

## Upcycled Mittens – Instructions

Materials: 3 templates, old sweater, fabric for lining, pins or “Wonder Clips”.

Creating warm mittens from old sweaters and sweat shirts is not very hard to do.



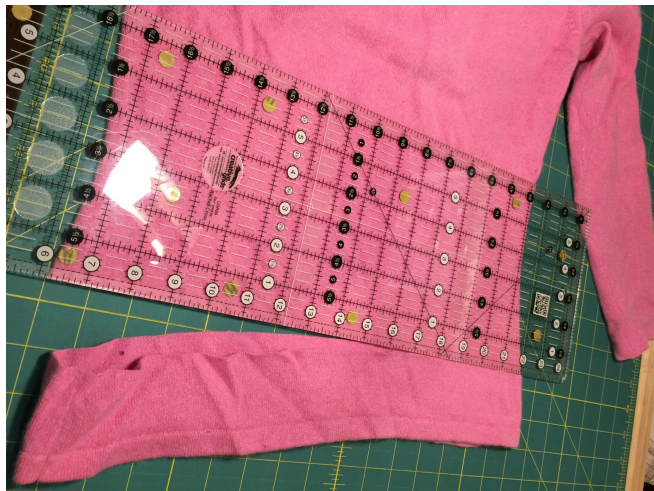
You don't necessarily need to shrink the wool by washing it in hot water. I made these gray mittens from a cashmere sweater without shrinking it and there was no fraying and it was easy to sew.

You can line the mitten with any soft fabric but I really like using sweat shirt fleece that has the soft fluffy inside. I sew the fleece wrong sides together so that the soft side is what the hand feels inside the mitten. A polartec type of fleece is cosy and warm too but is bulkier to work with.



**Important:** Before cutting out the pieces, check for holes or stains in the garments so you can avoid them.

Cut the sweater up into large pieces but first trim off the cuffs, waistband and the neck line as follows:



To make cuffs for the mittens:

Trim off waistband, neckline and cuffs from the sweater about a 1/2 inch above ribbing (or if ribbing is less than 2 inches, cut 3 inches from end of cuff).

If you need to make a cuff rather than using a cuff cut from the sweater, take the waistband or neck line strip and cut about an 8 inch length of it (the strip should be about 3 inches wide). Fold this strip in half right sides together and sew about a 3/8 inch seam. If the wool is thick and bulky, use a long stitch length to make the sewing easier. Trim excess seam allowance. Turn it right side out. Now you have one cuff. Make two cuffs.





Pin the 3 templates to the wool sweater layering one template on top of two pieces of sweater **-have one piece of the sweater right side facing up and the other one right side down as you layer them - this is important!** You are cutting out 2 pieces per template.

Do the same with the fleece (which will be the lining of the mitten).

Take one of #1 and place it on top of one of #2 layering it so the thumb on one lines up over the thumb on the other. Do this with the remaining #1 and #2 pieces. *Both sets of the wool pieces must be sewn right sides together, which become the "palm side pieces" but the fleece pieces must be sewn wrong sides together (so that the soft furry side will be what you feel on the inside of the mitten).* **Sew only along the dashed line!** Stop where the notches are and back tack.

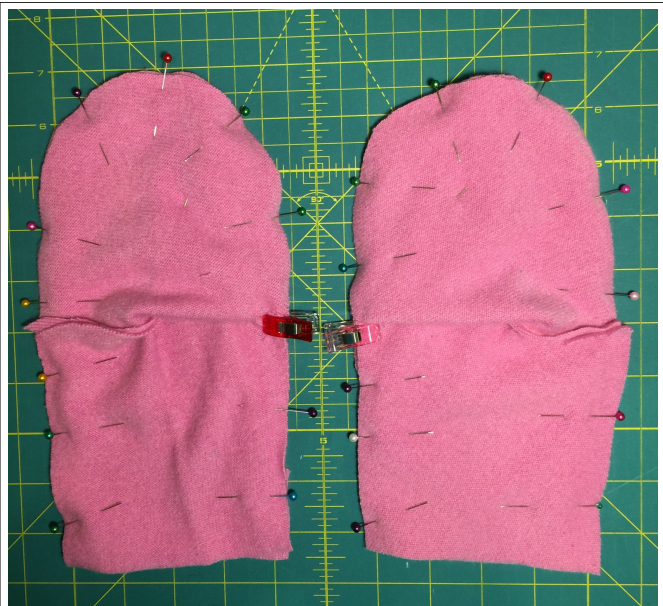


Clip the seam allowance and then turn the palm side pieces, right sides out.



Place a right sides out "palm side" piece against the right side of piece #3 which is a "back of hand" piece. You might want to use a safety pin to pin the thumb towards the center. Hiding the thumb prevents you from sewing it into the seam. *You don't need to pin the thumb when you are working with the fleece pieces though, because you are sewing the fleece wrong sides together and the fleece thumb will be sticking out on top, not hidden inside.*

Pin and sew all around **except for the bottom edge**. I like to use a Wonder clip where the outside edge of the thumb needs to be sewn to the back piece because you have to be careful there and narrow the seam.



This photo shows the lining all sewn which are actually the inner mittens. Trim the seam allowance. If you are using sweatshirt fleece, the wrong side is the soft, fluffy side which you should feel if you put your hand inside this mitten lining. After trimming the seam allowance, do not turn this inside out.



These photos show the outer wool mittens with the seam allowance trimmed.



Now, turn the wool mittens right side out.



Put a fleece mitten on your hand and slip the wool mitten over it. Take this lined mitten off your hand and lie it flat to trim the the raw edges (if fleece is longer than wool or vice versa).



Slip the cuff (**keeping it right side out**) inside the mitten. Make sure that the finished edge goes in first so that you will now have three raw edges to sew: the wool mitten, the fleece and the cuff (wool). Sew carefully so you catch the 3 layers .





Now pull cuff out from mitten and fold over.  
Sew a couple of stitches by hand on each side  
of each cuff to prevent cuff from unfolding.



Suzanne Dicker, July 2017