



# Upcycled sweater mittens

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Sizes	Hand Width	Hand Length
XXS	3.5 - 4.5 inches	5 - 5.5 inches
XS	4.5 - 5.5 inches	5.5 - 6 inches
S	5.5 - 6.5 inches	6 - 6.5 inches
M	6.5 - 7.5 inches	6.5 - 7 inches
L	7.5 - 8.5 inches	7 - 7.5 inches
XL	8.5 - 9.5 inches	7.5 - 8 inches
XXL	9.5 - 10.5 inches	8 inches plus



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## Measure hands for correct mitten size:

Measure the width and the length of your hands using a measuring tape. ( If you don't have a measuring tape, you can wrap a string around your hand and then measure the string using a ruler).

When between sizes, go up a size.

**Width Measurement:** Wrap a tailor's measuring tape around your dominant hand just below knuckles, excluding your thumb, and make a fist. This measurement is your "hand width" mitten size.



**Length Measurement:** Measure from the bottom edge of palm to the tip of your middle finger to determine your "finger length" size.



**Some things to consider:** These mittens are designed to contour the hands and fit a little snug. So if you are using a real stiff or thick sweater piece, you may want to go up one size if you would like a loser fit.

## Materials and Items Needed

- Sewing machine
- Measuring tape
- Upcycled felted wool sweaters, polar fleece, or mix blend sweaters
- Fleece or lightweight cashmere sweater for lining
- Scissors
- Safety pins
- Pins
- Embroidery floss for embellishments (optional)



*For helpful tips: go to my website where you will find several posts with tips and tricks for cutting projects out, use and care, and other fun upcycled sweater project ideas.*

[www.youmakeitsimple.com](http://www.youmakeitsimple.com)

# Upcycled Sweater Prep

**1** Prepare your wool sweaters by washing in very hot water. This will shrink and tighten the fibers, making it nice and dense and very warm. Dry the sweaters in the dryer on the hottest setting. You can wash and dry them with a pair of gym shoes or tennis balls to help agitate and tighten the fibers. Pre-washing your sweaters will allow you to wash them in the future in cold water without them shrinking.

\*Refer to my free online class for tips on felting a wool sweater. <http://skl.sh/2acBS6l>

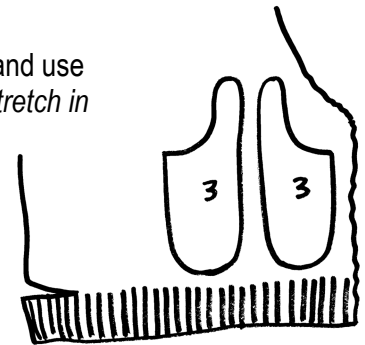
\* All sweaters are going to shrink differently. Some get quite thick and dense after felting. If the sweater is already thick and comes out too thick, you may want to use another piece. Use your own judgement as to what would feel good on your hands.

Get creative and feel free to use stripes, different colors and even different textures on the same mittens.

## Cutting Out

**2** Cut out the pattern size you will be using. Decide what sweaters you want for which pieces. I like to mix mine up and use different sweaters and colors on the same mitten. *Just make sure the stretch in the fabric piece is consistent or you may have one part of your mitten tighter than the other. Note too, that a tighter wool piece may fit a little more snug.*

If your sweaters still have a stretch to them after shrinking, you will want to make sure the stretch is going across as indicated on the pattern piece.



Cut two of each piece from sweater fabric .

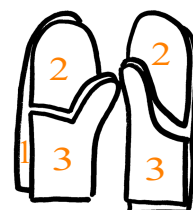
Make sure when you are cutting out the pieces that you flip the pattern over so you have the right side up for a left and a right.

Now cut out two of each piece from your lining fabric in the same way.

Now you are ready to sew.

### Tip

*To tell the difference between the right and wrong side of your sweater, place a safety pin on the right side of each piece that you have cut out. This will help when you are putting things together and to assure that you have a right and a left side.*



## Sewing Together (1/4 inch seam allowance)

- 3** Take the palm pieces, 2 & 3 and place thumbs Right Sides Together (RST) and sew around thumb from notch to the side notch line as indicated.  
Take time to ease around curves. Clip and trim seam.

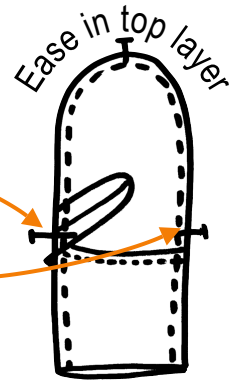


- 4** Open up the two pieces you just sewed together and place on piece 1 with (RST). Thumb seam will match up with the notch on the top piece.

Palm seam will line up with the notch on the other side of the top piece.

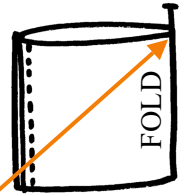
**\*note: The top piece is intended to be a little larger. This allows for the contoured fit. Evenly distribute the bulk of the top piece and pin at the top center. Ease in as you sew.**

Sew all the way around. Pull the thumb piece slightly up and to the side while sewing over it. Clip excess seam allowance and turn inside out.



- 5** Follow steps 1- 4 now for the lining **except use a 3/8 inch seam allowance**, do not turn inside out.

*This is my favorite part!* Slip your hands inside the lining and slide into corresponding side of mitten outer shell. Adjust it so everything is aligned and cuff edges are even.



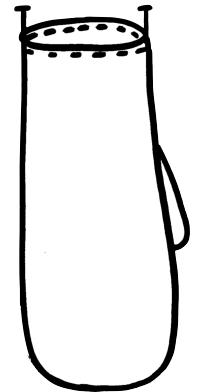
- 6** Find a cute sweater cuff to use. You can use an existing sleeve cuff or cut the bottom cuff off the sweater. If using the bottom cuff, cut it to be 4" x 8" wide. (child size, cut 4" X 7") 8 and 7 inches on the stretch.

Fold that piece in half and sew down the side backstitching at each end.

Mark the half-way mark with a pin.

- 7** With the outer shell of the mitten on the outside, and the lining on the inside, stick the cuff inside the mitten with raw edges even. **Outer shell, Lining, then Cuff.** (The right side of the cuff will be against the lining).

Match up the seam of the cuff with the inside seam of the mitten and pin in place through all three layers. Pin the half-way mark of the cuff to the other mitten seam.



- 8** Sew around through all layers, making sure to keep edges even as you sew. Fold the cuff over, hiding the cuff seam. *Ta-dah!*

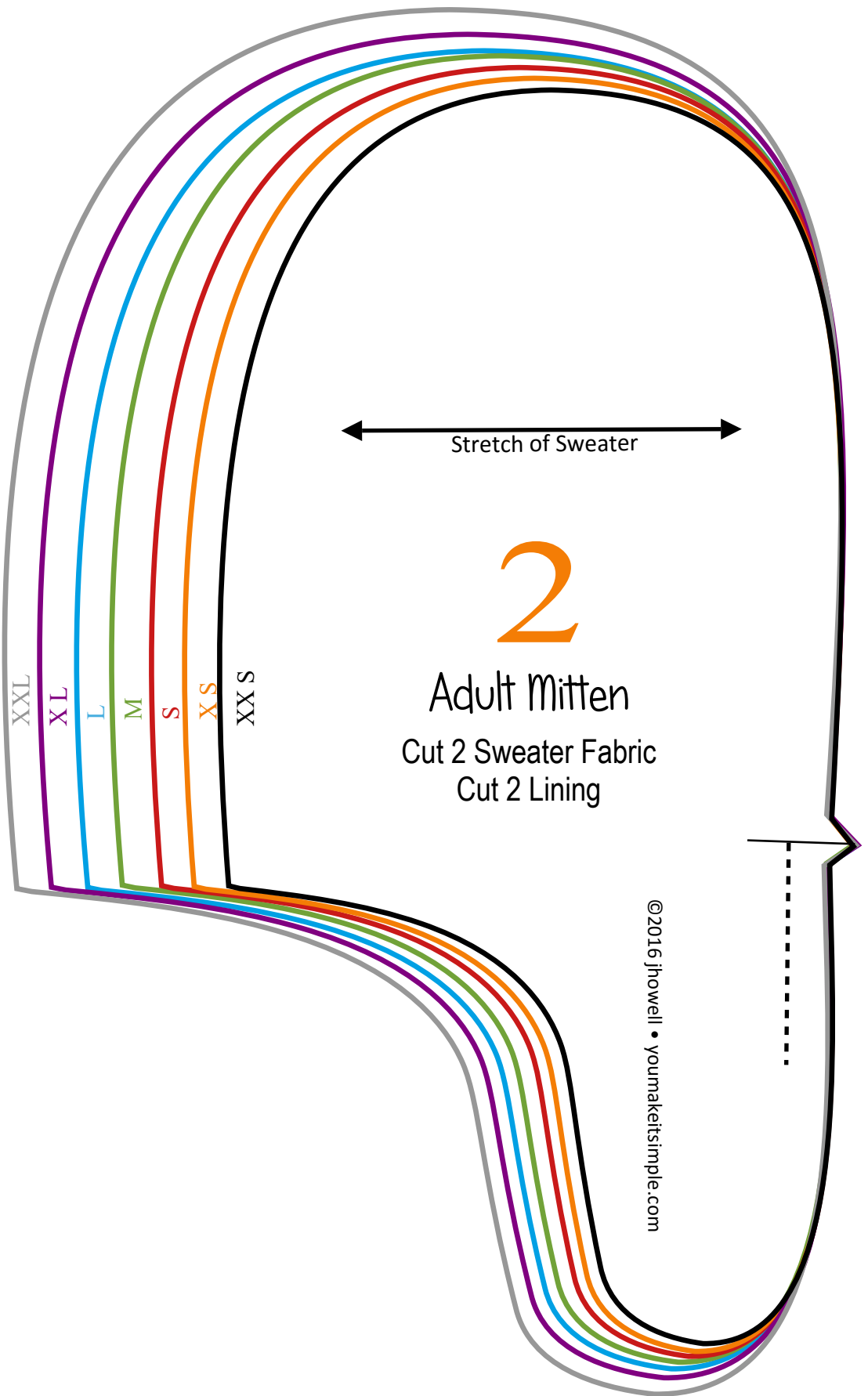
You can embellish your mittens with a cute embroidered flower, or sew a cute button on top.

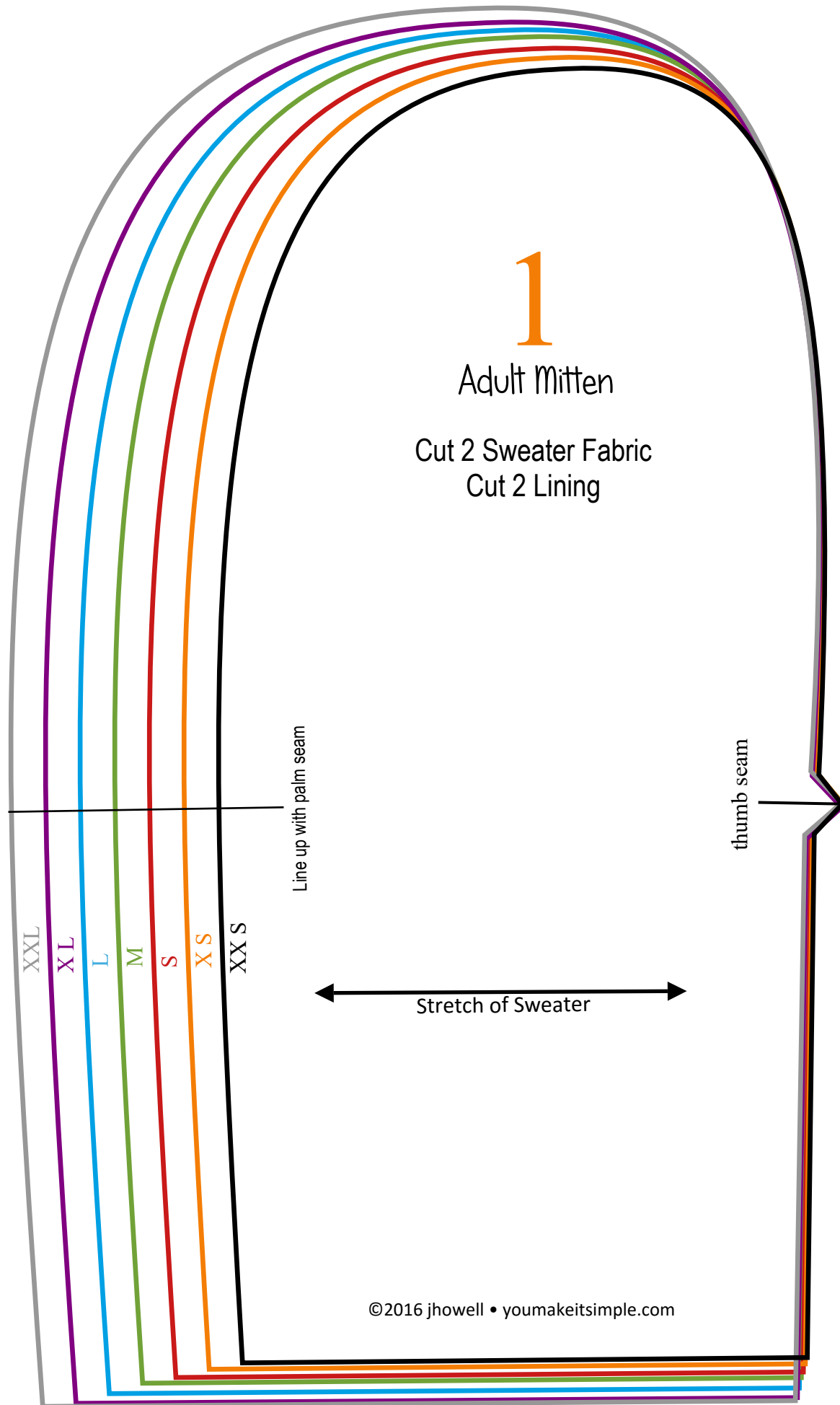
*Enjoy!*

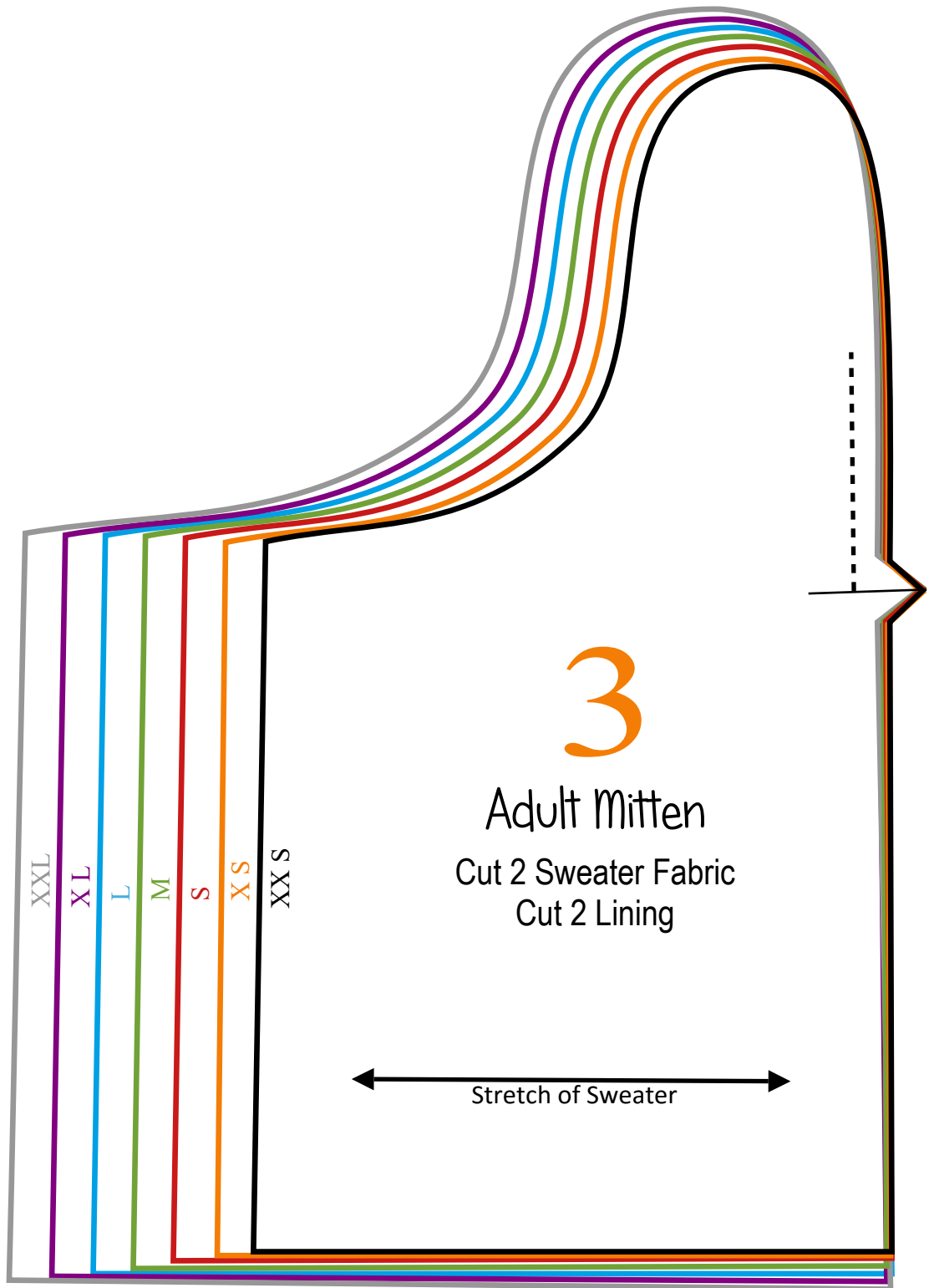




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3

Adult Mitten  
Cut 2 Sweater Fabric  
Cut 2 Lining

Stretch of Sweater

XXL  
XL  
L  
M  
S  
XS  
XXS