



**Hook:** #6 to 14, Mustad 9671  
**Thread:** Black or green monocord  
**Tail:** None or red quill  
**Body:** Dubbed olive wool, seal, or antron yarn  
**Rib:** None or oval silver tinsel  
**Wing:** Mallard flank  
**Hackle:** Badger (long)

## Fly Tying Instructions:

Tie in the thread and wrap to the butt.

Tie in the tinsel (if you want a rib).

Form a dubbing loop and dub on the olive body material. Wrap forward to the head forming a fairly fat body. Tie off and trim excess.

Wrap tinsel forward to form the ribbing. Tie off and trim excess.

Tie in the mallard flank overwing about 1 1/2 times as long as the hook shank. Tie off and trim excess.

Tie in one long fibre badger hackle. Wrap 2-3 times and tie off. Trim excess.

Whip finish the head and cement.

Once the pupa cuts its way out of the cocoon it immediately heads for the surface using its swimmerets to propel itself. The swimmerets pump like little oars and give the insect a very distinctive fast, pumping motion. To fish your imitation effectively in lakes you must get the fly down deep using a fast-sink or extra fast-sink line and retrieve the fly using quick, short strips. In rivers you can use short down and across casts, allow the fly to sink a bit and then use the drag

of the current to draw the fly to the surface like the natural. In either case hang onto your rod because the trout usually hit the rising pupa hard.