Saving two images in one file – for Mac users.

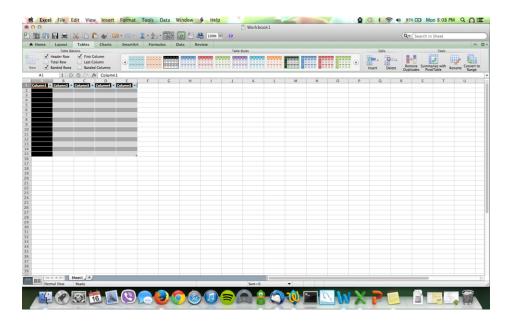
For Mac users, it might be easiest to insert the two images into Microsoft Word (or a similar word processor) and take a screenshot of how you would like them to appear. Here are some helpful hints for how to do so.

Adding an Image Using a Screenshot

(Additional tips on how to take screenshots can be found here: http://www.wikihow.com/Take-a-Screenshot-in-Mac-OS-X)

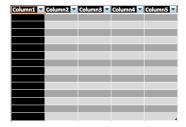
Step 1:

Open up your table or image, and be sure to include any legends or labels that your figures may need. Here is an example of a simple table made in Microsoft Excel.



Step 2:

Take a screenshot of a selected area by holding down the Command key, Shift key, and the number 4 key at the same time. A new cursor style will appear. Click and drag the new cursor over the area that you would like to create an image of. Once unclicked, the screenshot will be taken.

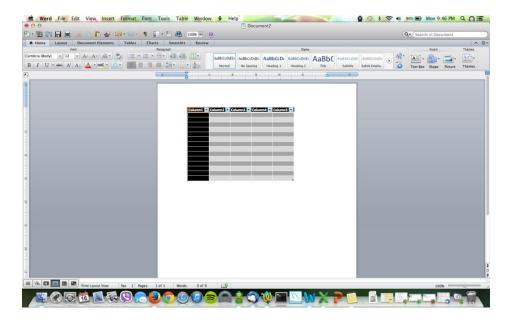


That screenshot then saves to the desktop as an image file. See the upper right corner here:



Step 3:

Open a new Microsoft Word document and insert the image into it, like so:



Adding A Saved Image

Step 1:

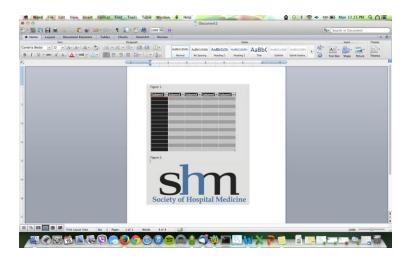
If your image has already been saved on your computer, you can just go ahead and insert it into the Microsoft Word document. Here, you may also add in any labels or figure numbers that you may need to help explain your abstract.



Taking a Screen Shot of Your Images Together

Step 1:

Once you have all of your images in one document, take a screenshot of both images by holding down the Command key, Shift key, and the number 4 key at the same time. A new cursor style will appear. Click and drag the new cursor over the area that you would like to create a single image of. Once unclicked, the screenshot will be taken.



This screen shot will be located on your desktop as an image file.

Figure 1.

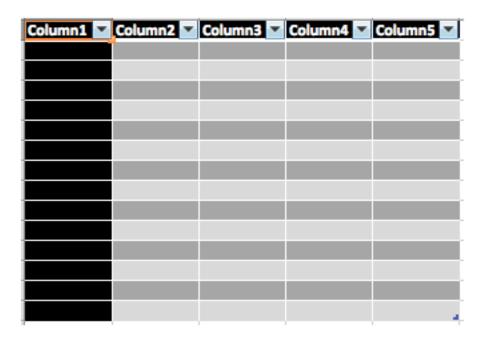


Figure 2.



Now you are ready to upload your image file for your SHM abstract!