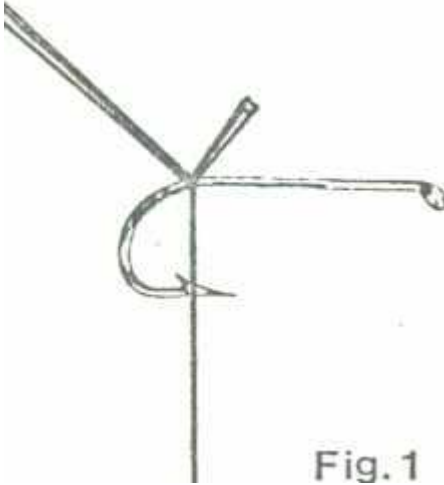


The text is Stu's  
(with anything added by me in brackets)  
Hook: Mustad #7948A (or equivalent) Sizes 14-8  
Body: Rubber Band  
Thread: to match (I am thinking 6/0 black tying thread)

The first step (after tying in some thread on to the hook shank)tie in the (snipped as to be a length and not a circle) elastic band.



Once done start wrapping the thread in tight close wraps.



What will happen is the elastic will squeeze out from the thread towards the eye of the hook.  
When  $\frac{3}{4}$  of the shank is covered with thread do a  $\frac{1}{2}$  hitch (or whip finish) then take the thread to the front of the tag end of the elastic and then wrap back towards the  $\frac{1}{2}$  hitch.

Now you may wrap the elastic band to the point where you stopped the thread (near the eye) tie the elastic off there. Remember this is an elastic so you have to keep the tension even as you wrap. .

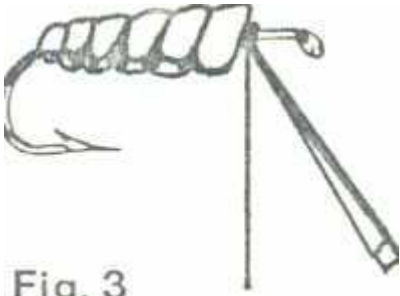


Fig. 3

Secure the end of the rubber band well.

Tie in your peacock herl. (Though in this image it looks more like hackle)



Fig. 4

Wrap 5 or 6 turns and tie off

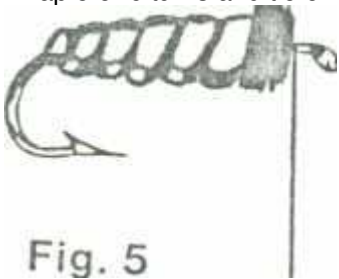


Fig. 5

Form head tie off ( $\frac{1}{2}$  hitch or whip finish) and finish (head cement)

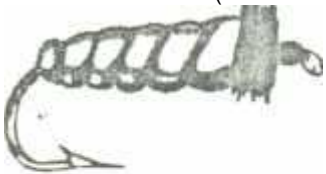


Fig. 6

As everyone is aware there are numerous colours of elastic bands. As well it needs to be stated that elastic bands will become a lighter shade when stretched. The best producing colours are: tan, red, yellow, green and black. With these colours, tied in a range of sizes, you will cover all sorts of caddis larva.

(I can also see this fly being aided with a wire rib)