

NYMPH SKIN PUPA



Recipe

Hook.....Curved Caddis, size 12
Head.....Baetis green-olive nymph head bead
Thread.....Olive 6/0
Body.....Nymph skin shaded with green marker
Wing buds.....Medallion sheeting or equivalent
Thorax.....Squirrel dubbing, dark olive
Collar.....Hen saddle, olive or brown
Antenna.....Elk hair (optional)

1. Crush the barb on the hook and put the bead on, then tie-in the thread behind the bead and wrap it back for about 1/4th of the hook shank.
2. Cut a 3"- 4" piece of nymph skin and tie it in by one end about 1/4th of the hook shank behind the bead.
3. Keeping the nymph skin on top of the hook shank. Wrap over it back to the hook bend. (Keep tension on the nymph skin while you wrap thread over it.) The length of the nymph skin should extend back over the hook bend.
4. Now wrap the nymph skin forward in overlapping turns to about 1/4" behind the bead and tie it off. (**Change the tension on the wraps so that the butt of the abdomen is bigger than the front.**) Remove any excess nymph skin.
5. Take a green permanent marker and drag it over the abdomen from back to front on both the top and bottom of the abdomen to highlight the overlapping laps and heighten the segmentation effect.
6. Cut two strips of medallion sheeting about the width of the hook gap and 1"- 2" long. Position one strip in a stonefly wing burner scaled for the hook and burn a wing. Repeat this process again with the second strip. You should now have two wings. Tie one wing in on each side of the abdomen at the front of the abdomen. The wing

Over...

tip should reach back to the middle of the abdomen. Tie down the wing butts with several tight thread wraps and remove any excess wing material.

7. Dub the thread and wrap a thorax from the front of the wings to just behind the bead. **(It is important that you leave a small space between the thorax and the bead.)** Tie off the dubbing and remove any excess dubbing material from the thread. Be sure that you have covered the wing thread wraps.
8. Select a feather with barbs that will reach from the front of the thorax back to the hook tip after the tip is cut out of the feather, creating a “v” shaped tip in the feather. Turn the hook over and tie the feather in on the bottom of the hook shank in front of the thorax at the bottom of the “v” notch. This will give you an equal amount of legs on both sides of the bottom of the thorax. Take a few tight thread wraps to secure the feather, then remove any excess feather butt and turn the hook back upright.
9. (Optional) If antenna are desired, select two elk hairs and tie them in by their butts on top of the hook shank at the front of the thorax behind the bead. The tips of the antenna should reach over the top of the fly back to slightly past the back of the hook bend.
10. Dub the thread and take a few wraps of the dubbed thread over the antennal butts and fill any space behind the bead. Tie off the dubbed thread behind the bead, remove any excess dubbing, then whip finish behind the bead. Cut the thread.