

French Twist Quilt

A reconstruction of the supplied quilt image



68" x 85" | 20 blocks | Intermediate

Continuous fabric strips, a square-in-square center, and pale sashing recreate the woven diagonal look. Includes cutting quantities, illustrated piecing, a layout map, and a printable center foundation.

Image-based reconstruction: Cuts are independently calculated; this is not the original AQD307 pattern. Sew and measure a complete test block before cutting the full quilt.

Project plan & materials

The reference has four columns of basket motifs and five rows. This guide uses 14 1/2" finished blocks with 2" sashing. The top and bottom sashing bands finish at 2 1/4", giving an exact planned size of 68" x 85".

Materials

Material	Amount / size	Notes
Assorted medium/dark prints	20 fat quarters	Each at least 17" x 20 1/2" usable; mix red, navy, olive, plum, gold and rust.
Cream background	6 1/2 yd (5.95 m)	Based on 40" usable width. Includes conservative cutting and test-block allowance.
Binding	3/4 yd (0.69 m)	Nine 2 1/2" x WOF strips.
Backing, ordinary width	5 1/2 yd (5.03 m)	At least 40" usable WOF; non-directional print. See page 12.
Backing, wide alternative	2 1/4 yd (2.06 m)	108" wide backing; prepare at least 76" x 93".
Batting	At least 76" x 93"	Allows 4" beyond each finished edge; ask your quilter about extra allowance.

Tools & preparation

Rotary cutter and mat; 6" x 24" ruler; a square ruler at least 15" wide (or two long rulers); pins; iron; ordinary cotton thread; and foundation paper. A small ruler marked at 1/4" is useful for the center. No specialty block ruler is required.

WOF means usable width of fabric after removing selvages. Finished means the size inside the seams; unfinished includes the outer seam allowances. All cuts are in inches. Press fabric before measuring; prewash before cutting if that is your normal practice.

Accuracy first: Use a consistent 1/4" seam. Make the foundation center and one complete block, check every size on page 8, then cut the remaining pieces. The quilt dimensions refer to the planned size before quilting and laundering.

Master cutting chart

Cut only one block first. Then use the totals below for all 20 blocks.

Fabric / part	Cut size	Per block	Total
PRINTS: S - short arm piece	2 1/2" square	4	80
PRINTS: M - medium arm piece	2 1/2" x 4 1/2"	4	80
PRINTS: L - long arm piece	2 1/2" x 6 1/2"	4	80
PRINTS: E - outside arm bar	2 1/2" x 6 1/2"	4	80
PRINTS: center starter	3 1/2" square	1	20
PRINTS: interior cornerstones	2 1/2" square	-	20
PRINTS: top/bottom cornerstones	2 1/2" x 2 3/4"	-	10
CREAM: short background piece	2 1/2" square	4	80
CREAM: medium background piece	2 1/2" x 4 1/2"	4	80
CREAM: long background piece	2 1/2" x 6 1/2"	4	80
CREAM: center triangles	3 1/4" square; cut once diagonally	2 squares	40 squares = 80 triangles
CREAM: outer background extensions	3 1/2" x 7 1/2"	4	80
CREAM: vertical / interior sashing	2 1/2" x 15"	-	41
CREAM: top / bottom sashing	2 3/4" x 15"	-	8

The 41 narrow sashing strips: 25 vertical strips join the five block rows; the other 16 strips belong to the four interior horizontal bands. Keep the eight wider strips and ten rectangular cornerstones together for the top and bottom bands.

Do not confuse two 2 1/2" squares: The short colored arm pieces go into the baskets. Cornerstones go into the sashing. Center starters are larger and are foundation pieced, not sewn directly as 4 1/2" center units.

Cut efficiently & organize

One fat quarter supplies four arm sets

From each of 20 fat quarters, cut four strips 2 1/2" x 20". From each strip cut one S square, one M rectangle, and two long rectangles (L and E). From the remaining fabric cut one 3 1/2" center starter and one or two cornerstones.

Each 20" strip: 2 1/2" + 4 1/2" + 6 1/2" + 6 1/2"



Cut 30 cornerstones in total, not 40: ten fat quarters can supply two each and ten can supply one each. Mix pieces across blocks to create the scrappy color recipes. Check that every fat quarter has a full 20" length before cutting these strips.

Conservative cream cutting plan

Strip size x WOF	Number	Subcut / yield
2 1/2" x WOF	14	Six 6 1/2" pieces per strip; cut only 80 of the 84 available.
2 1/2" x WOF	10	Eight 4 1/2" pieces per strip = 80.
2 1/2" x WOF	5	Sixteen 2 1/2" squares per strip = 80.
3 1/4" x WOF	4	Twelve 3 1/4" squares per strip; cut only 40.
3 1/2" x WOF	16	Five 7 1/2" pieces per strip = 80.
2 1/2" x WOF	21	Two 15" strips per strip; cut only 41.
2 3/4" x WOF	4	Two 15" strips per strip = 8.

This plan uses 205" of fabric length (about 5.70 yd) at 40" usable width. The 6 1/2 yd purchase amount leaves extra for straightening, shrinkage and a test block. If WOF is below 40", recalculate the yields before cutting.

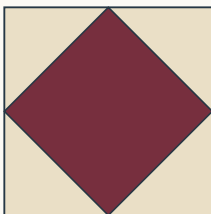
Organize: Bag pieces as CENTER, 80 ARM SETS, 80 EXTENSIONS, 41 NARROW SASHING, 8 WIDE SASHING, and 30 CORNERSTONES. Keep four arms with each center when planning colors.

Piece the center unit

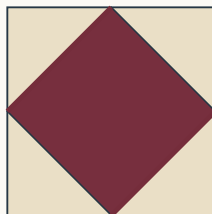
The center is a 4" finished square-in-square unit. Its colored square is on point before the basket turns, then becomes upright in the finished quilt. Use the full-size foundation on page 13 for exact geometry.

Foundation piecing sequence

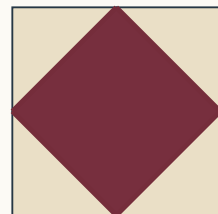
- 1** Prepare. Print 20 copies of page 13 at 100% / Actual Size. Measure the 2" test line. Cut out each 4 1/2" foundation on its outer solid line.
- 2** Position A1. Place the 3 1/2" print square on the unprinted side, wrong side touching the paper. Turn the fabric 45 degrees so its edges are parallel to the diamond lines. Center it and check at least 1/4" coverage beyond each line.
- 3** Add opposite corners. For A2, fold the paper back on the printed seam line and trim the exposed print to 1/4" beyond that line. Place a cream triangle right sides together against this trimmed edge. Sew through the paper on the line, extending slightly past both ends. Flip and press. Repeat for A3.
- 4** Complete A4 and A5. Add the other two triangles the same way. Before sewing, fold the triangle into its final position and check that it covers its entire corner plus the outer trim line.
- 5** Trim and remove paper. Trim all four outer edges to the 4 1/2" solid square. Carefully remove the paper while supporting the seams, then press without stretching. Make 20 units.



A1 centered



A2 + A3



A4 + A5

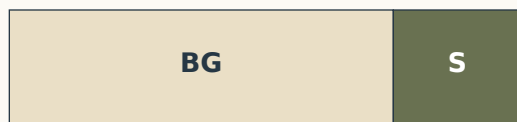
Check: Unit = 4 1/2" x 4 1/2" unfinished; points sit 1/4" inside the raw edge. Use short paper-piecing stitches and avoid stretching bias edges. These small figures are not templates.

Build the four arm panels

Make four arm panels for each block, 80 total. The same construction is used for every arm. S, M, L and E describe the four colored pieces; use the colors on page 9 or choose your own.

1. Make three rows

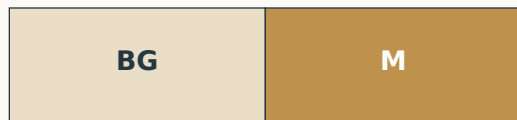
Each row measures 2 1/2" x 8 1/2" unfinished.



Row 1

Cream: 2 1/2" x 6 1/2"

Print: 2 1/2" square



Row 2

Cream: 2 1/2" x 4 1/2"

Print: 2 1/2" x 4 1/2"



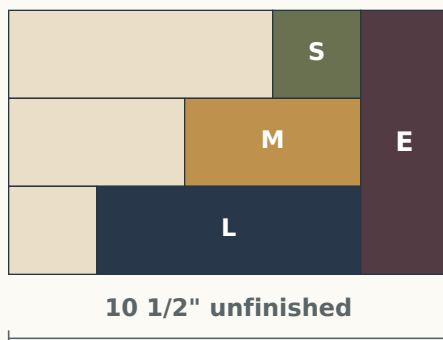
Row 3

Cream: 2 1/2" x 2 1/2"

Print: 2 1/2" x 6 1/2"

Arrows show pressing toward the colored print.

2. Stack rows, then add the outside bar E



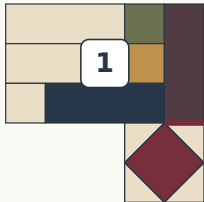
Sew rows 1, 2 and 3 in the shown order, keeping the right ends aligned. Press the two row seams open. The row unit is 8 1/2" x 6 1/2".

Sew E (2 1/2" x 6 1/2") to the right edge. Press toward E. The completed panel is 10 1/2" x 6 1/2". Make four.

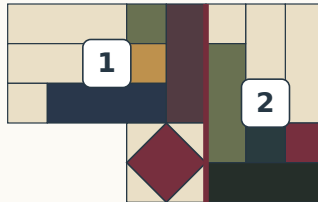
Keep this orientation: The shortest colored piece is at the top; the longest row is at the bottom; E is at the right. Rotate completed panels only when placing them around the center on page 7.

Join the core with a partial seam

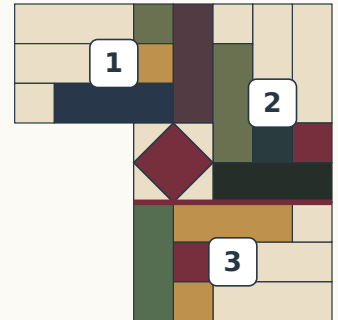
Arrange the four 10 1/2" x 6 1/2" panels around the 4 1/2" center as shown. Panel 1 stays upright. Rotate panel 2 clockwise 90 degrees, panel 3 by 180 degrees, and panel 4 by 270 degrees. Keep all right sides up for this layout.



Step 1
Partial seam

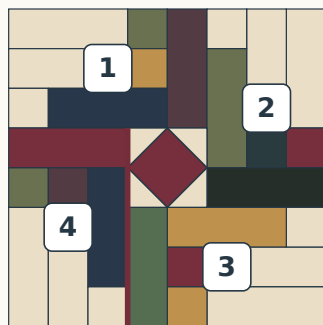


Step 2

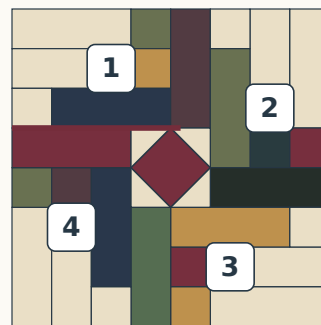


Step 3

Dark red lines indicate the seam being sewn.



Step 4



Step 5
Finish first seam

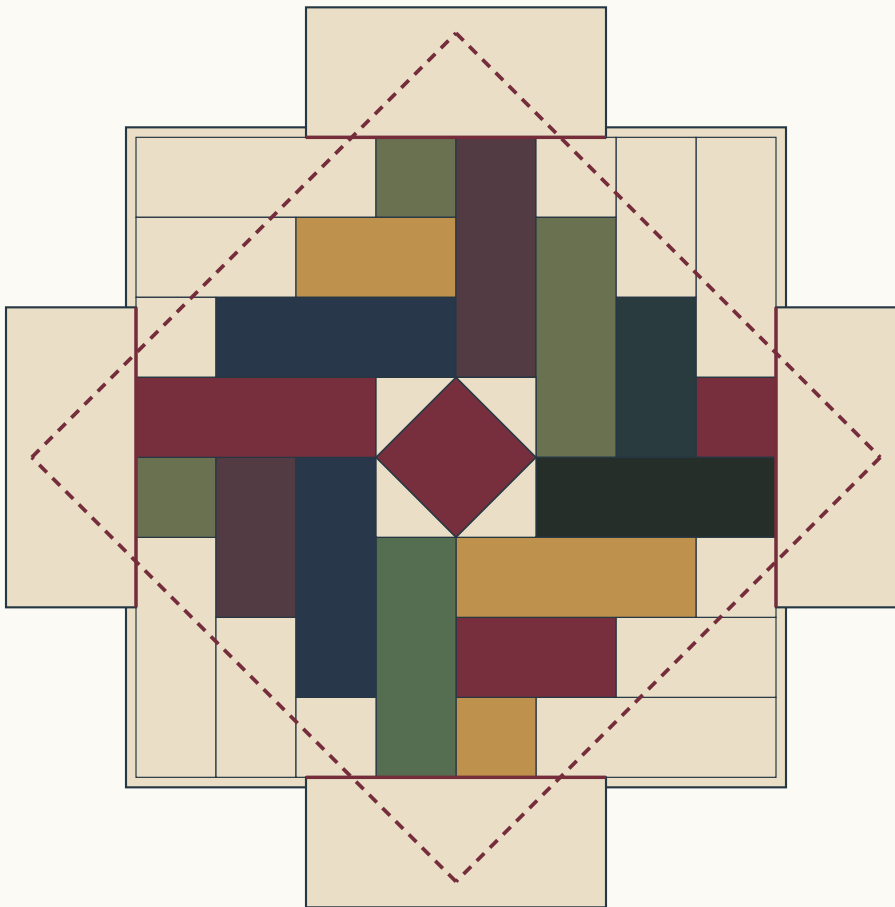
1. Align the center with the right end of panel 1's lower edge, right sides together. Start at the aligned right raw edges; sew toward the center for about 2". Stop and backstitch. Leave the remaining center edge unsewn.
2. Open and press this short seam toward panel 1. Sew panel 2 to the full right edge of the panel-1/center unit. Pin the center point carefully.
3. Sew panel 3 to the full lower edge. Then 4. fold panel 1 out of the way and sew panel 4 to the full left edge. Press these long seams toward the arm panels.
5. Bring panel 1 back into place. Sew its remaining lower edge to panel 4 and the unsewn part of the center, overlapping the first short seam by a few stitches. Press.

Add background & turn the block

The core measures 16 1/2" x 16 1/2" unfinished. Add a small centered cream rectangle to every side so the corners are covered when you turn and trim the block. These extensions replace large setting triangles.

1. Sew four cream extensions

Four 3 1/2" x 7 1/2" rectangles



Dashed line = centered 15" trim square, turned 45 degrees.

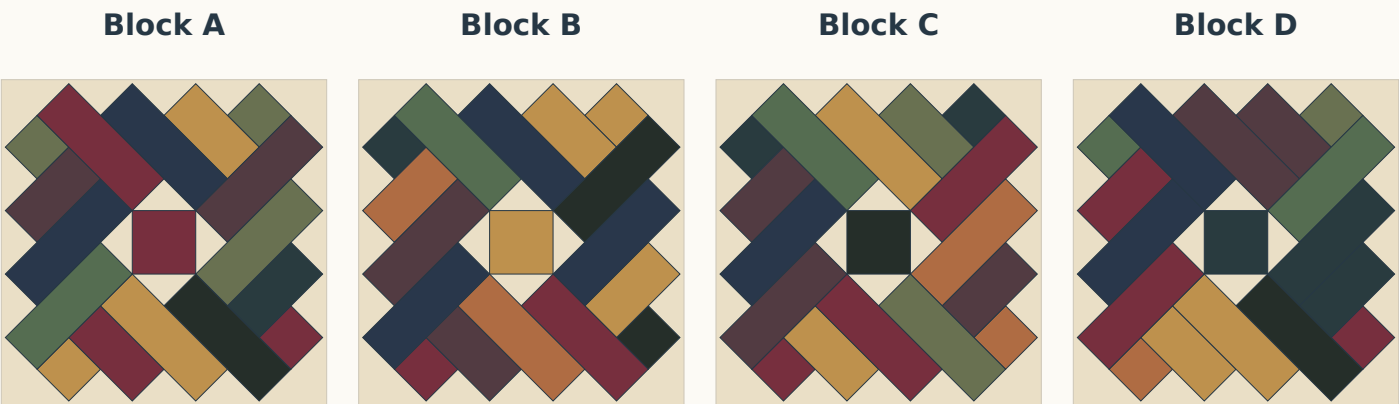
On each core side, mark 4 1/2" in from both raw corners. Center the 7 1/2" edge of an extension between those marks. Sew right sides together with a 1/4" seam. Press outward. Repeat on all four sides; the extension ends stay outside the final trim square.

2. Turn 45 degrees and trim to 15" square

Turn until the colored center square is upright. Center a 15" square ruler on the exact center of the unit (7 1/2" from each ruler edge). Check that all four corners lie on cream fabric. Trim to 15" x 15" unfinished; do not follow the stepped outside edge.

Color recipes

Use these suggested palettes to echo the photograph. The geometry is the same for all blocks; the labels change only the colors. Prints can vary within each color family.



Block	Panel 1	Panel 2	Panel 3	Panel 4	Center
A	O / Y / N / P	R / F / O / K	Y / R / Y / G	O / P / N / R	R
B	Y / Y / N / K	K / Y / N / R	R / P / T / N	F / T / P / G	Y
C	F / O / Y / R	T / P / T / O	R / Y / R / P	F / P / N / G	K
D	O / P / P / G	R / F / F / K	T / Y / Y / R	G / R / N / N	F

Read every panel cell in this order: S / M / L / E. Panel numbers refer to the layout before the 45-degree turn: 1 top, 2 right, 3 bottom, 4 left. On page 6, select each panel's four prints in this order.

Fabric key

- R - Barn red

P - Plum

N - Navy
- F - Dark floral

K - Charcoal

O - Olive
- G - Olive floral

Y - Antique gold

T - Rust

Quantity: Make 6 blocks A, 6 blocks B, 4 blocks C and 4 blocks D. Vary the individual prints while preserving cream-versus-dark contrast. This palette is a visual interpretation; it does not specify original fabric SKUs.

Quilt layout

Read the map from left to right, then top to bottom. There are no outer borders.

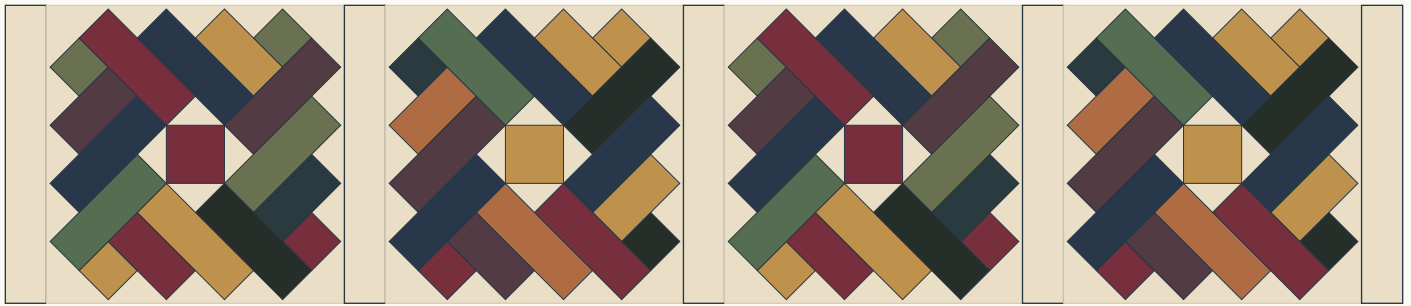
68" finished



Assemble the quilt top

1. Sew five block rows

For each row, alternate five narrow cream sashing strips (2 1/2" x 15") with four 15" blocks. Use ABAB for rows 1, 3 and 5; use CDCD for rows 2 and 4. Align raw edges and pin each center. Press toward the sashing.



Each row = 68 1/2" wide x 15" high unfinished.

2. Sew six cornerstone bands

Every band alternates five colored cornerstones with four cream sashing strips. Sew from one end to the other; keep the two wider outer bands separate. Press toward the sashing so cornerstone seams can nest with the block-row seams.



Interior band: 68 1/2" wide x 2 1/2" high unfinished.



Top / bottom band: 68 1/2" wide x 2 3/4" high unfinished.

3. Join the bands and block rows

Lay out: wide top band, block row 1, narrow band, row 2, narrow band, row 3, narrow band, row 4, narrow band, row 5, wide bottom band. Pin at every sashing junction and keep the cornerstones vertically aligned. Sew with a 1/4" seam; press the long seams toward the horizontal bands.

Final top check: Raw top = 68 1/2" x 85 1/2". The intended finished size inside the binding seams is 68" x 85". Do not add another border. If a row differs from 68 1/2", find the seam error before joining the long rows.

Finish & check the quilt

Backing, batting & quilting

For ordinary-width backing, cut two panels at least 40" x 95" after straightening. Remove selvages, join the 95" edges with a 1/2" seam, and press open. This gives about 79" x 95"; trim to at least 76" x 93". For wide backing, prepare a single piece at least 76" x 93".

Press the quilt top flat, remove stray threads and check open seams. Center the top over batting and backing, then baste. Quilt as desired; a simple diagonal or gentle all-over design suits the basket effect. Follow the batting manufacturer's maximum quilting distance. Trim the layers square without cutting into the top's outer seam allowance.

Binding

Cut nine 2 1/2" x WOF strips at 40" usable width. Join the ends diagonally, trim and press the seams open; the resulting strip is about 340" long. The quilt perimeter is 306", so this leaves more than 20" for corners and the final join. Fold wrong sides together lengthwise. Attach with a 1/4" seam, miter the corners, join the ends and sew the fold to the back.

Check each stage before continuing

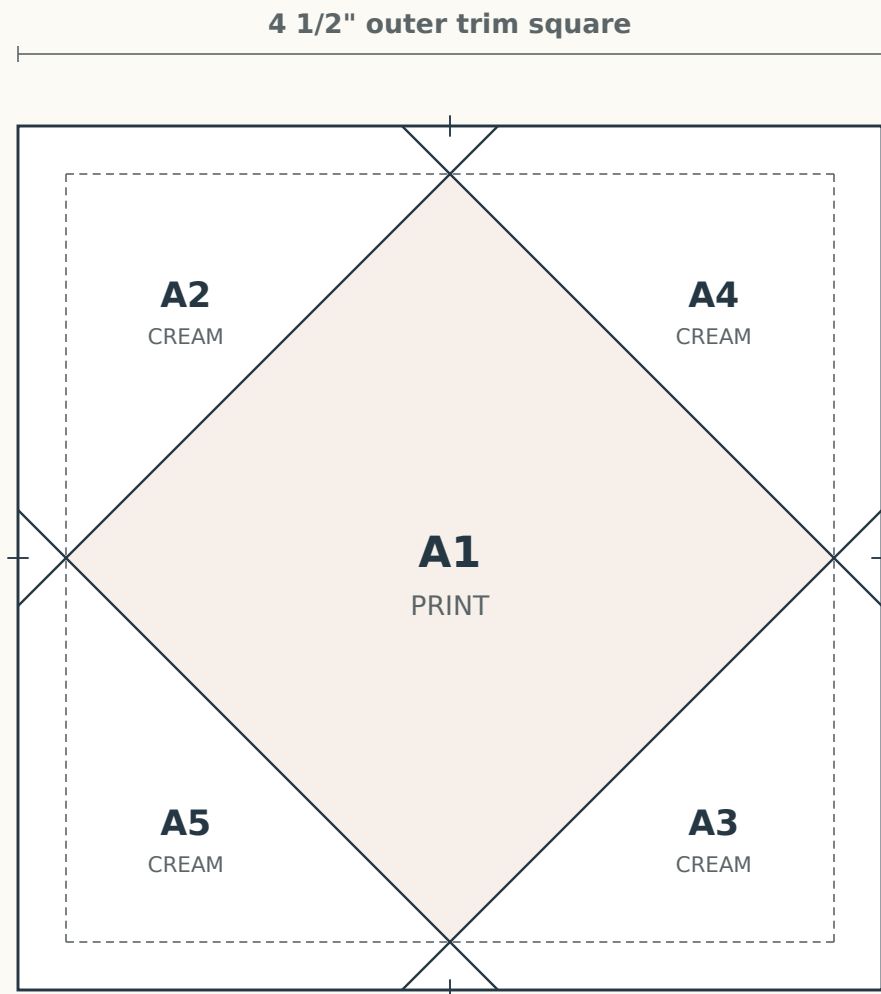
Stage	Unfinished measurement / quantity
Center unit	4 1/2" x 4 1/2"; make 20
Three-row unit before E	8 1/2" x 6 1/2"; make 80
Completed arm panel	10 1/2" x 6 1/2"; make 80
Core before extensions	16 1/2" x 16 1/2"; make 20
Turned and trimmed block	15" x 15"; make 20
Block rows / cornerstone bands	All 68 1/2" wide
Complete raw top	68 1/2" x 85 1/2"

Points: The basket motif is about 14.142" across inside a 14 1/2" finished block, leaving about 0.179" of cream beyond its outer points. Center the trim carefully. If points are uneven, recheck the center and the seam sizes; do not trim a smaller block.

Reference and verification: Supplied Honeysuckle Farm image; French Twist AQD307 by Doug Leko / Antler Quilt Design. [Original pattern](#) and [Moda reference](#). Construction here is independently drafted. Geometry and cutting counts were checked mathematically; a sewn sample has not been tested.

Full-size center foundation

Print this page at 100% / Actual Size. Turn off Fit, Shrink and Scale to Page. Measure the test line before using the foundation. Print 20 copies after confirming scale. This is the only full-size sewing template in the guide.



Solid outer line: trim. Solid diamond lines: sew.

Dashed inner square: 1/4" joining seam allowance.

This line must measure exactly 2"

Sew order: A1, A2, A3, A4, A5. Cut a 3 1/2" print starter and four cream triangles from two 3 1/4" squares. Follow page 5. The finished center square-in-square unit is 4"; outer raw size is 4 1/2".