

## UPCYCLE



**RECOMMENDATION:** *Make a first mitten or pair of mittens as a PRACTICE to determine the size and practice the construction. Do not use your favorite sweater for your first mitten!*

**Note** that the washing and drying can produce a huge amount of lint so check your dryer trap often during the drying cycle.

### Construction Notes

- \* Once your sweaters are laundered, cut off and save all 'ribbing' from the cuffs and waistline of all the sweaters for the mitten cuffs.
- \* Mark the right side of the fleece of each cut piece with a pin or painter's tape to avoid sewing two left or two right linings. It's tricky to tell the right and wrong side to the fleece, so it is easy to sew two identical mitten linings.
- \* IF DESIRED, cut lining slightly larger than the pattern to create fullness in the mitten.
- \* Sew all seams at 1/4 inch or slightly less.
- \* Sewing does not need to be 'exact'. Yeah!
- \* Any neutral thread will work.
- \* Needle size 12 or 14.
- \* Straight stitches using a 1/4" foot works well. I tried to zigzag the edges, but it stretched out the seams. I don't have a serger sewing machine, so I have no recommendations there.
- \* Back stitch at the end of each seam.

*I use a 1946 Singer sewing machine to sew most of my mittens. I highly recommend using a stiletto (Some manufacturers call this an awl.) for managing the fleece and sweater fabric.*

### Mittens made from sweaters

Both natural and man-made fibers sweaters work for this project, however, heavy wool-blend sweaters make the bulkiest and warmest mittens. Light weight wool sweaters produce a very nice thinner mitten.

Mittens can be made from 100% cotton or acrylic sweaters, however, the warmth and water proof characteristics will be different than a mitten made of a sweater that is made of wool or a wool blend. Consider that some people are allergic to wool and others, such as vegans, may prefer non-wool mittens.

Wash all sweaters in hot water and dry the sweaters completely using the hottest dryer setting. Sweaters do not shrink uniformly. Some will only shrink slightly, while others will shrink several sizes and the wool will be come 'felted' to some degree. I prefer to see the knitted stitches and to have the stretchy-ness of the knit, rather than a felted mitten.



*Lay out your mitten pieces, especially the fleece lining pieces. It is very easy to sew two linings for the same hand because fleece does not have an obvious right or wrong side. Grrrr.*



## Cutting

You will be cutting two sets of mitten pieces from the pattern pieces A, B and C, plus one pair of cuffs. (14 total pieces) Don't worry about raveling; the machine stitching will secure all the yarn ends. Really.

Before cutting pieces A, B and C from the sweater, first cut the sleeve cuffs and waist ribbing from a sweater to be used for the cuffs of the mittens. Cut cuffs and ribbing about 3 - 4 inches deep depending on how large you want the cuffs. For a medium adult mitten use adult sweater cuffs that are 3 - 4 inches deep. When using ribbing for mitten cuffs cut a piece of ribbing 8-9 inches by 3-4 inches. Sew the ends of the pieces together to create the cuff. (Figure 5)

Be sure to cut reverse pieces for each A, B and C from the sweater fabric. I have used up to four different sweaters to make a mitten. However, I have seen beautiful sweater mittens made from one sweater fabric. Fussy-cut any designs/motifs from the sweater fabric for optimal placement in the mitten's design.



Figure 1

## Sewing the mitten and lining

1. Match the **right** sides of the WRIST/palm (B) piece and FINGER/palm (C) piece and sew a SCANT quarter inch seam. If sewing a 1/4 inch seam, you may want to trim the seam allowance closer to the seam. (Figure 1)
2. Match the **right** side of the palm piece to the **right** side of the back of the mitten (A).
3. Sew the assembled palm pieces and back together with the **THUMB facing up**.
4. Sew from the wrist edge to the stitching around the thumb. Back stitch. (Figure 2)
5. Flip the thumb towards the wrist.
6. Begin sewing on the other side of the thumb and continue around the entire mitten to the wrist edge.
7. Back stitch at the end of each seam.

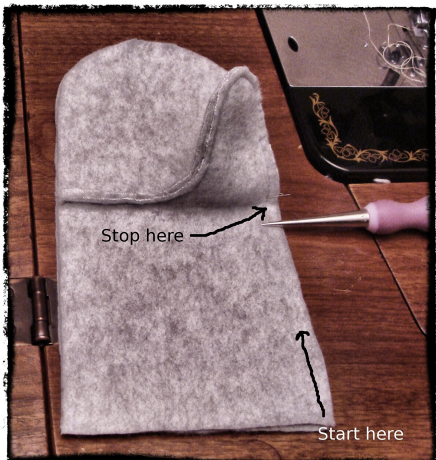


Figure 2

Figure 3

*Flip the thumb over and resume the stitching around the mitten on the other side of the thumb being careful to start stitching where the other stitching ended.*



## Assembling the mitten and lining

1. Turn mitten right side out.
2. Leave lining right side inside.
3. Slip lining into mitten. Work the seams to adjust alignment and distribute fullness. (Figure 4)



Figure 4



Figure 5  
*If you are making cuffs from ribbing sew a seam to create the mitten cuff.*

## Sewing the cuff to mittens

1. Insert cuff into the inside of the mitten and lining with the **right** side of the cuff facing the mitten lining. Double check this BEFORE sewing!! Make sure the unfinished edge of the cuff is lined up with the edge of the mitten and lining. (Figure 7)
2. Pin the cuff to the mitten and lining stretching the cuff evenly around the edge of the mitten.
3. Sew all three layers together about 1/4 inch from the edge. Sew a second seam slightly closer to the edge of the layers.



Figure 7  
*Line up the seam on the cuff to the mitten seam near the thumb. This seam placement seems a natural place and is not significantly noticeable when the mitten is completed.*

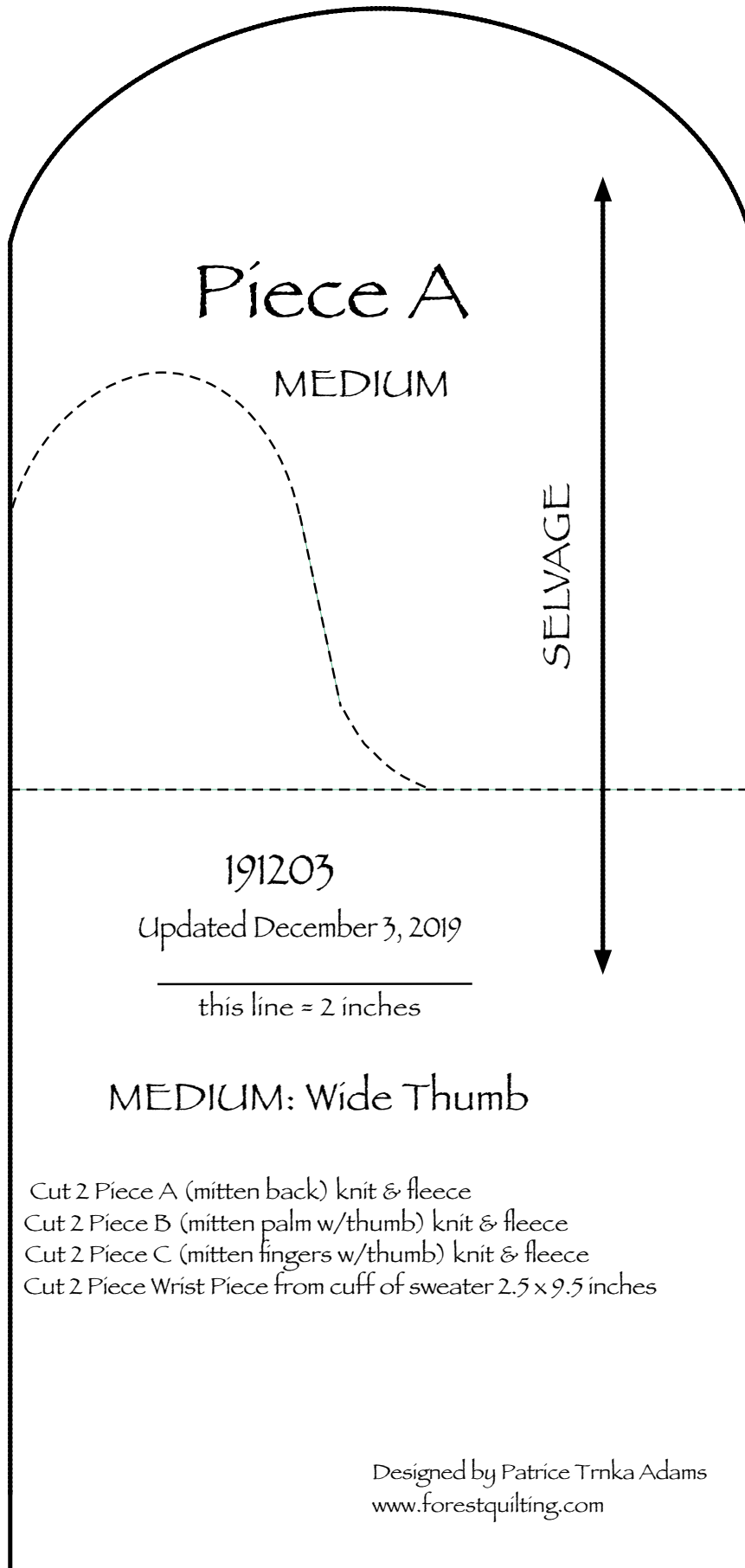


## Finishing the mittens

1. Turn cuff to the outside.
2. Add a button. (optional)
3. Tack down the cuff. (optional)



*Keep mittens on hand for gifts.*



# Piece A

MEDIUM

SELVAGE

191203

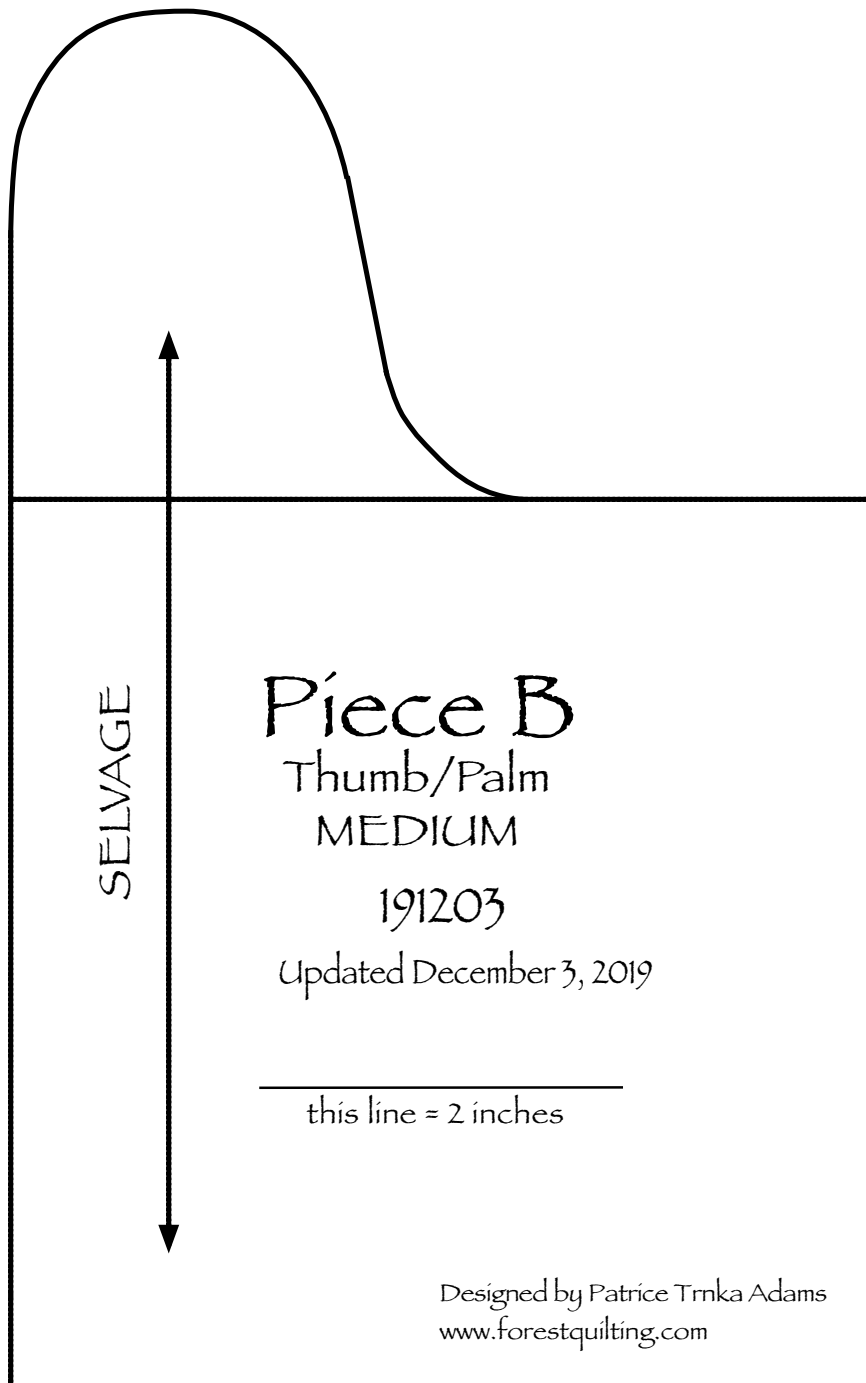
Updated December 3, 2019

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this line = 2 inches

MEDIUM: Wide Thumb

- Cut 2 Piece A (mitten back) knit & fleece
- Cut 2 Piece B (mitten palm w/thumb) knit & fleece
- Cut 2 Piece C (mitten fingers w/thumb) knit & fleece
- Cut 2 Piece Wrist Piece from cuff of sweater 2.5 x 9.5 inches

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# Piece B

Thumb/Palm

MEDIUM

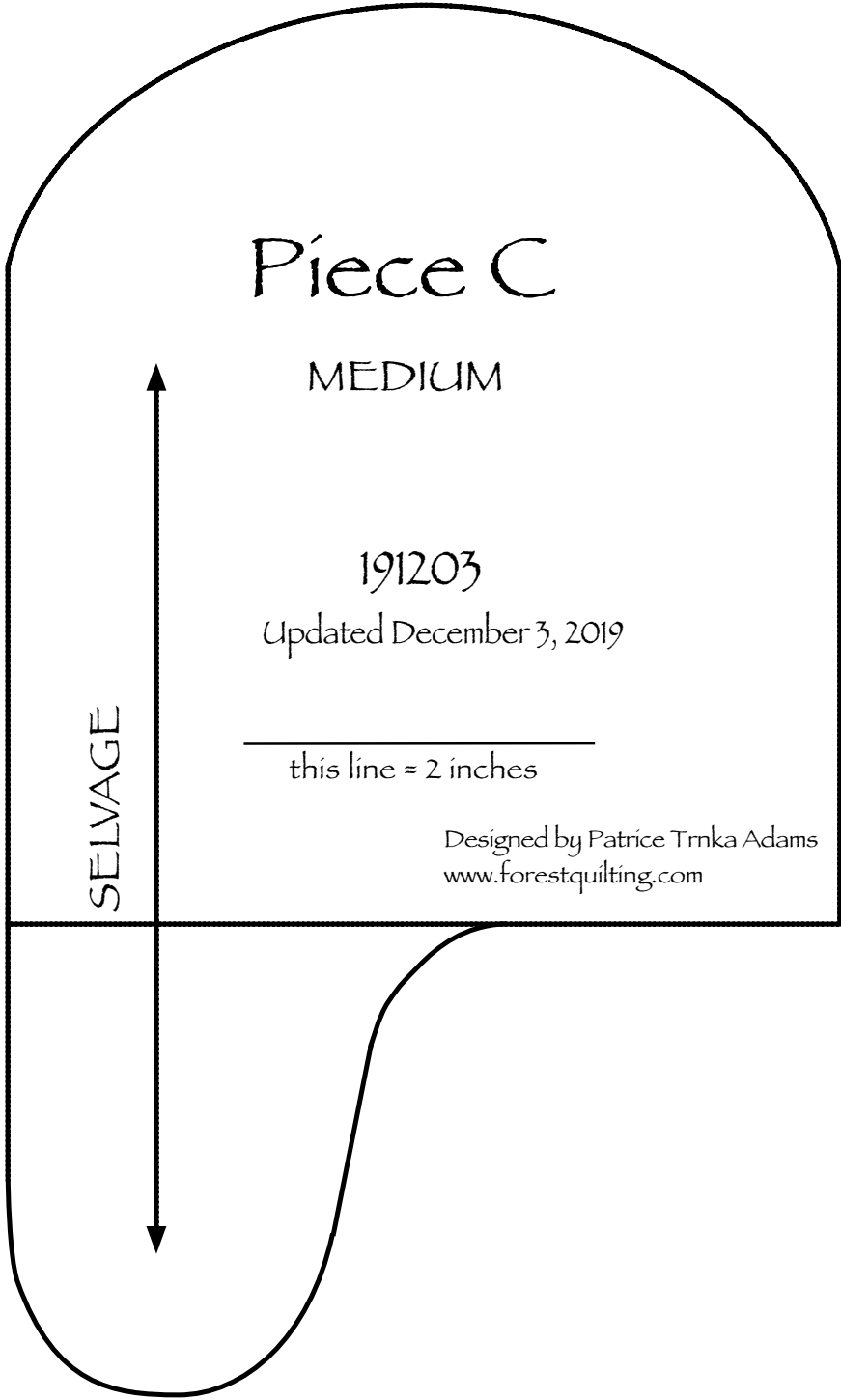
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this line = 2 inches

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# Piece C

MEDIUM

191203

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SELVAGE



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this line = 2 inches

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