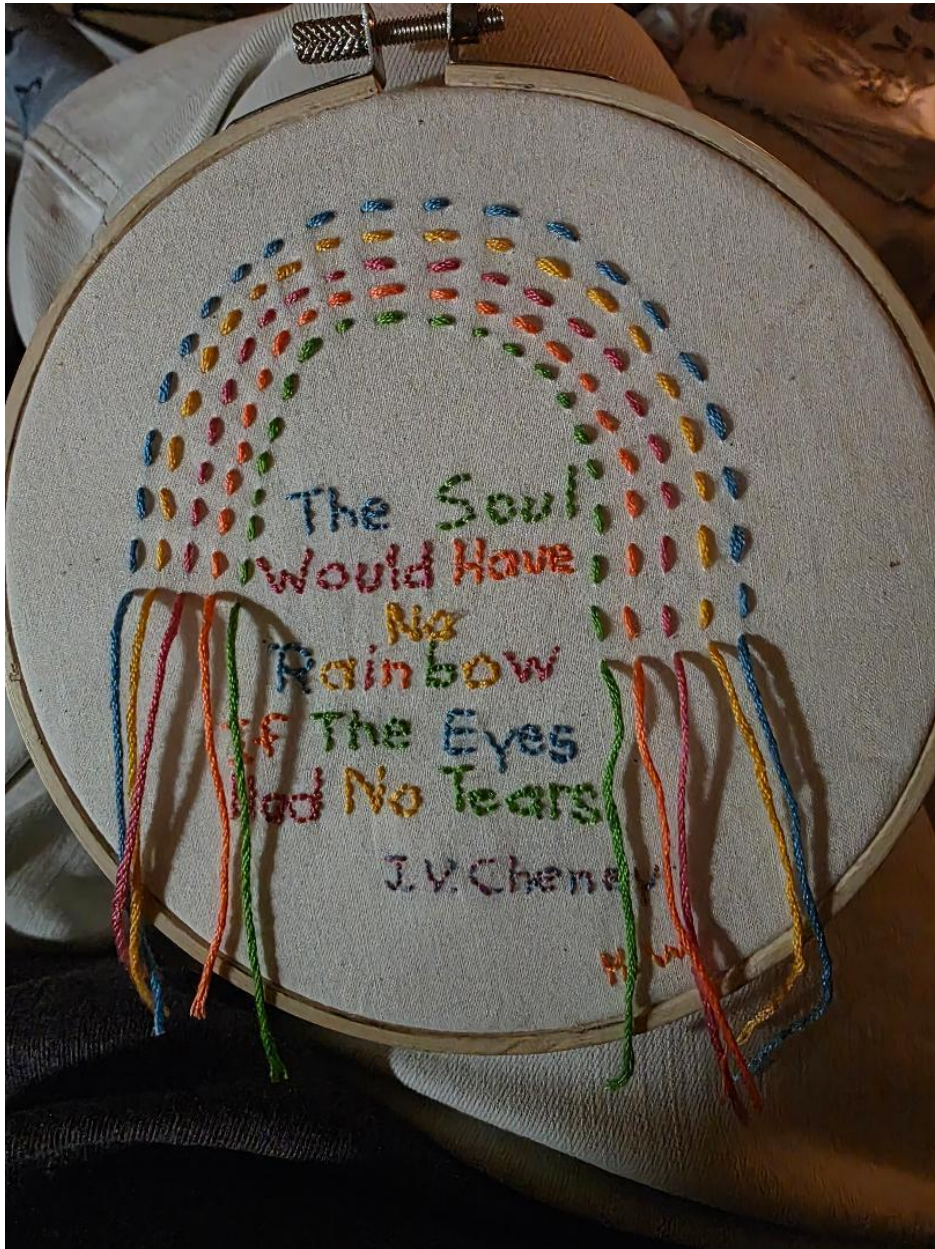


September 2026 SAL Rainbow Tears designed by Helena Whyte, Pajarito Chapter, Rocky Mountain Region



Rainbow Tears is a simple surface embroidery project stitched in a 6 inch hoop on muslin backed with interfacing.

Choose 5 rainbow colors from your stash and stitch with 6 strands using a running stitch following the contours of the round hoop leaving 4.5 inches hanging at both ends. Rainbow uses 16 inch length of floss of each color.

Using pencil print the quote under the rainbow and stitch with 2-3 strands of the same rainbow colors using the back stitch.

“The Soul Would Have No Rainbow If The Eyes Had No Tears. J.V. Cheney

Or

“The way I see it, if you want the rainbow, you gotta put up with the rain.” Dolly Parton

January 15, 2026