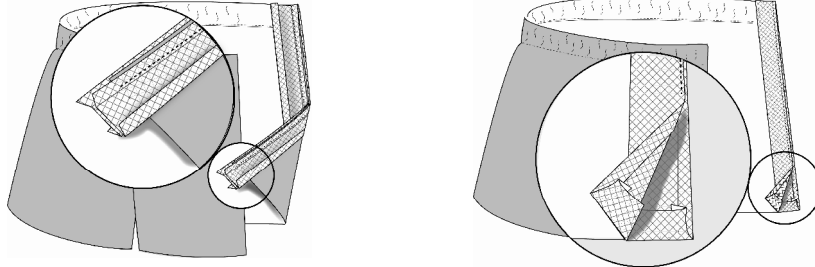


Boxer Shorts – **sampling of instructions**

Supplies needed:

- Men's boxer shorts: cotton woven (*not boxer briefs*). Dark colors preferred, fun themes ok.
- Sizes: Medium, Large, X-Large, XX-Large.
- Match thread to fabric not velcro or bias tape.
- SMC supplied bias tape– requires 1" bias tape maker to fold it properly.
- Match velcro to bias tape, black for dark colors, gray for gray, tan for light colors, white for very light or white.
- velcro strip

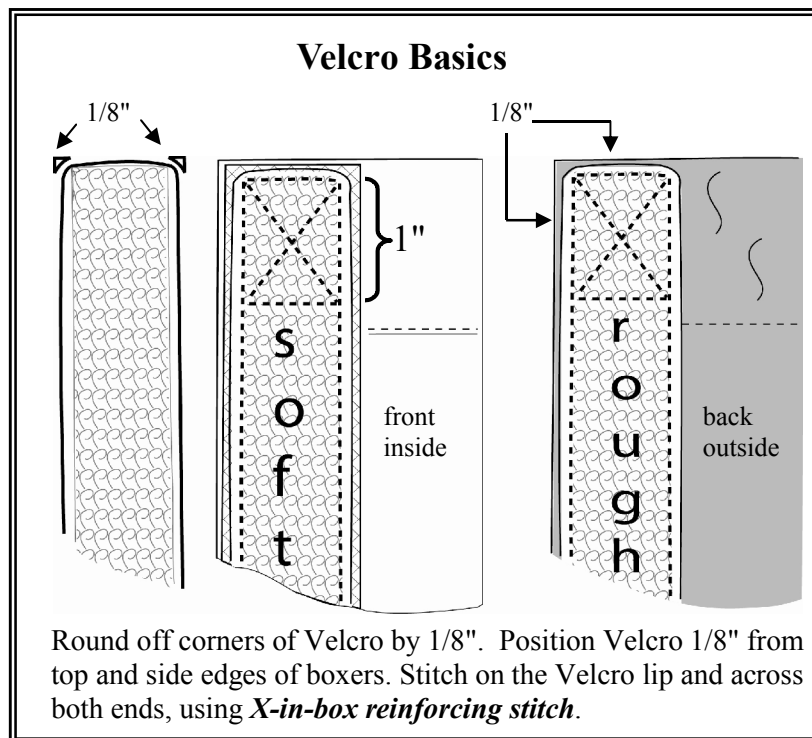


Step 3

Press the bias tape away from the garment. Align the long edges and fold up the short ends. Stitch close to the edge. Apply the rough hook Velcro strip to the bias extension on the *outside* of the garment.

Step 7

Sizing is done after adaptation on finished garment. Measure the finished waistband to determine size – do not stretch while measuring. See Size Chart for correct sizes.



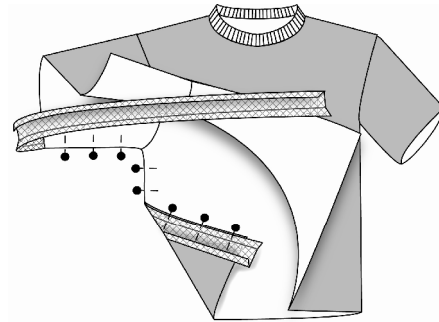
Torso Adaptation Shirt – Sampling of Instructions

Supplies needed:

- Shirt sizes: Medium, Large, X-Large
- Match thread to shirt not velcro or bias tape.
- Bias tape
- Velcro

Step 1

Shirt Back: Using the *double* length bias strip, press or unfold one of the bias tape folds open. Pin half the length of the strip right sides together to the shirt, allowing a 1/2" extension at the hem.



Step 5

Shirt Front:

Using the remaining bias strip, press or unfold one of the bias tape folds open. Pin the bias tape to the shirt, right sides together, allowing 1/2" extensions at the neck edge and sleeve hem.

Step 7

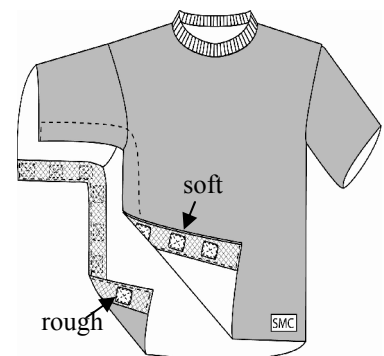
Press the bias tape away from the shirt. Referring to **Velcro Button Basics** at right, sew soft velcro buttons to the bias tape **only** (not the shirt), placing them 1/8" from the garment fabric. Begin by spacing a button 1" from either side of the underarm seam, one button 1/4" from the edge of a **short sleeve shirt** and all others 2" to 2-1/2" apart.

Step 8

If making a double, repeat steps 1-6 on both sides

Velcro Button Basics

Stitch each button X-in-box and 1/8" all around.



PJ Bottoms and Lounge /Sweat Pants – Sampling of instructions

Supplies needed:

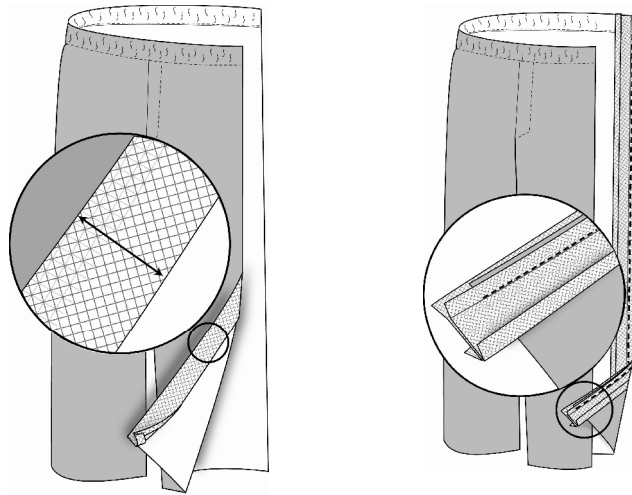
- Men's purchased PJ bottoms or lounge pants/sweat pants, sizes: Medium, Large, X-Large, XX-Large.
- Velcro:
- Bias tape:
- Matching thread.
- #4 snap on waistband: can be sewn on by machine (see *Helpful Hints* document).

Step 3

Front edge(s): for each adaptation, cut one piece bias tape at least 1" longer than side seam length. Match one edge of bias tape to raw edge of garment, right sides together, with 1/2" of bias tape extending beyond the waist and hem. Stitch at 1/4" on bias tape fold line.

Step 5

Turn the bias to the inside of the garment, making sure the finished width measures 1". Press firmly and pin the edges, but do not sew yet.



Step 9

Measure garment side opening, beginning 1/8" from lower edge of waistband and ending 2" from hem. For each adaptation, cut a length of velcro equal to the measurement. Referring to **Velcro and Snap Basics** below, slightly round off corners of velcro strips.

Back(s): position strip of rough hook velcro on the bias extension on the *outside of the garment*, 1/8" from lower edge of waistband and 1/8" from folded edge. Sewing through all layers as shown in **Velcro and Snap Basics**.

Step 11

Sizing is done after adaptation on finished garment. Measure the finished waistband to determine size – do not stretch while measuring. Refer to the sizing chart to determine size.