

UPCYCLED ACCESSORIES -

with Victoria Ann Meyers

Materials:

¼ yard woven fabric OR equivalent large scraps OR garments to upcycle

Pattern Pieces

1/2" elastic

Sewing machine, iron, pins, thread, thread snips, ruler, safety pin, 1/2" elastic



Scarf Instructions:

1. Using the scarf pattern piece of your choice, cut two pieces of fabric on the fold.
2. Layer cut fabric pieces WRONG SIDES TOGETHER and pin all the way around, leaving a 2" gap where indicated on pattern.
3. Sew all the way around with a 1/2" seam allowance, pivoting at corners and backtracking at each end of the opening.
4. Trim seam allowances to 1/4" (except near opening) and clip corners.
5. Turn scarf right side out, using a pencil or other thing tool to push out corners.
6. Tuck seam allowances inside of the open gap and pin closed.
7. Sew gap shut (by hand or machine).
8. Clip threads and press.
9. Enjoy your upcycled scarf!

SEWING INSTRUCTIONS

Let's Make Scarves and Scrunchies!

Scrunchie Instructions:

1. Using your choice of pattern piece, cut one piece of fabric on the fold.
2. Fold fabric in half lengthwise and pin, starting and ending about 1" from each end.
3. Sew pinned area with a 1/2" seam allowance, backtracking at the beginning and end.
4. Trim seam allowance to 1/4" ONLY WHERE THERE IS STITCHING
5. Turn fabric tube right side out.
6. Pin short ends together with right sides together, and sew with a 1/2" inch seam allowance.
7. Cut desired length of elastic (typically 6-9").
8. Using a safety pin or bodkin, thread elastic through the tube of fabric.
9. Overlap the two ends of the elastic and sew together with a reinforced zigzag stitch.
10. Fluff up the scrunchie over the elastic to test if the elastic is - the right size. Make adjustments now if necessary.
11. Close the opening for the elastic either by machine (stitching close to the edge) or by hand (using an invisible ladder stitch).
12. Clip threads, give a final steam, and enjoy your upcycled scrunchie!

