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no. 48
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97-10-1914

REGON
SECTION

Name..... Age..... Club No.....
 (Nearest birthday)

R.F.D. or Street Address..... Grade in School.....

Post Office Parent's Name.....
 (In full)

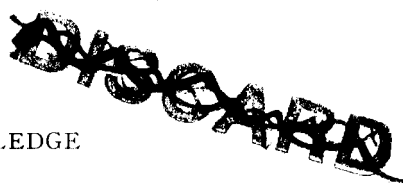
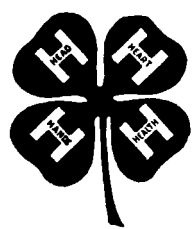
County..... Local Leader's Name.....
 (In full)

School..... District No..... Address.....

Year 193.....

4-H Club Member's Clothing Project Record Book

Division or Divisions



NATIONAL 4-H CLUB 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, and my country.

**OREGON STATE AGRICULTURAL COLLEGE
EXTENSION SERVICE**

CORVALLIS, OREGON

Club Series L-48

4-H Clubs

Cooperative Extension Work in Agriculture and Home Economics
 Paul V. Maris, Director
 Oregon State Agricultural College, United States Department of Agriculture, and State
 Department of Education, Cooperating
 Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

INSTRUCTIONS FOR KEEPING 4-H CLUB RECORDS

Each 4-H Club member is required to keep a business-like record covering the projects carried. To be of real value, the record must be complete and accurate. Such a record will help you in planning your clothing for another year.

1. This record book is for all clothing club members. If you carry more than one division use it for all.
2. Keep a record on all the clothing you make or buy, not merely what is required for the completion of the project. First and second year members need record only work done.
3. Read carefully all the instructions on each page.
4. Be sure you understand how to keep the record.
5. Keep your record up to date.
6. At the completion of the project, be sure that your record book is complete and accurate.
7. Your record book is a required part of your 4-H Club exhibit. Turn it in to your 4-H Club leader who will see that it reaches the Extension Agent or State Club Leader for checking, in order that you may receive credit for completing your project.
8. Your record book will be returned to you. Keep it for reference.
9. Your record is not complete without a story of your 4-H Club work. See instructions on the inside of the back cover.
10. *Value.* What you would have to pay for the article if purchased.
11. *Cost.* Cost of materials used including cloth, trimmings, findings (thread, binding, fasteners, pattern, etc.).
12. *Savings.* Difference between *value* and *cost*.

Note: Since this book is for all divisions, there will be some columns not needed for each division. Use the spaces required in the division or divisions carried.

THE 4-H CLUB CREED

I believe in Boys' and Girls' 4-H Club Work for the opportunity it gives 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 REASON.

I believe in the training of my HEART for the nobility 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 MAKE FOR EFFICIENCY.

I believe in the United States of America, in the State of Oregon, and in my responsibility for their development.

I am therefore willing to devote my efforts for the fulfillment of these things which I believe.

HEART H

Appreciation and love of the beautiful, church and Sunday school attendance are all helpful in developing the Heart H.

1. Do you attend Sunday school regularly?..... Occasionally?.....
2. Name three of your favorite pieces of music.
3. Name the pictures you have learned to know this year.
4. What have you enjoyed in the out of doors?

HAND H

Activities that require skill are so numerous that a few questions cannot possibly cover them all. Besides the skills you are developing in 4-H Club work there are the various crafts such as basketry, leather work, weaving, etc.; the many sports such as tennis, swimming, riding horseback, dancing; home skills such as baking good bread, arranging flowers attractively, caring for your room and your clothes; and then the social accomplishments such as playing a musical instrument, dancing, entertaining, etc.

1. What new activities have you learned this year?
2. What have you made for your home other than what your project required?
3. What sports are you active in?
4. What demonstrations have you given?

HEALTH H

Without health much that is worth while in life is, of course, not obtainable. Isn't it wonderful to get up in the morning feeling equal to anything that may be awaiting us in the way of work and play?

These few questions will indicate a few of the things any one can do that will make for abounding health in most instances and will always prove helpful.

1. Do you get 9 to 10 hours sleep regularly?
2. Do you sleep with your windows open?
3. Do you drink from 6 to 8 glasses of water daily?
4. Do you drink milk, eat vegetables and fruit in abundance?
5. What new fruits and vegetables have you learned to eat?
6. Have you been able to make living conditions in your home better?
7. Has your club done anything to bring about more helpful conditions in your school or community? If so, what?



WORK ACCOMPLISHED AND FINANCIAL STATEMENT

Before starting on this page be sure you have filled in all the necessary blanks on the preceding pages.

Values

Total cost of costume\$.....
Total cost of other articles and garments
made
Total\$.....

Costs

Total cost of costume\$.....
Total cost of other articles and garments
made
Total\$.....

Savings

Total savings (subtract total costs from
total value)\$.....

Fill in financial statement and summary completely.

.....

SUMMARY

Name of project..... Date closed.....

Value..... Cost..... Savings.....
(Taken from financial statement)

Club activities for the year

Office held (if any)

Demonstration or judging team?

Local leader or assistant?

Clubs you organized: No. Kind.....

THE STORY OF MY 4-H CLUB WORK

Make a scrap book the size of this *record book*. Put in it as many of the following as you wish.

1. Write a story of your 4-H Club work this year. This story is *required* as part of the project.
2. If possible, have a snapshot of yourself in the garments you made.
3. Clip items that appear in the papers about your club and your work.
4. Samples showing materials used with their names, width, cost.
5. A description of yourself. (See suggestions in project bulletin.)
6. Becoming colors (samples).
7. Make a suitable cover for your book.
8. Send your scrap book with your record book.

.....
Member's name Age.....

Parent's name in full

Post Office County.....

Name of club School.....

Name of local leader
(In full)

Years in 4-H club work completed (1, 2, 3, etc.).....

Projects you plan on carrying next year

Times if any you have carried this project before

Other projects, if any, carried this year

.....