

A/1

Front waist

FRONT

Front side seam

Zero Waste Wardrobe

<https://www.zww.fi/alushousut>

Size M underpants

Adapted to full briefs by Liz Haywood

www.lizhaywood.com.au

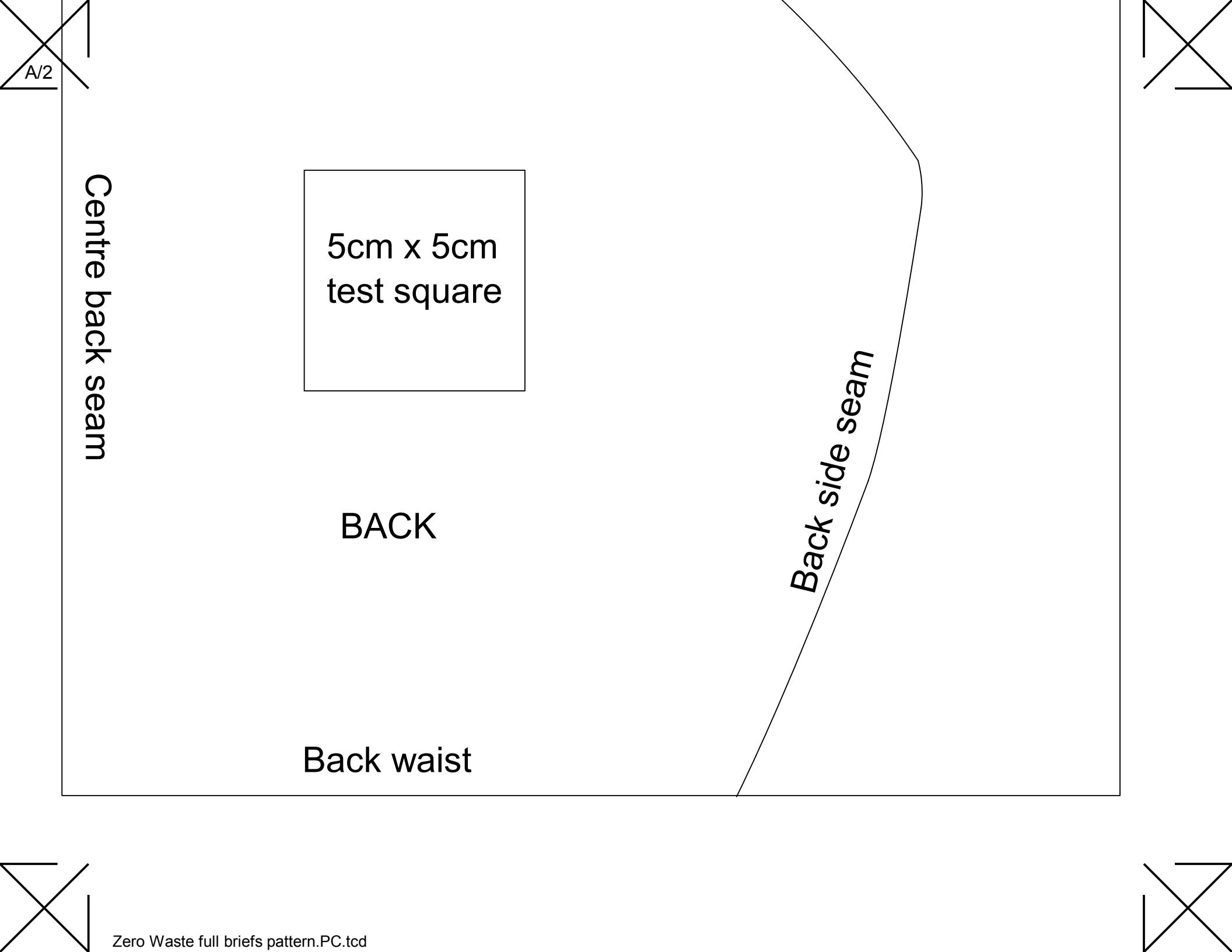
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6mm seam allowances

1cm turn under for leg elastic

Cut separate gusset up to here

Centre front on fold



A/2

Centre back seam

5cm x 5cm
test square

BACK

Back waist

Back side seam