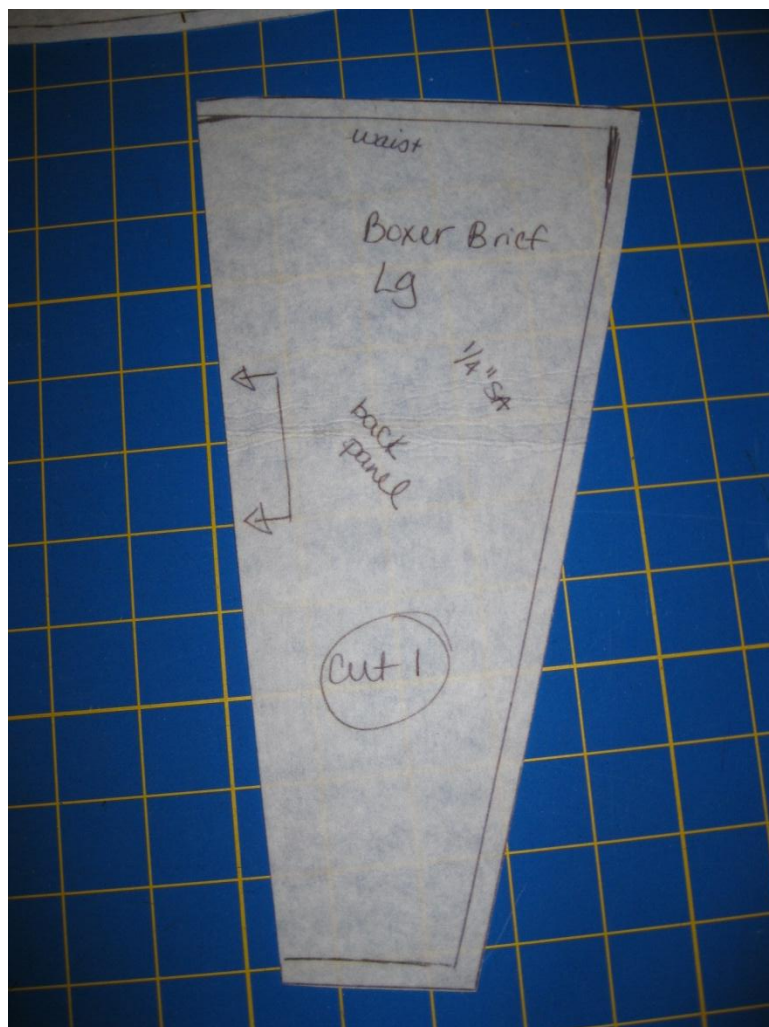
Step 5: Trace outline of pieces onto tracing paper. I pin the pieces on the interfacing or pattern ease, and I trace around. I use an acrylic ruler to smooth out the lines.

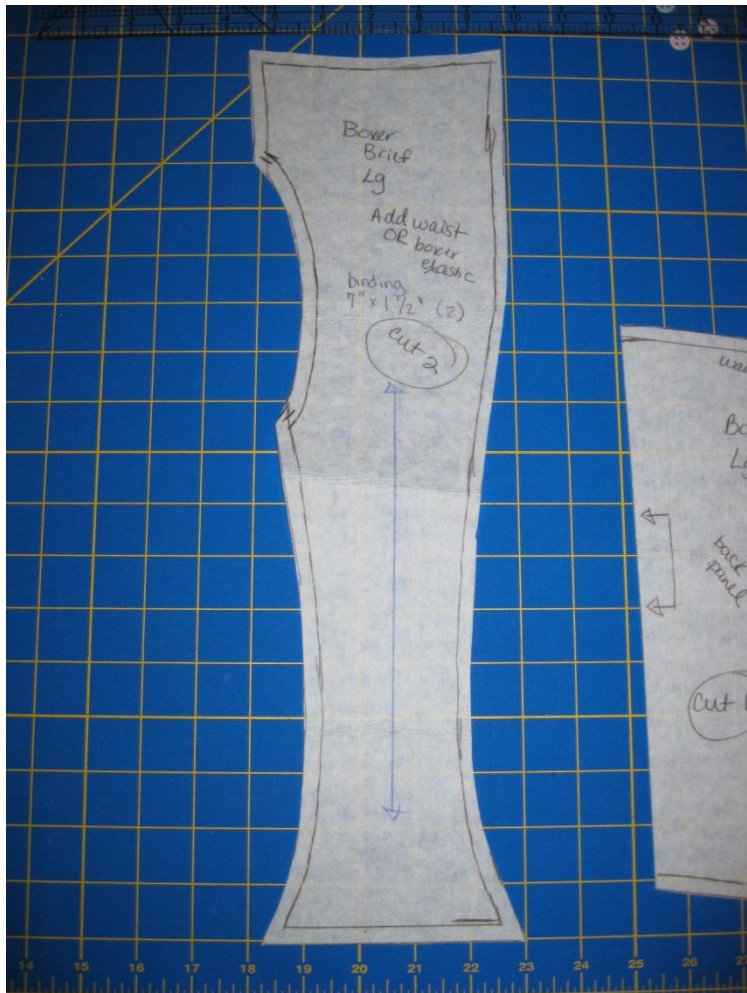


Step 6: Add $\frac{1}{4}$ " seam allowance around all pieces.



Add other important information to the pattern such as leg binding measurements and waistband length. Estimate the grain line according to the direction of the grain on the fabric. This will be very easy if your boxers were rib knit. Your pieces may not look exactly like mine, but I am showing each pattern piece for reference.







Step 7: Cut out all pieces.



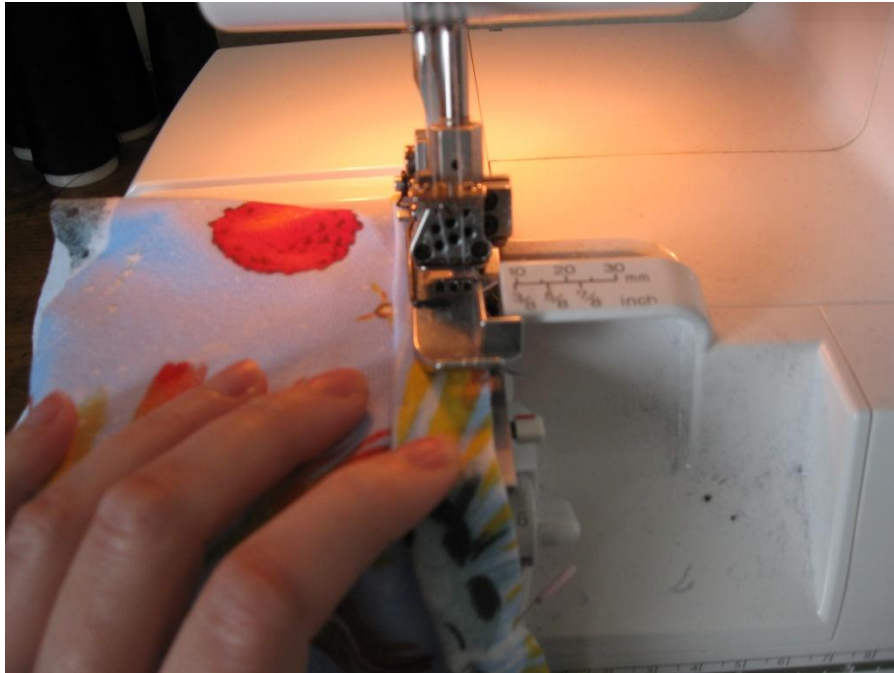
Step 8: Fold ribbing for leg and front pieces in half wrong sides together.



Step 9: Pin ribbing to front crotch pieces. On front crotch piece, pin right side of ribbing to right side of fabric. On the back crotch piece, pin right side of ribbing to the wrong side of the fabric.



Step 10: Pin leg ribbing to leg pieces right sides together. Ribbing will be attached in the flat.



Step 10: Sew/serge ribbing to each leg piece and to each crotch piece using the following method.

For each seam, serge or sew seam with a zig-zag stitch.



Iron seam flat.



Topstitch, coverstitch, or zig-zag seam on right side of fabric, and iron it again. I have tried just topstitching seams, and they do not last in my house. To get a seam that will stand the test of boys and washing, it is best to use a zig-zag stitch or coverstitch.



Step 11: Layer crotch and back pieces in the following order.

Place back crotch piece right side down, and place back piece with right side up.



Layer front crotch piece on top with right side down.



Step 12: Sew/serge crotch seam.



Turn pieces out and iron so that all stitching seams are hidden. Baste or pin front crotch pieces together.



Step 13: Sew front and back of each leg together using the sew/iron/topstitch/iron method.



Step 14: Pin legs to center front and back pieces with right sides together. You will have a long U pinned together on each side.



Step 15: Sew/iron/topstitch/iron U shaped seams. Be careful to leave openings on the crotch pieces open.





Step 16: Sew boxer elastic (knitted elastic) in a loop, and mark quarter points on elastic and boxers.



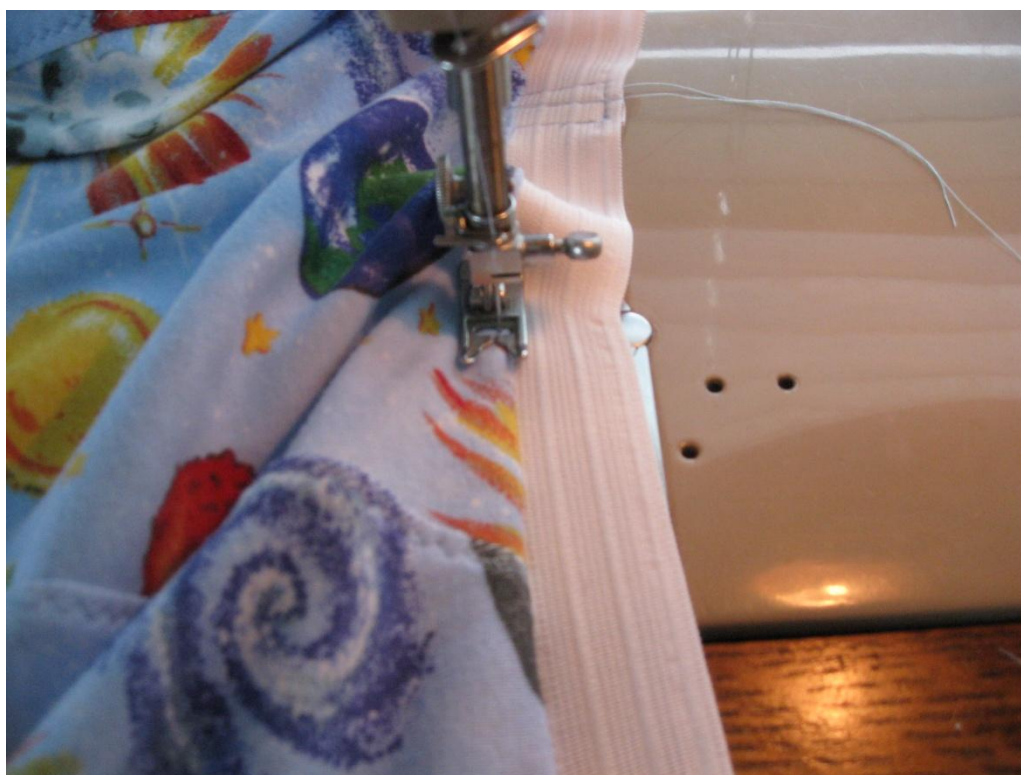
Step 17: Serge or zig-zag right side of waistband to right side of boxers matching quarter points. Stretch elastic to meet the quarter points.



Step 18: Iron seam down.



(Optional) Add tag here.



Step 19: Topstitch/coverstitch/zig-zag waist seam. Iron topstitched seam.



Congrats! You are finished!



Close-up of a coverstitched pair

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