

# UNDERWEAR INSTRUCTIONS

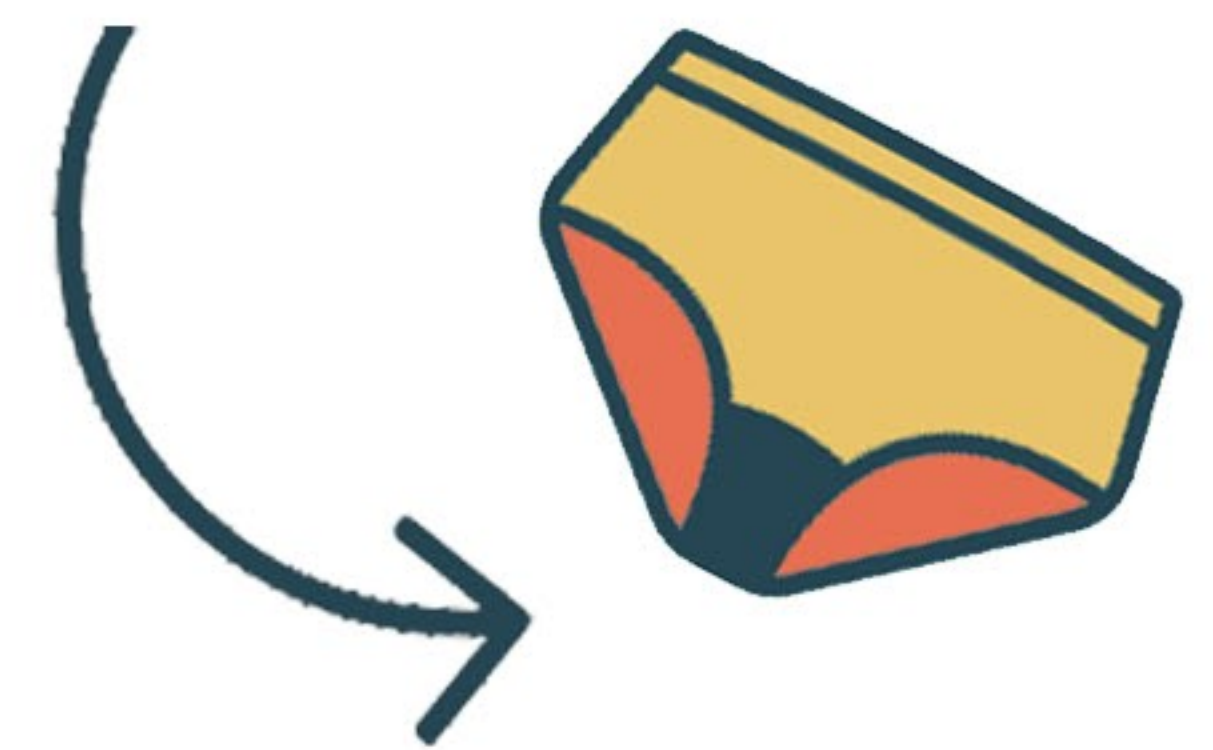


This tutorial is for underwear with elastic! We hope you love these, make them out of any color, pattern and design and that they fit properly!

## CUT THE PATTERN



1. The patterns are for two sizes of underwear, it's up to you which one fits better!
2. The patterns include the Front, the Back, and the middle of the underwear. We call the middle the Gusset.
3. The Front and Back patterns are cut on a fold, so do not forget to do so!
4. Trace, pin and cut the patterns. We will cut 2 Gussets!



## CUT ELASTIC ACCORDING TO YOUR MEASUREMENTS

5. You will need thin elastic, 0.6 cm or  $\frac{1}{4}$  in width for the waist and two leg openings.
6. Measure your waist and thighs. Take off 5.5 cm from the measurements. Cut 2 elastics for the legs and one for the waist using this new, shorter measurement! This should be 3 elastic strips in total.

## ATTACH GUSSET TO FRONT

7. Pin one of the Gussets to the Front. Mark a line 0.5 cm, or  $\frac{1}{4}$  in., from the edge. and sew. Remember to reverse!
8. Now attach the Back. Pin, mark and sew. Remember to reverse!
9. Now we will attach the second layer of the Gusset. This part is a bit tricky, but you can do it!
10. You're going to sandwich the Front pattern between the two Gussets. You already sewed your first Gusset to your Front. To attach the second Gusset, you need to have you first Gusset, then your Front and then your second Gusset layered, in that order. Pin, mark and sew. Don't forget to reverse!



11. Now we need to do the same for the other end of the Gusset, the Back! You will wrap the Gusset all the way around the underwear, to get clean edges for both sides. It's best to watch the video for this part!

## TURN INSIDE OUT

12. Turn the Front and the Back inside out and that's the complete Gusset!

## ATTACH ELASTIC TO LEG OPENINGS



13. It's easiest to attach the elastic when the underwear is not sewn on the hips.

14. Pin one of the shorter elastic strips to the curved leg opening. Pin it in the beginning, middle and end. The longer elastic is for the waist.

15. Make sure that the elastic lays flat. The elastic is meant to be noticeably smaller than the underwear as it has to be to stretch.

16. Pull the elastic as you sew, the elastic should gather the fabric.

17. You are going to do the same thing for the other leg opening. Pin it at the beginning, middle and end. Sew while pulling the elastic at the same time.

## FOLD FABRIC

18. Fold over the elastic once, as we don't want the elastic against your body. Pin and sew. Be careful to sew slowly, the fabric will move.

19. If you have a sewing machine that can do a zig-zag stitch, that is better.

## ATTACH ELASTIC TO WAIST



20. Cut the elastic strip for your waist in half to sew it separately on the Front and the Back.

21. Pin it at the beginning, middle and the end. Stretch the elastic as you sew, so it gathers.



## ATTACH HIPS

22. Before folding the fabric over for the elastic strips on the waistband, sew the hips together. Pin the hips and mark a line 0.5 cm from the edge. Make sure the elastic is not folded. Sew.

23. Do the same for the other side.



## FOLD FABRIC ON WAIST

24. Now fold the elastic over once, on the waist, so there is not elastic against your skin. Sew. If you have a sewing machine that can do a zig-zag, that is better.

25. Cut off any excess material if you need. Make sure there isn't too much excess, or the size of your underwear will be incorrect.

26. That's it!