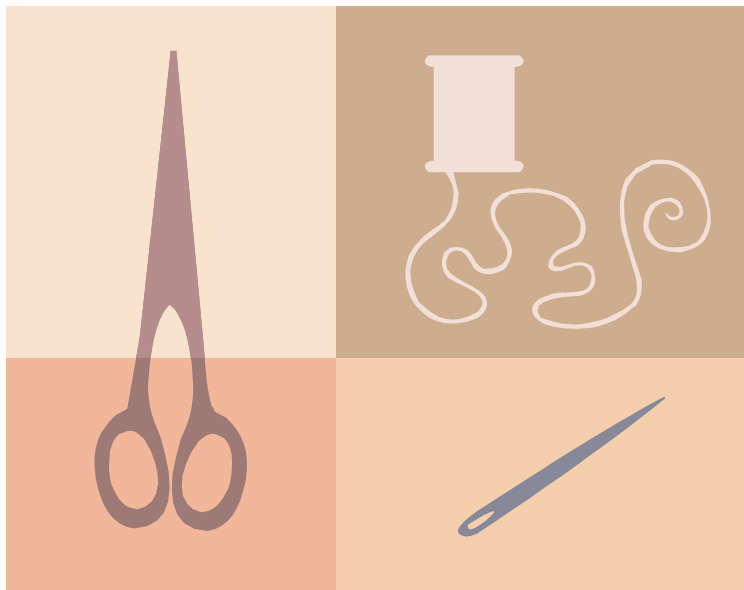


4H225

4-H Clothing Construction

Record Book



5

Name: _____

Club Name: _____

4H Age: ____

Florida Cooperative Extension Service Institute of Food and Agricultural Sciences University of Florida, Gainesville An Equal Opportunity Institution
Revised July 2004 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: a plaid fabric È a "silk-feel" fabric È a two way stretch fabric È a wool or wool like fabric È a suitable fabric of your choice.

MAKE AT LEAST 3 OUTFITS, ONE OF WHICH IS FOR A CHILD.

<input type="checkbox"/>	semi-tailored garment	<input type="checkbox"/>	party dress	<input type="checkbox"/>	lingerie or sleepwear
<input type="checkbox"/>	sports outfit	<input type="checkbox"/>	bathing suit or coverup	<input type="checkbox"/>	child's garment or baby's layette
<input type="checkbox"/>	garment with suitable pattern for fabric				

STUDY: an item of clothing in relation to quality & price U working with plaids
U working with tow way stretch fabrics

LEARN & DO AT LEAST 5 NEW CONSTRUCTION TECHNIQUES:

<input type="checkbox"/>	improve construction skills	<input type="checkbox"/>	make bound buttonholes
<input type="checkbox"/>	hand pick a zipper	<input type="checkbox"/>	line a garment
<input type="checkbox"/>	cover buttons	<input type="checkbox"/>	cover snaps
<input type="checkbox"/>	make thread eyes & belt loops	<input type="checkbox"/>	reinforce an all in one sleeve
<input type="checkbox"/>	make ruffles	<input type="checkbox"/>	use cording
<input type="checkbox"/>	sew on "party" fabrics	<input type="checkbox"/>	match plaids
<input type="checkbox"/>	work with two way stretch knits	<input type="checkbox"/>	applique'
<input type="checkbox"/>	Miter corners	<input type="checkbox"/>	make cuffs
<input type="checkbox"/>	make a continuous bound placket	<input type="checkbox"/>	make belts
<input type="checkbox"/>	learn different seams, finishes, and seam treatments.		

SHOW & TELL: At least 3 other people. 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 listed above. 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

	Garments made	Fabric Name	Fiber Content	completed	cost	savings
<i>Garment 1</i>						
<i>Garment 2</i>						
<i>Garment 3</i>						
<i>Garment 4</i>						
<i>Garment 5</i>						
<i>Garment 6</i>						

What did you learn on *Garment 1*? _____

What did you learn on *Garment 2*? _____

What did you learn on *Garment 3*? _____

What did you learn on *Garment 4*? _____

What did you learn on *Garment 5*? _____

What did you learn on *Garment 6*? _____

What Sewing equipment did you learn to use? _____

What did you learn about matching plaids? _____

What did you learn about working with two way stretch knits? _____

What did you learn about working with silk feel fabrics? _____

What did you learn about sewing for children? _____

What did you learn about working with wool or wool like fabrics? _____

What techniques do you need to improve? _____

What demonstrations and exhibits did you give?

Title	Where	Date

How did you help others? _____

Construction Samples:

attach suitable seam and hem finishes for a wool or wool like fabric, a plaid, a silk feel fabric, a two way stretch fabric & a baby's garment.

1.

2.

3.

4.

Pictures & fabric samples: attach a snapshot and fabric sample of your garments. Also, include snapshots showing other involvement in this project.

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.

