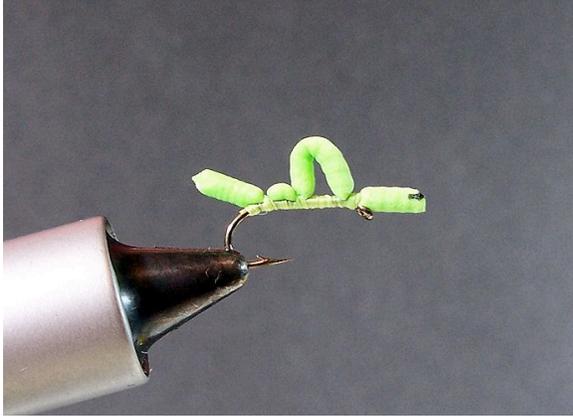


INCH WORM



Recipe

Hook.....Dry fly/nymph, size 16-20

Thread.....Black or green 6/0 (green works the best)

Foam body.....Green foam about 1 1/2 in. long and about 2-3mm thick

Chenille body...Ultra or micro green chenille

Marker.....Permanent marker (an ultra fine point sharpie works really well)

1. Tie-in the thread behind the eye of the hook then wrap the thread back to the start of the bend in the hook.
2. Cut the foam body to about 1 1/2 in. long and about 2-3mm thick, then trim one end of the foam so it is somewhat round.
3. Take the foam strip and tie it on with 3-4 wraps of thread. Make sure that the foam hanging off the back of the hook is equal to the length of the hook shank, and is the rounded end.
4. Lift the foam body up and wrap the thread up the hook shank about 2-3mm, then wrap 2 or 3 times around the body.
5. Then lift the body up again and wrap the thread to about 1-2mm behind the eye of the hook.
6. Take the foam body and push it towards the vise to make a hump in the body, then tie the foam so that the hump stays there. Cut off the foam that is hanging off the front of the hook so about 1cm is left in the very front. Then, after you cut it, trim it so it is round like the tail end. (Using ultra chenille for the body is the same except you don't have to round the ends by trimming them, you take a lighter and lightly singe the ends so they don't come unraveled.)
7. Tie off by whip finishing.
7. Finally, take a permanent marker and put a dot on both sides as far forward on the foam you can get for the eyes.