

Shorts for Boys

T-shirt Makeover for Shorts

Use these simple instructions to make a T-shirt into comfortable knit shorts for boys. The shorts will become a prized possession.

Please use a new or "like-new" T-shirt. (There are restrictions in some countries regarding used clothing and import taxes.)

Supplies:

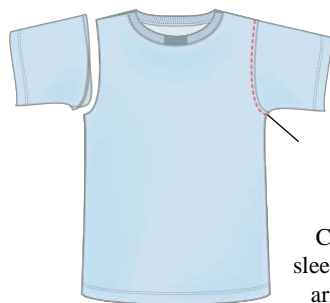
- Adult sized T-shirt
- 1 yd. draw-cord elastic
- Optional: 1½ yd. cotton cording
- (Small T-shirt = size 4–6 shorts,
- Medium = size 8–10 shorts
- Large = size 12–14 shorts)
- Scissors or Rotary cutter, mat, and ruler
- Thread

Instructions:

1. Prepare T-shirt.

- Lay T-shirt flat on a table with hem toward you.
- Lay sleeves flat to each side of the shirt.

2. Cut off both sleeves near armhole



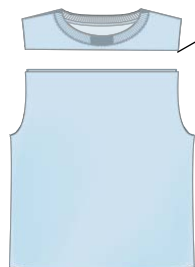
Cut off sleeves near armhole

Determine shorts length. Cut off 3"–6" from the bottom of the T-shirt, depending on shorts length.



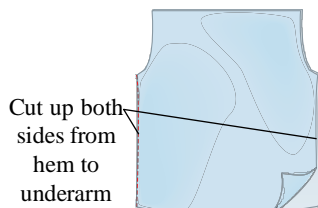
Cut off 3" - 6"

- Cut a 2¼" band from the fabric trimmed off the bottom of the T-shirt and set aside. (waistband)
- Mark a straight line across pattern just under the front neckline ribbing, the same distance from each shoulder seam. Cut along this line through both layers of the T-shirt.



Cut straight across under front neckline

- Cut open each side from the hem to the underarm. These two pieces are the legs of the shorts.

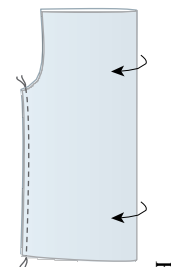


Cut up both sides from hem to underarm

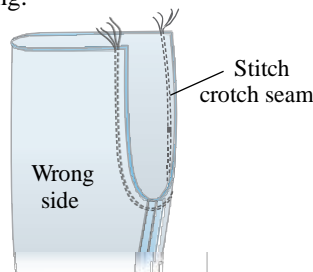
Note: This technique is especially good for shirts with logos as they will remain intact on the sides of the finished shorts.

3. Complete the shorts.

- Sew each leg seam, right sides together, with a ¼" seam.
- Turn one leg right side out. Tuck the leg that is right side out inside the other leg meeting right sides and matching leg seams and curved crotch area.
 - Stitch crotch area, using a ¼" seam. For added reinforcement, restitch the seam close to the original stitching.



Fold



Stitch crotch seam

Wrong side

4. Prepare the waistline.

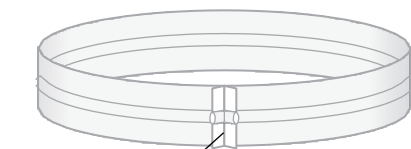
- Quarter mark waistline with pins or a fabric marking pen.
- Trim the length of the 2¼" wide waistband that was set aside.
 - Measure the waistline of the shorts and add ½" for seam allowances.
 - Trim waistband to the measured length.

- Stitch short ends of the new waistband.
- Match waistband to waist, right sides together. Position seam at a side; stitch with a 1/4" seam. Press toward waistband.

Note: If you prefer to make a corded waist instead of using draw-cord elastic, eliminate steps 5–7. Simply leave an opening in the waistband seam for the cording and match that seam to the front of the shorts. Turn down and stitch waistband casing so that it measures about 1" from the seam to the fold. Stitch. Trim excess waistband fabric and add cording through the opening in the seam.

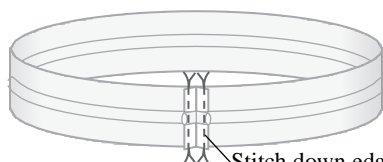
5. Prepare the draw-cord elastic.

- Cut the elastic 4"–6" smaller than the waistline measurement
- Join short ends of the elastic with a 1/4" seam allowance.



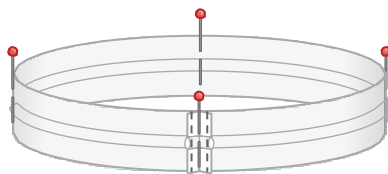
Join elastic with a 1/4" seam allowance

Open seam. If desired, stitch down edges of the seams.



Stitch down edges of seam allowance

- Quarter-mark the elastic with pins or a fabric marking pen, using the seam as one of the quarter marks.

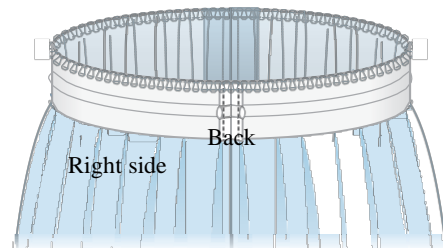


Quarter-mark the elastic

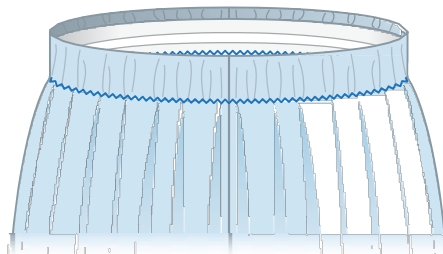
6. Attach the elastic.

- Meet right side of the elastic to right side of the garment, positioning elastic seam at the center back of the waistline.
- Match quarter marks of elastic and garment. Pin.

- Stitch the upper edge of the elastic to the cut edge of the waist band, removing pins as you come to them and stretching elastic to fit. I



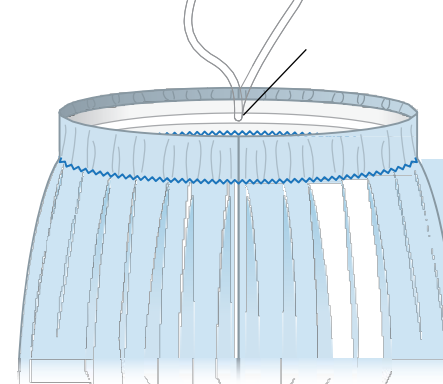
- Fold the elastic to the wrong side of the waistband. Pin at side and center seams. Sew the lower edge of elastic to the garment, stretching the elastic to fit. Stitch from the right side of the garment to keep stitching just above the waistline seam.



Right side

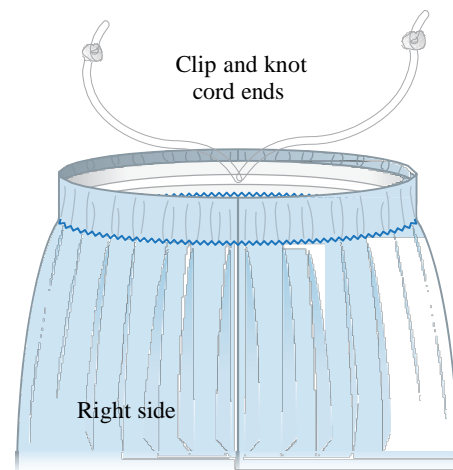
7. Complete the draw cords.

- Pull up cords through middle of the elastic at center front.



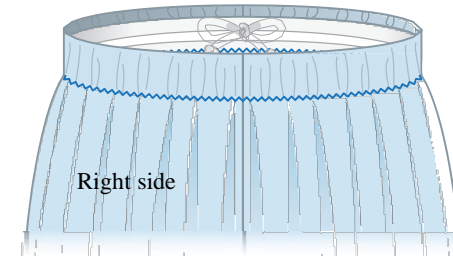
Pull up cord

- Clip the cords and knot the end of each cord.



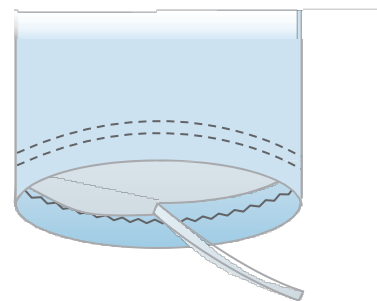
Clip and knot cord ends

- When wearing the garment, pull up the cords to fit. Tie ends for a comfy, adjustable waistline finish. Cords tie on the inside of the shorts.



Right side

8. Hem shorts using your favorite method.



Questions? Contact
Ellie Menz
ellie@iowadistrictwest.org
515-370-1159