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 you complete and submit the report 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

<table>
<thead>
<tr>
<th>Date:</th>
<th>Major activities I did in my project this year:</th>
<th>How much time you spent:</th>
</tr>
</thead>
<tbody>
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</table>
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:

- Use basic sewing tools
- Construction press
- Straighten fabric
- Hem by hand & machine
- Press cotton & cotton like fabrics
- Use & care for sewing machine
- Select fabric
- Measure, cut & mark accurately

- Baste
- Make simple seams & seam finishes
- Use elastic in a casing
- Do simple hand stitches
- Use a press cloth
- Pre-shrink fabric
- Identify grain in woven fabrics

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.

<table>
<thead>
<tr>
<th>Garment 1</th>
<th>Garment 2</th>
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<tbody>
<tr>
<td>Garment made</td>
<td></td>
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<tr>
<td>Fabric</td>
<td></td>
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<tr>
<td>Fiber Content</td>
<td></td>
</tr>
<tr>
<td>Date completed</td>
<td></td>
</tr>
<tr>
<td>Cost</td>
<td></td>
</tr>
<tr>
<td>Savings</td>
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</tr>
</tbody>
</table>

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: ____________________________________________

Caption: ____________________________________________
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: __________________________________________
Fabric Samples:

Caption:____________________________________________________________________________________________________

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

Caption: ____________________________________________________________

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: ______________________________________
__________________________________________________________________________
__________________________________________________________________________
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__________________________________________________________________________

What my adult leader/parent helped me do with my project this year: ________________
__________________________________________________________________________
__________________________________________________________________________
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__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
What I will do different next year in this project: __________________________________________

____________________________________________________________________________________

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My goals for next year: _________________________________________________________________

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My Community Service activities: ________________________________________________________

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Awards and Recognition I have received: _________________________________________________

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Project Story

Write a story about your project experiences. Looking back over your past year in 4-H, think about the things you’ve learned and how these things may help you later in life.

Use the space below to neatly write or type your project story.

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Project Research, Resources or Work Sheets

Include the research materials, educational resources and/or worksheets that you have completed as evidence of your project accomplishments. Include copies of any awards, certificates or recognitions you have received this 4-H year. Place this book and all supporting paperwork in a folder or binder.

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.”

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.

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

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