

SPENT GNAT (MAYFLY)



Recipe

Hook.....Dry, size 12-8
Thread.....White or color to match body
Tail.....Black bucktail or Moose body
Extended Body.....Foam, 2mm, white or black
Wing.....Grizzly or Badger cock hackle and Black saddle hackle
Wingcase.....UV Knot Sense
Head.....Thread

Note: You will need a fairly stout and long sewing needle, dubbing wax, and a razor blade to properly assemble this fly.

1. Select a long, stout needle and place it in the vice by its eye. Then coat the shaft of the needle with dubbing wax.
2. Cut a tapered strip of foam (roughly 1/4" at one end and slightly less than 3/8" at the other end), then take a razor blade and cut a slot in it the length of the strip. **DO NOT CUT THROUGH THE STRIP.**
3. Tie-in the thread about 1/4" behind the needle point and wrap back in fairly firm touching turns for about 1" or whatever size extended body length you desire. **(Note: You will need to try to keep the thread wraps firm, not tight, as too tight of turns will make it difficult to remove the body from the needle when the body is finished.)** Wrap the thread back to the tie-in point. Let the thread hang.
4. Select 3-4 bucktail fibers and tie them in on top of the needle where you tied-in the thread. The fiber tips should extend out over the tip of the needle. The tail should be the length of the hook shank. Wrap over the butts, firmly, not tightly, for a short distance then return the thread to the tie-in point.
5. Lay the foam strip on the needle so that the needle is in the slot. The small end of the strip should be toward the needle point and be slightly ahead of the thread and tail tie-in point.

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6. Now take 3-4 turns of the thread around the foam and the needle so that the foam forms around the needle, then lift the foam strip and wrap the thread under it up the needle shaft for about an 1/8". Then lower and slot the foam strip onto the needle shaft and wrap the thread around it and the needle shaft again, forming an extended body segment. Repeat this step until you have formed at least 6 equal segments. **Make sure to keep all the visible thread wraps on top of one another to ensure a neat segmented extended body.** After forming the last segment, perform a whipfinish over the last thread wraps and cut the thread. **DO NOT CUT OFF ANY OF BUTT END OF THE EXTENDED BODY AS IT WILL BE USED TO ATTACH THE EXTENDED BODY TO THE HOOK SHANK.**
7. Grasp the extended body firmly at the front and rear and slide it off the needle. Trim the loose foam at the tail end of the segment so that the tail fibers extend neatly out of the extended body. **Be careful to not cut the thread wraps or the foam body will come apart.**
8. Remove the needle from the vise and insert the hook. Tie-in the thread behind the hook eye and wrap a tight thread base back to the hook bend.
9. Now take the extended body and, placing the hook shaft in the remaining foam slot, position it so that the rearmost segment is a segment length past the hook bend, then wrap the thread tightly around the foam and the hook shank forming another segment and anchoring the extended body to the hook. Now form yet another segment as we did in step 6 and tie off the foam tightly. Trim off any remaining excess foam and bind down any butts tightly to the hook shank. *At this point, approximately 1/3 of the hook shank should be open between the front of the extended body and the hook eye.*
10. Select a grizzly dry fly hackle feather with barbs about 1½ times the width of the hook gap and strip the fluff from the base of the feather. Tie the hackle feather in by its butt directly in front of extended body with the concave side facing the hook shank. Trim off any excess butt. Now wrap the feather toward the hook eye in tight touching turns until you have filled 1/2 the distance toward the hook eye, then tie off the feather and remove any excess feather.
11. Now select a black saddle feather with barbs about 2-2 1/2 times the width of the hook gap. Trim away the fluff from its base and tie it in tight against the front of the previous hackle. Trim any excess butt. Fold the fibers back and wrap the feather in tight touching turns forward to slightly behind the hook eye and tie it off. Trim off any remaining feather and form a neat thread head.
12. Do a whip finish and cut the thread.
13. Using your fingers, stroke the hackle fibers down from the top and up from the bottom of the fly so that the fibers are sticking out from either side in the *spent* position. Once you're happy with the position of the fibers, take some UV Knot Sense, Bug Bond, or similar fixative and apply a small amount between the wings on the top and bottom of the fly, then cure it with a UV light. ***(Be sure to avoid getting your fingers in the fixative or spreading it out onto the wings.)***