

Sweater Mitten Tutorial

by

Five Green Acres



Find your Sweaters.

Raid the closet or thrift shop for any sweater that strikes your fancy. It need not be wool, but wool is a great choice for its tremendous warmth. It also need not be felted if wool, but sometimes felting makes for a nice, thick layer of warmth; however already-thick wool sweaters (chunky yarn or cabled) tend to felt up a bit too thick for mittens.

Consider the lining you desire. A thin gauge sweater like cashmere or merino wool are luxuriously soft and warm. Fleece is also nice and soft; softness matters here, as the lining envelopes your hands, so choose wisely.

Cut out your mittens.

Turn sweaters inside-out and trim off all seams. If there is a ribbed hem that prevents the pieces from laying flat, trim it off. Most ribbings, I find, make for a nice bottom edge for the mittens, so consider using it when you

cut out your pieces. Pay attention to stripes or patterns in the sweater, aligning your pieces to make a matching pair. Or not. You need not use only one sweater for the entire outer mitten; consider using a different color for the Back Bottom piece. This is helpful to get more out of each sweater.

Cut 2 mitten tops in outer fabric, 2 in lining. You will have 4 mitten tops total.

Place Mitten Back patterns (Top & Bottom) face up and cut 1 each. Then flip the pattern pieces over (face down) and cut 1 each. This will give you a right and left mitten. Repeat for lining fabric.



Embellish Mitten Tops, if desired.

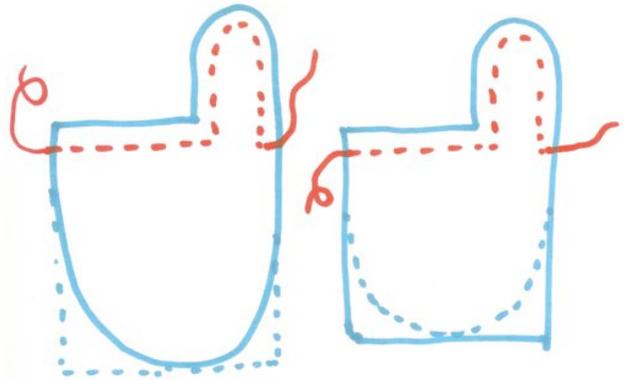
Now is the time to add any embellishments to mitten tops; applique, embroider, etc. before moving on to the sewing steps.

Adjust your sewing machine.

If possible, locate the Presser Foot pressure adjustment and lessen the pressure. This allows you to sew a bulky fabric like a sweater without distorting the top layer of fabric as the presser foot guides it through the machine.

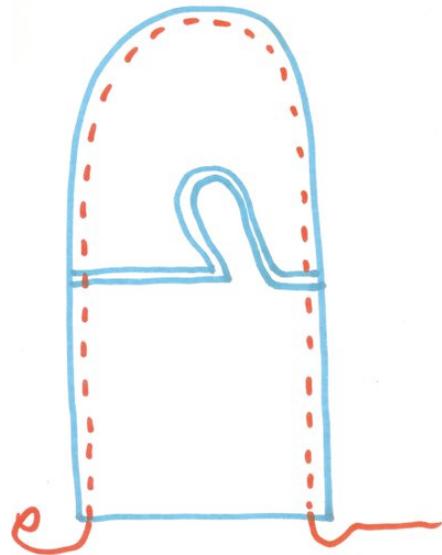
Sew Mitten Back and Thumb.

Match right sides of Mitten Back Top and Bottom. Align the thumbs and midpoint seam, pin. Sew along midpoint seam and around thumb, as shown. Repeat with lining. Trim the seams.



Sew Mitten Front to Back.

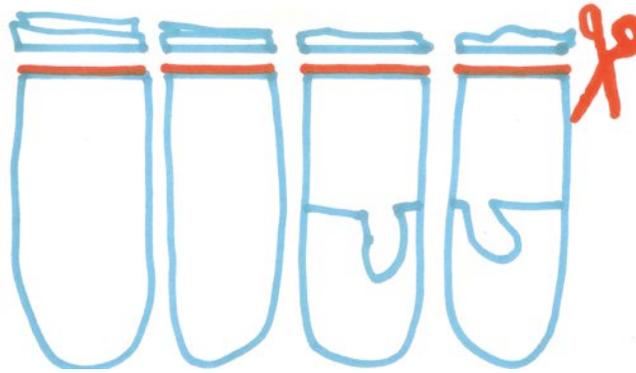
Open the Backs you've just sewn, then lay face down on Mitten Fronts, right sides together. Carefully pin the thumbs away from the seam line, so that they don't inadvertently get sewn into the seam. Sew along the perimeter, leaving the bottom open. Reinforce the area near the thumb seam to add extra durability.



Remove pins from thumb. Trim seams. Try on mitten and assess the fit, if possible. Make any adjustments to the width, the fingertip length, or the thumb. Be sure to adjust all four mittens accordingly.

Trim wrist edges.

Clean up the wonkiness of sewing by trimming the wrists with rotary cutter and ruler, cutting off about 3/4 inch. (sharp shears work fine, too) Line up each fingertip end even with each other and trim each wrist end to the same length.



Sew Outer and Inner together.

Turn outer mittens **right side out**. Place inside of corresponding lining, matching up the thumbs. Right sides of each should be facing each other. If you're making an adult size, make this step a cinch by wearing the outer and stuffing it inside the inner. Matching up side seams, pin bottom edges together, leaving an opening (1 ½ in.) on the bottom wrist side for turning. Sew, taking it slow. Trim seams, leaving the unsewn opening untrimmed.



Turn outer and inner & sew closed.

Reaching into unsewn area of wrist seam, pull out the outer mitten first. Then pull out inner, so that right side is visible. Stuff the lining into the outer mitten, matching thumbs and top edges. Fold raw edges inside and sew the seam closed.



Enjoy!