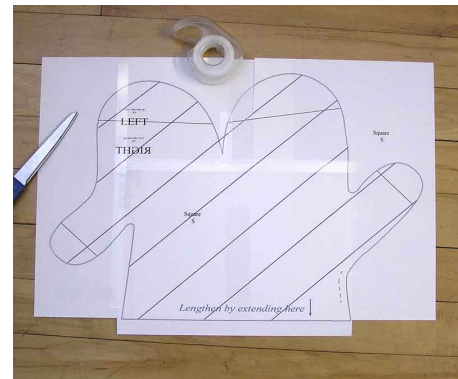
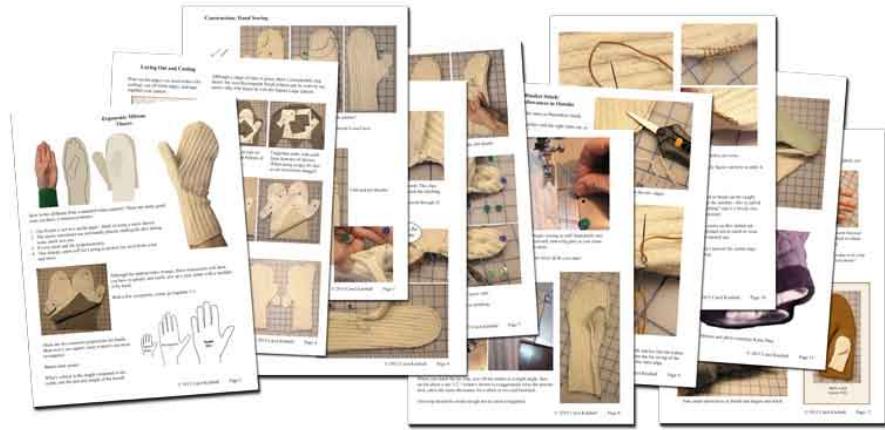


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Children's mittens from five thrift-store felted sweaters.



Ergonomic Mittens Theory and Pattern Development



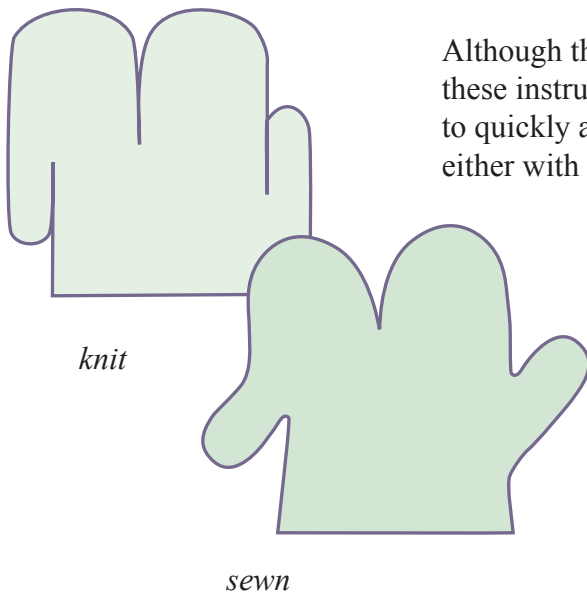
A good mitten pattern has the thumb set across the palm rather than sticking out the side.

Cuffs should be as long as possible and snug at the wrist to keep out wind and snow.

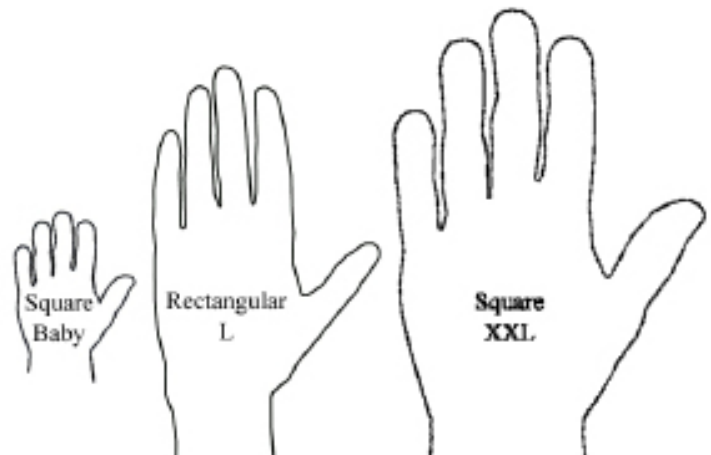


These patterns were adapted from a clever one-piece knit mitten published by Martha Stewart.

They have been substantially modified to be sewn from a less stretchy fabric, such as a felted sweater.



Although the pattern looks strange, these instructions will show you how to quickly and easily sew up a pair, either with a machine or by hand.



Mittens (and gloves) are usually designed for square (men's) hands. Most women's are rectangular.

What's critical is the length compared to the width, and the size and length of the thumb. Both square and rectangular patterns are given for each size, other than the baby's.