

# CUT AND SEW CUSHION BY TEATUM JONES

*Reviving old knitwear and tired textiles  
into a homemade cushion cover.*





## MATERIALS

- 1x Old jumper (or other items of clothing)
- 1x Cushion zip
- Scissors
- Sewing machine
- Machine thread
- Chalk/ pen/ pencil
- Any paper or card
- Pins
- Ruler
- Measuring tape
- Optional: scrap fabric, embroidery ring, hand sewing needle, yarn/thread

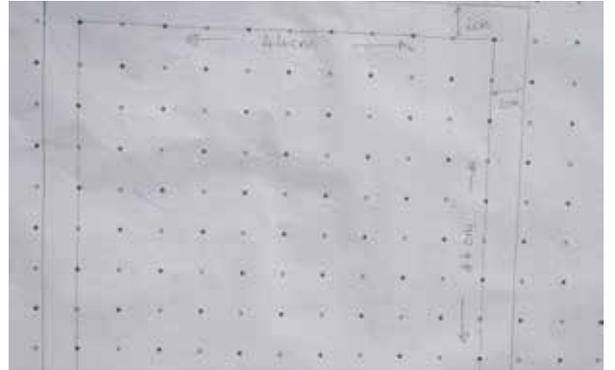
# LET'S GET STARTED!

## STEP 1



**Measure cushion size.**  
(instructions based on 44cm x 44cm).

## STEP 2



**Create a paper pattern.**

As our cushion is 44cm x 44cm, our pattern base will be this size, you then need to add a 2cm seam allowance all four sides.

This makes the pattern 48cm x 48cm square.

## STEP 3



**Place your paper pattern on your jumper or knitted wool fabric.**

Pin around the paper and cut out the fabric.

You will need to cut 2 fabric squares of this size. We have used the same fabric for both front and back of the cushion, but you can use 2 different fabrics for your cushion.

## STEP 4



**Zig Zag stitch around all 4 sides of your fabric.**

Be very careful not to unravel the knitted square otherwise you will get holes in your cushion once it is finished. This stitching will reinforce the knit.

## STEP 5

### Embroidery - optional

Draw the design you want on your cushion in chalk, light pen or pencil. If your pencil is not erasable, be care not to make too many mistakes as your embroidery may not cover the unwanted marks. When we do embroidery, we always apply a paper template first. Then we can move and reposition the artwork if it doesn't look right.

Put the fabric through an embroidery ring, but If you don't have one, not to worry, just make sure when you are pulling your yarn through, you are not pulling too tight, otherwise your fabric will start pulling and wrinkle.

You can hand embroider or machine embroider your design depending on your desired finish. For hand embroidery, we tend to embroider 0.5cm length stitches up and down the artwork using weaving wool yarn,

but you can unravel any scrap yarn from your jumper to achieve same effect.

You can also embroider onto a separate piece of fabric, and then applique onto your cushion after.



## STEP 6



**Machine sew the zip onto both front and back of your fabric.**

We usually position the zip opening along the bottom of the cushion.

As we have a 2cm seam allowance, make sure you pin the zip into correct position.

Note: It will be easier to finish the cushion if your zip is slightly shorter than the fabric width.

## STEP 7



**Once zip is sewn, line up both layers of fabric with the wrong side on the outside.**

Zig zag sew along the remaining 3 edges, and also along the zip opening to close the hole. Make sure you have unzipped the zip before sewing.

Again, don't forget to use a 2cm seam allowance. Be extra careful when sewing as fabric can become stretchy and thick.

## TO FINISH

### STEP 8



**Turn your cushion cover inside out and push out all of the corners.**

You can use fingers, or scissors, but be careful not to damage the knit.

### STEP 9



**STEP 9: Place cushion into the cover and zip up.**

All done!

You can overlock or bind inside seams to give extra reinforcement, but this is optional.

Visit [woolmark.com/care](https://www.woolmark.com/care) for more simple tips on washing and drying wool.