**DETACHED FOAM BODY**

**CONSTRUCTION**

1. Cut appropriate colour 2mm foam sheet into 1.5mm strip approx 50mm long.
2. Put straight sewing needle into the vice by the thick end and lightly coat with wax.
3. Wind a thread of similar colour to the foam in open turns to a point approx. 3mm back from the point.
4. Apply a thin coating of super glue/UV resin onto the thread and wind 4 turns at this position.
5. Leave to dry or cure with UV light.
6. Push foam onto the needle at the midpoint, through the thickest face of the foam leaving just the tip of the needle showing.
7. Gently pull the two ends of the foam either side of the needle and make 3 turns of the thread around the foam to form the first segment, be firm but not too tight with the wraps of thread.
8. Pull the foam strips at right angles to the needle and make 2 open turns of thread along the needle to the new segment position. Segments need to be 1.5-2.0 mm wide.
9. Pull the foam back along the shank and make 3 turns of thread around the foam to form the second segment.
10. Repeat steps 7&8 until the required body length is achieved. (10mm in the case of the Hawthorne body.
11. At the final segment whip finish using a dab of varnish on the thread before pulling tight.
12. Carefully remove the foam body from the needle by gripping as much of the body as possible whilst gently pulling off the needle.
13. Roll the foam body between the fingers to shape the body.
14. The body is now ready to tie onto the hook. The lower strip of foam is tied onto the hook and the upper strip can be used as the thorax cover.