**Drawstring/Elastic Waist Pants/Shorts**

A tote of patterns and sample muslin pants is available from the ISU Extension and Outreach State 4-H Office. Contact Mary Kay Litzel, mklitzel@iastate.edu, 515-294-1519 for information on the loan of this tote. The office also has sewing machines available to loan for 4-H club and county use.

This pattern is for an easy fitting shorts or pants with either drawstring or elastic.

- **Things to think about include:**
  - **Type of fabric.**
    - Suggested fabrics include cotton or cotton blends or lighter weight denim.
  - **Type of waistline.**
    - You can use either elastic, or elastic cord (as a drawstring) or fabric drawstring.
    - Your choice here will lead to specific instructions in the waistline area.
    - See * elastic or **elastic or fabric drawstring.

- **Amount of fabric needed for drawstring or elastic casing pants or shorts:**
  - **Pants 45" fabric:**
    - X-small: 3 1/8 yards
    - Small: 2 yards

- **Other things needed:**
  - Thread
  - XX (width) elastic if using elastic.

**Fabric layout and cutting (Fig 1)**

- Trace off the size pattern you need. Lay your pattern on your fabric as indicated. Be sure to measure from the grainline arrow to the selvage edge.
- Pin in place. (Pin inside the cutting lines so you don’t cut a pin with your scissors.) Have an adult or helper check your layout before you cut.
- Cut the fabric. Be careful to follow the lines on the pattern.
- **If you are going to use a drawstring or elastic cord in the waistband, transfer the two dots on the center front seams from the pattern to your fabric before removing the pattern front from the fabric.
- **General Directions:**
  - 5/8" seam used unless another amount specified.

**Sewing**

1. First, attach a small piece of masking tape to each front and each back of shorts or pants. (You will have 2 front pieces-F-mirror image and 2 back pieces-B-mirror image.) **Fig 2**
2. Pin the two front sections together at center front, RIGHT SIDES TOGETHER, matching notches.

3. Sew center front seam using a 5/8" seam. (**If you are using a drawstring or elastic cord drawstring, backstitch at each dot, leaving a XXX opening in the seam. This is to allow the drawstrings to come through the casing and allow you to tie it.) *If you are going to have an elastic waist, sew the entire center front seam, ignoring the dots. **Fig 3

4. Pin two back sections together at center back, RIGHT SIDES TOGETHER, matching notches.

5. Sew center back seam using a 5/8" seam

6. Press center back and center front seams flat, then press seam open. **Fig 4

7. Pin BACK to FRONT at outside leg edges, RIGHT SIDES TOGETHER, matching notches. Stitch with 5/8" seam.

8. Press both outside leg seams flat, then press open. **Fig 5

9. Pin inside leg edges together, RIGHT SIDES TOGETHER matching center front seam to center back seam. **Fig 6

10. Sew inside leg seams in one continuous step, using a 5/8" seam.

11. Sew a second row of stitching at about ½" from edge for extra strength in the crotch area.

**Waistline finish:**

1. Baste seam allowances to garment in casing area for about 3" for easier insertion of elastic or drawstring. **Fig 7

2. To make casing, turn down 1 1/4" of the upper edge of garment (waist). Press.

3. Turn under 1/4" of raw lower edge of casing. Press.

4. From the wrong side, stitch* the casing** being certain to catch the ¼" turned edge.

5. *If you are using elastic, leave 2" open at the center back seam area. **If you are using a drawstring closure, stitch all around. **Fig 8
**Waistline finish—elastic:**

1. Baste seam allowances to garment in casing area for about 3” for easier insertion of elastic.
2. Loosely measure your waist, add 1”, then measure and cut elastic. Pin it together and wear it for awhile and see if it “feels right”. (see #5)
3. Attach one end of the elastic to a safety pin.
4. Going through the 2” opening in the center back casing, thread the elastic through the casing.
5. Butt the two ends together and zigzag together.  
   - Join the ends of the elastic by zigzagging one end of the elastic to a sturdy fabric scrap. (It’s easiest to work with a larger scrap of fabric and trim the extra fabric when you are finished.) Stitch across the cut edge of the elastic, joining it to the scrap fabric, several times to reinforce the stitching. You could complete this step before threading the elastic through the casing.  
   - Place the other end of the elastic against the first end on the scrap fabric. Zigzag through the elastic and fabric several times.  
   - Trim away the extra fabric which extends past the elastic.  
   - Distribute fullness evenly around the waistline.  
   - Close the opening used to insert the elastic by machine.
6. Close the remaining 2” of the casing with a straight stitch.
7. To prevent the elastic from twisting in the casing, “stitch in the ditch”. Stitch through all thickness of the casing and elastic at each seamline.

**Waistline Finish—drawstring**

Fabric drawstring:

1. Stitch center seam in drawstring RIGHT SIDES TOGETHER matching notches and sewing a 3/8” seam.  
2. Fold drawstring in half lengthwise, RIGHT SIDES TOGETHER, matching seams. Stitch a 3/8” seam allowance, leaving 3” opening for turning.
3. Cut corners diagonally.
Turn right side out. Pull out corners and press.
4. Slip stitch or machine stitch opening edges together. Fig 13

5. Insert drawstring through opening in front. Knot ends. Fig 14

**Elastic Cord Drawstring**
1. Cut a piece of elastic cord as follows:
   - X-Small = 42"
   - Small = 44"
   - Medium = 46"
   - Large = 48"
   - X-large = 50"
2. Insert elastic cord through casing.
4. Conceal knot in casing.
5. Fold cord and slip through drawstring stopper following manufacturer’s directions. Fig 15

**Finishing**

**Hem** Fig 16
1. Turn up a 1 1/4" hem on lower leg edge. Press.
2. Turn under 1/4" on raw edge and stitch in place.