



Martin County 4-H

Clothing & Textiles Record Book





Martin County 4-H Program

Clothing & Textiles Record Book

Name: _____ Date: _____

County: _____ Age: _____ Years in 4-H: _____

4-H Club: _____ Leader: _____

PROJECT: _____

Parents/Guardian Name: _____

Parent's Email: _____

I personally prepared this record book and it is a true report of my 4-H project.

4-H Member Signature: _____ Date: _____

Approval of this Record Book:

Parent/Guardian: _____ Date: _____

4-H Leader: _____ Date: _____

Instructions

- Complete a Record Book for each project and submit with all of the attachments listed.
- Complete Section 1 as you start your new project.
- Each section should be completed as you work with your project.
- Place this Record Book and additional papers in a folder or binder.

Section 1: Project Plans and Goals

This is what I want to learn this year: _____

Member Signature: _____ Date: _____

This is what my leader agreed to help me do: _____

Leader Signature: _____ Date: _____

This is what my parent(s)/guardian(s) agreed to help me do: _____

Parent/Guardian Signature: _____ Date: _____

Section 2: Project Highlights

Date: **Major activities I did in my project this year:** **How much time you spent:**

| Date: | Major activities I did in my project this year: | How much time you spent: |
|-------|---|--------------------------|
| | | |
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Section 3: Project Details



USE: Cotton or cotton like fabrics that are firm.

MAKE AT LEAST ONE:

- Simple Skirt
- Simple Nightgown
- Half-slip
- Swimsuit Cover-up
- Simple blouse or skirt

MAKE AT LEAST ONE:

- Simple Poncho
- Tote bag
- Popover skirt
- Apron

STUDY: Basic weaves (fabric construction) & different cotton & cotton-blend fabrics.

Fabrics I studied: _____

LEARN & DO AT LEAST TWO NEW CONSTRUCTION TECHNIQUES:

- | | |
|---|--|
| <input type="checkbox"/> Use basic sewing tools | <input type="checkbox"/> Baste |
| <input type="checkbox"/> Construction press | <input type="checkbox"/> Make simple seams & seam finishes |
| <input type="checkbox"/> Straighten fabric | <input type="checkbox"/> Use elastic in a casing |
| <input type="checkbox"/> Hem by hand & machine | <input type="checkbox"/> Do simple hand stitches |
| <input type="checkbox"/> Press cotton & cotton like fabrics | <input type="checkbox"/> Use a press cloth |
| <input type="checkbox"/> Use & care for sewing machine | <input type="checkbox"/> Pre-shrink fabric |
| <input type="checkbox"/> Select fabric | <input type="checkbox"/> Identify grain in woven fabrics |
| <input type="checkbox"/> Measure, cut & mark accurately | |



Techniques I enjoyed learning: _____

SHOW & TELL: At least one other person, describe the event:

GIVE: At least one demonstration, describe the demonstration:

Project Level: _____ **Include your Level Project Manual with this record book.**

NOTE: Before you move on to the next level of 4-H Clothing Construction, you should complete all of the construction technique requirements of the previous level. In most cases, this means that you may stay in a level for 2 years. During the second year you will improve the skills you have learned by making different garments, using new or different construction techniques you then will progress to the next project level.

Garment 1

Garment 2

Garment made _____

Fabric _____

Fiber Content _____

Date completed _____

Cost _____

Savings _____

What did you learn when making Garment 1? _____

What did you learn when making Garment 2? _____

What Sewing equipment did you learn to use? _____

What did you learn about cotton or cotton like fabrics? _____

Section 4: Project Attachments

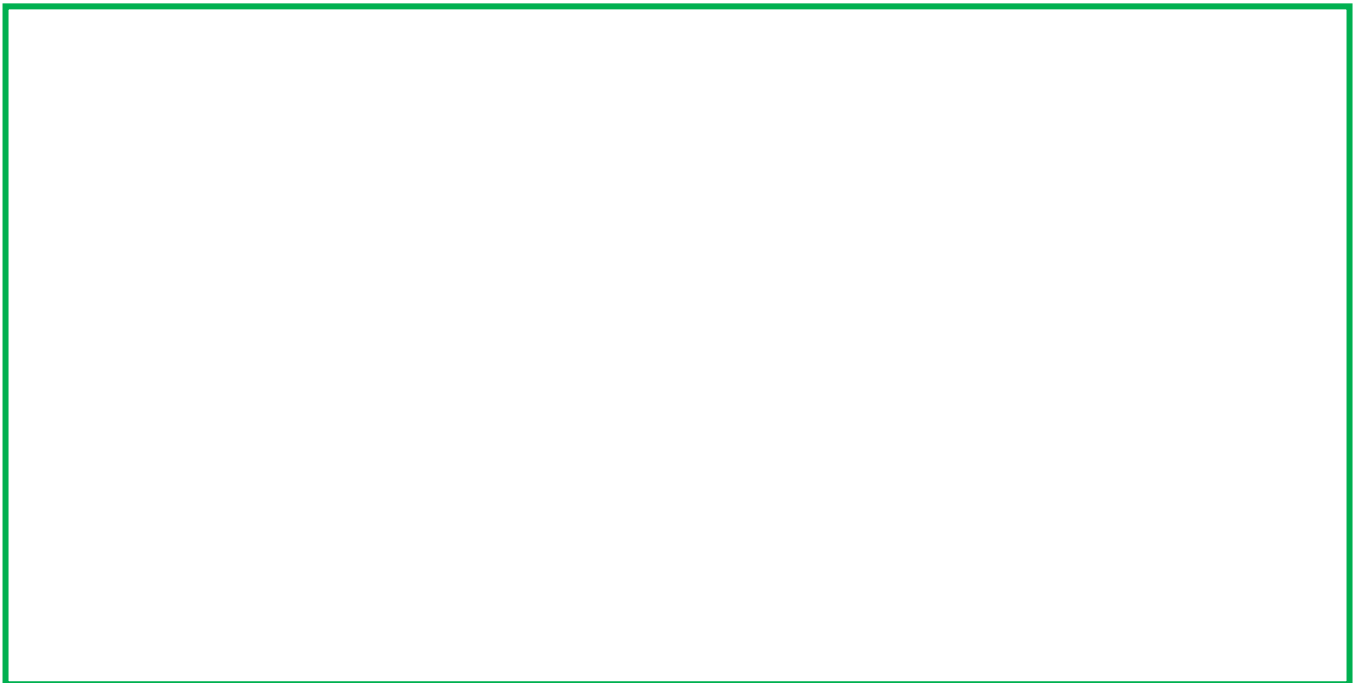
Pictures & fabric samples: attach photographs of your garments & the fabric samples.
Also, include other photographs (construction, etc.) that relate to this project.

Project Pictures

Attach a minimum of four (4) photos of your project work throughout the year showing you and your project at the beginning and when completed. *Print additional pages as needed.*



Caption: _____

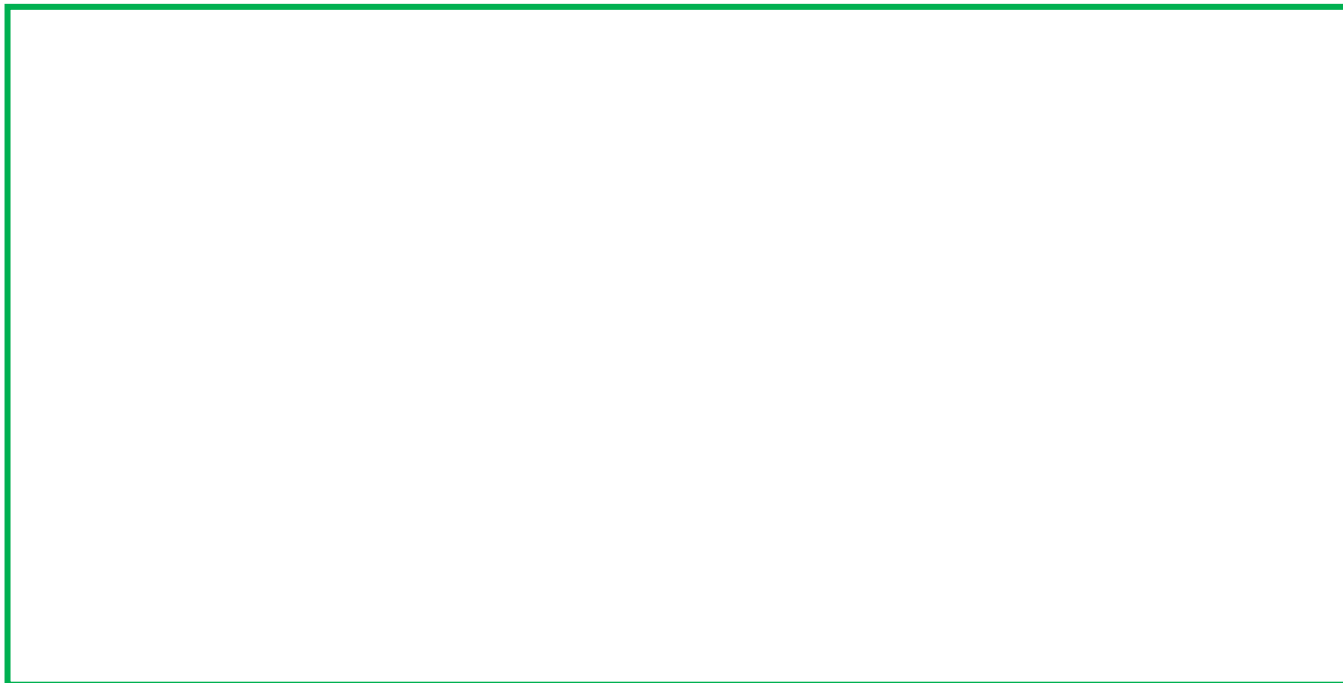


Caption: _____

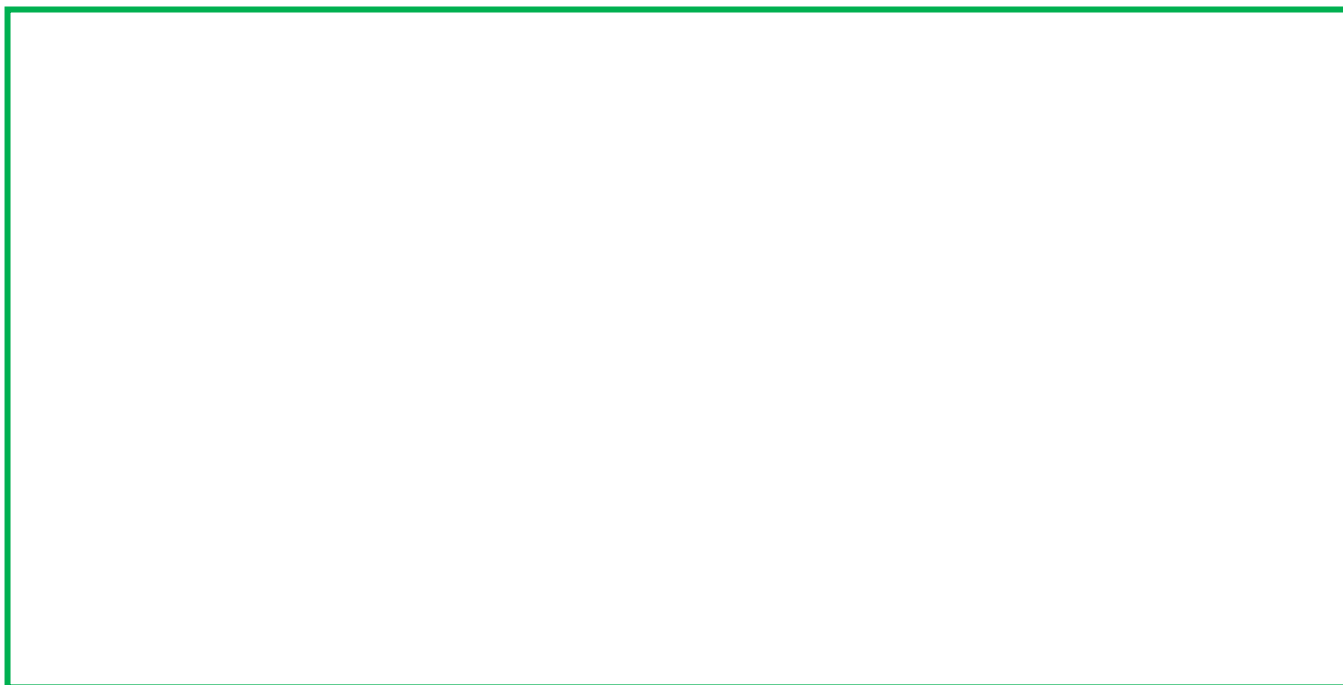
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Caption: _____



Caption: _____

Fabric Samples:



Caption: _____



Caption: _____

Construction Samples: attach a sample seam and other sample techniques learned, such as basting, serging, blind stitch, etc.



Caption: _____



Caption: _____

What I learned while working on my project: _____

What problems I had and what I did about them: _____

What I did that I was proud of in my project: _____

What my adult leader/parent helped me do with my project this year: _____

What I will do different next year in this project: _____

My goals for next year: _____

My Community Service activities: _____

Awards and Recognition I have received: _____



4-H Pledge

**“I pledge My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living,
for my club, my community, my
country, and my world.”**



**For more information on
Volunteer Opportunities and the
Martin County 4-H Program**

**Visit us at:
Martin.ifas.ufl.edu/4H**

The 4-H Creed

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my **HEAD** for the power it will give me to think, plan and to reason.

I believe in the training of my **HEART** for the nobleness it will give me to be kind, sympathetic and true.

I believe in the training of my **HANDS** for the ability it will give me to be helpful, skillful and useful.

I believe in the training of my **HEALTH** for the strength it will give me to enjoy life, resist disease and to work efficiently.

I believe in my country, my state and my community and in my responsibility for their development.
In all these things I believe, and am willing to dedicate my efforts to their fulfillment.



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