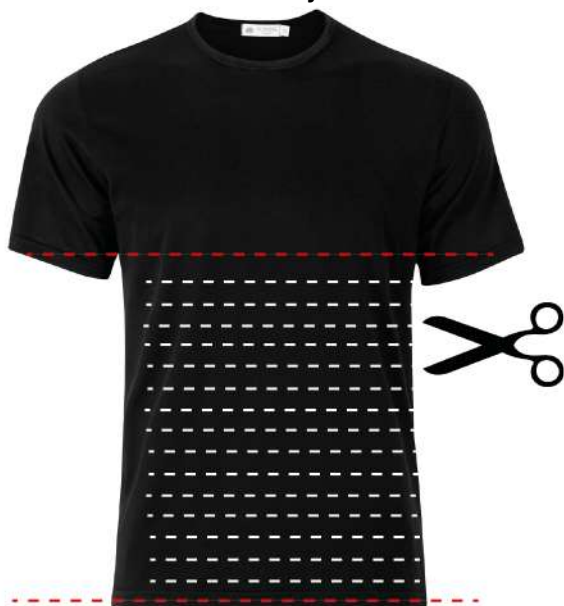




## Upcycled Rug Making with Maria Yebrá

### T-shirt Yarn

Use an old 100% cotton t-shirt. Lycra and other fibres won't curl as nicely. Don't use ribbed jersey as it will undo itself and fray.



Lay the T-shirt flat and cut the hem and top part off.

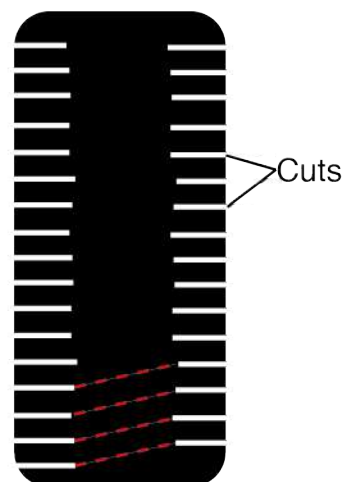
Cut about 2-3 cm width strips, stopping about 3cm from the edge of the tshirt.

DON'T cut all the way!

4cm strips - good for rug-making, macrame, braids,

2cm strips - good for crocheting or knitting

Side view of T-shirt



Flatten the tshirt with the uncut side in front of you. Now cut diagonally from the first cut from left to right.

You should be left with a long strip of t-shirt yarn.

The last step is to pull the yarn to make it curl and done!

### Braided Rug

This rug will need about 8-12 t-shirts depending on the size of the rug (and the t-shirts!)

1. Pick 3 of the spools of t-shirt yarn and braid them together like you would braid your hair.
2. When one spool ends attach the next one by sewing the tips (you can also knot them but the result won't be as neat).
3. Once you have braided them all, place one end of the braid flat on the floor (about 50cm for an oval rug, the shorter the first length the more circular the rug will be) and fold it around itself.
4. You can sew them together manually or with a sewing machine. If you use a sewing machine use a wide zig-zag stitch.





- Continue folding and sewing around until you finish the braid. You can always add more t-shirts if you prefer a larger rug.

If the rug is slippery you can add an anti-slip base (Ikea or Bunnings)

## Weaved Rug

For a circular rug use a hula-hoop, for a rectangular rug use a large poster frame. 15-20 t-shirts

- Using the discarded upper parts of the t-shirts (the ones with the sleeves), cut 8 double strips from sleeve to sleeve. The end result should be a continuous band.
- Stretch the T-shirt bands around the hula-hoop to make a star shape, base for the weaving.
- Wrap the T-shirt bands around the base poles going over and under each one alternately.
- Once completed cut the base off the hula-hoop and tie a double knot. Weave in the loose ends.



## Knotted Rug

You will need a grid base such as anti-bird net, anti slip mats in a grid pattern, wire chicken fencing although the rug will be a bit stiff at the end. Make sure the holes in the net are big enough for you to pass at least one finger. 20-15 t-shirts

- Cut the t-shirt yarn in equal strips (10-15cm for a short hair rug)
- Knot the strips around the base starting in a corner. Knot as many strips as you can per hole for a fluffier look (specially if you use chicken wire).
- This rug is pretty but very time consuming :)

