TWIN BIFID (100-150 letters each, 18 letter minimum repeat)   See: **BIFID**

Two bifid messages using the same Polybius key square but with different periods, have a phrase of the plaintext in common. For use in the Cipher Exchange, it is recommended that both periods not be divisible by two (not both even).

TWIN TRIFID (100-150 letters each, 16 letter minimum repeat)   See: **TRIFID**

Two trifid messages using the same key but with different periods, have a phrase of the plaintext in common. For use in the Cipher Exchange, it is recommended that both periods not be divisible by three.