

**DOUBLE HELIX**  
**Three-Day Workshop**  
**Supplies and Pre-Cutting**  
**Jane Hardy Miller**

**Description:** Although this quilt involves quite a bit of sewing, none of it is especially difficult. Label everything as you go and you'll end up with a stunning quilt.

**Book:** We will be making the quilt on page 30 of *French Braid Transformation*, Miller, C&T Publishing, 2011. In addition to the book, you will need:

**Equipment:**

Sewing machine, accessories and basic sewing supplies

Good quality thread for piecing

Rotary cutter and mat

Rotary rulers: whatever you use to cut strips AND a longer ruler at least 6" wide

In addition, a square at least 12" is useful, but not required.

A few office dots or other method of labeling the different size strips

Marking implement that will show up on your fabrics—I prefer mechanical pencils, but feel free to use whatever works for you.

**Fabric selection tips:** The accent colors should be similar in value (light v. dark) and intensity (bright v. dull). They should contrast with the background and with each other.

**Fabric requirements:**

**Background:** 18 fat quarters of 1 color or 2 related colors for the background

**Helices:** (colors #1 and #2 in the instructions): 4 fat quarters EACH of 2 accent colors.

**Outline lattices and outer border:** 2 1/8 yards (2 1/4 if you intend to add an inner border)

**Backing:** 4 3/4 yards

**Binding:** 5/8 yard

**Cut the background and accent fabrics (colors #1 and #2) as directed on page 31 and bring them to class. Label the various sizes of background strips with office dots. Bring extra office dots to class.**