

## LARK AND GREY (CRIPPLE)



### Recipe

Hook.....Curved Caddis, size 12-18

Thread.....Yellow, 6/0 or 8/0

Tail/shuck.....Antron or Z-lon, white or dun

Abdomen.....Light Olive dubbing

Hackle.....Dry, Grizzly, Grizzly dyed yellow, or Cree

Wing.....Starling wing segments or Duck Quill segments, natural gray

Head.....Light Olive dubbing

1. Place the hook in the vise. Tie-in the thread behind the hook eye and wrap a tight thread base back to halfway down the hook bend the hook bend.
2. Cut a 2" piece of Antron and tie-it in as a shuck halfway down the hook bend. The shuck should be as long as the hook shank. Wrap over the butt end of the shuck (keeping it on top of the hook shank) forward halfway to the beginning of the hook bend. Trim off any remaining Antron butt and return the thread to the shuck tie-in point.
3. Dub the thread lightly and wrap a tapered body forward to the middle of the hook shank. Remove any excess dubbing and let the thread hang.
4. Select an appropriately sized hackle feather and clean the fluff from its base. Tie it in by its butt, concave side facing the hook shank, right in front of the body. Remove any excess feather butt. Wrap the feather forward in touching turns halfway to the hook eye and tie it off. Remove any excess feather.
5. Now stroke the hackle fibers upward, leaving no hackle on the bottom of the hook shank. Then wrap the thread in an x-wrap back **under the hackle and hook shank** and then back under to the front of the hackle to keep the hackle in an upward position. The thread should now be at the front of the hackle.
6. Select a matched set (a right and a left) of natural duck wing feathers and cut matching sections from each feather. The sections should be as wide as the hook gap. Align the tips with the tips pointing up and curving away from each other and measure them together to achieve a wing the length of the hook shank.

Over....>

7. Position the wing sections on top of the hook shank (with the bottom edges going slightly down the sides of the hook shank) in front of the grizzly hackle so that the wing segments cover the hackle, and tie them in using a pinch wrap. Pull straight down on the thread to bind down the wing sections and apply several more tight thread wraps to secure them. **DO NOT LET GO OF THE WING SEGMENTS UNTIL THEY HAVE BEEN TIED- IN TIGHTLY!!** (*The hackle fibers should now be mostly enclosed between the wing segments.*) Trim off the wing butts and cover the remaining stubs with tight thread wraps. Wrap the thread to the front of the wings.
8. Dub the thread lightly and form a neat dubbed head from the front of the wings to behind the hook eye. Remove any excess dubbing, do a whip finish, and cut the thread. Apply head cement to the whip finish, if desired.