

Upcycled Tee Two Ways

A WEAVE-ALONG BONUS PATTERN

Liz Gipson



Project Specs

Yarn 8/4 Carpet warp, 1,680 yd/lb in two contrasting colors, a “light” and a “dark” (Shown here in Cotton Clouds Carpet Warp Purple and Ecru); recycled t-shirt in the same color as dark warp.

Tools Rigid-heddle loom with at least an 8" weaving width, 8-dent rigid heddle, 3 shuttles, rotary cutter, self-healing mat.

Warp Yardage 45 yd each, light and dark.

Weft Yardage 27 yd light carpet warp; 30 yd dark t-shirt weft (see page 3 for how to make the weft).

Warp Length 50" (25" allowed for loom waste).

Warp Ends 64 (32 light/32 dark).

Width in Rigid Heddle Reed 8"

EPI (Ends Per Inch)/Sett 8

PPI (Picks Per Inch) 10 (5 thin/5 thick)

Finished Size: 23" x 7" runner, or 9 ¼" x 7" crossbody bag

We all have them, t-shirts that have served us well and we hate to see them go. Give them a new life by making them into tarn, yarn made from t-shirts. A single shirt is worked up here using a log cabin threading and a thick and thin weft. The splashes of extra color are created by the writing on the tee. A large tee was enough to make this cute table runner from which you could also sew into a bag (see page 4). Weaver’s choice!

Liz Gipson is smitten by small looms and big plans. She is the head teacher at the Yarnworker School of Weaving, a space for rigid-heddle weaving classes and weave-alongs. To learn more, visit www.yarnworkerschool.com

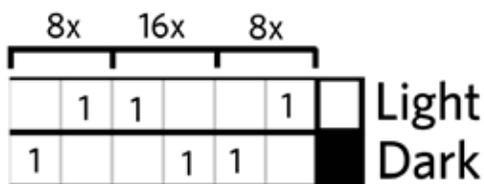
Log Cabin is part of a family of plain weave patterns called color-and-weave. A combination of light and dark yarn is alternated in warp and weft to create seemingly complex patterns.

These patterns are written in shorthand using light ends expressed as “L” and dark ends expressed as “D”. These light and dark ends alternate to create the patterning. To create the optical illusion of the interlacing stripes in this Log Cabin pattern, the color order pivots every block by changing the order of lights and darks. In this case, the Purple is the “dark” and the Ecu is the “light”. It isn’t necessary for the yarns to be the same size in warp and weft to create the color effect.

We explored these patterns and how to manage multiple colors in warp and weft, in [Weaving 201: Colorwork at the Yarnworker School](#).

Warping These instructions are written for the direct warping method. If using the indirect method, thread following Fig. 1 below.

Fig. 1 Warp Color Order



The indirect method decreases the number of crossed threads behind the heddles, although if you allow a little bit of extra loom waste, this mitigates the problems with the direct method as you get near the end of your weaving.

Thread Slots Center the warp in the heddle and using the direct warping method, thread slots from right to left:

LD x 4 + DL x 8 + LD x 4

Each letter here represents 2 ends, or one loop of yarn, through a slot. You can leave both warp yarns active while you warp.

Wind the warp on the back beam, adding packing paper between the layers.

Thread Holes Using the following color order, finish threading the rigid-heddle. *You will move some threads from one slot to another to maintain the color order.*

LD x 8 + DL x 16 + LD x 8

Tie the warp onto the front apron rod and adjust for even tension.

Weaving See page 3 for how to make t-shirt yarn.

Wind 1 shuttle with a smooth scrap yarn, 1 with light carpet warp, and 1 with t-shirt weft.

Start by weaving about 1½" of scrap yarn.

Weave 5 picks of carpet warp, incorporating the tail into the weaving using a tail tuck. To do this, weave your first pick, leaving a 6" tail. Change sheds. Tuck the tail back into this shed allowing the tail to exit the shed about an inch from the selvedge. Lay in the next pick in the same shed and press into place.



A ply-split join worked with the t-shirt yarn in an alternate colorway.

Add in the t-shirt yarn by using a ply-split join. To do this, snip the end of the first loop of t-shirt yarn to create two separate ends. Open up your next shed and lay in your weft, leaving about a 4" tail. Pull out one half of the tail about 1" from the selvedge with the tail. Wrap the other half of the tail around the selvedge and place it back in the shed. Bring it out of the shed 3 warp ends over from the first end, so they overlap slightly. Press into place and continue to weave.

Making Tarn



Step 1: Prewash your t-shirt. Cut the top part of the t-shirt off just under the arms to form a tube. Place the tee with the open ends on left and right. I find it best to use tees with at least one side that has a solid color.



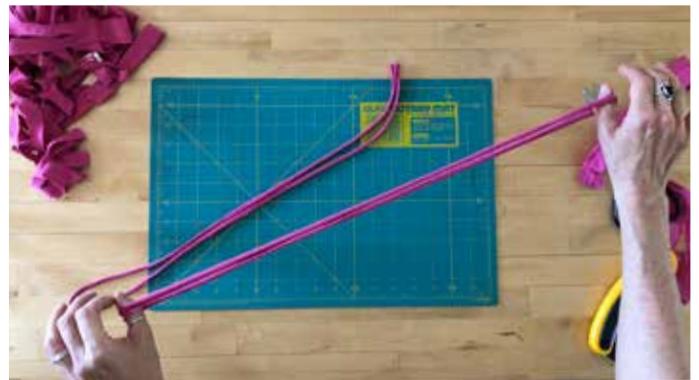
Step 2: Fold the tee in half, lengthwise to fit on your mat and to decrease the length of your cuts.



Step 3: Cut away the bottom seam.



Step 4: Cut $\frac{1}{2}$ " loops. Be sure that you cut through all the layers.

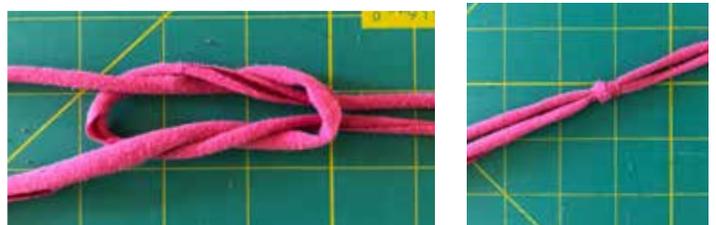


Step 5: Stretch each loop before connecting. This will transform the flat fabric into a round tube.



Step 6: Lay one end of a loop on top of the other.

Step 7: Pull one end of the bottom loop through its other end.



Step 8: This will interlace the two loops together. **Step 9:** Pull on each end to tighten. Continue connecting the loops to form a continuous yarn.

Sewing the Bag

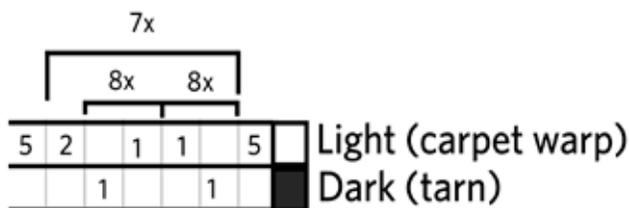
(If you are not familiar with the ply-split join, see pages 24-25 of *Handwoven Home* or the lesson in *Weaving 201*.)

This pattern is woven using the following weft color order repeated 7 times:

[DL x 8 + LD x 8 +LL] x 7.

In draft form, it looks like this:

Fig. 2 Weft Color Order



Changing the order of your weft will alter the appearance of the color in each block. Note that this is a non-traditional Log Cabin weft color order. The pivot is created by weaving 2 ends of light between each block.

End with 5 picks of carpet warp. Cut the yarn from the shuttle leaving a 6" tail and needle-weave the yarn under the last woven pick.

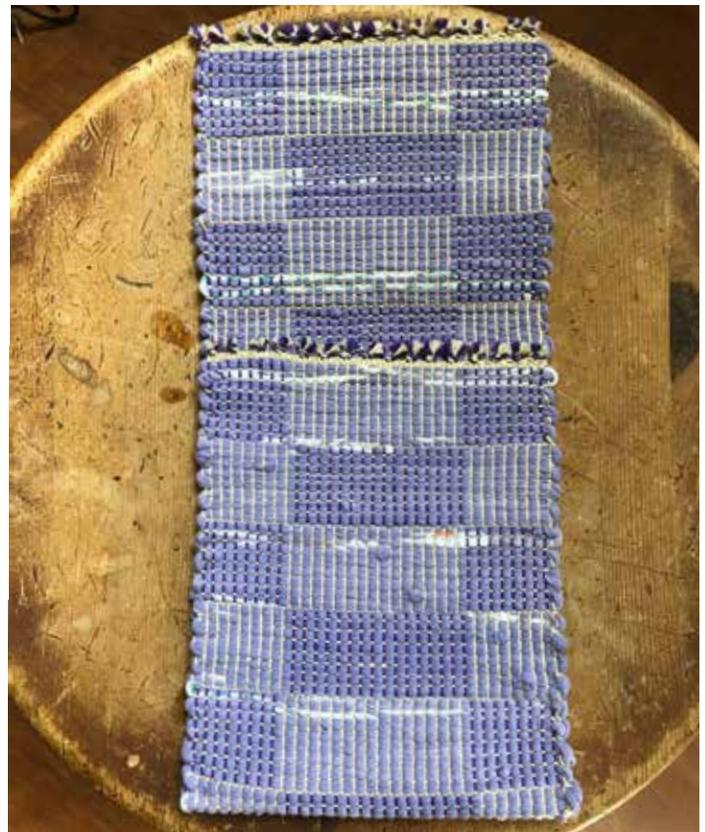
Weave 1" of scrap yarn to keep your weft in place as you work the fringe.

Finishing Remove the cloth from the loom by cutting the warp behind the heddle, leaving as much length as possible and untying the warp from the front apron rods.

Remove the header and secure the fringe by tying every 4 ends into an overhand knot.

Washing Machine wash on the gentle cycle with a couple of towels and a small amount of detergent. Lay flat to dry. Trim fringe to about ½" from the knot. 🧺

We tackled weaving rag rugs with fabric and tees in the [late summer 2018 weave-along](#). You can register for any weave-along for free while it is active, and for a small fee after the closing date. Join us!



Fold the bag at about 8½" from one end of the fabric. Check that the bag flap folds in such a way that the center rectangular blocks line up to form one large square. Use coordinating sewing thread and running stitch to sew the edges together, following the warp end next to the selvedge. Depending on how you plan to use the bag, and if you have the sewing skills, you could add a lining. I ordered a leather strap on Etsy, which has yet to arrive at the time of publication. I'll update the pattern when it arrives.

