

# Upcycled Mittens

## You will need:

A sewing machine and thread  
Good scissors  
Pins  
One or more old sweaters  
Fleece fabric lining  
Pattern - Palm Top and Palm Bottom  
Pattern - Front



**Pattern** – I’m providing a pattern for you. This pattern and excellent instructions can be found on: <http://bit.ly/1Hx51c9>  
This is a wonderful way to use old sweaters. The higher the wool content, the better. Wash your sweaters in hot water to “Felt” or to shrink.

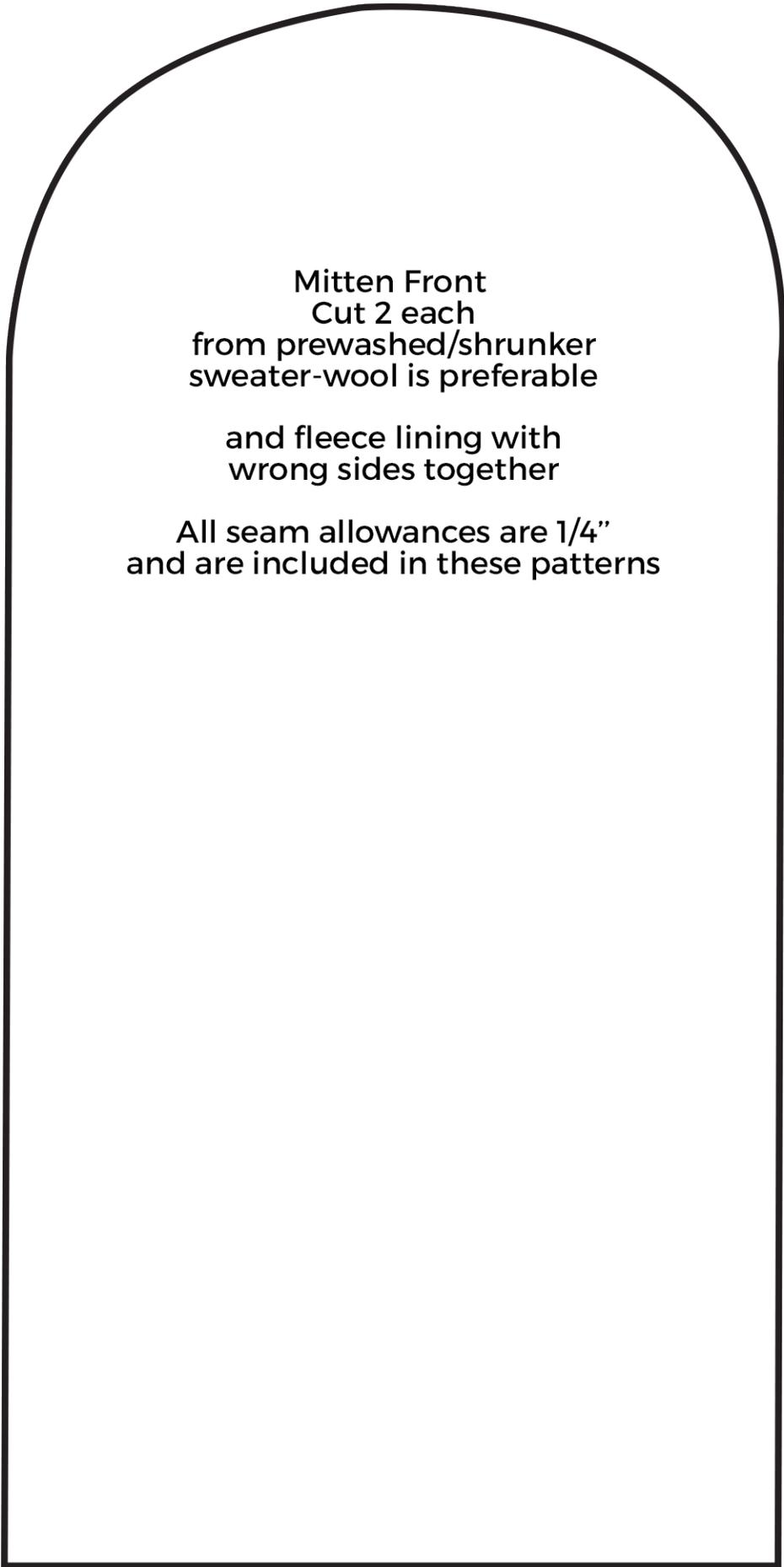
Cut out two pieces of each pattern from both the sweater and the fleece lining. When cutting from your sweater, first determine placement. You will cut one piece then flip it, for example, from right to left, so that you get the opposite cut for the other hand. As you are cutting your pieces, lay them out, making sure you have a left and right mitten. You will use the sweater cuffs for the mitten cuffs. Cut two pieces of each pattern from your fleece material; cut with right sides together.

**Sewing Instructions:** IMPORTANT: When sewing, set your right and left mittens so that you do not accidentally sew two right hands instead of a right and left. Sew at a consistent depth, 1/4” depth. With sweater material, right sides together, begin joining the upper and lower palm pieces, starting at the edge and sew around the thumb as indicated by the stitching lines on your pattern. Turn thumb right side out.

**With right sides together**, lay the palm piece onto the front piece. Securely pin mitten front and palm pieces together and Sew edges together, leaving the bottom unsewn. Trim any excess or uneven wool. For the fleece lining, follow the same instructions for sweater fabric. When sewing the lining, you might wish to sew it just slightly deeper since it will fit inside the mitten. Do not turn. You will slip your hand into the fleece lining mitten then slip your hand and fleece into your mitten. You are now ready to “snuggle” the two mitten components together and prepare to sew on the cuff.

**Cut the sweater cuff from the cuff** of the original felted sweater. It should be about 3 ½ to 4 ½ inches long. Pin the cuff to the bottom of the fleece lining with right sides together and rough edges together.

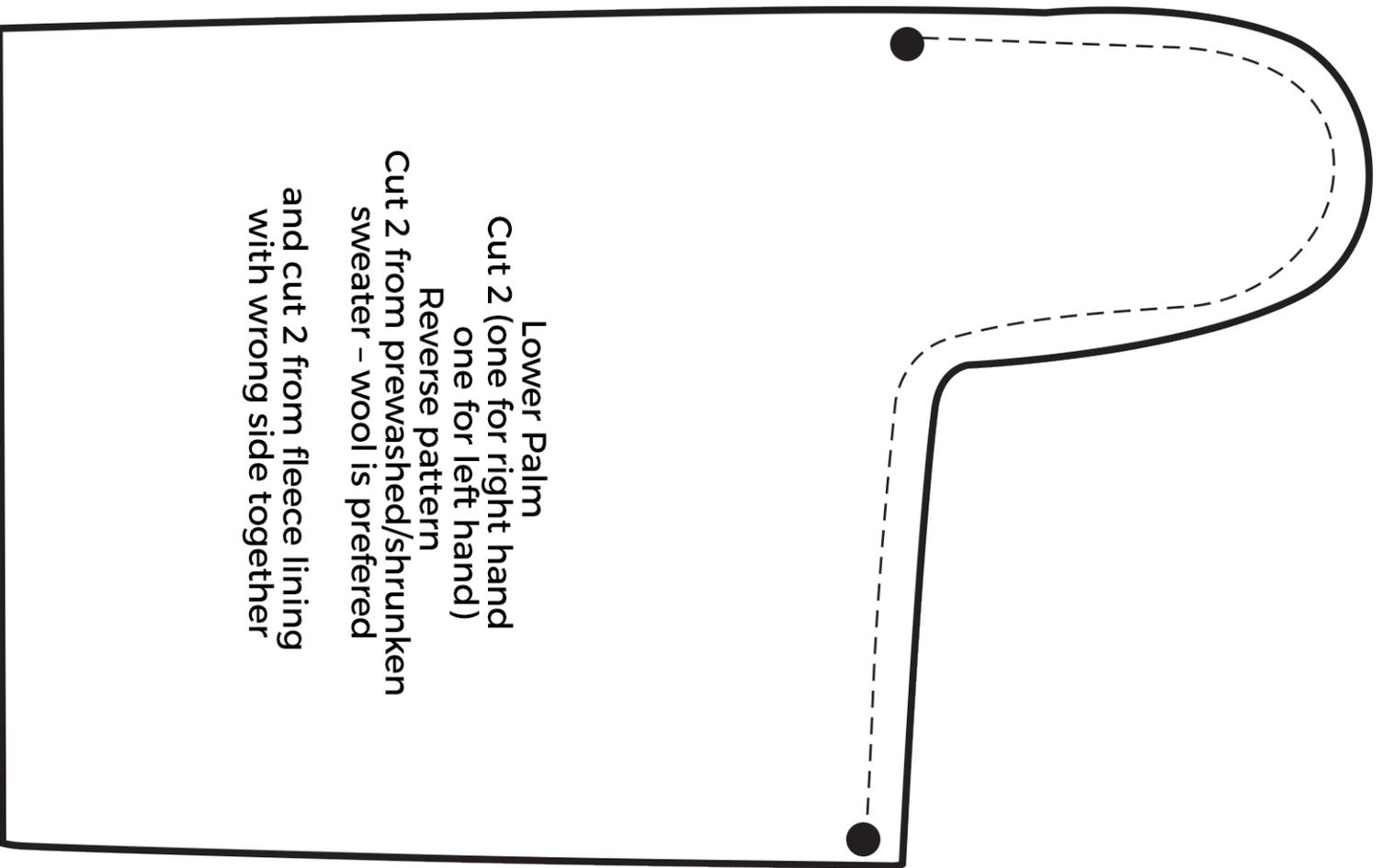
**Sew around the cuff’s rough edge.** Turn the fleece lining inside out and put it inside the mitten. Pin into place and sew. Turn the sweater cuff up and over the mitten. To secure the cuff, sew a button or stitch around the cuff’s top edge. You’re done, with an impressive finish!



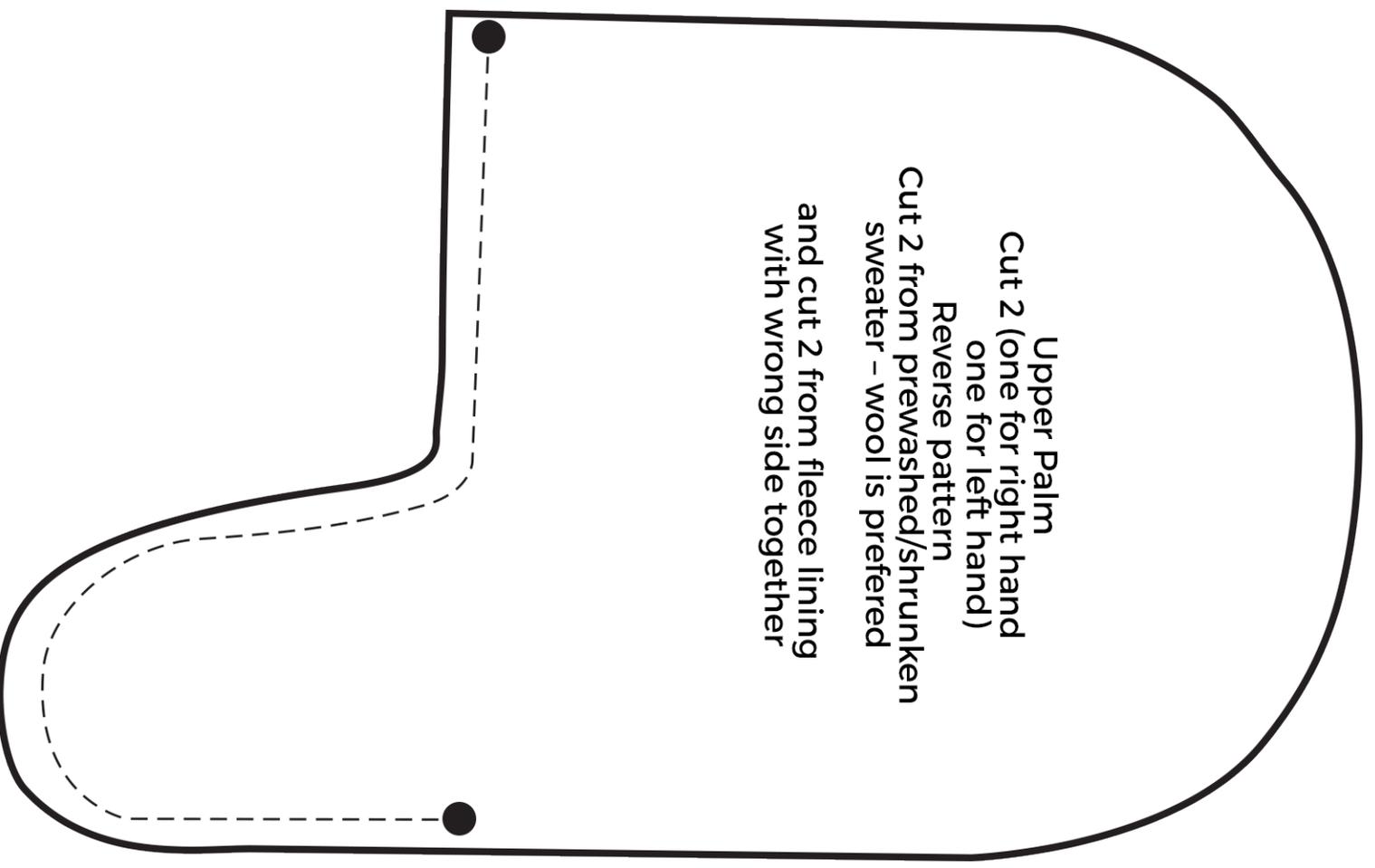
Mitten Front  
Cut 2 each  
from prewashed/shrunker  
sweater-wool is preferable

and fleece lining with  
wrong sides together

All seam allowances are 1/4"  
and are included in these patterns



**Lower Palm**  
Cut 2 (one for right hand  
one for left hand)  
Reverse pattern  
Cut 2 from prewashed/shrunken  
sweater - wool is preferred  
and cut 2 from fleece lining  
with wrong side together



**Upper Palm**  
Cut 2 (one for right hand  
one for left hand)  
Reverse pattern  
Cut 2 from prewashed/shrunken  
sweater - wool is preferred  
and cut 2 from fleece lining  
with wrong side together