

## IT'S SEW EASY Series 1300 Upcycle Sewing:

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**Upcycle (up-si-kel) To improve existing goods (such as clothing) through the use of labor, materials, and creativity**  
Good for the planet, good for your budget!

In this episode **we explore upcycling by transforming the sleeves on a dress shirt to  $\frac{3}{4}$  length with a contrasting cuff.** This is a quick and simple method for creating a new look and instantly gives men's dress shirts a more feminine look. The cuff provides an opportunity for creative exploration, using parts of other dress shirts or stash materials, perhaps even embellishing with ribbon, trim or additional fabrics. This episode focuses on **one method: Replacing a sleeve cuff by creating a custom pattern.**

Visit Paganoonoo's [Etsy Shop](#) or [www.paganoonoo.com](http://www.paganoonoo.com) to see more creative upcycle sewing ideas.

### MATERIALS & SUPPLIES

#### INSTEAD OF FABRIC:

**1 man's or women's dress shirt** that fits the shoulders, bust, and upper arms well, with no gaping or straining.

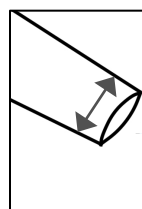
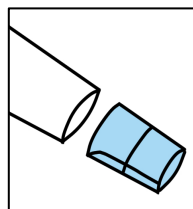
**Fabric for the cuffs**, harvested from additional men's or women's dress shirts, your stash etc. 15" x 9" is generous for **one cuff**. Matching or different fabrics can be used.

#### SUPPLIES:

Thread, tape measure or ruler, irons and ironing boards, pins, seam ripper, sewing machine, sharp sewing scissors, optional pinking shears, sleeve board

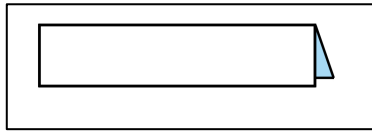


### Instructions



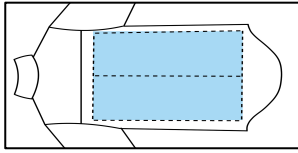
**Cut off the ends of the sleeves.** Make the cut just above the sleeve placket.

**Measure the width** on 1 side of the cut end: \_\_\_\_" x 2 = \_\_\_\_" (combined width) + 1" (for seam allowances) = \_\_\_\_" (total width)

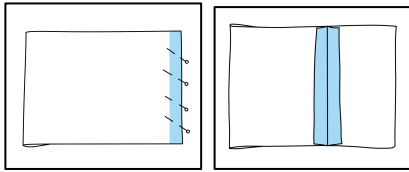


**Make a paper pattern.** The long side is the width. The short side is the depth  $\_\_\_\text{''} + .5\text{''}$  (for seam allowances)  $\times 2 = \_\_\_\text{''}$  (both sides of cuff)

**For example,** a cuff for an 8" opening and a 3" depth would measure 17" by 7", and be folded in half to measure 17" by 3.5".

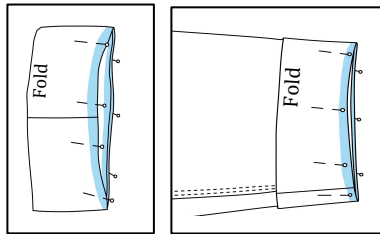


**Unfold the cuff pattern** and use it to harvest cuffs from other shirts or a mix of flat fold fabrics. **Optional:** Lightly interface the cuffs. Use iron-on interfacing or simply line the cuff with a second fabric.



**Interface if desired.**

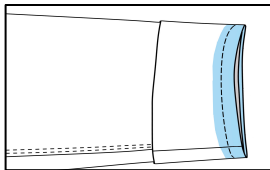
**Pin the short sides** of the cuff together. **Sew the short sides** of the cuff together using a  $\frac{1}{2}\text{''}$  seam and press open.



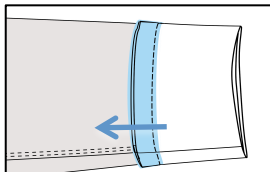
**Fold the cuff in half,** right sides out, then press and pin.



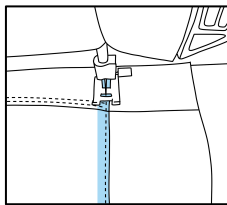
**Slip the cuff onto the sleeve,** right side to right side.



**Sew a  $\frac{1}{2}\text{''}$  seam** and press. **Turn the sleeve inside out.**



**Press the raw edges up** towards the armhole. Turn the sleeve right side out and press again.



**Topstitch the just above the cuff,** catching the turned-up seam. Stitch a double row for stability if you would like.



Sew up these Paganooonoo designs!

Upcycle Sewing Instructions for sale [here](#)



**Paganooonoo**<sup>TM</sup>

