

Let $u = 7 + x^4$. Then $du = 4x^3 dx$ and $x^3 dx = \frac{1}{4} du$,
so $\int x^3(7 + x^4)^7 dx = \int u^7 \left(\frac{1}{4} du\right) = \frac{1}{4} \frac{u^8}{8} + C = \frac{1}{32}(7 + x^4)^8 + C$.