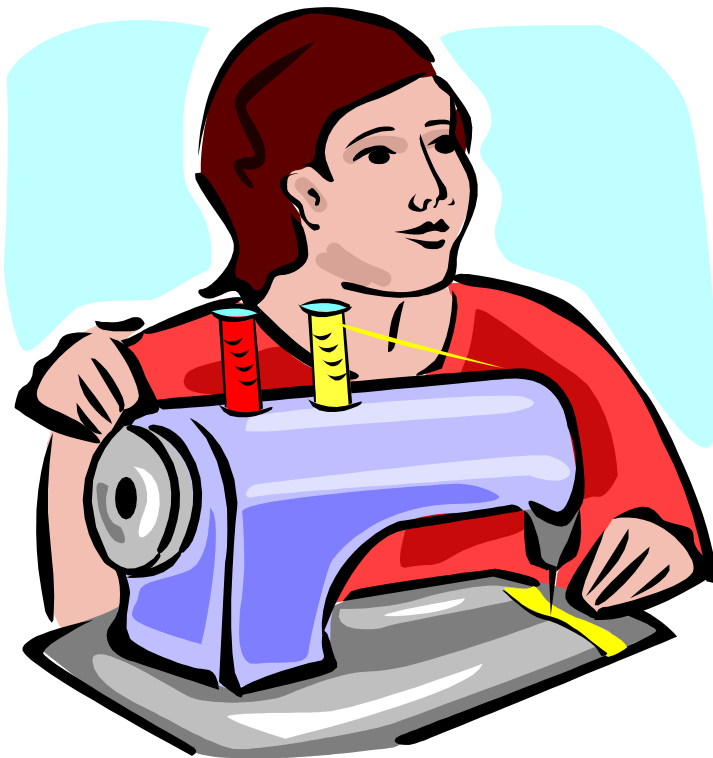


# 4-H Clothing Construction

## Project Book



Name:

---

Club Name:

---

4H Age: \_\_\_\_\_

Years in 4-H: \_\_\_\_\_

The Institute of Food and Agricultural Science (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. DEPARTMENT OF AGRICULTURE, COOPERATIVE EXTENSIONS SERVICE, UNIVERSITY OF FLORIDA, IFAS, FLORIDA A & M UNIVERSITY COOPERATIVE EXTENSION PROGRAM, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.

Revised August 2006 by Vera Collins Lake Cnty 4-H Secretary, this book is available  
on the web at: <http://lake.ifas.ufl.edu/4-H/Projects.htm>

Please check boxes for tasks completed.

USE: Cotton or cotton like fabrics that are firm

MAKE AT LEAST ONE:

<input type="checkbox"/>	<i>Simple Skirt</i>	<input type="checkbox"/>	<i>Simple Nightgown</i>
<input type="checkbox"/>	<i>Half-slip</i>	<input type="checkbox"/>	<i>Swimsuit Coverup</i>
<input type="checkbox"/>	<i>Simple blouse or skirt</i>		

MAKE AT LEAST ONE:

<input type="checkbox"/>	<i>Simple Poncho</i>	<input type="checkbox"/>	<i>Tote bag</i>
<input type="checkbox"/>	<i>Popover skirt</i>	<input type="checkbox"/>	<i>Apron</i>

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

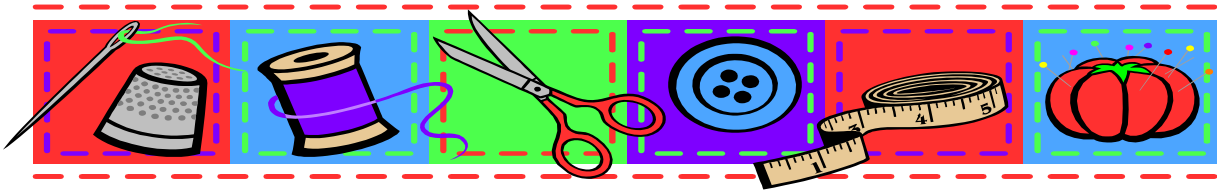
LEARN & DO AT LEAST TWO NEW CONSTRUCTION TECHNIQUES:

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



SHOW & TELL: At least one other person.

GIVE: At least one demonstration.



Before you move on to the next level of 4-H Clothing Construction-Girls, you should complete all of the construction technique requirements on the previous page. In most cases, this means that you may stay in one 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. Attach additional pages, if needed.

	Garment 1	Garment 2
<i>Garments made</i>		
<i>Fabric</i>		
<i>Fiber Content</i>		
<i>date completed</i>		
<i>cost</i>		
<i>savings</i>		

What did you learn on Garment 1? \_\_\_\_\_

---

---

---

---

What did you learn on Garment 2? \_\_\_\_\_

---

---

---

---

---

What Sewing equipment did you learn to use? \_\_\_\_\_

---

What did you learn about cotton or cotton like fabrics? \_\_\_\_\_

---

---

How did you help others? \_\_\_\_\_

---

---

---



Pictures & fabric samples: attach a snapshot of your garments & fabric samples.  
Also, include other snapshots that relate to this project.


Construction Samples: attach a sample seam and room for more snapshots.

## Project Summary

### LEADERSHIP

List your accomplishments both in this project and as a member of your club, county council, etc.

*Ex: participate in TLC as the delegate to District VIII meetings.*

Date	Please Describe

### COMMUNITY SERVICE

List in detail your individual or club community service accomplishments and the purpose for the service.

*Ex: Our 4-H Club saw a need for a food drive & collected 200 items that were delivered to the needy.*

Date	Activities and Events

## PRESENTATIONS

List in ***detail*** the demonstrations, speeches, exhibits, workshops where you presented. Also list the topic of your presentation & the level at which you participated at.

*Ex: County Events Demonstration - "How to prepare your Rabbit for Show" Check County*

Date	Activity	Topic	Please check level				
			Individual	Club	Cnty	District	State

## CLUB ACTIVITIES

What activities did you participate in with your 4-H Club.

*Ex: Workshops, fair, field trips, judging trips*

Date	Activities

## **NEWSPAPER Articles and/or Pictures of your 4-H Project**

*NEWSPAPER Articles are extra and will not be deducted.*

*If you or your 4-H club was in the newspaper please attach the article here.*

For project pictures, be sure to include captions describing each photograph. If possible show ( The Beginning of your project ( work being done and ( your completed project. (Minimum of 3 pictures ). You may insert pages as needed.



