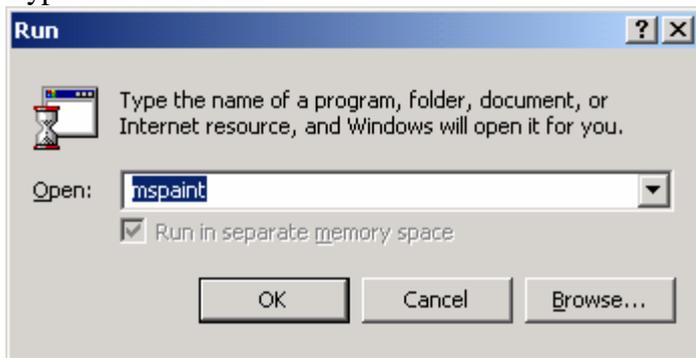


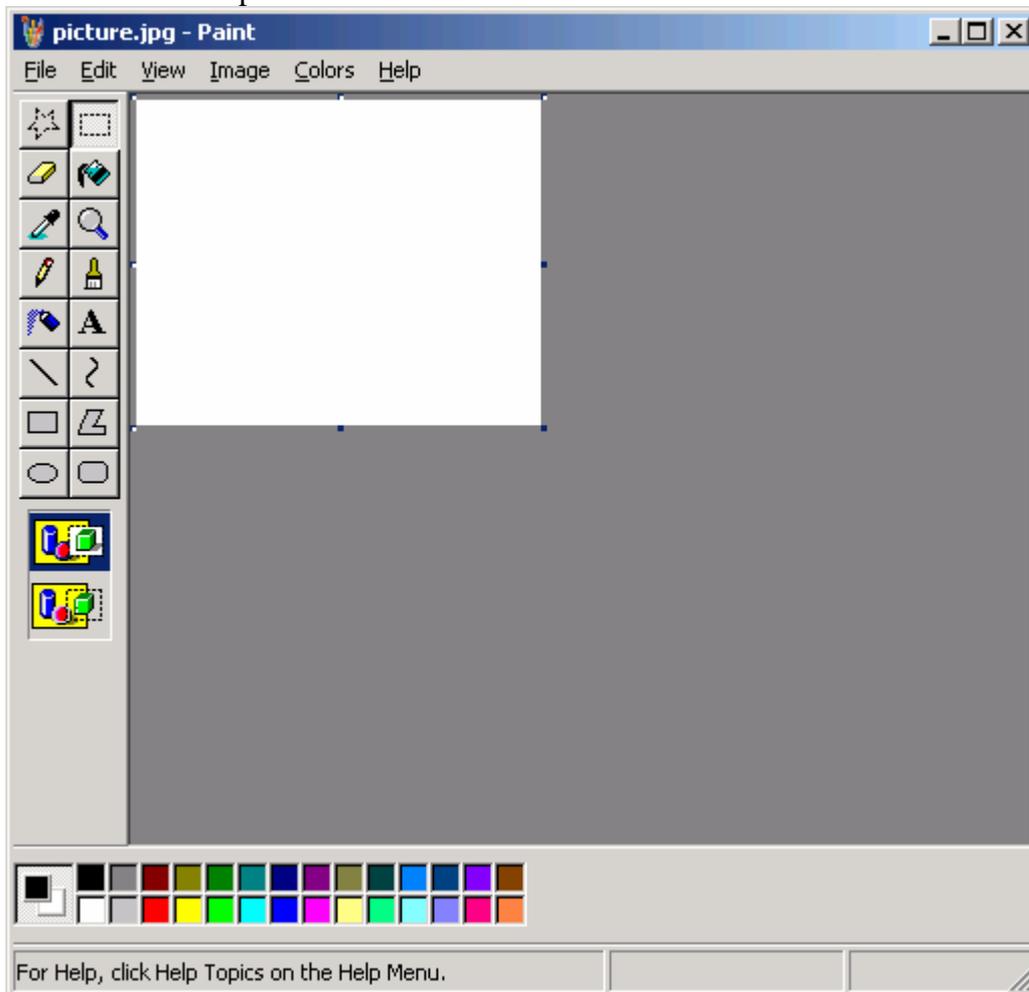
Guide to resizing pictures.

Click START then RUN,
Type MSPAINT....

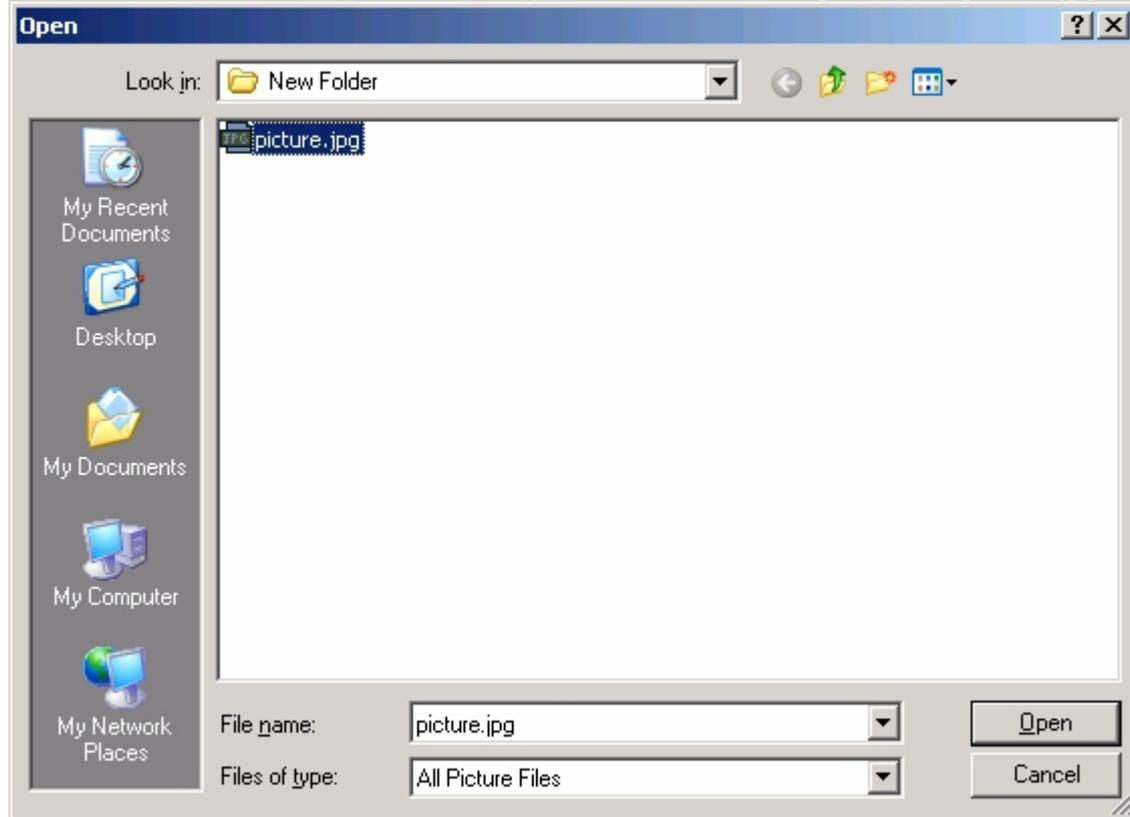


(NB: You can get to this program also by click Start/Run/Accessories/Paint - )

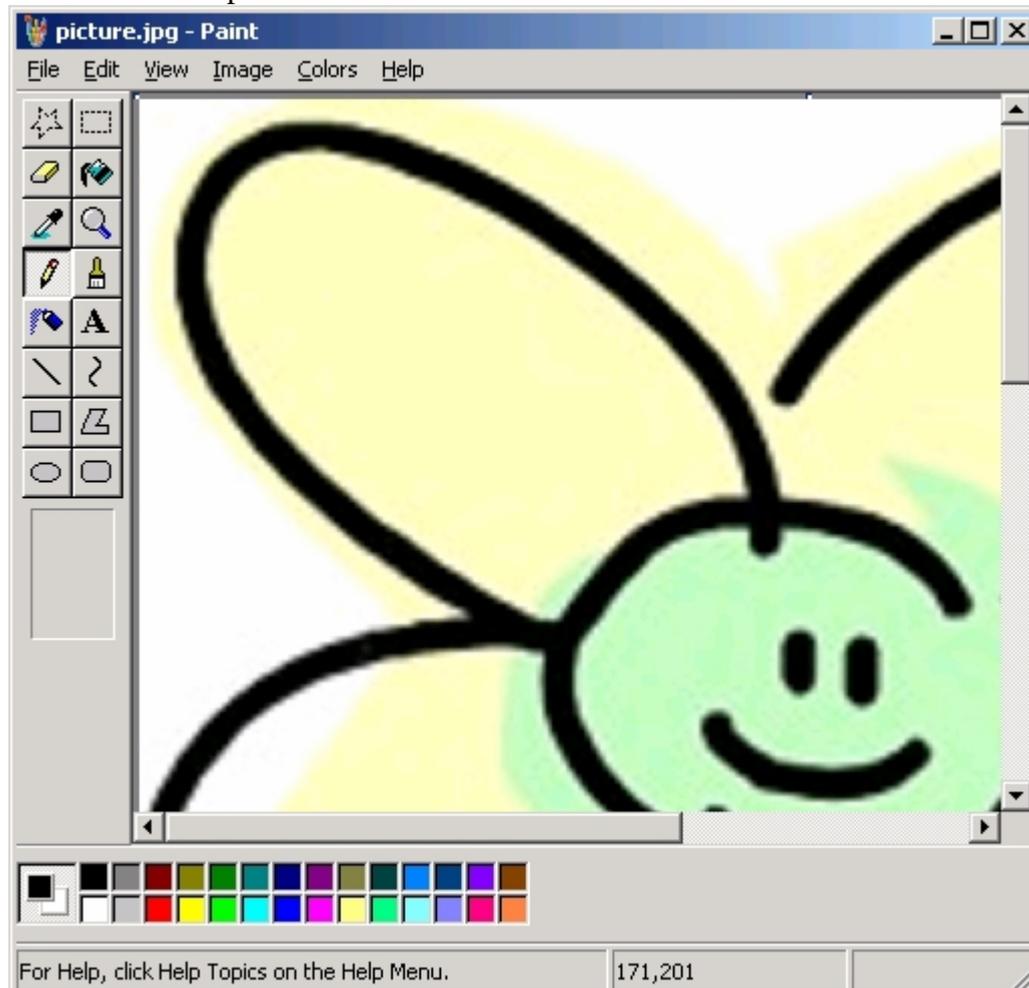
Microsoft Paint Opens...



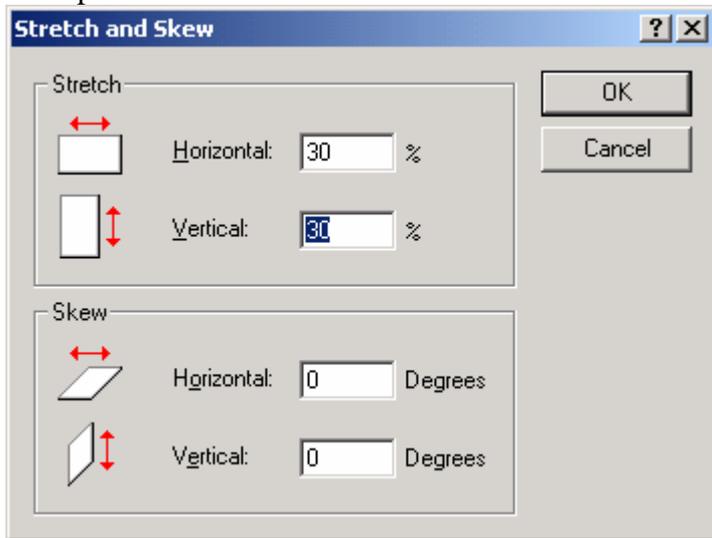
Click FILE then OPEN and find the file you want, in our example we use picture.jpg...



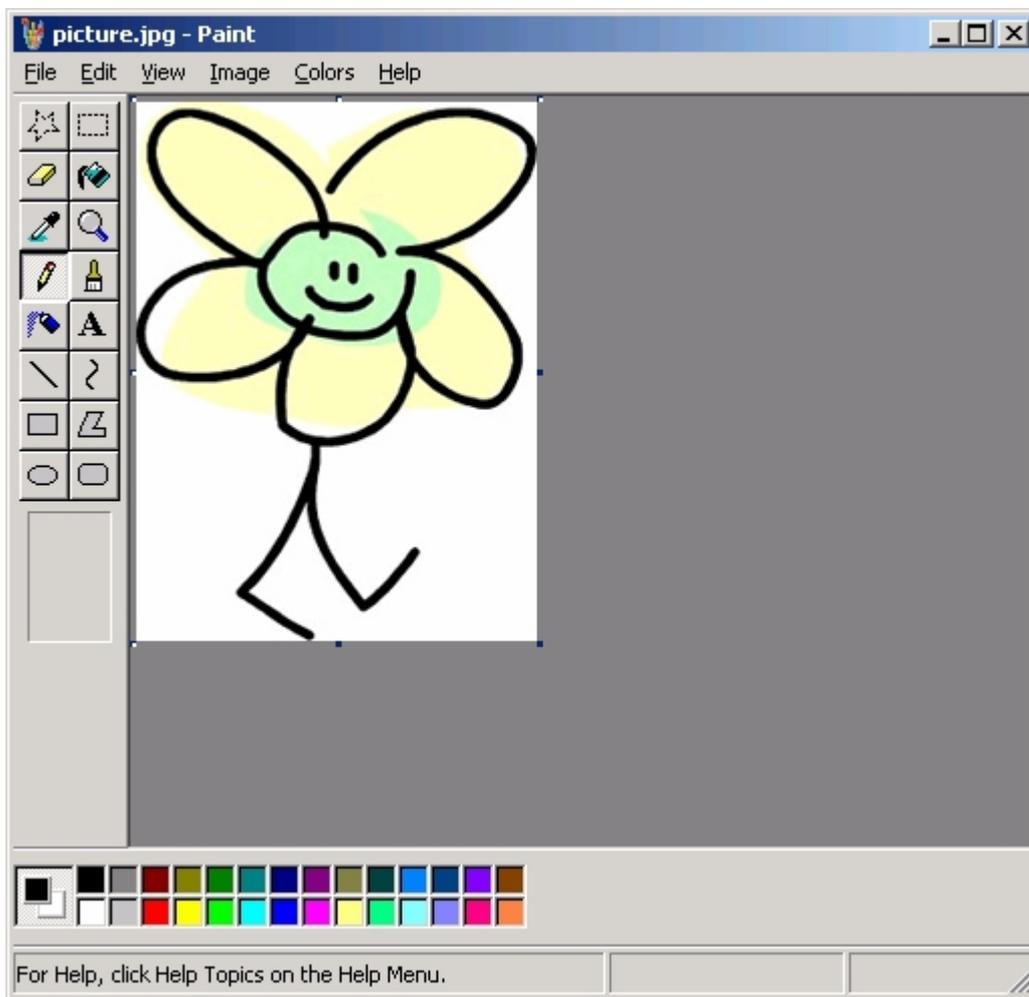
You will see the picture load in its current size...



Now press CTRL + W or click IMAGE then Stretch/Skew....



Simple stretch the picture to 30% of the original size (Or whatever size you see fit) and click OK.....



Now simple press CTRL + S or click FILE then SAVE.

You can now upload your image.