

A More Durable Squirmy Wormy



Recipe

Hook..... Wet or Scud, size 8-12

Thread Color of choice of material 140

Body..... Squirmy Wormy material choice of color

Head..... Bead choice of color

Note: Bobbin or dental floss threader needed

1. Crush hook barb and put hook point in small hole of bead and put on the hook. Place hook in vise with hook eye at a slight downward angle to keep bead close to hook eye.
2. Slightly behind the bead leaving a small space start your thread and wrap to the hook bend then wrap thread back up hook to starting point.
3. Take your threader and insert it into the bead starting at the hook eye and push through so that you can insert the tip of the worm material.
4. Take your worm material and insert it through the opening of the threader about ¼” and fold it back holding on to the worm material. While holding the worm material gently pull the threader out of the bead slightly stretching the worm material to get it the pass through the bead hole.
5. After the worm material is sticking out of the bead, remove the threader and slightly pull on both ends of the worm material stretching it so you can pull about 1” of the worm material through the bead and out over the hook eye.
6. Now take a few wraps of thread around the worm material behind the bead. After doing that slightly stretch the worm material pulling toward you on the side of the hook. Wrap thread around the hook and worm material back to the bend and then wrap the thread back to behind the bead. Measure the worm material and let it hang past the hook bend about 1 ½” or longer if you like and cut the worm material.
7. The piece of worm material might be long enough to do this if not use another piece of worm material. Take the cut piece of worm material and tie it in behind the bead and wrap it on the hook like we did in the first part and then wrap the thread back to behind the hook eye.
8. Now slightly stretching the worm material palmer it around the hook to behind the hook eye. Take several thread wraps behind and in from of the worm material while holding the end up. Pull slightly on the worm material and cut off on top of the bead and whip finish.

Instructions by Frank Cox, Photograph from Fly Fish Food

More durable Squirmy Wormy - <https://www.youtube.com/watch?v=6RE0G8pJg7w>